

SAHM19 Program

Wed, Mar 06, 2019

7:30am

New Member Orientation

🕒 7:30am - 8:30am, Mar 6

Breakfast

🕒 7:30am - 8:30am, Mar 6

8:45am

Plenary I: Psychological Well Being: The Protective Power of Relationships

🕒 8:45am - 10:15am, Mar 6

Moderated by Deborah Christie, PhD, FSAHM

🗣 Speakers



Ken Ginsburg, MD, MEd, FSAHM



Merrion Brooks, DO, MS

10:15am

Hot Topics I

🕒 10:15am - 11:30am, Mar 6

11:30am

Youth Involvement Forum

🕒 11:30am - 12:30pm, Mar 6

Boxed Lunch with Exhibitors

🕒 11:30am - 12:45pm, Mar 6

12:45pm

Platform Research Presentation I: Psychological Well-Being: International Transcultural Perspectives

🕒 12:45pm - 2:15pm, Mar 6

Research

5 Subsessions

- **Understanding the Health Harming Legal Needs of Adolescents**
🕒 12:45pm - 2:15pm, Mar 6
- **The Risks of Experiencing Discrimination as a Sexual Minority: Variations across Cultures**
🕒 12:45pm - 2:15pm, Mar 6
- **Chatting or Snapchatting? Depressed Adolescents' Affect During Technology-Enabled and In-Person Social Interactions.**
🕒 12:45pm - 2:15pm, Mar 6
- **Getting a Grip on My Depression: A Grounded Theory Explaining How Latina Adolescents Experience, Self-Manage, and Seek Treatment for Depressive Symptoms**
🕒 12:45pm - 2:15pm, Mar 6
- **Stressful Life Events and the Risk of Unintended Pregnancy: Implications for Toxic Stress and Reproductive Health Disparities During Adolescence and Young Adulthood**
🕒 12:45pm - 2:15pm, Mar 6

Workshop: Anxiety in Adolescents and Young Adults: Practical Strategies using CAM (Culture, Apps and Medication)

🕒 12:45pm - 2:15pm, Mar 6

Core Clinical Topics

In response to standing room only participation at last year's workshop "Assisting the Anxious Adolescent: Practical Skills for Adolescent and Young Adult Health Clinicians in an Outpatient Setting", participants requested more resources (apps) and information on medications. Our interdisciplinary group presents next steps in taking care of AYA with anxiety with a focus on transcultural awareness. Description of significance: Anxiety symptoms in AYA may present differently across cultures. It is important for AYA healthcare providers to have the knowledge and skills to understand these cultural influences and factors. This practical workshop will share information on how to consider culture when assessing mental health symptoms. The session will explore therapeutic and psychopharmacologic management and treatment options, utilizing an integrated care model. Relevance to conference theme: Psychological Well-Being: International Transcultural Perspectives is the conference theme and anxiety, with a transcultural lens, speaks directly to the conference theme. It is important to understand adolescents in regards to their culture, and cultural expectations, and how these issues can impact the presentation of anxiety symptoms as well as the utility of treatment interventions. Relevance of the session to the

diverse, multicultural attendee's: Those in attendance are likely those involved in providing direct care to adolescents, and our workshop will focus on specific strategies to increase their cultural knowledge and skills in helping adolescents manage anxiety. This workshop will provide specific practical resources (apps and medications) to utilize with the adolescents whom attendees serve.

📣 Speakers



Paritosh Kaul, MD



Bethany D Ashby, Psy D



Diane Reichmuth, Psy D



Megan D Jacobs, MD, MSCS



Carolyn Lentzsch-Parcells, MD

Workshop: Sex-Positivity – Changing the Way Health Centers Address Adolescent Sexuality

🕒 12:45pm - 2:15pm, Mar 6

Core Clinical Topics

Adolescent patients can be difficult to effectively engage in health care, particularly in relation to sensitive issues such as sexual health. Efforts to improve the health of adolescent populations hinge on the ability of health care providers and staff to create a space in which adolescents are willing to communicate openly and engage as full partners in their care. All health center staff and providers play a role in creating a safe setting for adolescents to access accurate and nonjudgmental sexual health services. By applying a culturally responsive, sex-positive approach, staff and providers can foster a climate of trust and open-dialogue about sexual health and sexual relationships, both with their adolescent patients and parents. This workshop will include an introduction to sex-positivity and strategies to adopt a sex-positive approach when providing health services to adolescents. This workshop will also include a demonstration of a replicable 15-minute mini-training on sex-positive practices to deliver at participants' own clinical sites. This mini-training includes customizable, engaging, ready-to-use content that highlights key issues in providing a sex-affirming approach to providing health services for adolescents. This model teaches a multidisciplinary training approach and provides a framework for staff education and practice improvement that providers can use to implement changes in their own practice.

Speakers



Maggie Riley, MD, FAAFP



Lauren Ranalli, MPH



Jenni Lane, MA

Workshop: Sex, Sexting, Violent Videogames, and Cyberbullying – National and International Perspectives on Adolescents & the Media

🕒 12:45pm - 2:15pm, Mar 6

Core Clinical Topics

A primer on the current research on new & traditional media -- including media violence, sex, sexting, cyberbullying, and social networking -- incorporating examples of healthy and unhealthy media and new research from both US and international sources. Videos illustrating both positive and negative aspects of media will be shown. European research on pornography and social networking will be highlighted.

Speakers



Victor C Strasburger, MD



Ed Donnerstein, Ph.D.

Workshop: Healing Immigrant Families to Help Adolescents Thrive

🕒 12:45pm - 2:15pm, Mar 6

Clinical Advances

There are more than 180,000 Latinos residing in Montgomery County, Maryland. Approximately one-third of the Latino residents are under the age of 18 and Latino youth have surpassed or are quickly approaching 40% of the population in many public schools. The majority of these youth are immigrants themselves or the children of immigrants. Many have fled their homelands due to civil wars, violence, political instability, natural disasters or economic crisis and have experienced family separation, and are now struggling to heal and integrate into American society. In this session, the HHS Office of Adolescent Health (OAH) will share the framework for

their Adolescent Health: Think, Act, Grow® initiative, and the growing body of research that supports taking a strengths-based, dual-generation approach to helping vulnerable youth heal and thrive. Identity Inc., a Montgomery County youth-serving organization, will introduce an integrated approach to trauma-informed care with Latino youth who have immigrated to the United States, highlighting the important role that family strengthening and reunification supports play in helping youth heal. Identity will share how the school-based health and wellness center setting and community programs assess youth and their parents for trauma and psychosocial needs; and how referrals to social services and clinical and non-clinical interventions such as medical care, curriculum-based programs, mentoring, case management, individual and group counseling, and techniques of “restorative practices” create the conditions for youth to thrive. Identity will also describe their rigorous evaluation approach and the lasting impact they have on the youth and families they serve.

Speakers



Emily Novick, MPP



Carolyn Camacho, MS, BS, BA



Johan Orjuela, MSW, BSW, LCSW-C



Veronica Stroman, BA



Tiziana DiFabio, MPH, MSW, LCSW-C

Workshop: Behavioral Health Home Services “A bridge on Health Equity in primary care”

🕒 12:45pm - 2:15pm, Mar 6

Clinical Advances

This session will describe a Behavioral Health Home model, how services are reimbursed, and outline benefits and challenges of these two models of care. This session is very significant because it will describe how mental health services can be imbedded into the usual clinical care, from the perspective of the funding organization (Minnesota’s Department of Human Services), providers (medical director, therapist, parent educator, youth mentor, and program coordinator), and patients. Innovative aspects of this workshop include showcasing a very innovative model of care for adolescents and young adults in primary care, from multiple perspectives, providing attendees the opportunity to reflect on how this model of care could be implemented in their

local practice (clinic, State, country). Aqui Para Ti (APT) is a clinic for Latino youth and their families at Hennepin Health Services. It aims to reduce health disparities by delivering comprehensive care for low-income Latino families. APT integrates services of a Patient-Centered Medical Home (PCMH) and a Behavioral Health Home (BHH) since September of 2017. This transition allowed including mental health counseling, parent education, and mentoring to patients and their families in addition to the traditional clinical services. Up to June of 2018, the BHH has enrolled 64 patients. Becoming a BHH has allowed APT to expand its clinical services to Latino families.

Speakers



Maria Veronica Svetaz, MD, MPH



Ursula Reynoso, MA in Organizational Leadership



Dora Palma, RN



Isabel Duran-Graybow, BA in Communication



Diego Garcia-Huidobro, MD, PhD



Vimbai Madzura, MA, LGSW

Workshop: Understanding the Emotional and Physical Health Needs of Muslim Youth in Today's Political and Cultural Climate

🕒 12:45pm - 2:15pm, Mar 6

Public Health/Advocacy

Anti-Muslim stigma, cultural barriers, and post-9/11 political, social, and cultural discrimination present Muslim youth with myriad challenges that can lead to negative health outcomes. The Muslim Youth Leadership Council (MyLC), a project of Advocates for Youth, works to address these challenges through cultural and political advocacy. MyLC is comprised of 20 young Muslim leaders, ages 16-24, from across the U.S. The Council focuses on four main areas of work: countering Islamophobia and anti-Muslim hate; advocating for the sexual health and reproductive health and rights of young Muslim, promoting LGBTQ rights for young queer Muslims, and working towards racial justice. Workshop attendees will hear from a panel of three

members of the Muslim Youth Leadership Council who are working at the intersections of queer and transgender rights, disability rights, sexual health, and Islamophobia. Panelists will provide insight into the real life experiences of young Muslims by sharing the cultural, political and economic barriers they face when seeking sexual health education and services; discussing the impact of Islamophobia and homophobia on their emotional and physical wellbeing; and assisting workshop participants to explore innovative and culturally responsive ways to reach this marginalized group with health education and services.

Speakers



Khadija Khan, BA



Sonia A., n/a



Rafay Q., n/a



Noor P., n/a

Workshop: Too Vulnerable to Participate? Using Innovation, Technology, Community-based Team Science, and Health Economics Research to Improve Clinical Outcomes and Psychological Well-being for Adolescents and Young Adults

🕒 12:45pm - 2:15pm, Mar 6

Research

Adolescents and young adults (AYA) face significant health disparities and there is a need for innovative, high-quality, interdisciplinary research to better understand and improve health outcomes. While AYA who are often most affected by health disparities are often perceived as too vulnerable to participate in research, access to clinical trials and other research protocols, if designed well, may demonstrate novel strategies to approach difficult clinical and public health issues, while also resulting in substantial improvements in health for the enrolled individual. However, vulnerable youth (e.g., drug using, sexual and gender minorities) are often excluded from research because of pre-identified barriers to successful completion of study procedures rather than investigators opting for creative solutions to facilitate their participation and that work with their lifestyle. A number of research studies have successfully used community-based research strategies that incorporate technology to address critical issues in AYA health and have been shown to provide clinical and psychosocial support. A key component to this work is addressing both efficacy and cost-effectiveness for reliability, scalability, and sustainability. The objective of this workshop is to utilize several research projects to demonstrate how research and clinical health are intrinsically intertwined and may push the envelope towards designing, testing, and implementing new standards for health care practice with vulnerable AYA.

🔊 Speakers



Allison Agwu, MD, ScM



Maunank Shah, MD, PhD



Pamela Matson, PhD



Maria Trent, MD, MPH, FSAHM

1:00pm

Committee Chairs Meeting

🕒 1:00pm - 2:15pm, Mar 6

Past Presidents Council

🕒 1:00pm - 2:15pm, Mar 6

2:15pm

Session Break

🕒 2:15pm - 2:30pm, Mar 6

2:30pm

Committee Meetings

🕒 2:30pm - 4:00pm, Mar 6

Workshop: Breaking Barriers: Improving Access to Mental Health Care for a Multicultural Adolescent Population in a Primary Care Setting

🕒 2:30pm - 4:00pm, Mar 6

Core Clinical Topics

Approximately 1 in 5 adolescents will experience an episode of depression by age 18 and up to 8% of youth who develop depression complete suicide by young adulthood. Adolescent depression can adversely impact school and work performance, impair interpersonal relationships, and exacerbate other health conditions. Youth who have had a Major Depressive

episode in the past year are at greater risk for suicide and are more likely than peers to engage in substance use. For many adolescents, their primary care provider (PCP) is the only healthcare professional they see regularly. Additionally, many adolescents from immigrant families face cultural and social barriers to receiving mental health treatment. In 2016, approximately 60% of adolescents with a Major Depressive episode did not receive treatment. Collaborative Care to treat depression among adolescents in primary care is a vital, evidence based model to serve the growing number of adolescents experiencing the early stages of depression. The Collaborative Care model includes universal screening for depression for adolescents ages 12-21. Beginning with universal depression screening and clinical interviews by PCPs, adolescents are then referred to a social worker who assesses for depression and other mental health concerns. If mild/moderate depression is identified, the patient is treated with therapy and medication in their primary care setting. Cases are discussed weekly by integrated care team of PCP, social worker, and consulting child psychiatrist. This model allows barriers to be broken down, specifically in a multi-cultural patient population where stigma prevents timely access to mental health care.

Speakers



Julie Nagpal, MD



Monique Collier-Nickles, MD



Emma Schubert, LMSW



Diane McLean, MD, PhD, MPH

Workshop: What's Up with What We See Down There? PAG Dermatology, a NASPAG-sponsored workshop

 2:30pm - 4:00pm, Mar 6

Core Clinical Topics

In a show and discuss, case-based format, this interactive workshop will help participants discriminate between normal and abnormal vulvar pathology in the pediatric patients, as well as identify strategies for diagnosis and treatment. The North American Society for Pediatric and Adolescent Gynecology values its relationship with SAHM and wishes to cosponsor a PAG-related topic at each annual meeting. Offerings such as this workshop represent a sharing of PAG expertise, accessible and usable by the SAHM clinician/practitioner.

Speakers



Ellen S Rome, MD, MPH



Veronica Gomez-Lobo, MD

Workshop: Adolescents, young adults and migration: an interprofessional and transcultural approach for primary care professionals

🕒 2:30pm - 4:00pm, Mar 6

Clinical Advances

The recent increase in the number of adolescent migrants, including many unaccompanied minors, in several countries, has prompted medical and social professionals to adapt their care to respond more appropriately to their needs. Specific elements of an initial health check for these young people, transcultural skills and a good knowledge of the local network are necessary to provide optimal management. As these young people grow up and reach legal majority in their host countries, it is important to anticipate a transition towards actors in the adult medical world. We propose an integrative and transversal understanding of this initial health check, follow up of chronic diseases and transition by exploring relationships with the community, associative, social, educational and mental health. This workshop is also a place to discuss differences of approaches between international professionals and discover tools such as a proposition of adapted HEADSS and cultural formulation.

🗣 Speakers



Thomas Patrick Pernin, MD, MPH



Anne Meynard-Colomb, MD



Dagmar M. Haller, MD, PhD

Workshop: Employing a Trauma Informed and Resiliency Focused Approach to Adolescent Primary Care

🕒 2:30pm - 4:00pm, Mar 6

Clinical Advances

Research has shown that traumatic exposures, such as adverse childhood experiences (ACEs), can have lasting negative effects on health. Vulnerable neural connections can be permanently

disrupted through exposure to adversity and resultant toxic stress, which can disrupt the groundwork for future health and well-being. In adolescence, the health impact of early childhood adversity can start to manifest clinically through diagnoses such as ADHD, obesity, and poorly controlled asthma. Furthermore, as traumatic experiences can affect the development of the frontal cortex, affected adolescents can also display increased propensity to engage in risky behaviors. There is a growing understanding within health systems and amongst clinicians regarding the need to translate the science of trauma and ACEs into health care practice. Adolescent health providers are uniquely positioned to identify and respond to a patient history of traumatic exposures. A trauma informed approach to care can offer providers an opportunity to buffer the link between adversity and related poor health outcomes and risky behaviors for vulnerable adolescent patient populations. This interactive workshop will review the connection between trauma, adversity, and health outcomes. It will focus on the Substance Abuse and Mental Health Services Administration's (SAMHSAs) trauma informed approach, which strives to understand the context within which a patient's health develops and to empower patients by collaborating with them and giving them a voice in their own medical care. The facilitators will then briefly describe a strengths based trauma informed approach, with a review of the components of resiliency building in adolescent populations.

