

Teen Counseling

Confidential individualized sexual risk avoidance (SRA) counseling with a registered nurse is available free of charge to teens ages 12-18 through the WeldWAITS program at the Weld County Department of Public Health and Environment. Referrals are accepted from medical providers, parents, or individuals. SRA counseling utilizes motivational interviewing and Prochaska's transtheoretical stages of change model. Individuals are assessed for sexual risk factors, advised of options and potential outcomes, assisted to develop a plan for change if desired, and arrangements are made for appropriate follow up.

For more information, go to www.WeldWAITS.com or call 970.304.6470.



STAGES OF CHANGE

