

**“Enhancing Interprofessional  
Collaboration and Learning for  
Strengthening Primary Health Care”**

July 21-23, 2021

Faculty of Medicine, Public Health and Nursing

Universitas Gadjah Mada

Yogyakarta, Indonesia

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## TUFH 2021 ABSTRACTS

Title	PSYCHOSOCIAL COUNSELING FOR TEENAGERS IN THE COMMUNITY IN SUBA, BOGOTÁ, COLOMBIA.
Type	Oral Presentation Community-Based Education for Health and Social Care Students
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Abstract N <sup>o</sup>	TUFH817
Content	<p>Objective: Provide dialogue and listening spaces for teenagers, strengthening their own abilities and identifying support networks and risk factors in their personal life. Method: Public schools through the counselors of each educational institution referred cases of teenagers who have difficulties in areas like sexuality, consumption of psychoactive substances, coexistence, academic performance, etc. Family medicine resident physicians through a virtual approach have a daily follow-up, calling each adolescent by phone, addressing their difficulties, promoting their mental health and the family social school system. Each teenager has a file digitizing different areas of adjustment, such as family, academic, sexual, etc. Agenda: Since 1980, the Department of Community Medicine has created several strategies to address the community. One of them is the teenagers counseling program; involving family medicine resident physicians. They promote spaces for the teenagers where they can reflect and find guidance and help them in understanding the social environment and addressing the risk factors. Results: The educational community has benefited from the counseling program, not only teenagers but also their families who have seen positive changes when they find the necessary tools to cope at this stage of life. This program has reached more than 8 district schools in the town of Suba, Bogotá. Impacting more than 100 teenagers and families. Conclusion: This program has been a suitable tool to solve teenagers' biopsychosocial problems.</p>