Speakers



Binny Chokshi, MD



Lee Beers, MD



Stacy Hodgkinson, PhD

Institute: Developing and Implementing mHealth Interventions to Improve Health Outcomes of AYA Living with Chronic Health Conditions: Lessons Learned and Practical Advice

🕒 2:30pm - 6:00pm, Mar 6

Clinical Advances

Mobile health (mhealth) tools (apps/text-messaging/web-based interventions) are increasingly used as modes of intervention for health promotion and disease management with AYAs. Mhealth is especially salient and effective with AYA given they are digital natives and require additional support to manage chronic disease and increase self-management skills during the transition to adulthood. As more research develops and tests these tools, there is a need for more description and transparency about the challenges of designing and testing mHealth interventions with the same rigor expected of in-person behavioral trials. Therefore, we propose an institute that shares collective knowledge and experience developing and implementing mHealth interventions with AYA to impact self-management and health promotion, and ultimately improve psychological well-being and physical health. Our goals are two-fold: 1) to

inform attendees about processes and challenges of mHealth interventions, and 2) to provide lessons learned and practical advice. We aim to provide information based on our own experiences to help better prepare attendees for planning their own mHealth interventions and to improve the quality and rigor of mHealth research among AYA. This proposal addresses the SAHM 2019 theme of promoting psychological well-being and physical health among AYA by providing details of and guidance about the development and use of innovative mHealth interventions that have the promise to successfully aid AYA in increased disease management and improved overall well-being.

Speakers



Lisa Schwartz, PhD



Sandra Amaral, MD, MHS



Lori Crosby, PsyD



Katie A Devine, PhD, MPH



Nadia Dowshen, MD, MSHP



Linda Fleisher, PhD, MPH



Emily M. Fredericks, PhD'



Micah Hughes, High school diploma



Laurie A. Maurer, PhD, MA



Alexandra Psihogios, PhD

Institute: SAHM Research and Mentoring Forum: Converting your Cool Idea into a Fundable Research Question

🕒 2:30pm - 6:00pm, Mar 6

Research

The SAHM Research and Mentoring Forum was developed as an initiative at SAHM in 2011 to strengthen research careers in adolescent health by creating a formal research mentoring network for scholars early in their careers. This forum aligns with SAHM's strategic plan to develop a new generation of adolescent health researchers who have the capacity to conduct research that addresses health disparities in health care delivery and health outcomes among adolescents and emerging adults around the globe. Through this collaborative effort, selected fellows and junior faculty have participated in a mentoring seminar. Each participant is carefully paired with a senior investigator (SAHM member) to augment their research and professional development. Research is essential to ensure that evidence-based, clinical and health policy prevention and intervention strategies are in place to optimize adolescent health. This year we will select new participants seeking mentorship and invite the current cohort of mentees to present their research in progress with lessons learned and to receive additional feedback from colleagues and mentors regarding their work. New participants will be selected through an application process and also matched with experienced SAHM researchers for at least one year. Successful interdisciplinary team-based science requires effective communication. The focus of this year's interactive training component will be on converting a "cool" research idea into a fundable question and grant application, a critical first step for junior investigators to hone research ideas into manageable aims, and to conduct high quality research and scholarship that are adequately resourced.

📣 Speakers



Maria E Trent, MD, MPH



S. Jean Emans, MD



Elizabeth Miller, MD, PhD

Platform Research Presentation II: Supporting the Health of LGBT Adolescents

🕒 2:30pm - 4:00pm, Mar 6

Research

6 Subsessions

- **Experiences of gender minority youth with the intrauterine system**
🕒 2:30pm - 4:00pm, Mar 6
- **Invalidation Experiences and Protective Factors among Non-binary Adolescents**
🕒 2:30pm - 4:00pm, Mar 6
- **Long-term effects of Gay Straight Alliances on perceived school safety among LGB youth in Western Canada, using a novel analytical method to enhance causal inference for population health interventions**
🕒 2:30pm - 4:00pm, Mar 6
- **Photovoice: Empowering Transgender and Gender-Expansive Youth**
🕒 2:30pm - 4:00pm, Mar 6
- **Psychosocial effects of homonegative verbal interaction among high school students in Canada**
🕒 2:30pm - 4:00pm, Mar 6
- **Trading sex and sexual exploitation among transgender youth in Canada**
🕒 2:30pm - 4:00pm, Mar 6

Institute: Advocacy Training Day 1

🕒 2:30pm - 6:00pm, Mar 6

Public Health/Advocacy

4:00pm

Coffee Break

🕒 4:00pm - 4:30pm, Mar 6

4:30pm

Regional Chapter Presidents Meeting

🕒 4:30pm - 6:00pm, Mar 6

Workshop: It's NOT all in your Head: A Structured Integrative Clinical Care Pathway to Paediatric Somatic Complaints

🕒 4:30pm - 6:00pm, Mar 6

Core Clinical Topics

Somatic complaints refer to significant physical complaints that interfere with functioning, cause distress, but aren't explained by other medical disorders, and are viewed psychiatric in origin. These complaints are often associated with increased use of healthcare resources, social and academic/occupational difficulties, chronicity and dissatisfaction for the patient and clinicians. A diverse population due to myriad presentations, and often comorbid with medical and/or other

psychiatric problems. Stages of development like puberty can have an upswing in prevalence of symptoms and the problem is thought to be as common as depression (10% in general; higher in the chronically ill population). Research has demonstrated the significant burden that the medical-psychiatric patient creates at all levels of health care. The 'costs' are high both in terms of quality of life for the youth and parents, and the utilization of health care resources that can lead to delayed diagnosis, discharge from inpatient care or upon discharge, unnecessary or inappropriate medical investigations/interventions, excessive pharmacotherapy, and utilization of significant community pediatric resources. Description of somatization varies with the medical subspecialty (e.g. idiopathic pain syndrome, pain amplification, functional abdominal pain, visceral hyperalgesia; and medically unexplained symptoms), this causes communication and diagnostic difficulties for clinicians and families. Using a structured, system wide approach to this population is highly recommended. Treatment of these youth and families is multi-modal including; medical management, somatic symptom alleviation, accommodations to environment (e.g. school, social), assessment and therapeutic intervention involving the mind-body connection, treatment of associated mental health diagnoses and therapeutic work with families.

Speakers



April Suanne Elliott, HBSc. MD FRCPC,



Tyler Scott Pirlot, MD FRCP(C)

Workshop: Breast Disorders in the Adolescent: Medical and Surgical Perspectives, a NASPAG-sponsored workshop

🕒 4:30pm - 6:00pm, Mar 6

Core Clinical Topics

Breast disorders in children and adolescents can cause high anxiety in patients, parents, and providers unfamiliar with the spectrum of what is normal and what is not. Although most breast disorders in adolescents are benign, fear of cancer can raise the level of anxiety and cause pursuit of unwarranted procedures for a benign problem. This workshop will help the beginner, intermediate and advanced clinician recognize the spectrum of normal and abnormal breast disorders, identify benign and malignant breast masses, and recognize what imaging and/or diagnostic testing to pursue. Medical and surgical perspectives will be shared through a case-based, interactive format. If possible, patient(s) will share their viewpoint on what worked and did not work for them during diagnosis and/or treatment .

Speakers



Ellen S Rome, MD, MPH



Veronica Gomez-Lobo, MD

Workshop: Providing Care for Child Welfare Involved Youth

🕒 4:30pm - 6:00pm, Mar 6

Core Clinical Topics

Almost half of youth in child welfare custody exceed clinical cut-off scores on measures of mental health functioning and an estimated 93% are exposed to trauma. Over 50% of youth in custody have special healthcare needs, including chronic health conditions or developmental disabilities. Despite high levels of clinical needs, youth typically have limited access to health care services; only 16%-28% of youth in custody receive a specialty mental health service within one year of child welfare investigation. Left unmanaged, these health concerns contribute to long-term consequences and place financial burden on child welfare and health services systems. Healthcare professionals can play a pivotal role in the experiences of youth in child welfare custody. Through partnership with the Mecklenburg County Department of Social Services, Teen Health Connection, an adolescent integrated care facility, serves as the medical home for youth in custody. Teen Health Connection operates with a team of five licensed psychologists who conduct comprehensive psychological assessments for youth as they enter custody to ensure their needs, whether mental health, academic, social, or environmental, are identified and addressed. Through this partnership, Teen Health Connection has become a vital partner for the child welfare system and community stakeholders, including district court judges, foster parents, and Guardians ad Litem. This workshop will provide a comprehensive overview of Teen Health Connection's service model for youth in child welfare custody and will explore the specific trauma-informed strategies and administrative procedures that have enhanced the delivery of care for this unique population.

🗣️ Speakers



Katherine Strater Hogan, CNM, MA, PhD



Shamioka Virella Dixon, MD



Jennifer M Thomas, PhD

Workshop: Caring for the Physical & Psychological Well-being of Adolescents who Engage in Nonsuicidal Self-Injury: Risk Assessment & Treatment

🕒 4:30pm - 6:00pm, Mar 6

Clinical Advances

Despite the high international prevalence of nonsuicidal self-injury (NSSI) that spans across cultures, little research has focused on helping youth-serving professionals effectively assess and respond to NSSI. Unfortunately, lack of understanding of NSSI and about those who engage in it can lead to unnecessary emergency department visits, costly inpatient hospitalizations, or improper care. Led by presenters from multiple disciplines (psychology, medicine, public health), this workshop will provide a brief overview of the definition, etiology, and prevalence of NSSI using both international and U.S. data from peer-reviewed research and the Youth Risk Behavior Surveillance System. We will review research differentiating NSSI from suicide as well as research showing what to screen for and how to assess specific characteristics of NSSI that, if present, may increase the risk of a suicide attempt. We will critically appraise interventions that target NSSI and the contexts within which it occurs. Using perspectives from both mental health and medicine, we will focus on how youth-serving professionals can respond to adolescents who self-injure and provide brief, targeted advice and medical care. Common treatment approaches to NSSI will also be presented, including tips for managing adolescent confidentiality and considerations for diverse populations. We will situate these individual-level approaches within a larger public health framework to address novel social and contextual strategies for intervention.

Speakers



Nicholas Westers, Psy.D



Heather Needham, MD, MPH



Alison Culyba, MD PhD MPH

Platform Research Presentation III: Interventions Designed to Decrease Risk and Improve Adolescent Health

🕒 4:30pm - 6:00pm, Mar 6

Research

6 Subsessions

- **Peer-facilitated community-based interventions for adolescent health in low and middle-income countries: a systematic review**
🕒 4:30pm - 6:00pm, Mar 6
- **A randomized controlled trial of primary care screening and brief clinician intervention to reduce adolescents' riding with an intoxicated driver.**
🕒 4:30pm - 6:00pm, Mar 6
- **Increasing HIV testing among adolescents: Preliminary outcomes of a multi-**

level intervention to implement universal HIV testing in six urban school-based health centers

🕒 4:30pm - 6:00pm, Mar 6

- **Positively Connected for Health (PC4H): Acceptability and Feasibility of a Digital Health Adherence and Engagement in Care Intervention for Adolescents and Young Adults Living with HIV**
🕒 4:30pm - 6:00pm, Mar 6
- **Mobile Phone-Based Peer Support in the Prevention of Postpartum Depression Among Adolescent Mothers: A Pilot Randomized Controlled Trial**
🕒 4:30pm - 6:00pm, Mar 6
- **Pilot Study of Momentary Affect Regulation – Safer Sex Intervention (MARSSI), a Novel Approach to Pregnancy and STI Prevention for Depressed Young Women**
🕒 4:30pm - 6:00pm, Mar 6

6:00pm

Welcome Reception & Research Poster Session I

🕒 6:00pm - 7:30pm, Mar 6

Research

Thu, Mar 07, 2019

7:30am

Breakfast

🕒 7:30am - 8:00am, Mar 7

8:00am

Institute: Advocacy - Capitol Hill Visit

🕒 8:00am - 12:15pm, Mar 7

Public Health/Advocacy

SIG: LGBTQI

🕒 8:00am - 9:00am, Mar 7

This SIG invites health care providers and community leaders who have interest in the health, well-being, and social equity of Lesbian, Gay, Bisexual, Transgender, Queer, and Intersex (LGBTQI) teens and young adults. The SIG will provide opportunities for members to network, collaborate, discuss workshops, institutes, and speakers ideas for future SAHM meetings, suggest improvements for the SIG and its website, get updated on or propose SAHM position papers and statements related to the needs of LGBTQI health, and get involved in supporting research on

LGBTQI health. The SIG will also inform members of the latest clinical practices, research findings, health policies, and psychosocial/political challenges affecting this vulnerable population. Finally, members will have opportunities to advocate for LGBTQI teens and young adults. We are hopeful that we can present progress of the Transgender position statement and present the first winner of our research fund at the 2019 meeting!

Speakers



Shauna M Lawlis, MD



M. Brett Cooper, MD



Jonathan Daniel Warus, MD

SIG: Runaway and Homeless Youth

🕒 8:00am - 9:00am, Mar 7

As usual for the Runaway and Homeless Youth SIG, we will use our time to network through sharing experiences, resources and ideas related to the conference theme. We invite all conference attendees who are currently working on or interested in the issues for youth experiencing homeless to attend this SIG and share their thoughts about psychological well-being. We plan to discuss cultural differences in expressing psychological distress, cultural beliefs about mental health and treatment. Questions for us ponder to include: How does this affect service delivery? Research participation? What can we do to better advocate for homeless youth? Many of our regular SIG attendees have worked internationally and come from diverse backgrounds, so we anticipate a lively discussion! As always, we will include a literature review of articles published in the past year and relevant to work with RHY, including the SAHM position paper on "The Healthcare Needs and Rights of Youth Experiencing Homelessness". We hope you will join us to share your thoughts and experience.

Speakers



Meera S Beharry, MD



Seth Ammerman, MD



April S Elliott, MD, FRCP (C), FSAHM



Scott B Harpin, PhD, MPH, RN, APHN-BC, FSAHM

SIG: Adolescent Healthcare and the Resident Learner

🕒 8:00am - 9:00am, Mar 7

Adolescent Medicine faculty are regularly in a position of cultivating healthy habits among the teens they care for. They are also in a position to support their trainees in pursuing self-care behaviors. Finally, they themselves are constantly faced with numerous professional demands that create strain between personal health and wellness needs and work obligations. For all of these reasons, it is crucial that Adolescent Medicine faculty are well-versed in the domain of personal Wellness. As of July 1, 2017, the ACGME has mandated that Wellness be addressed as a Common Program Requirement for training institutions (VI.C. Well-Being): “In the current health care environment, residents and faculty members are at increased risk for burnout and depression. Psychological, emotional, and physical well-being are critical in the development of the competent, caring, and resilient physician. Self-care is an important component of professionalism; it is also a skill that must be learned and nurtured in the context of other aspects of residency training. Programs, in partnership with their Sponsoring Institutions, have the same responsibility to address well-being as they do to evaluate other aspects of resident competence.” This interactive SIG session will begin with a brief overview of the key elements that training programs need to address in the area of Wellness. Next, there will be an opportunity for participants to share concrete examples of how they might incorporate resilience-promoting behaviors for residents during their adolescent medicine rotations. Using the framework of role modeling, the SIG will then discuss how educators can demonstrate a healthy work-life balance and resilience behaviors. The SIG will end with sharing of resilience-promoting resources and discussion of how educators can advocate for and support their own Wellness.

🗣 Speakers



Caroline Barangan, M.D., FAAP



Richard Chung, MD



Paritosh Kaul, MD

SIG: Spirituality

🕒 8:00am - 9:00am, Mar 7

Welcome to Spirituality SIG 2019. This year we will discuss ideas brought up at the 2018 SIG meeting. One repeated request was to explore clinical aspects of spirituality in adolescent healthcare. We will address the following topics: 1. How to take a spirituality patient history. 2. Providing anticipatory guidance to adolescents and parents on spirituality in daily life. 3. Discussion of the therapeutic role of spirituality in adolescent health. We will also begin a discussion on how to develop a proposal for a SAHM position paper on "Spirituality and Adolescent Well Being". Discussion coordinators for the SIG this year will be: Preeti M. Galagali, MBBS, MD (Bengaluru Adolescent Care & Counseling Centre in Karnataka, India), Natalie Pierre-Joseph, MD, MPH (Boston University School of Medicine), and Erica D. Laber, MD (University of Arizona). Please join us!

🗣 Speakers



Richard A Wahl, MD



Preeti Galagali, MBBS, MD



Natalie Pierre-Joseph, MD, MPH



Erica D Laber, MD

SIG: Sports Medicine

🕒 8:00am - 9:00am, Mar 7

This Sports Medicine SIG is open to all interested participants, including new SAHM members and those more experienced. The SIG will also provide opportunities for members to network, and to discuss potential workshops and programming ideas for future SAHM meetings. Our continuing goal is to establish a global network of health care practitioners who can serve as a collective resource for SAHM members who want to learn more sports medicine as it relates to all disciplines, how to incorporate it into their practice, and how to keep current on the diagnosis and rehabilitation of sports injuries. Additionally, we seek to foster opportunities to collaborate on multicenter research projects, develop educational materials, and/or potential position statements for SAHM related to sports-connected health.

