



# YOUTH EPILEPSY & SUCCESSFUL SELF-MANAGEMENT

## WHAT IS YESS!?

### THE GOAL

The goal of YESS! is to help young people with epilepsy identify and improve the factors necessary for proper seizure management and overall health.

### REASONING BEHIND YESS!

- ✓ Grounded in theories of health behavior and adolescent psychosocial development.
- ✓ Review of existing interventions for youth, and information from youth and parents through interviews, focus groups, and surveys.
- ✓ Helps adolescents develop intrinsic motivation and self-management skills as they transition from pediatric to adult health care settings.
- ✓ Brings together health care providers, educators, service providers, and youth to achieve positive health outcomes.

Because growing up with epilepsy can be a challenge, the YESS! program brings together youth, families, and community organizations to uncover the best ways to motivate and prepare adolescents to manage their epilepsy while at school, work, home, and when out with friends.

YESS! was developed at the University of Minnesota's Department of Pediatrics and Adolescent Health, with funding from the Centers for Disease Control and Prevention (CDC) and in partnership with the Managing Epilepsy Well (MEW) Network. The YESS! online intervention addresses common teen issues like developing a sense of identity and interpersonal connections, becoming responsible for planning ahead and making decisions, while teaching epilepsy self-management skills that will be critical throughout their lives.

YESS! is currently being tested to make sure it's helpful to the youth and families who need it most.



### GENERAL DESCRIPTION

- Fosters self-management motivation and behaviors through an online platform that combines psycho-educational and social elements. Its available when and where teens want to use it.
- Recognizes that self-management is part of everyday life. YESS! addresses situations that are important to teens including dealing with epilepsy at school, with friends & family, worries and moods, taking medications, tracking seizures and getting the most from their healthcare providers.
- YESS! applies strategies and theory that emphasize adolescence as a sensitive period of personal development where lifelong health and health behavior trajectories are established.
- Uses validated measures used to screen for participant eligibility, monitor and evaluate the impact of YESS!

# DESIRED OUTCOMES

To improve a variety of factors for youth with epilepsy (including knowledge, skills, connection, and support) through self-management.

# MEASURES AND EVALUATION ACTIVITIES

- ✓ Pre and posttest design
- ✓ Enhanced internal motivation for self-management
- ✓ Self-report medication adherence
- ✓ Self-report frequency of seizures
- ✓ Usability, acceptability testing

# YESS! Contact



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## TARGET POPULATION

- Focused on teens ages 13-19 able to read and answer questions independently
- Appropriate for youth with uncontrolled or controlled seizures
- No location requirements because it is delivered online\*

\*YESS! is not a crisis intervention and is not a substitute for appropriate epilepsy care



## PROGRAM COMPONENTS

- Video, audio and text material to engage users in scenario-based learning.
- Self-directed navigation to content of interest (no required learning modules).
- Content delivered by the people that teens want to hear from: medical information from medical staff, and social information and connectedness with slightly older peer mentors.
- Opportunities to contribute via forum-style posting.
- Module-style learning focused on practicing and fostering self-management in user-driven situations.



## RESOURCE REQUIREMENTS

- Internet access
- Device for accessing the site (phone, tablet or computer)



## WHO CAN BE A PEER MENTOR?

- Older youth with epilepsy (ages 19-24)
- These are young adults who “get it”
- Peer mentors trained as a cohort before YESS! sessions



Managing Epilepsy  
Well Network

[www.managingepilepsywell.org](http://www.managingepilepsywell.org)