🗣 Speakers



Chris Renjilian, MD, MBE, FAAP, CAQSM



Gregg Montalto, MD, MPH



Keith J. Loud, MD, CM, MMSc

SIG: School Based Health Care

🕒 8:00am - 9:00am, Mar 7

Drs. Pasternak and North will engage the attendees to learn from one another about current issues in School Based Health, strategize about solutions to shared problems and work toward policy development and SAHM positions regarding School Based Health. As in recent years we will discuss progress on the SAHM Position Paper for School Based Health Care and discuss any interesting cases or issues attendees have dealt with. This provides an unprecedented opportunity for persons of all provider type and administrators of school-based and adolescent health centers to collaborate on school health issues.

🗣️ Speakers



Ryan H Pasternak, MD, MPH



Steve North, MD, MPH

SIG: College Health

🕒 8:00am - 9:00am, Mar 7

The College Health Special Interest Group offers adolescent and young adult practitioners interested in or working in college health to share experiences and clinical updates. The group discusses topics of mutual interest in addressing the health care needs of college and university students receiving care in campus student health clinics. Models of health care delivery in this setting are discussed as well as the impact of changes in the health care delivery system in the United States. SAHM's increased focus on the health needs of emerging adults are reflected in the SIG's discussions

🗣️ Speakers



Mark A Pfitzner, MD MPH



David Reitman, MD, FSAHM

SIG: The Power of One: Adolescent Health Leaders in Divisions of One

🕒 8:00am - 9:00am, Mar 7

Drawing from this year's meeting theme of "Psychological Well-Being: International Transcultural Perspectives" and building upon past years' discussions of the advantages and challenges of practicing as health leaders in divisions of one, this year the Power of One SIG will focus on optimizing our own personal psychological well-being. We will first consider and appreciate our contributions to our individual institutions and local communities, within SAHM, and in the national and international realms. We will continue to strategize around challenges we face as solo adolescent health clinicians, educators, and/or researchers. This year, however, we will add a new layer to our discussion, especially as it relates to enhancement of work-life balance and reduction in risk of burnout. Specifically, we will open the discussion to and learn from people who recently transitioned from divisions of one to programs with more than one faculty. While open to all SAHM conference participants, this SIG is particularly aimed at faculty of all adolescent health disciplines who practice or may soon practice as lone Adolescent Medicine-trained faculty at their respective institutions and at those who recently grew their divisions to more than one. SIG leaders and all participants alike will share personal tips, experience, concerns, and self-advocacy strategies. We especially welcome the unique perspectives of our global and international solo adolescent health leaders.

🗣 Speakers



Paul A. S. Benson, MD, MPH



May Lau, MD, MPH

SIG: Minority Providers Professional Development

🕒 8:00am - 9:00am, Mar 7

This topic is significant as it is a topic that was addressed by the Diversity committee of SAHM. There is a definite need for a dialogue around race and health outcomes to assure that as adolescent providers we are equipped to provide culturally sensitive care.

🗣 Speakers



Kelly zon Bethea, MD



Lisa Barkley, MD

SIG: Peace, Armed Conflict and Adolescents

🕒 8:00am - 9:00am, Mar 7

The UN Convention on the Rights of the Child (UN-CRC), is meant to guarantee the “protection and care of children who are affected by an armed conflict” (Article 38) and that “no child shall be subjected to torture or other cruel, inhuman or degrading treatment or punishment.” (Article 37). The Peace, Armed Conflict and Adolescents SIG embraces that charge and serves as a forum for discussion and exploration of the effects of armed conflict on young people, the effects of military involvement, and the potential role of physicians and other healthcare professionals in opposing the use of armed force to address political, cultural and economic conflicts. A significant consequence of armed conflict is the issue of refugee and asylum-seeking youth who are increasingly presenting in their countries of refuge and who have particular health and psychosocial needs which are frequently unmet. The ‘Peace’ SIG will provide a forum in which to discuss how we might assist youth who are affected by warfare and conflict and alleviate the

hardships faced by refugee youth and children.

During the past year much attention has concentrated on the plight of refugee children detailed at the United States Borders some of whom have been separated from their parents and subjected to numerous injustices. Similar situations have arisen in other countries and these need to be addressed. Our meeting in 2019 will focus on this issue and ways in which SAHM members might be able to intervene and assist these young people, children and families.

🗣 Speakers



Diana Birch, MBBS: DCH: MSC



Md



Frcp



Frcpch



Curren Warf, MD



MSed



Evelyn Eisenstein, MD, MPH



Fsahm

9:00am

Transitional Break

🕒 9:00am - 9:15am, Mar 7

9:15am

Hot Topics II

🕒 9:15am - 10:30am, Mar 7

10:30am

Transitional Break

🕒 10:30am - 10:45am, Mar 7

10:45am

Fellowship Directors Meeting

🕒 10:45am - 12:15pm, Mar 7

Workshop: Causes and Consequences of Sleep Disruption: Implications for Accurate Diagnoses and Effective Treatment Plans

🕒 10:45am - 12:15pm, Mar 7

Core Clinical Topics

American adolescents and young adults are among the world's most sleep deprived populations, outside of new parents and active-duty soldiers. More than 4% of young adults under the age of 25 have reported falling asleep at the wheel in the last month, and >30% of college students describe sleep as "traumatic or difficult to handle." The obstacles to obtaining restorative,

sufficient sleep include a perfect storm of environmental, physiological, pharmacological, psychological and sociological factors. Adolescents with disturbed sleep are more likely to contract communicable diseases and infections, engage in risk-taking behavior, report depressed and anxious moods, and attempt suicide. Recognizing and addressing sleep problems early on would likely lead to improved health and wellness across a number of clinically relevant measures. Although sleep is a requirements for life, most clinicians receive very little formal instruction in sleep. In fact, most medical school students receive less than two hours of training in sleep medicine. This goal of this workshop is to help clinicians feel more comfortable recognizing the signs of disturbed sleep, discussing practical ways to improve sleep, and determining when a referral to a sleep clinic is warranted. Specifically, the workshop will include: *an overview of the neuroscience of sleep; *a thorough discussion of the endogenous and environmental factors that most often disturb sleep in young adults; *a review of the physiological and psychological symptoms of sleep deprivation; and *a discussion of available screening tools to identify sleep disorders, pathological levels of excessive daytime sleepiness, and poor sleep hygiene.

Speaker



J. Roxanne Roxanne Prichard, PhD

Workshop: One Size Does Not Fit All: Novel approaches to tailoring contraceptive services for adolescents and young women

🕒 10:45am - 12:15pm, Mar 7

Clinical Advances

Promotion of reproductive health and well being for adolescent and young adult (AYA) women requires supportive health systems and health providers who understand this population's evolving developmental needs. It also requires an awareness of effective tools for counseling patients, while being mindful of the power dynamics operational during clinical encounters and avoiding inadvertent coercive interpersonal dynamics. Missed opportunities to provide such patient-centered care can lead to unplanned pregnancies and suboptimal health and social consequences for AYA women. Unfortunately, health providers often lack the tools and resources to appropriately identify and meet individual AYA women's contraceptive needs. This workshop orients attendees to the unique neurodevelopmental factors that influence the shared-decision making process during contraception counseling sessions with AYA women. We will review existing evidence-based strategies to improve contraceptive use, including effective contraceptive counseling approaches (e.g., GATHER model, WHO efficacy based counseling, Contraceptive CHOICE model), health system approaches (e.g., removing financial barriers, offering same day services), and adherence tools. The session highlights the fact that AYA women are a diverse population for whom a one-size-fits-all approach to contraceptive service delivery may not optimally meet the needs of all women in this age group. We will provide insights from the development of a new contraceptive needs assessment tool tailored for AYA women, plus findings from a novel health coaching intervention to improve contraceptive continuation among AYA women. The session will be led by a multidisciplinary panel that includes a clinical psychologist, a health coach, an adolescent medicine physician, and a pediatric gynecologist.

Speakers



Aletha Y. Akers, MD, MPH



Andrea Hoopes, MD, MPH



C. Alix Timko, PhD



Alanna Butler, MPH

Workshop: Eating Disorder Clinical Conundrums: a multidisciplinary approach to complex inpatient cases

🕒 10:45am - 12:15pm, Mar 7

Core Clinical Topics

Several medical complications warranting inpatient admission for patients with eating disorders can be attributed to weight loss from energy imbalance. For most of these patients, energy imbalance is the result of severe dietary restrictions, frequently combined with excessive energy expenditure, and thought to stem from their underlying eating disorder psychopathology. Since weight loss in these adolescents is typically attributed to their eating disorder, a potential coexisting medical condition altering metabolic demands may be missed. The opposite is also true where providers may miss the diagnosis of an eating disorder in patients with medical conditions that affect metabolism and lead to weight loss. We present a number of challenging cases of patients admitted to a multidisciplinary eating disorder inpatient treatment unit whereby their atypical presentation led to the diagnosis of a coexisting medical condition or whose complex medical or psychiatric presentation led to rethinking of typical inpatient management of patients with eating disorders. Their cases will be contextualized by a multidisciplinary expertise panel providing medical, psychiatric, and nutritional perspectives for each case.

Speakers



Jonathan Avila, MD



Jennifer Carlson, MD



Jennifer Derenne, MD



Allyson F Sy, MS, RD

Workshop: Addressing Suicide Risk for Transgender and Gender Expansive Youth: A Multidisciplinary, Systemic Approach

🕒 10:45am - 12:15pm, Mar 7

Clinical Advances

Suicide is a crucial public health problem in the United States among youth, particularly as rates of suicide attempts have risen steadily over the past two decades. As a result, there have been calls for increased depression screening in primary care and greater efforts to address the factors that increase or mitigate risk for suicidality among those individuals who may be most vulnerable. While suicide is the second leading cause of death in adolescents in the US, rates of suicidality and suicide attempts are significantly higher among transgender and gender expansive (TGE) youth. Still, growing research supports several protective factors that have been found, including social and parental support and acceptance, lower experienced transphobia or homophobia, having personal identification reflecting gender identity, and access to medical intervention. Due to the sensitive and critical nature of suicide risk, practitioners often report feeling under-prepared or uncomfortable asking about or addressing suicidal ideation, particularly among gender minority youth. Using a transcultural, developmental perspective, this workshop will provide an updated review of current literature on suicide risk among gender minority youth, as well as intrapersonal and systemic protective factors. Attendees will participate in interactive training exercises focused on increasing screening for suicide risk, addressing chronic risk factors and promoting protective factors and assets, including socio-cultural resources, and developing strengths-based interventions to promote overall psychological well-being for gender minority youth. Implications for clinic-based practices and medical and social justice advocacy will be discussed, including recommendations and resources for supporting under-served communities and integrating transcultural approaches.

🗣️ Speakers



Bridgid Mariko Conn, Ph.D.



Jamie Julian, MSW, LCSW



Kaitlin Venema, Ph.D.



Terez Yonan, DO, MPH

Workshop: Nutrition for the Young Athlete

🕒 10:45am - 12:15pm, Mar 7

Core Clinical Topics

Across the globe, Adolescent health providers routinely care for youth who participate in sports or physically active recreation. More broadly, adolescent health providers and health leaders share the goal of promoting healthy physical activity and nutrition for all youth. For these professionals, formal training and access to information about the basics of sports nutrition is highly variable and, in most cases, scarce. At the same time, health professionals, families and youth alike routinely encounter claims about the performance-enhancing properties of specific diets and nutritional supplements. These claims appear in popular media, social niches (e.g., sports teams), and professional opinions. Nutrition-related claims and practices can evolve quickly, and the scientific evidence for and against these trends – particularly as they relate to young athletes -- can be difficult to ascertain, making it a challenge for many adolescent health professionals to keep pace. This session is designed to review the core evidence-based concepts of sports-related nutrition, which can be applied in a variety of clinical contexts and programmatic areas. The session also aims to identify trends in nutritional supplementation and provide a summary of current evidence that can be helpful to primary care and specialty professionals in their efforts to provide current, high-quality clinical advice for youth.

🗣 Speakers



Chris Renjilian, MD, MBE, FAAP, CAQSM



Kimberly Cover, MS, RD, CSSD, LPC, LDN



Cora Breuner, MD, MPH, FAAP



Albert Hergenroeder, MD, FAAP, CAQSM

Workshop: Breaking the Glass Ceiling: Promoting Professional Development and Leadership of underrepresented providers of Health Care Professions.

🕒 10:45am - 12:15pm, Mar 7

Professional Development/Training/Education

The purpose of this workshop is to provide strategies for institutional change that support the development and integration of leaders from minority or underrepresented populations which can be applied by members of those groups as well as their allies. Addressing diversity in the workplace is a priority for public and private sector organizations given the increasing diversity of stakeholders. Evidence shows that administrators and service providers who share personal characteristics, cultural identities, and common community and ancestral histories with the communities they serve can make a positive difference in tailoring programs and services to better match community needs and preferences. This is especially true for marginalized groups, where underrepresented providers may play a vital role in enhancing access to services, assuring quality of services, and optimal outcomes. There are documented increased demands and stressors on providers that are associated with being a member of an underrepresented group. The sources of these demands and stressors are both internal to the workplace (e.g., racism, imposter syndrome, leadership gaps, inadequate, unresponsive systems; cultural insensitivity), as well as inherent in the role of advocating for and directly responding to meet needs of marginalized groups (vicarious trauma, “going it alone”, constant representation and interpretation of population issues and needs), in this case, underserved or socially marginalized adolescents and young adults and their families. Concurrently, there is a middle management glass ceiling for leaders from minority and/or marginalized populations that limits their voice in upper leadership and their ability to change the culture of our institutions

🗣️ Speakers



Maria Veronica Svetaz, MD, MPH



Michele A. Kelley, ScD, MSW MA



Marissa Raymond-Flesch, MD MPH



Veenod Chulani, MD, MSED



Michele Lee Allen, MD, MS

Platform Research Presentation IV: Understanding the Role and Impact of Parent/Caregiver Involvement and Relationships in Adolescent Health

🕒 10:45am - 12:15pm, Mar 7

Research

6 Subsessions

- **Family Financial and Psychosocial Burden Predicts Poor Disease Outcomes among Medically Vulnerable Adolescents**
🕒 10:45am - 12:15pm, Mar 7
- **Risk of Trauma Exposure and Traumatic Stress among Adolescents with an Opioid-Using Parent**
🕒 10:45am - 12:15pm, Mar 7
- **Using Latent Class Analysis to Understand the Complex Relationship Between Caregiver-Adolescent Relationships and Maltreatment**
🕒 10:45am - 12:15pm, Mar 7
- **Assessment of Adolescent Decision-Making Capacity for Pharmacist Access to Hormonal Contraception**
🕒 10:45am - 12:15pm, Mar 7
- **School/parents or other primary sex educators: what difference does it make?**
🕒 10:45am - 12:15pm, Mar 7
- **Using best-worst scaling and latent class analyses to explore variation in parent worries about HPV vaccination**
🕒 10:45am - 12:15pm, Mar 7

Poster Symposia I: Health Care Systems and Delivery

🕒 10:45am - 12:15pm, Mar 7

Research

8 Subsessions

- **Can Healthcare Transition Readiness be “Self-Determined”?**
🕒 10:45am - 12:15pm, Mar 7
- **Attitudes Among Medical Students Towards Persons with Disabilities**
🕒 10:45am - 12:15pm, Mar 7
- **A Mixed-Methods Approach to Understanding Parental Roles in Adolescent and Young Adults’ Receipt of Confidential Care**
🕒 10:45am - 12:15pm, Mar 7
- **Conscientious objection by primary care trainee and faculty physicians in an Appalachian health care system**
🕒 10:45am - 12:15pm, Mar 7
- **Community-Based Participatory Research as Positive Youth Development for**

Adolescents: Findings from the Atlanta Youth Research Coalition Project

🕒 10:45am - 12:15pm, Mar 7

● Adolescent Male Parenthood and Routine Healthcare

🕒 10:45am - 12:15pm, Mar 7

● Hospital Availability of Emergency Contraception for Texas Adolescents

🕒 10:45am - 12:15pm, Mar 7

● HPV Vaccination Quality Improvement Effort at an Urban University: A Novel Setting to Increase Vaccination Uptake

🕒 10:45am - 12:15pm, Mar 7

12:15pm

Boxed Lunch with Exhibitors - Research Poster Session II

🕒 12:15pm - 1:30pm, Mar 7

Research

2020 Program Committee Meeting

🕒 12:15pm - 1:30pm, Mar 7

Research

1:30pm

Institute: Advocacy - Debrief

🕒 1:30pm - 3:00pm, Mar 7

Public Health/Advocacy

Workshop: Can You Fill Out My 504?: Psychological Testing 101 for the Healthcare Provider

🕒 1:30pm - 3:00pm, Mar 7

Core Clinical Topics

Adolescents that present with behavioral and /or emotional concerns have symptoms that are due to multiple etiologies, each requiring distinct treatments. For these adolescents, the road to psychological wellbeing starts with a comprehensive psychological, or psychoeducational evaluation. Comprehensive psychological reports serve as mental health treatment road maps, providing diagnostic clarity based on an integrative understanding of an adolescent's cognitive, education and neurological capabilities, as well as their emotional and personality structure. Recommendations derived from these assessment findings guide adolescents and families towards actionable next step towards improved functioning. Furthermore, a report's findings and recommendations serve as a powerful tool in obtaining and advocating for critical services from multiple institutions, including the DOE and OPWDD. For many, the services a psychological evaluation provides access to, are tremendously impactful and life changing. The routine and repeated contact healthcare providers have with adolescents serve as a critical starting point for

families to identify mental health difficulties and begin directing families to appropriate care. It is the aim of this workshop to further enhance the medical community's ability to appropriately identify adolescents who could benefit from a comprehensive psychological evaluation, as well as provide a sound understanding of the utility of the evaluation, its components, its breath of coverage, as well as its limitations.

🗣 Speakers



Ariella Silver, PsyD



Caroline Barangan, M.D., FAAP

Workshop: Beyond Birth Control Pills: Therapeutic Challenges Encountered in a Combined Pediatric Endocrinology/Gynecology PCOS Clinic

🕒 1:30pm - 3:00pm, Mar 7

Core Clinical Topics

The goal of this workshop is to review diagnostic approaches to amenorrhea and oligomenorrhea and highlight the importance of incorporating cultural concerns and psychological well-being into treatment plans. This workshop will review the evaluation of amenorrhea and oligomenorrhea, two conditions that are commonly seen in an adolescent medicine practice. In addition to the complexity inherent to this evaluation, these conditions often bring up sensitive topics such as hormone management, fertility and weight management. Treatment approach will focus on polycystic ovarian syndrome, but other conditions diagnosed in our combined pediatric endocrinology/gynecology clinic such as premature ovarian insufficiency will also be discussed. Hormone therapy and lifestyle modification are the cornerstones to polycystic ovarian syndrome management. However, treatment efficacy is often suboptimal. Understanding cultural concerns surrounding the use of hormones in the adolescent population can help overcome an important barrier to treatment efficacy. Providers must be aware of not only the cultural taboos some international families may carry restricting contraception use in adolescents, but also of the safety concerns marginalized populations have of contraception related to unjust practices in the not-so-distant past. Recognizing the existence of these types of issues helps practitioners provide care that is not only more culturally appropriate, but effective in the long run. Similarly, psychologic assessment of the adolescent is key when providing lifestyle management recommendations. This workshop strives to equip the practitioner with tools to navigate these challenging discussions in an effort to design more effective treatment plans.

🗣 Speakers



Seema Menon, MD



Alvina Kansra, MD



Kyndal Hettich, Masters in Dietetics

Workshop: Bodies Beyond the Binary: Developing a Collaborative Gender Affirming Approach to Eating Disorder Management in Gender Nonconforming Youth

🕒 1:30pm - 3:00pm, Mar 7

Clinical Advances

Body dissatisfaction along with the many behavioral health and psychosocial challenges encountered by gender nonconforming (TGNC) youth can lead to significant disordered eating behaviors, either to achieve a body to match gender identity or as a coping mechanism due to multiple stressors. If unrecognized, body dissatisfaction in TGNC youth can lead to body dysmorphic disorder or a clinical eating disorder. Many TGNC youth present for eating disorder treatment prior to seeking gender-affirming treatment. Providers caring for adolescents with eating disorders need to recognize gender dysphoria and use a gender-affirming approach to manage eating disorders in TGNC youth. The screening and intervention tools used to address body image issues and disordered eating were developed with a gender binary perspective and validated in a predominantly white cisgender female population. This workshop aims to assist providers with developing gender-affirming interview skills to assess disordered eating and recognize the body image expectations that are unique for TGNC youth. The workshop will introduce strategies to improve body image and manage eating disorders in TGNC youth, e.g. using caution with gender binary growth curves as a reference for expected weight, understanding body image concerns related to small stature in TGNC youth on pubertal suppression, and recognizing how the already extreme challenges faced by cisgender youth to achieve societal beauty norms are even more amplified for TGNC youth. This workshop's multidisciplinary team will present a cross-disciplinary understanding of the unique needs of TGNC youth with eating disorder using mental health, medical and nutritional approaches.

🗣️ Speakers



Martha Perry, MD



David J Inwards-Breland, MD, MPH



Laura Watson, MS, RD, CSP, CDE, LDN



Lara Hayden, MSW, LICSW

Workshop: Navigating Medically Complex Cases Involving Transgender Adolescents- A Case Discussion

🕒 1:30pm - 3:00pm, Mar 7

Clinical Advances

Psychological well-being is essential for healthy adolescent development. Unfortunately, many transgender youth experience a combination of gender dysphoria (distress over one's body not matching one's gender identity) and Minority Stress (stress from anti-trans stigma and discrimination). In recent years, healthcare providers are increasingly recognizing the impact both gender dysphoria and Minority Stress have on the health and well-being of transgender youth. In response, many Adolescent Medicine physicians have begun caring for the increasing number of transgender youth presenting to care. There are, however, many challenges to delivering high-quality health care for transgender youth: (1) a lack of research on transgender health (2) a combination of anti-trans stigma and discrimination from society; and (3) few opportunities to collaborate with other experienced providers about complex cases. This international conference environment provides a unique opportunity to bring individuals with diverse perspectives together to discuss challenging cases with other transgender health providers from across the globe. This session would be the first of its kind to use a case-based format to facilitate a dialogue between providers who have existing clinical experience caring for transgender youth. It is our hope that this collaboration and the opportunity to engage with members of a multidisciplinary expert panel, will provide attendees an opportunity to develop critical thinking skills to manage medically complex transgender adolescents in their clinical practice.

🗣️ Speakers



Gina Sequeira, MD



Gerald Montano, DO, MS



Linda Hawkins, PhD, LPC



Stephen Rosenthal, MD



Elyse Pine, MD



Brittany Allen, MD



Kelly Donahue, PhD, HSPP'



Cherie Dhar, MD

Workshop: Cleared for takeoff? Ethical Issues in Athletic Participation

🕒 1:30pm - 3:00pm, Mar 7

Core Clinical Topics

There are numerous health conditions which may cause dilemmas in conducting pre-participation “clearance” evaluations or determining return-to-play readiness for athletes, including eating disorders, cardiac conditions, concussion, splenomegaly in mononucleosis, and solitary paired organs, to name but a few. The risks of injury, including life-threatening injury, must be weighed against the benefits to physical and psychological well-being that participation can confer. In this highly interactive session, an adolescent sports medicine specialist and a pediatric bioethicist will provide scenarios and describe an ethical framework through which attendees will discuss the appropriate roles clinicians can play in helping adolescent and young adult patients, their families, and other stakeholders make decisions about athletic participation.

🗣️ Speakers



Catherine D. Shubkin, MD



Keith J. Loud, MD, CM, MMSc

Workshop: Career Tips – Positioning yourself for personal and professional success

🕒 1:30pm - 3:00pm, Mar 7

Professional Development/Training/Education

Due to the stress that comes with meeting career demands, burnout among early and mid-career professionals is common. If burnout is not effectively managed, exhaustion and feelings

of inadequacy often set in, which can lead to physical symptoms and lack of motivation to succeed in the workplace. It is important for professionals to better understand the symptoms of burnout and to learn effective ways to cope with competing career demands before burnout sets in. This session focuses on using mindfulness techniques to promote resilience, prevent burnout, and strengthen overall psychological well-being.

Speakers



Yolanda N. Evans, MD, MPH



Theresa Anne Granger, PhD, MN, FNP, NP-C



Lauren E. Wisk, PhD

Platform Research Presentation V: Health Impacts of Chronic Illness or Social Conditions on Adolescent Health

🕒 1:30pm - 3:00pm, Mar 7

Research

6 Subsessions

- **Differential expression of salivary microRNA in anorexia nervosa and anxiety disorders**
🕒 1:30pm - 3:00pm, Mar 7
- **Global salivary microbiome activity in female adolescents with anorexia nervosa**
🕒 1:30pm - 3:00pm, Mar 7
- **Impact of Adrenal and Gonadal Hormone Supplementation on Bone Geometry in Teens with Anorexia Nervosa**
🕒 1:30pm - 3:00pm, Mar 7
- **'It is this which is normal' A Qualitative Study on Women's Experiences with Child Marriage and Health in Conakry, Guinea**
🕒 1:30pm - 3:00pm, Mar 7
- **No association between the prevalence of hypovitaminosis D and the occurrence of fractures among overweight/obese adolescents**
🕒 1:30pm - 3:00pm, Mar 7

- **Opioid Use among Juvenile Justice-Involved Adolescents**

🕒 1:30pm - 3:00pm, Mar 7

Poster Symposia II: Sexual and Reproductive Health

🕒 1:30pm - 3:00pm, Mar 7

Research

8 Subsessions

- **Menstrual Dysfunction and Treatment among Adolescents with Congenital Heart Disease**

🕒 1:30pm - 3:00pm, Mar 7

- **The Role of Relationship Characteristics on Use of Combination HIV Prevention Methods among Young Black and Latino Heterosexual Adolescents and Young Adults**

🕒 1:30pm - 3:00pm, Mar 7

- **Unmet Need for Risk Reduction Counseling and PrEP among Young Women at Risk for HIV**

🕒 1:30pm - 3:00pm, Mar 7

- **“The struggles of fertility are more difficult than the struggles of cancer”: Adolescent and Young Adult Cancer Survivors’ Perspectives on Fertility Preservation**

🕒 1:30pm - 3:00pm, Mar 7

- **A Feasibility Pilot of a Health Coaching Intervention to Increase Contraceptive Continuation in Young Women**

🕒 1:30pm - 3:00pm, Mar 7

- **Adolescent Discussion of Sexual and Reproductive Health Care Topics with Providers – Results from a Nationally Representative Probability Survey of U.S. Adolescents 14-17 Years**

🕒 1:30pm - 3:00pm, Mar 7

- **Time to Subsequent Diagnosis of a Sexually Transmitted Infection following Infections with *Mycoplasma Genitalium* and *Trichomonas Vaginalis* in Urban Females**

🕒 1:30pm - 3:00pm, Mar 7

- **Dating Violence Prevention Curriculum Effects on Middle School Youth**

🕒 1:30pm - 3:00pm, Mar 7

🕒 1:30pm - 3:00pm, Mar 7

Research

3:00pm

Coffee Break

🕒 3:00pm - 3:30pm, Mar 7

3:30pm

2019 Gallagher Lecture/Plenary II: Psychological Well-Being in Conflict, Disaster, and Flight (Moderator)

🕒 3:30pm - 5:00pm, Mar 7

Moderated by Mychelle Farmer, MD

🗣 Speaker



Lynne Jones, OBE, FRCPsych, PhD

5:00pm

Session Break

🕒 5:00pm - 5:15pm, Mar 7

5:15pm

SIG: Adolescents with HIV/AIDS

🕒 5:15pm - 6:15pm, Mar 7

The Special Interest Group (SIG) provides an opportunity for researchers and health care providers working with HIV-infected and at-risk adolescents and young adults to network and share experiences. Information regarding regional, national, and international activities impacting the care of these populations will be discussed, as well as issues related to collaborative research, health policy, ethics, and advocacy. Studies demonstrating poor treatment outcomes among young people who are living with or at-risk for HIV highlight the need for ongoing exchange of experiences and idea among providers, researchers, program developers, advocates, and policy makers. Consistent with the conference theme, we will review HIV disparities affecting adolescents and young adults in the US and internationally with a focus on psychological well-being in a context of stigma, trauma and unmet behavioral health needs. We will also explore the impact of newer biomedical prevention strategies and emerging understanding of decreased transmission for patients with continued viral suppression (U=U) on youth's understanding of the disease and the potential for new opportunities and new challenges.

📣 Speakers



Uri Belkind, MD, MS



Yzette A.I. Lanier, PhD



Samantha Hill, MD

SIG: Student/Trainee

🕒 5:15pm - 6:15pm, Mar 7

This session will provide an opportunity for trainees and students of all levels and disciplines to connect, share ideas and build a community through a series of guided discussions and small group exercises. Participants are encouraged to come prepared with ideas and questions they would like to discuss with the group. The session will be divided in three sections which will discuss the following topics: 1. Introductions of SIG leaders, short member introductions 2. Speed-"dating" Questions to discuss: a. Features of different fellowships (pros and cons) b. How to handle transition from residency to fellowship 3. Peer-mentorship a. Divide into groups of varying training level b. Questions to discuss: i. How to handle transition from residency to fellowship and from fellowship to independent practice. ii. Job finding and negotiation in adolescent health/medicine. iii. Research hurdles and how they were surpassed.

📣 Speakers



Jason Nagata, MD, MSc



Maayan Leroy-Melamed, MD



Leslie A. Rosenthal, MD, MS



Sona C Dave, MD



Camille A. Robinson, MD, MPH



Samuel Master, DO



Sophie Leticia Remoue Gonzales, MD

SIG: Nursing Research

🕒 5:15pm - 6:15pm, Mar 7

During this one hour interactive and engaging meeting, we will discuss current adolescent research conducted by nurses or affecting adolescent nursing research or practice. Additionally, this friendly forum will allow for 6-8 brief 5-minute presentations of talks or posters conducted by nurses or affecting adolescent nursing research or practice. This will be especially helpful for new investigators who want to 'try-out' their scientific presentation skills among fellow nurses before hitting the big stage of the SAHM full conference presentation format. Finally, we will engage the audience in an interactive discussion on common themes across the presented research, possible collaborations and connections, and ways to stay engaged between SAHM meetings. In addition, we will have a few minutes for brief introductions before we begin and networking after we have wrapped up if time allows.

🗣️ Speakers



Diane M Santa Maria, DrPH, MSN, RN, PHNA-BC



Holly Fontenot, PhD, RN, WHNP-BC

SIG: Early Career Professionals

🕒 5:15pm - 6:15pm, Mar 7

We are excited to see our early career colleagues for a discussion on advocacy in the heart of activism and policy itself, Washington DC! Many of us have practiced advocacy as trainees, but find it difficult to fit this in with other professional demands after training. This year's SIG session will include a panel discussion with Drs. Loreta Matheo, Aletha Akers, and Veronica Svetaz, who will discuss how they have turned passion into action in community and academic settings. In particular, we will focus on evaluating and balancing advocacy activities with our own values and time commitments. We will also spend a brief portion of the meeting determining future leadership and SIG topics. The Early Career Professionals Special Interest Group (SIG) is open to

all SAHM members of all disciplines who have finished their professional training in the last 5 years. The SIG's focus is on issues relevant to the transition from training to independent practice in a variety of settings.

Speakers



Ellen Selkie, MD, MPH



Ana Radovic, MD, MSc



Andrea Hoopes, MD, MPH



Romina Barral, MD, MSCR



Julia Potter, MD



Tracy Exley, MD, MPH

SIG: Advocacy

🕒 5:15pm - 6:15pm, Mar 7

Target Audience: All participants interested in local, national, and global advocacy issues and strategies. There will be a special emphasis on regional SAHM chapters' participation and strategies to ensure adolescents' psychological and emotional well-being and physical health. (Do we want to add something related to developing SAHM position statements in response to current federal administration policies, i.e. family separation, gun control legislation etc. or do you think this may be covered in the Advocacy Day overview?) This SIG will build on the Advocacy Day that will occur at the beginning of the national meeting. In particular, the SIG will update interested members who were not able to attend the Advocacy Training and Hill visits, and give them the tools to reach out to their local and national representatives on the selected issues addressed during Advocacy Day. Our SIG will highlight these activities, and we will evaluate effective ways that SAHM's regional chapters can influence state-based legislation and policy development. We will invite SAHM chapter representatives to join the SIG to help disseminate information back to their chapter and support ongoing local advocacy. This SIG provides SAHM members an opportunity to share ideas about regional advocacy, designed to improve the health and well-being of adolescents and young adults. Participants will be given resources they can use

to promote sound health policies at the state and national level. The SIG will include a brief presentation by experts on active national issues in adolescent health policy. Participants will also have the opportunity to engage in dialogue with members of SAHM's advocacy committee in order to provide input into SAHM's advocacy priorities for the upcoming year and SAHM position statements related to current federal policy proposals

OBJECTIVES: At the end of this SIG, participants will be able to

1. Describe state-specific legislation and policies affecting the health of adolescents and young adults
2. Identify SAHM's priority adolescent health advocacy issues and positions
3. Identify new ways to engage SAHM's Regional Chapters regarding advocacy issues of regional significance that will impact adolescents and their families.
4. Utilize new approaches to promote effective advocacy consistent with SAHM's priorities in adolescent health.

Speakers



Laura K Grubb, MD, MPH



Jennifer Morone, BS-RN MA-ATR

SIG: Violence Prevention

🕒 5:15pm - 6:15pm, Mar 7

Secondary traumatic stress, defined as emotional stress resulting from hearing about the firsthand traumatic experiences of another person, can impact mental health and physical wellbeing. This interactive workshop will provide a brief overview of the epidemiology and health impacts of exposure to secondary trauma, focusing both on youth and youth-serving professionals. We will additionally explore emerging research on trauma witnessed through traditional and social media sources. The latter portion of the workshop will focus on an integrative approach that synthesizes trauma-informed practices with resilience-based theoretical models that seek to simultaneously acknowledge the impact of toxic stress while also recognizing and supporting the incredible strengths of young people and youth-serving professionals. We will review evidence-informed approaches that address secondary traumatic stress at the individual and organizational levels. We will outline tools and strategies to promote the wellbeing of youth-serving professionals so that we may best care for ourselves and sustain our capacity to support the youth we serve. This workshop will serve as the Violence Prevention Special Interest Group meeting, and will include time to address SIG business at the end of the session.

Speakers



Patricia Bamwine, PhD MA MSW



Alison Culyba, MD PhD MPH



Nicholas Westers, Psy.D



Eric Siegel, MD

SIG: Contraception

🕒 5:15pm - 6:15pm, Mar 7

Adolescents have the highest rates of unintended pregnancy than any other group. Contraception can be used to prevent unintended pregnancy, as well as treat other medical conditions. However, providers often encounter challenges while using contraception in this population. Guidelines for medications use in adolescents are sparse and indications for contraception can change rapidly. The Contraception Special Interest Group (SIG) is an interactive session which will provide a forum for providers to discuss contraceptive options available for teens. We will cover methods of birth control, indications for use and how to provide adolescents with appropriate preconception counseling. Participants are encouraged to bring challenging contraceptive cases and questions for discussion. We also review the most up to date literature on contraception for adolescents. Objective 1: Facilitate a discussion of contraceptive options available to adolescents Educational Objective 2: Describe challenging cases and personal experiences using contraception with teens Educational Objective 3: Review the most up to date literature on contraception for adolescents

🗣 Speakers



Shamieka Virella Dixon, MD



Heather Needham, MD, MPH

SIG: Multicultural/Multiethnic

🕒 5:15pm - 6:15pm, Mar 7

Significance: Discrimination is pervasive in the world affecting youth whether they are cultural, racial, or ethnic minorities. Even in cultures where there is significant racial homogeneity cultural elements such as immigrant status or level of acculturation can result in discrimination by majority groups. As youth grow and begin to internalize their group designations, discrimination becomes more apparent and harmful. This discrimination, particularly when structural and

constant, results in chronic stress, trauma, and leads to post traumatic stress, depression, anxiety and suicidality. Couple that with the role of discrimination in limiting access to already insufficient mental healthcare systems around the world and there is much to be learned to fully support minority youth. Innovation: We will review the importance of understanding discrimination as a risk factor for health. Despite the pressures minority youth face in the world, many have individual, family, and community level supports that protect them and help promote their development of resilience. Most of our didactics will review evidence based protective factors for a cultural a racial and an ethnic minority group from around the world. We will have ask groups to choose protective factors discussed during the didactics to design clinic programs to support resilience to prevent mental illness in minority youth. Relevance: We will discuss and develop tools to for clinics to implement the mental health needs of adolescents. The focus will be to leverage protective factors that will address minority youth mental health needs at the primary secondary or tertiary prevention level.

Speakers



Lisa Barkley, MD



Merriam Brooks, DO, MS

Oral History

🕒 5:15pm - 6:15pm, Mar 7

Research

IAAH & International Chapter Meeting

🕒 5:15pm - 6:15pm, Mar 7

Fri, Mar 08, 2019

7:30am

Breakfast with Exhibitors

🕒 7:30am - 8:00am, Mar 8

8:00am

Regional Chapter Meetings

🕒 8:00am - 9:00am, Mar 8

9:00am

Session Break

🕒 9:00am - 9:15am, Mar 8

9:15am

Presidential Address with Dr. Maria Trent

🕒 9:15am - 9:45am, Mar 8

🎤 Speaker



Maria Trent, MD, MPH, FSAHM

9:45am

Plenary III: Psychological Well-Being: Immigrant Youth Experiences Moderator & Presenters

🕒 9:45am - 10:45am, Mar 8

Moderated by Maria Trent, MD, MPH, FSAHM

🎤 Speaker



Nilda Flores-Gonzales, PhD

10:45am

Platform Research Presentation VI: Charles E. Irwin, Jr. New Investigators

🕒 10:45am - 12:15pm, Mar 8

Research

5 Subsessions

- Correlation of Functional MRI Response to a Food Paradigm with Clinical Measures in Adolescents with Restrictive Eating Disorders
🕒 10:45am - 12:15pm, Mar 8
- Characteristics of Social Support Networks among Young Men and Transgender Women of Color Receiving Pre-Exposure Prophylaxis (PrEP) for HIV Prevention.
🕒 10:45am - 12:15pm, Mar 8

- **Receipt of Addiction Treatment Following Opioid-Related Overdose among Medicaid-Enrolled Youth**

🕒 10:45am - 12:15pm, Mar 8

- **Tobacco Retail Environment and Alternative Tobacco Product Use among Teens**

🕒 10:45am - 12:15pm, Mar 8

- **Physical environment and violence perpetration among male youth in Pittsburgh: A spatial analysis**

🕒 10:45am - 12:15pm, Mar 8

12:15pm

- **Boxed Lunch with Exhibitors**

🕒 12:15pm - 1:15pm, Mar 8

1:15pm

- **Awards Ceremony & Annual Business Meeting**

🕒 1:15pm - 2:00pm, Mar 8

2:00pm

- **Session Break**

🕒 2:00pm - 2:15pm, Mar 8

2:15pm

- **Poster Symposia III: Adolescent Mental Health**

🕒 2:15pm - 3:45pm, Mar 8

Research

8 Subsessions

- **Psychosocial Distress and Resilience among College Students with Type 1 Diabetes**

🕒 2:15pm - 3:45pm, Mar 8

- **Emotional Support from Social Media and In-Person Relationships: Associations with Depressive Symptoms Among Young Adults**

🕒 2:15pm - 3:45pm, Mar 8

- **Hospitalizations among persons under 18 years of age when exposed to the September 11, 2001 World Trade Center terrorist attack**

🕒 2:15pm - 3:45pm, Mar 8

- **Psychological pathway from obesity-related stigma to depression via internalized stigma and self-esteem among adolescents in Taiwan**
🕒 2:15pm - 3:45pm, Mar 8
- **Adolescent developmental assets and longitudinal physical and psychosocial health outcomes: Analysis from a Taiwanese cohort study**
🕒 2:15pm - 3:45pm, Mar 8
- **Health-Related quality of life of eating disorders in Chilean adolescents.**
🕒 2:15pm - 3:45pm, Mar 8
- **Association of Hormonal Contraception Initiation with Subsequent Depression Diagnosis and Antidepressant Use in United States Military Health System Beneficiaries: A Cohort Study**
🕒 2:15pm - 3:45pm, Mar 8
- **Adverse mental health outcomes in a nationally representative sample of high school students using e-cigarettes and marijuana**
🕒 2:15pm - 3:45pm, Mar 8

Workshop: Best practices for helping adolescents and their families around substance use issues

🕒 2:15pm - 3:45pm, Mar 8

Core Clinical Topics

Adolescent substance use (SU) has been labeled a public health problem of epidemic proportion by the National Center on Addiction and Drug Abuse. Not only does SU during adolescence increase risk for adverse outcomes during adolescence (e.g., injury and/or illness associated with risky behaviors), initiation of SU prior to age 18 greatly increases risk for SU disorders during adulthood. Indeed, 90% of American adults with a SU disorder started using addictive substances prior to age 18. Further complicating this issue is that rates of co-occurring SU and mental health disorders range from 50% to 71% in adolescents, highlighting the significant overlap between psychological distress and SU. Presented by members of the Alcohol and Drug Subcommittee and Adolescent Substance Use SIG, this workshop will provide attendees with practical knowledge and simulated experiences in family-focused prevention. Through innovative and interactive modeling and role-play, participants will have the opportunity to practice sensitive conversation communication techniques for use with adolescents and their families as well as critically evaluate available resources for relevance to their practice setting. Although workshop content will be framed from a primary care perspective, the techniques and 'best practices' presented will be relevant to all adolescent health professionals interested in expanding their skill set to include evidence-based prevention and screening for adolescent SU.

🚩 Speakers



Pamela Matson, PhD



Cara C Young, PhD RN FNP-C



Seth D Ammerman, MD



Julie E Potter, MD

Workshop: Biomedical HIV Prevention: Basics of Non-occupational Post-Exposure Prophylaxis (nPEP) and Pre-Exposure Prophylaxis (PrEP)

🕒 2:15pm - 3:45pm, Mar 8

Core Clinical Topics

In the U.S., estimates of the lifetime risk of HIV diagnosis in certain areas are frighteningly high, with 12 states having a risk of 1 case per 100 individuals or more. From 2011-2015, rates of new HIV diagnoses increased among 25–29 year-olds and remained unchanged among 20-24 year-olds. In 2015, youth ages 13-24 comprised 22% of new HIV infections in the U.S. These data strongly suggest that this population would benefit from enhanced prevention efforts. Effective prevention methods exist, including non-occupational post-exposure prophylaxis (nPEP) and pre-exposure prophylaxis (PrEP); however, these prevention strategies are vastly underutilized among youth. Multiple barriers to provision of both nPEP and PrEP exist, including lack of patient and clinician awareness of these methods, high costs of medications, lack of insurance coverage, lack of awareness of recommendations among front-line providers, difficulty in follow-up of sexual assault victims, timeline for implementation of these methods, lack of awareness of risk among both potential users and clinicians, concerns about confidentiality and legal barriers, and concerns about side effects of medications. This workshop will discuss the epidemiology of the HIV epidemic, the available evidence in support of both nPEP and PrEP, U.S. and international guidelines for provision of nPEP and PrEP in clinical practice, and potential obstacles to providing nPEP and PrEP in clinical practice. The workshop will conclude with practical pearls to overcome obstacles, including active participation by attendees, to provide participants with skills to implement nPEP and PrEP in their own clinical practice.

📣 Speakers



Diane M Straub, MD, MPH



Tanya Mullins, MD, MS

Workshop: Project ECHO® Eating Disorders: Connecting Primary Care, College Health, and Behavioral Health Providers to Eliminate Eating Disorders

🕒 2:15pm - 3:45pm, Mar 8

Clinical Advances

This workshop will immerse participants in the Project ECHO® Eating Disorders Clinic (PE-EDC), an innovative telementoring model, designed to enable health care professionals to provide best-practice care for patients with eating disorders in their community. PE-EDC, hosted by the Western New York Comprehensive Care Center for Eating Disorders (WNYCCCED) at the University of Rochester Medical Center, is the first—and currently only—such Extension for Community Healthcare Outcomes Project. PE-EDC leverages its “hub and spoke knowledge-sharing networks” to formally connect frontline primary care, college health, and behavioral health providers (“spokes”) in a community, with an expert team of Eating Disorder specialists at an academic (central “hub”). The workshop will commence with a 30-minute summary of didactic instruction to illustrate how each ECHO session “moves knowledge, not people,” by permitting patients and families to receive evidence-based, comprehensive, continuous, and integrated medical and behavioral care in their own community. Attendees will then participate as a learning community “spokes” in an abbreviated (30 min) mock ECHO session (usually via Zoom™ videoconferencing). One workshop attendee volunteer will be given a pre-written guide to present a de-identified case. The workshop presenters will assume the role of the expert team “hub”, facilitating the session and engaging in the review of the de-identified case, providing mentoring, promoting inter-professional learning, and modeling effective team functioning. The workshop will conclude with a discussion of steps required to replicate PE-EDC, preliminary results from PEEDC’s program evaluation, and a question and answer period (30 min).

🗣️ Speakers



Taylor Starr, DO, MPH



Mary Tantillo, Ph.D., R.N., PMHCNS-BC



Richard Kreipe, MD

Workshop: Transitioning into tomorrow: developing innovative strategies for a transition to adult care program, multidisciplinary perspectives.

🕒 2:15pm - 3:45pm, Mar 8

Core Clinical Topics

Every year over 750,000 young adults with chronic medical concerns transition to adult care. A recent meta-analysis on structured transition processes found significant improvement in numerous indicators of health. Notably, the study also found improved psychological well-being:

reduced anxiety, increased perceived health status, and increased global well-being. To achieve excellent outcomes both medically and psychologically, healthcare professionals must understand the needs of this unique population and have tools to facilitate structured transition. This session builds on prior SAHM workshops from transition experts by individualizing attendees' experience to choose small group sessions most suitable to their needs. The attendees will be introduced to a multidisciplinary panel consisting of physician, nursing, and social work specialists, and a young person who has recently been through the transition process. They will share their transition insight before each leading a small group discussion. These small group topics will be: 1) promoting a new transition program, 2) working on transition care with limited resources, 3) engaging and educating trainees, 4) day to day life for a transition team of one, 5) optimizing the role of the social worker in patient-centered transition care, and 6) understanding the patient perspective. We will have two cycles of these breakout sessions. The group will then reconvene and have a panel discussion to review highlights of the breakout sessions while also allowing for time to strategize pathways forward.

🗣 Speakers



Loreta Matheo, MD



Jessica MacCormac, DO



Caitlin Thornburgh, BSW



Kacie Kidd, MD



Beverly Kosmach, DNP, RN, FAAN



Richelle DeBlasio, N/A

Workshop: AYA Research Clinic-Based Strategies for Engaging Parents in Adolescent Health Promotion

🕒 2:15pm - 3:45pm, Mar 8

Clinical Advances

Parents play a critical role in fostering healthy adolescent development and accrual of life skills. Recent research supports that youth value their parents' opinion about health care utilization.

Nonetheless, few primary care-based models exist to guide efforts to engage parents in adolescent health care. This workshop will begin with a brief overview of research on parents' engagement in adolescent health care. Presenters will then offer examples of strategies they are using to improve the value of the adolescent health care visit for parents, and to provide family-centered care, using assessment, counseling, and referral to resources outside the clinical setting. Presenters will lead an interactive discussion with audience members on modalities to engage parents in practice settings.

Speakers



Elizabeth Ozer, PhD



Sion Kim Harris, PhD



Matthew C. Aalsma, PhD



Laura Richardson, PhD



Cari McCarty, PhD



Carol A. Ford, MD

Workshop: Planning a Curriculum to Teach Essential Competencies in Transgender/Gender Diverse Health

🕒 2:15pm - 3:45pm, Mar 8

Professional Development/Training/Education

Transgender/gender diverse individuals are increasingly visible in US society. However, significant limitations persist in access to care for TG youth and young adults, and a major contributor to this is lack to provider education. Although new educational resources continue to be developed and disseminated, no comprehensive TG curricula are currently available. To fill this gap, we have adapted the 30 AAMC competencies for LGBT health care to be specific to the care of TG patients. With a group of 42 national experts in adolescent sexual and reproductive health, we used a 3-stage Delphi process to select a total of 9 essential competencies in TG health. The experts shared ideas about how the competencies could be taught, emphasizing that providers need to remain open to new experiences in the care of TG patients and engage in informed self-

reflection and values clarification. The overarching curricular goal that the group identified was to help providers accept the diversity of others' lived gender experiences, including a spectrum of diverse gender presentations. Two identified subgoals are to 1) reduce and manage bias in ourselves, health care systems, and others, and 2) create a culture within health care settings of safety and acceptance for all, including gender diverse patients. We are using this rich set of information to develop a systematic TG curriculum. The goal of this workshop is to introduce the 9 new competencies to participants and engage them in the development of competency-based teaching activities appropriate for TG learning.

Speakers



Katherine Blumoff Greenberg, MD



Constance D Baldwin, PhD



Veenod L Chulani, MD, MSED



Mandy S Coles, MD, MPH



Mai-Anh Tran-Ngoc, DO

Institute: Supporting Cross Cultural & Transnational Adolescents, Young Adults & their Families: Clinical, Organizational, & Legal Perspectives

🕒 2:15pm - 5:45pm, Mar 8

Public Health/Advocacy

With increased globalization, political upheaval, and violent conflict, millions of adolescents, young adults and families are in transit or living in countries other than where they were born. Some have been displaced, are refugees, or are seeking asylum; others have moved as economic migrants for work. Many experience violence, persecution, or discrimination in their countries of origin, during transit, upon arrival, or while living in new settings. Even those spared the most obvious dangers confront major physical, emotional, and legal challenges. Ensuring that these young people and their families receive optimal care and support is an important priority for clinicians and advocates. This institute will address the challenges facing cross-cultural, transnational adolescents, young adults, and their families from a multi-disciplinary perspective. Clinical approaches will be explored that can address challenges, support strengths, encourage resilience, and promote physical and psychological well-being. Organizational strategies to incorporate cultural sensitivity and increase understanding of the cultural realities of young

people and families who are living transnational lives will be proposed. Legal and policy protections that are available in international law or the laws of specific countries, but often poorly implemented, will be reviewed. The institute will offer the combined expertise of physicians who have cared for immigrant, refugee, transnational, and cross-cultural youth; a lawyer with expertise on U.S. and international laws that can be used to protect these youth; an author/ expert on meeting the challenges of growing up in a globalized world; and a panel of youth who will present their cross-cultural experiences.

Speakers



Maria Veronica Svetaz, MD, MPH



Abigail English, JD



Anisha Abraham, MD, MPH



Chris O'Shaughnessy, BA

Works in Progress

🕒 2:15pm - 3:45pm, Mar 8

3:45pm

Coffee Break

🕒 3:45pm - 4:15pm, Mar 8

4:15pm

Poster Symposia IV: Health Equity/Health Disparities

🕒 4:15pm - 5:45pm, Mar 8

Research

8 Subsessions

- **Child Brides: Sociodemographic Factors, Health Variables, and Attitudes Associated with Marrying Before 18 Years Old in the United States**

🕒 4:15pm - 5:45pm, Mar 8

- **Transcultural Perspectives of Mental Illness Stigma Across Race, Ethnicity, and Gender Among Adolescents in Texas**
🕒 4:15pm - 5:45pm, Mar 8
- **Sustaining Non-Violence among Adolescents and Young Adults in a Latino Community**
🕒 4:15pm - 5:45pm, Mar 8
- **Exploring factors associated with early sex onset among urban young men aged 15-24: The important role of parents and partners**
🕒 4:15pm - 5:45pm, Mar 8
- **Investigating the rates of receipt of family planning services and receipt of sexual health education amongst female adolescents in the United States and the impact of race and ethnicity**
🕒 4:15pm - 5:45pm, Mar 8
- **Sexual Health Behaviors by School Level Socioeconomic Status and Urbanicity, National Youth Risk Behavior Survey (YRBS) 2015-2017**
🕒 4:15pm - 5:45pm, Mar 8
- **Disparities in the Experience of Sexual Violence Against Adolescents and Young Adults in the US and the Impact of Cognitive Limitations**
🕒 4:15pm - 5:45pm, Mar 8
- **Violence and Bullying Among Adolescent Males: Profiles of Risk and Protective Factors**
🕒 4:15pm - 5:45pm, Mar 8

Workshop: Integrating harm reduction principles into adolescent and young adult clinical care settings

🕒 4:15pm - 5:45pm, Mar 8

Research

As the growing epidemic of opioid use in North America spreads to other countries, it is critical for multidisciplinary providers to discuss new approaches to engage young people in treatment and to reduce the harms associated with opioid use. Two-thirds of adults with opioid use disorder started using opioids in adolescence or young adulthood, however, providers rarely receive sufficient training in how to identify opioid use and reduce its associated harms. Harm reduction encompasses public health policies and practical strategies that intend to reduce negative consequences associated with often stigmatized behaviors, while also promoting health and well-being. The general philosophy is built on the idea of meeting young people where they are, recognizing their inherent strengths and motivation to be well, respecting their rights, and creating a personalized health promotion strategy in collaboration with the young person. In the first part of the workshop, presenters will provide an overview of the scientific literature on efficacy of harm reduction strategies in reducing the global burden of death and disease from opioids and other substances. During the second part of the workshop, participants will rotate in facilitated small groups, led by those with a variety of training backgrounds, to discuss common

pitfalls and practical tips and strategies for implementing harm reduction into clinical care. Facilitators will review pertinent clinical guidelines, discuss sample scripts, and review challenges in implementing these approaches into a variety of clinical settings. Participants will be able to practice with a clinical scenario and receive feedback.

Speakers



J. Deanna Wilson, MD MPH



Camille Robinson, MD, MPH



David Sternberg, BA



Maria Rahmandar, MD



Veronika Mesheriakova, MD, MPH MS



Scott Hadland, MD, MPH MS

Workshop: Expanding Transgender Health Care: Multiple Perspectives for Affirming Non-Binary Identities in Clinical Practice

🕒 4:15pm - 5:45pm, Mar 8

Research

As an increasing number of adolescents and young adults are identifying with a gender that is not exclusively male or female, healthcare providers would benefit from understanding the existing standards of care as it particularly relates to non-binary individuals. Inclusive and affirming providers have consistently been shown to ameliorate adverse health outcomes and increase psychological well-being. Video case studies discussing experiences in health care will be used to elevate the voice of non-binary adolescents and young adults and promote discussion about improving health care navigation. This workshop is composed of three segments traversing multiple disciplines with each using a brief presentation of information followed by group discussions. The first segment will review the current WPATH Standards of Care and how the application of those in clinical settings inhibit or enhance psychological well-being for non-binary adolescents and young adults. The second segment will describe non-binary gender identity development focusing on the validation of non-binary identities and how that validation

can enhance psychological well-being. The final segment will feature video case studies featuring non-binary adolescents and young adults from diverse backgrounds. These youth will speak to their direct experiences within clinical settings and how those experiences have inhibited or enhanced their psychological well-being. The session will conclude with a group reflection of reactions to the video case studies and recommendations for creating non-binary inclusive and affirming practice.

📣 Speakers



Mx. M Killian Kinney, MSW, LSW



Mx. Finneran Muzzey, MA

Workshop: Boys, Biceps, and Bradycardia: Clinical Advances in Male Eating Disorders

🕒 4:15pm - 5:45pm, Mar 8

Research

Significance: Males with eating disorders remain a population that is underrecognized and underserved within both research and clinical contexts. It has been well documented that males with eating disorders often exhibit distinct clinical presentations with regard to core cognitive (e.g., body image) and behavioral (e.g., exercise) symptoms. Such differences, along with the greater likelihood of muscularity-oriented disordered eating among males, emphasize the importance of understanding and recognizing unique factors of clinical relevance within this population. **Innovation:** This workshop will review the most up-to-date clinical information regarding the prevention, treatment, clinical presentation, and medical complications of eating disorders among males in addition to novel research findings. **Relevance to conference theme:** This workshop highlights an understudied area that may hinder psychological wellbeing in males: eating disorders and body image. **Diversity and inclusion:** The workshop will include evidence from international studies outside of the USA and discuss considerations of race/ethnicity, sexual orientation, and gender identity in males with eating disorders.

📣 Speakers



Jason Ming-Hung Nagata, MD, MSc



Jason Matthew Lavender, PhD



Stuart Benjamin Murray, Ph.D., DClínPsych



Tiffany Ashton Brown, PhD

Workshop: Why reinvent the wheel? A checklist as a starting point to create a transition program

🕒 4:15pm - 5:45pm, Mar 8

Research

Transition from pediatric to adult care is crucial for youths' continuity of care, independently of the health status. Many programs exist, each one with its particular approach. However, creating transition programs from scratch is time-consuming, especially for small structures or for specialties with few transitional patients per year. Nevertheless, independently of the condition, most steps in transition programs are very similar. Using a transition checklist originally created for rheumatology patients based on a Delphi methodology among an international group of health professionals, we propose to create a non-categorical transition program based on it. Through the workshop, we will discuss whether such a checklist is adaptable to any organization, what are the pitfalls and advantages, and how it can be the starting point to create a new program.

🗣️ Speakers



Christina Akre, PhD



Joan-Carles Suris, MD, MPH, PhD

Workshop: AYA Resource What's new in Clinical Preventive Services? Advancing youth-centered, parent-engaged care. New evidence and initiatives to guide practice.

🕒 4:15pm - 5:45pm, Mar 8

Clinical Advances

In the 20+ years since clinical preventive service recommendations for adolescents were first issued by the AMA, the CPS field has evolved considerably, shaped by new guidelines, innovative training and clinical systems, research, and policy developments. This year's session will include a general update on policy and research related to preventive care. We will have a special focus on engaging families in adolescent preventive care. Through didactic presentation and discussion, the workshop will review relevant guidelines and policy, as well as new research and clinical and public health initiatives that aim to engage parents in youth-centered care. Discussion will focus

on opportunities, resources and challenges in engaging parents.

Speakers



Charles E. Irwin, Jr., MD



John Santelli, MD, MPH



Elizabeth Ozer, PhD



Claire Brindis, DrPH, MPH

Workshop: Implicit Bias & Microaggressions in Adolescent Healthcare: Lessons learned from UME and GME with Words of Advice for CME

🕒 4:15pm - 5:45pm, Mar 8

Professional Development/Training/Education

The Institute of Medicine noted in “Unequal Treatment” that health care providers must assume some responsibility for the health care disparities noted in the population, with adolescents being a particularly vulnerable population. Some of these health care disparities are perpetuated due to a lack of understanding, lack of education and lack of appropriate language. Many have discussed strategies to decrease health care disparities, including increasing the numbers of physicians historically and culturally underrepresented in medicine as well as directly and openly discussing implicit bias and its impact on health care decision making. As communication differences have also been noted to impact the care of patients as well as affect the well-being of providers, it is imperative that medical educators arm future physicians with communication skills that will enable them to care for a diverse patient population. It is also important to empower all providers with the language needed to interrupt conversations with colleagues, learners and patients which could lead to harm and alleviate the known deleterious consequences of this form of toxic stress.

Speakers



Marina Catallozzi, MD, MSCE



Sarah Ann R Anderson-Burnett, MD, PhD



Alexis GUZMÁN, MD



Stephanie A Grilo, BA

Workshop: Let's get real about global reproductive health research

🕒 4:15pm - 5:45pm, Mar 8

Research

There are unique challenges that global health researchers' face when implementing a new study, compared to conducting domestic research. This workshop will discuss how to successfully implement global sexual and reproductive health projects. It will cover the global research process from beginning to end, starting with building effective partnerships and ending with how to incorporate on the ground realities into manuscript preparation. The workshop leaders are experienced in conducting global health research projects and will provide examples of challenges and successes when implementing global health projects. Case examples from two geographical areas - the Dominican Republic and Botswana - will be used to illustrate the goals of the session. Attendees will be asked to review and critique manuscripts describing global health studies using the information provided. Participants will acquire an expanded understanding of what sexual and reproductive global health projects require from building effective partnerships, to managing logistical issues, such as dealing with multiple domestic and international IRBs, training of overseas staff, and implementing a protocol from afar. The session will culminate in a discussion about the challenges and benefits of global health research to advance adolescent health. The theme of the conference, "International Transcultural Perspectives" is exemplified throughout the workshop as the perspectives of domestic and international partners during global research projects is highlighted.

🗣 Speakers



Aletha Y. Akers, MD, MPH



Sarah Wood, MD MSHP



Ava Skolnik, MPH

6:00pm

SIG: Adolescent Nursing

🕒 6:00pm - 7:00pm, Mar 8

The Adolescent Nursing SIG provides a forum for nurse leaders in SAHM to meet and share their interests and areas of focus, and creates an opportunity to build stronger professional relationships and support the growth and development of SAHM nursing professionals.

🗣️ Speaker



Sarah A Stoddard, PhD, RN, CNP, FSAHM

SIG: Substance Use and Treatment

🕒 6:00pm - 7:00pm, Mar 8

The SAHM Substance Use Prevention and Treatment (SUPT) SIG seeks to gather current and future leaders in the field, including clinicians, researchers, and policymakers. Our goal is to offer a forum to share ideas and innovations, review state-of-the-art research, foster mentoring and collaboration, and advance the field of adolescent and young adult addiction prevention and treatment. Special attention is dedicated to understanding the life course trajectory of addiction, including careful consideration of risk and protective factors preceding adolescent substance use, early experimentation with substances, development of substance use disorder, and the downstream harms of adolescent substance use on adult health outcomes. Building on a successful inaugural SIG session in 2018, this year's session will highlight key issues and advances in the field with the objective of translating knowledge into action. Through interactive small and large group discussions, attendees will discuss the development, implementation, and dissemination of evidence-based guidelines to help address some of the gaps in adolescent and young adult addiction medicine. Interested participants will have the opportunity to connect and collaborate with colleagues and join working groups that will continue to work on specific research, policy and advocacy projects throughout the year.

🗣️ Speakers



Nicholas Chadi, MD



Scott E Hadland, MD, MPH, MS



Seth Ammerman, MD

SIG: Internists in Adolescent/Medicine

🕒 6:00pm - 7:00pm, Mar 8

The Internists in Adolescent Medicine SIG session will be an opportunity for internists and internal medicine/pediatric providers to discuss current adolescent topics particularly important for transition to adult practices and opportunities to provide education for our adult practice colleagues. The SIG will provide updates to the ABIM and ABP certification and re-certification process including the new options of more frequent home exam for certification. The group will also provide a forum to brainstorm about some collaborative ideas and activities regarding adolescent medicine careers as an internist and the lessons learned, opportunities and challenges presented in working with multiple departments.

🗣️ Speakers



Jeri L. Lantz, MD, FACP, FAAP



Mark L. Rubinstein, MD, FACP

SIG: Global Adolescent Health

🕒 6:00pm - 7:00pm, Mar 8

The Global Adolescent Health SIG welcomes health care providers, researchers, and scientists of all levels and professions with an interest in global adolescent health. After brief introductions, the session will include presentations related to global adolescent health: 1) Report from World Health Organization representatives on: A) The Global Accelerated Action for the Health of Adolescents (AA-HA!) implementation guidance, with case studies on prioritization of adolescent mental health in Sudan and Barbados. B) The Helping Adolescents Thrive (HAT) initiative, led by WHO and UNICEF, which is developing an open access package of evidence-based psychological interventions to enhance young adolescents' cognitive, emotional and social capabilities and skills in order to promote adolescents' mental health, prevention of mental disorders, and reduction of risk behaviours and self-harm. C) Global Standards for Health-Promoting Schools, an initiative led by WHO and UNESCO, to "make every school a health-promoting school." 2) Launch of the International Association for Adolescent Health Young Professionals Network

🗣️ Speakers



Jason M Nagata, MD, MSc



Sophie L Remoue Gonzales, MD



David Ross,



Valentina Baltag, MD PhD

SIG: Qualitative and Quantitative Research

🕒 6:00pm - 7:00pm, Mar 8

The SIG will start with a brief overview of meeting goals, which include: 1) to discuss topics which threaten researcher wellness; and 2) brainstorm and share strategies to overcome these threats. Small discussion groups, led by senior faculty researchers, will facilitate attendee conversations. Faculty researchers leading small group discussions will each have a list of suggested discussion questions: 1) Funding a) Tell us about how you and your colleagues or institution field funding proposals: where do you usually submit proposals to (e.g. federal, foundation), who is generally involved in that process and what is the typical timeline? b) have you had to make a compromise between gaining funding and advancing your science? c) what are strategies which have been effective to bridge gap (non-funded time)? d) how do you arrange a research portfolio which will result in sustained funding? 2) IRB and Regulatory Conflicts a) Tell us about the IRB process at your institution: does your institution have their own IRB, who is generally involved in that process and what is the typical timeline? b) what are IRB barriers you have encountered and how have you navigated these? How can these barriers be overcome? b) what are strategies to address issues around adolescent confidentiality in research? 3) Coping with Professional Rejection a) do you have strategies you use when you get a bad review/score/rejected paper or funding request? b) describe your trajectory and what coping strategies you use to deal with rejection? c) have you felt the effects of imposter syndrome and how did you overcome it?

📣 Speakers



Ana Radovic, MD, MSc



Kristen Kaseeska, MPH



Christina Akre, PhD



Sharon Smith, PhD, RN, FNP-BC

SIG: Bone Health

🕒 6:00pm - 7:00pm, Mar 8

During this Bone SIG, experts in the field will provide an evidence based update regarding adolescent bone health as it pertains to contraception use, endometriosis management, PCOS, anorexia nervosa, female athlete triad, primary ovarian insufficiency, and transgender care.

🗣️ Speakers



Sarah Pitts, MD



Catherine Gordon, MD, MSc



Amy DiVasta, MD, MSc

SIG: Juvenile Justice

🕒 6:00pm - 7:00pm, Mar 8

Rates of mental health disorders reported among youth detained in correctional facilities range between 60% and 98%. Behavioral health care services vary widely in juvenile justice systems. From screening to formal assessments and treatment, behavioral health providers who specialize in working with youth involved in the justice system play a critical role in their psychological well-being. The session will begin with a structured question and answer session with two psychologists involved in the juvenile justice system. We will explore use of the integrated behavioral health model in the context of juvenile justice. Discussions will be interactive, aimed to solicit feedback and impressions. Time permitting, the meeting will conclude with a literature review over the past year highlighting pertinent work involving juvenile justice and behavioral health. SAHM provides an opportunity for those caring for youth in the juvenile justice system to review best practices and support one another in clinical work, advocacy and research.

🗣️ Speakers



Matthew Aalsma, MA, PhD, HSPP



Rebecca Beyda, MD, MSPH



Scott Ronis, PhD, LCP (VA), LPsych (NB)



Ann Sattler, MD, MAT

SIG: Sexually Transmitted Diseases

🕒 6:00pm - 7:00pm, Mar 8

Adolescents and young adults are disproportionately affected by sexually transmitted infections, often due to a combination of biopsychosocial factors. The Sexually Transmitted Infection Special Interest Group (STI SIG) consists of clinicians who have an interest in addressing the sexual health needs of adolescents and young adults. We aim to provide an interactive session which will provide a forum for providers to network, exchange best practices, and discuss trending topics facing adolescents and young adults. In this session, we plan to create a dynamic and interactive opportunity for providers who are interested in adolescent sexual health to come together and exchange ideas regarding best practices for the prevention, as well as testing and treatment of sexually transmitted infections in adolescents and young adults. Participants are encouraged to bring their knowledge, experience, challenging cases and questions to generate an active discussion with colleagues. In addition, participants are invited to contact the facilitators ahead of time with any topics of interest which they wish to include in the SIG.

🗣️ Speakers



Debra Braun-Courville, MD



Claudia Borzutzky, MD

SIG: Ethical & Legal

🕒 6:00pm - 7:00pm, Mar 8

This is a time of rapidly transitioning laws and public policies that present practical and ethical dilemmas for clinicians, researchers and advocates. This session will provide participants with an opportunity to present cases, and raise questions of an ethical nature, related to current (or forthcoming) laws and policies that potentially threaten the wellbeing of adolescent and young adult populations around the world.

📣 Speakers



Amy Lewis Gilbert, JD, MPH



Tomas Silber, MD, FSAHM



Abigail English, JD

SIG: Male Health

🕒 6:00pm - 7:00pm, Mar 8

The male health special interest group provides a forum for health care professionals who have an interest in the health care needs of adolescent and young adult males. The SIG will provide opportunities for members to network, exchange best practices, and discuss topics facing adolescent and young adult males. Topics will include the impact of masculinity on mental health, the effects of social media, as well as recent advances in research. The SIG will give an opportunity for participants to share ideas on how to improve the health care of young men across the globe.

📣 Speakers



Gabriela Vargas, MD



Brock Libby, MD



Reuben O. Battley, MD

Sat, Mar 09, 2019

7:00am

Session Break

🕒 7:00am - 7:30am, Mar 9

7:30am

Workshop: Medications to Ease the Pain of Addictions

🕒 7:30am - 9:00am, Mar 9

Core Clinical Topics

The WHO states that substance use poses a significant threat to the health, social and economic fabric of families, communities and nations. The extent of worldwide substance use is estimated at 2 billion alcohol users, 1.3 billion smokers and 185 million illicit drug users. These 3 categories of substance use inflict their disease burden on different age groups, with illicit drug use's mortality burden mostly involving adolescents and young adults. Data from the SAMHSA's 2016 National Study of Drug Use and Health revealed that there were 300,000 (12-17 year olds) and 2.6 million adults with both a substance use disorder and a serious mental health problem. Few of these patients receive treatment for both. Early intervention for these problems will prevent more severe addictions down the line. Although Medication Assisted Treatment (MAT) is best known for opioid use disorder, there are many pharmacologic interventions for other substance use disorders. This workshop will present specific MAT for tobacco, alcohol, cannabis, benzodiazepines, and opioids. Additionally, other medications to assist with withdrawal, depression, anxiety, and insomnia will be presented. Patient videos will be used to show efficacy and a detailed hand-out will give each learner all they need to know to utilize these medication.

🎤 Speakers



Steven C Matson, MD



Scott Hadlund, MD, MPH, MS



Andrea E Bonny, MD



Rachel H Alinsky, MD

Workshop: When Reproductive Health Care Gets Complicated: Managing the Medically Complex Patient

🕒 7:30am - 9:00am, Mar 9

Core Clinical Topics

This workshop will focus on the reproductive health needs of adolescents and young adults with chronic and severe health conditions. As strides have been made in the medical management of chronic and severe health conditions across the world, more medically complex children are

surviving and thriving into their reproductive years. Appropriate reproductive health care depends on both reaching adolescents and young adults (AYA) where they are (both physically and developmentally), as well as understanding the nuances that may be associated with specific medical conditions. The workshop presenters will address reproductive health concerns including menstrual management and contraception from the perspectives of both adolescent medicine and adolescent gynecology.

📣 Speakers



Jennifer Carlson, MD



Rachel Goldstein, MD



Paula Hillard, MD



Catherine Miller, MD

Workshop: Productive Partnerships: Engaging Patients, Caregivers, and Providers Together to Enhance Outcomes

🕒 7:30am - 9:00am, Mar 9

Clinical Advances

Providers of care frequently struggle with how to effectively engage patients and caregivers in the development and implementation of treatment. This historically held true in the field of eating disorders, built on a legacy of systemic exclusion of caregivers, in particular, from the treatment process. This exclusion is counterproductive to patient recovery, since active participation and respectful partnerships between providers, patients, and caregivers are crucial to the efficacy of treatment interventions. In response to detrimental deficits in the eating disorders profession, patients, caregivers, and committed providers developed a guide to creating productive partnerships using their collective lived experience. This presentation will draw upon the perspectives of two clinicians from different disciplines, a parent, and a former patient, hailing from various parts of the globe, to share lessons from the development of this guide to productive partnerships, named World Eating Disorder Healthcare Rights. This document highlights opportunities for effective connection between stakeholders, and outlines the responsibilities of providers to ensure that communication, participation, and support are acknowledged and implemented in practice. The presentation will use the development and utilization of World Eating Disorder Healthcare Rights, which has a broad application, as a springboard to discuss opportunities for collaboration with patients and caregivers across various mental health fields. The presenters will share personal and professional studies of benefits and barriers to providers, patients, and caregivers working together, and will elucidate

opportunities for attendees to forge productive partnerships with patients and caregivers in their own work.

Speakers



Ashley Solomon, PsyD



Heather Dlugosz, MD



Judy Krasna, B.A.



Carolyn Blair Burnett, M.S. (Ph.D Candidate)

Workshop: Person-centered and Empowering Care for Adolescents with Chronic Conditions during Transition to Adulthood

🕒 7:30am - 9:00am, Mar 9

Core Clinical Topics

All societies recognize the difference between being a child and becoming an adult; this transition is defined and recognized differently between cultures and over time. There are however, specific situations when measures are needed to support the transition to adulthood. Today, the majority of children with chronic conditions survive to adulthood, yielding a need for life-long medical follow-up. During childhood, care is provided in pediatric health care settings. When becoming adult, they are transferred to adult care. To prepare for the imminent transfer to adult care and the transition to adulthood, transition programs have been developed. Patient empowerment is an important concept within adolescent health since it aims to increase autonomy, participation, awareness and consciousness, as well as promote the development of relevant psychosocial skills. By increasing empowerment, the young person has the opportunity to ask questions, express opinions and make informed decisions. Transition programs that empowers young persons with chronic conditions may lead to improved wellbeing with better psychosocial and medical outcomes. During transition to adulthood, person-centered and empowering care can help fulfill clinical and developmental needs by supporting the young person develop skills such as goal-setting, self-management and decision-making. Developing successful transition programs, health care providers must verify that the intervention is appropriate within the culture it is executed and that the implementation is sustainable. The aim with this workshop is to emphasize and discuss transitional care for adolescents with chronic conditions from an international perspective and exemplify how empowerment can be addressed in a transition program.

🗣 Speakers



Ewa-Lena Bratt, PhD



Mariela Acuna Mora, MSc



Markus Saarijärvi, MSc



Sandra Skogby, MSc



Anna-Lena Brorsson, PhD



Carina Sparud-Lundin, PhD

Workshop: “Now what do I do?” – Retention and Adherence: Approaches to Helping Young People in Obesity Weight Management Programs

🕒 7:30am - 9:00am, Mar 9

Core Clinical Topics

The failure to manage weight gain in the pediatric population has serious and long term health effects on children and adolescents and affects our communities of color and low SES groups the most. The many social justice issues that act as a barrier lead to non-adherence to obesity related treatment. Understanding retention to interdisciplinary medical interventions has amply demonstrated that many children and adolescents often leave medical treatment before completion of the treatment regimen. Successful obesity related engagement and treatment includes addressing barriers in the medical management of obesity. There is variability in the lack of follow up in differing medical conditions, but the end result can be medically serious and has a large societal impact on the management of health care issues. This workshop will review the issues and needs that lead to effective medical and psychological management of pediatric obesity. This workshop will engage in active dialog about what are the factors that assist the pediatric patient and their family in retaining treatment services in weight management programs. What are the objective weight loss findings, what are the family characteristics and what are the patient and parents' description of why they have stayed in this clinic even if they have not lost weight at this time will be reviewed. Interventions such as MI, family intervention, allied services will be reviewed within a culturally aware and sensitive context.

🔊 Speaker



Mari Radzik, Ph.D.-Clinical Psychology

Workshop: Addressing Mental Health and Other Causes and Consequences of Violence: Adolescent and Youth Engagement in Peace-building through Civic Participation, the Creative Arts, and Community and Social Responsibility

🕒 7:30am - 9:00am, Mar 9

Public Health/Advocacy

This workshop focuses on engagement of participants in analysis of findings regarding Adolescent and Youth Engagement in Peace-building through Civic Participation, the Creative Arts, and Community and Social Responsibility, and data regarding the Mental Health and Other Causes and Consequences of Violence and how adolescent/youth engagement in peace-building contributes to addressing these. For several years, there has been a focus on youth and violence, in particular in areas of conflict post-conflict. As a consequence, international, regional and national policies and programs have focused on negative aspects of these phenomena, rather than on the many positive examples of youth engagement in peace-building at the community, national and international levels. These youth-initiated, effective peace-building activities are found in multiple regions of the world, including for example, the Middle East and North Africa, sub-Saharan Africa, Central Asia and Latin America and the Caribbean. In order to contribute to these positive developments through both public health actions and individual clinical care, and to more effectively address mental health causes and consequences of violence, adolescent health policy makers and clinicians must be more aware of these adolescent and youth involvement in positive change and the factors that contribute to effective adolescent and youth-engaged peace-building.

🔊 Speakers



Irene Anne Jillson, PhD



Evelyn Eisenstein, MD, MPH

Workshop: Navigating the Publication Process: Tips from the Journal of Adolescent Health

🕒 7:30am - 9:00am, Mar 9

Research

The editors of the Journal of Adolescent Health will be on hand to offer their views on what

makes a successful manuscript submission. The curriculum is intended to demystify what can be a mysterious and confusing publication process. In addition, attendees should gain some ideas on how to gain a wider audience for their articles once they have been published in a journal.

Speakers



Tor D Berg, B.A.



Charles E Irwin, MD



Teresa Dal Santo, Ph.D.

Platform Research Presentation VII: Risk, Screening and Prevention in Adolescent Health

 7:30am - 9:00am, Mar 9

Research

Speakers



Arik V Marcell, MD, MPH



Kathryn Van Eck, PhD



Madhuli Thakkar, MPH



Pamela Matson, PhD



Lingxin Hao, PhD

Submissions

6 Subsessions

- **Latent class models for adolescents' routine care use: Evidence for differences in care use by sex and cohort starting in childhood from a U.S. panel**
🕒 7:30am - 9:00am, Mar 9
- **HIV Among Young Black Men Who Have Sex With Men in Baltimore City: Where Are We With Pre-Exposure Prophylaxis Delivery and Uptake?**
🕒 7:30am - 9:00am, Mar 9
- **'Safety with my life or my freedom is real to me': Sexual Safety Strategies Among Young Black Women Experiencing Reproductive Coercion**
🕒 7:30am - 9:00am, Mar 9
- **Understanding Variations in Primary Care Providers' Perceptions and Practices in Implementing Confidential Sexual Health Services for Adolescents**
🕒 7:30am - 9:00am, Mar 9
- **Trauma-Informed Personalized Scripts (TIPS) to Assess for Partner Violence and Reproductive Coercion: A Pilot Randomized Controlled Trial**
🕒 7:30am - 9:00am, Mar 9
- **Using Respondent Driven Sampling to Estimate Homicide and Motor Vehicle Crash Risk among Adolescents and Young Adults in a Latino Community**
🕒 7:30am - 9:00am, Mar 9

9:15am

Poster Symposia V: Social Media/ Technology Based Health Promotion

🕒 9:15am - 10:45am, Mar 9

Research

7 Subsessions

- **Fake Instagrams for Real Conversation: A Thematic Analysis of the Hidden Social Media Life of Teenagers**
🕒 9:15am - 10:45am, Mar 9
- **A Brief Intervention to Increase Adolescent Knowledge, Awareness, and Comfort Discussing Contraception Using an Online Educational Tool**
🕒 9:15am - 10:45am, Mar 9
- **Use of Youth-Centered Mobile Health Application, Health-E You/Salud iTu, to Reduce Disparities in Contraceptive Knowledge, Access and Unintended Pregnancy Among Sexually Active Latina Adolescents**
🕒 9:15am - 10:45am, Mar 9

- **Refining a Computerized Sexual Health Screening Tool among Adolescents Presenting to the Emergency Department**

🕒 9:15am - 10:45am, Mar 9

- **Teen Interest in Electronic Health Tips and Clinical Engagement in Primary Care**

🕒 9:15am - 10:45am, Mar 9

- **Quality of Online Health Information Regarding Chronic Disease Transition**

🕒 9:15am - 10:45am, Mar 9

- **Role of Telemedicine in the Transition from Pediatric to Adult Care**

🕒 9:15am - 10:45am, Mar 9

Workshop: E-cigarettes and adolescents: responding to the new 'nicotine epidemic'

🕒 9:15am - 10:45am, Mar 9

Clinical Advances

More than any other psychoactive substance, the use of nicotine delivered through electronic cigarettes (e-cigarettes) has sky-rocketed among adolescents and young adults in the past five years. As a product routinely marketed by manufacturers for smoking cessation in adults, e-cigarettes have become commonplace among youth and are now widespread in schools around the world. Recent press around the "JUUL" (a small e-cigarette device that has the appearance of a computer USB drive) and other e-cigarette products that appeal to youth have appropriately drawn the attention of physicians, researchers, and policymakers alike. E-cigarettes, with their high nicotine content, low costs, wide availability and discreet designs threaten five decades of progress in the fight against tobacco use and its many health consequences. Most adolescents that use e-cigarettes are youth who would have otherwise never smoked traditional cigarettes. These youth are two to three times more likely to use traditional cigarettes and marijuana and up to seven times more likely to misuse opioids and other illicit drugs. In this interactive multidisciplinary workshop, participants will learn practical knowledge and skills regarding the latest research on e-cigarettes including epidemiological trends, health risks of e-cigarettes and neurobiology of nicotine in youth. Facilitators will provide key strategies for e-cigarette prevention and cessation through brief intervention, including a focused simulation of motivational interviewing skills adapted to adolescents. Through challenging cases presenting different aspects of e-cigarette use in ethnically and culturally diverse youth populations, participants will develop a concrete approach to confidently address e-cigarette use in their practice.

🗣 Speakers



Nicholas Chadi, MD



Scott E Hadland, MD, MPH, MS



Deepa R Camenga, MD, MHS



Abbey R Masonbrink, MD, MPH



Sion K Harris, PhD

Workshop: Sexual and Reproductive Health Needs of Adolescents and Young Adults with Disabilities

🕒 9:15am - 10:45am, Mar 9

Core Clinical Topics

Deficiencies in sexual and reproductive health (SRH) for people with disabilities are noted to be a global problem by the World Health Organization (WHO), and the United States is the largest high-income country not to ratify the United Nations Convention on the Rights of Persons with Disabilities. WHO has stated that the SRH needs of people with physical and intellectual disabilities are largely unmet and understudied, and that these deficiencies are the results of actions taken by those without disabilities. Healthy sexuality is fundamental for all people, regardless of ability, and often this part of the human development of people with disabilities is overlooked by healthcare and service providers. In this workshop, we will explore the intersection of disability and SRH. We will present the Ex-PLISSIT (Expanded: Permission, Limited Information, Specific Suggestions, Intensive Therapy) model for addressing SRH, which may be used by health care providers (HCP) in a variety of disciplines. We will share strategies and resources that HCP may use to address the sexual health risks faced by adolescents and young adults with disabilities while still facilitating the development of healthy sexuality. We will discuss specific adaptations and approaches to promote a healthy sex life, techniques for physical exam (including the pelvic exam), and a discussion of practical techniques for menstrual hygiene and menstrual regulation for patients/clients with various disabilities.

🗣 Speakers



Rosemary Claire Roden, MD



Cynthia Holland-Hall, MD, MPH



Elizabeth Schmidt, MOT, OTR/L



Beth Thielman, MA

Workshop: Adapting Family- Based Treatment in Home and Community-based Settings

🕒 9:15am - 10:45am, Mar 9

Clinical Advances

Family-based treatment (FBT), a behavioral intervention for adolescents with eating disorders in which caregivers are charged with the primary task of re-feeding the ill child and normalizing his/her eating behaviors and weight status, has a strong evidence base. Yet, despite research supporting its efficacy, implementation of FBT remains low outside of specialty research and private practice settings. Additionally, many families, particularly those of lower socioeconomic status, may have difficulties accessing treatment at these specialty practices due to transportation constraints, costs of treatment, and conflicting schedules which make family attendance challenging. In addition, FBT demands intensive engagement by caregivers that might be impossible for adults who have less flexible work schedules, work multiple jobs, single-parent, or may be unable to take a leave of absence from work. Home-based care may be a viable alternative for families of diverse backgrounds for whom standard outpatient FBT is not feasible. The purpose of this workshop is to present an introduction to implementing FBT in the home, including specific modifications needed to adapt manualized FBT into the novel home-based setting, and the introduction of ongoing research designed to test the efficacy of this approach. This workshop will be geared towards multidisciplinary treatment providers who implement healthcare services with adolescents suffering from eating disorders, particularly those working as part of a treatment team. Through interactive educational methods, we hope to provide practical insights on implementing FBT in the home-based setting with diverse populations, and to generate discussions around adapting FBT for other novel settings.

🗣️ Speakers



Christina Tortolani, PhD



Andrea Goldschmidt, PhD



Eva Pettito- Dunbar, MS



Elise Hall, LICSW



Abigail Donaldson, MD

Workshop: “I Want to Make the Most of My Experience”: Making Meaning for the Adolescent and Young Adult Transitioning with Major Medical Conditions

🕒 9:15am - 10:45am, Mar 9

Core Clinical Topics

The overarching focus of this workshop will be on making meaning of different facets of the adolescent's experience living with serious medical issues as it relate to their individual development, and the intersection with our medical interventions, and while building the medical and allies professional development. The workshop will introduce curriculums emphasizing developing competencies regarding cultural and individual diversity with specific focus on cognitive, social, cultural, and affective development. We will discuss the role that a primary care provider or adolescent medicine specialist plays in the assessment and identification of mental health issues impacting the health of youth living with complex medical conditions. We will discuss the utilization and integration of the PHQ9 and the HEADSS into health care visits with these patients. In addition, we will discuss the interdisciplinary team approach to working with this special population, as well as the impact of poverty, precarious housing, and undocumented immigration status on their mental health. Patient cases from our clinic will be utilized to highlight the use of motivational interviewing and trauma informed care in assisting these youth in their journey to adulthood.

🗣️ Speakers



Mari Radzik, Ph.D.-Clinical Psychology



Diane K. Tanaka, MD



Stephanie Wright, Psy.D., Clinical Psychology

Workshop: Do No Harm: Exploring Weight Stigma in the Clinical Context

🕒 9:15am - 10:45am, Mar 9

Core Clinical Topics

Experiences of weight stigma affect adolescents' physical, psychological, and emotional health and wellbeing. Weight-based harassment by peers is the most prevalent form of harassment reported by adolescent girls, and the second-most common by adolescent boys (Bucchianeri, Eisenberg, & Neumark-Sztainer, 2013). Health care providers spend less time and engage in less

discussion in office visits with patients with a higher BMI and are more reluctant to perform health screenings (Gudzune, Beach, Roter, & Cooper, 2013). The scientific literature indicates a variety of effects of weight stigma on adolescents: poor social and emotional adjustment, loneliness, disordered eating, fewer friends, school avoidance, psychological distress, somatic systems, health care appointment cancellations, preference for sedentary activities, increased calorie consumption, and increased depression, anxiety, substance use and self harm. Mitigating the harm caused by adolescent experiences of weight stigma in clinical and non-clinical settings is a key component in promoting psychological and emotional well being in this population. This workshop will provide a review of the prevalence of weight stigma in the health care context and resulting patient health outcomes. Participants will learn supportive and affirming methods that they can incorporate in clinical and non-clinical settings with adolescents of a larger size, and practice ethical, culturally-responsive approaches to weight stigma. With the rise of worldwide obesity (tripling since 1975, according to the World Health Organization), the need to share and generate strategies to promote psychological and physical well-being among young people of a larger size is integral to serving this population compassionately and effectively.

Speaker



Lauren Collins, MSW

Workshop: Policy and Practice of Confidential Health Services: transcultural perspectives from East Africa

🕒 9:15am - 10:45am, Mar 9

Public Health/Advocacy

This interactive workshop, organized by youth, provides unique insight into youth perspectives on confidential health services as provided in East African countries. National guidelines for adolescent health services will be reviewed with special focus on confidential services. Workshop participants will learn first-hand about youth experiences accessing confidential clinical care for mental health, reproductive health, and related services. Youth will discuss ways that national policy either supports or challenges adolescent confidential health services. Experiences of youth living in East Africa will be contrasted with experiences of Kenyan youth based in the United States, to describe the transcultural experiences affecting confidential services. Kenyan and US health experts will review options for confidential services in East Africa and US. Participants will also explore ways global guidelines such as WHO's Global AA-HA! Framework can support adolescent confidentiality.

Speakers



Mychelle Farmer, MD



Bertha Onduso, Student



June Nguru, Student



Jane Otai, BA



Tamera Coyne-Beasley, M.D., MPH

Workshop: Using Human Centered Design to Support Innovative Interventions for Adolescent Health

🕒 9:15am - 10:45am, Mar 9

Research

Today's adolescents are redefining ways of communication and engagement. Online portals/ websites, mobile applications, and social media have become a daily part of adolescent's lives. Recent research has documented that youth would like to rely on technology to seek out health information and engage with health providers. Therefore, providers and researchers need to embrace the adolescent culture and move into the digital world to seek solutions for complex health problems and reduce health disparities associated with adolescence. Human-centered design is an inclusive approach that builds upon participatory action research to solve problems or to build systems that are more relevant, useful, engaging, satisfying, and health promoting to the end users (e.g. adolescent patients, research participants). This presentation will provide foundational information about human-centered design, describe its use in health care, and review an exemplar case. Topics to be covered in this case presentation include: approaches to recruitment through the social/sexual networking app, the use of online focus groups to elicit preferences for HPV vaccine app development, and how we used these preferences in collaboration with a human-centered design firm to build a web-enabled app that addresses HPV vaccination and other sexual health issues. Digital patient engagement cannot fall to software developers alone who may not be able to understand the unique perspectives and health needs that adolescents face, both the youth and the providers need to collaborate to design the future of health delivery.

📣 Speakers



Holly B Fontenot, PhD, RN/NP



Chokdee Rutirasiri, BS BA

10:45am

Session Break

🕒 10:45am - 11:00am, Mar 9

11:00am

Workshop: Dilemmas in Substance Use Disorders: Diagnosis and Treatment

🕒 11:00am - 12:30pm, Mar 9

Core Clinical Topics

Adolescent substance use is a problem worldwide. Young adults have the highest rates of illicit substance use disorders worldwide. The percentage of the adolescents and young adults who have substance use disorders have remained the same for over 15 years. Alcohol remains the most commonly used substance followed by marijuana, whereas the number of adolescents who misuse opioids is small. Yet, any adolescent and youth adult is at risk for misusing opioids. Youth use licit and illicit substances for many reasons including experimentation and peer pressure. Many youth use them to manage negative moods or anxiety, and relax. It is challenging for providers such as physicians, nurses, social workers, and psychologists who work with youth to identify those who are experimenting compared with those who have transitioned to more regular use or have a substance use disorder. This presentation will review the Diagnostic and Statistical Manual of Mental Disorders (DSM) 5 diagnostic criteria for substance use disorders. The use of one set of diagnostic criteria to determine severity of disease facilitates the diagnosis of substance use disorders. Screening approaches and methods will be discussed that can alert providers to those youth at risk for substance use disorders and who need additional assessment to determine if they have a substance use disorder. Providers will learn to conduct a brief negotiation intervention to assist the adolescent in identifying risky behaviors while using licit and illicit substances, and to deliver behavior change counseling. Finally, behavioral and medication-assisted treatment options will be discussed.

🗣️ Speakers



May Lau, MD, MPH



Sheryl Ryan, MD



David Atkinson, MD

Workshop: Sex Talk: Tailoring Your Approach for Adolescents with Intellectual Disability in a Primary Care Setting

🕒 11:00am - 12:30pm, Mar 9

Core Clinical Topics

Adolescents with intellectual disabilities are a population with limited, disparate access to care in the areas of reproductive and sexual health and sexual health education. Adolescents with learning difficulties may not receive appropriate sexual health education because of community myths that they are “asexual” or sexually naive. A lack of effective sexual education can lead to adolescents engaging in risky sexual activity resulting in teen pregnancy and sexually transmitted infections among students with intellectual disabilities. These individuals also may have communication challenges that make it difficult to be assertive and avoid unsafe and nonconsensual sexual practices. Misperceptions and stigma about sexuality and lack of sexual health education in youth with intellectual disability can affect health care providers’ comfort level in discussing sexual health with this patient population, as well as patients’ ability or willingness to ask questions or raise concerns. Primary care physicians may not be adequately trained to educate adolescent patients in the areas of sexuality, and there often lacks formal training for tailoring this approach specifically for adolescents with intellectual disabilities. This workshop session aims to improve providers’ knowledge, skills, and comfort levels for the provision of sexual health services and education with patients with intellectual disabilities and their parents. We will highlight the experience of a parent of a youth with intellectual disability, as well as provide information and resources from a variety of sources including scientific literature and sexual health education models and resources.

🗣️ Speakers



Karen L Saroca, MD, MS



Frinny Polanco Walters, MD



Ireen Ahmed, MD



Laura Coyle, MD



Rebecca Monk Beyda, MD, MS



Laura K Grubb, MD, MPH

Workshop: But My Kid is 18 Years Old . . . What Do I Do? The Potential Benefits and Challenges of Involving Family in the Treatment of Young Adults with Eating Disorders

🕒 11:00am - 12:30pm, Mar 9

Clinical Advances

Eating disorders, particularly anorexia nervosa (AN), are complex and dangerous psychological conditions that are notoriously difficult to treat. Unfortunately, most psychotherapy trials for adults with AN have yielded unimpressive results. In contrast, Family-Based Treatment (FBT) has been established as the treatment-of-choice for adolescents with AN. Despite this, families have not traditionally been included in the treatment of young adults (18 – 26 years old) with eating disorders. Given evidence that family support can significantly improve outcomes for adolescents with AN, it is reasonable to predict that FBT would also be an effective approach for young adults, and pilot case series have shown promising results. Actively involving family members may be critical to facilitating full recovery, rather than merely helping a patient become 'less ill'. On the other hand, certain features that differentiate young adults from adolescents may prove challenging when including families in care. Emerging autonomy and the legal limitation of consent for family involvement in treatment are potential barriers, especially for college students living away from home. This workshop will review the potential benefits and challenges of involving family in the treatment of young adults with eating disorders, and will encourage the audience to consider FBT for adult patients as a novel treatment modality. Several interdisciplinary providers who specialize in eating disorders will share their experiences with family involvement for young adults in different treatment settings, including a partial hospital program, outpatient clinic, and university health center.

🗣️ Speakers



Rollyn M Ornstein, MD



Jamal H Essayli, PhD



Rebecka Peebles, MD



Karen Anderson, MD

Workshop: Improving Readiness for Adult Care for All Youth and Young Adults: A New Clinician Toolkit

🕒 11:00am - 12:30pm, Mar 9

Clinical Advances

According to the 2011 AAP/AAFP/ACP Clinical Report on Health Care Transition (HCT), transition planning support should be offered to all youth, beginning early in adolescence and continuing into young adulthood. Yet, national survey data reveal that 85% of adolescents are not receiving transition preparation from their health care providers. Planned and continuous attention to HCT becomes paramount for the psychological well-being of transition-age youth, who are facing transitions not only in health care but in many other areas of life. By offering a structured transition process, research shows that adolescents and young adults will have better health outcomes, improved health literacy and self-care skills, greater engagement and satisfaction with care, and less emergency room and hospital use. A newly developed toolkit, Incorporating Health Care Transition into Preventive Care for Adolescents and Young Adults, will be presented at this workshop. Developed jointly by The National Alliance to Advance Adolescent Health's Got Transition program and the University of California, San Francisco's Adolescent and Young Adult Health National Resource Center, this toolkit provides state-of-the-art guidance for clinicians to introduce HCT as part of routine preventive care, following the AAP's Bright Futures general format and age groupings. Available in English and Spanish, this toolkit contains sample questions and anticipatory guidance for use with early adolescents (ages 11-14), middle adolescents (ages 15-17), late adolescents (ages 18-21), and young adults (ages 22-25). It also includes sample tools to strengthen adolescents' and young adults' ability to manage their own health and effectively use health care services.

🗣️ Speakers



Patience White, MD, MA



Charles E Irwin, MD



Maria Aramburu, MD, MPH

Workshop: Adolescent Obesity Management 2.0: Essential Psychological, Social, and Cultural Considerations

🕒 11:00am - 12:30pm, Mar 9

Clinical Advances

The prevalence of overweight is increasing among adolescents in both developed and developing nations. Treatment that solely focuses on portion control and physical activity is often ineffective in creating sustainable change. In this workshop, inspired by the theme of the 2019 SAHM Annual

Conference, a multidisciplinary team will summarize mounting evidence that psychological, socioecological, and cultural factors are critical contributors to adolescent overweight around the world. Specific factors that will be discussed include: -Disordered eating, which is highly prevalent among overweight adolescents and may worsen weight gain; -Comorbid mental health conditions, particularly depression, attention deficit/hyperactivity disorder, and post-traumatic stress disorder, which may be associated with emotional or impulsive eating; -Peer and media influence on food choices; -Food insecurity, which may lead to co-existing overnutrition and undernutrition within a single household; -Weight bias and stigma among adolescents, parents, and providers, which may contribute to worsening of weight gain; -The intersection between weight and racial, cultural, and gender identities; -Family culture around food and exercise (including beliefs about nutrition, gender roles, and interpersonal dynamics while preparing and eating food) and influence from culture and religion; and -Environmental barriers to physical activity and nutritious food. This workshop will increase participants' understanding of the factors beyond caloric intake and output that must be sensitively and comprehensively addressed for adolescent weight management to be effective. Participants will discuss solutions for improving clinical care through developmentally appropriate multidisciplinary support, family-based treatment, addressing implicit bias in clinical care and medical education, and advocating for broader societal change.

Speakers



Maya Michelle Kumar, MD



Taylor Argo, MD



Jane Chang, MD



Rebecca Chermak, Psy.D.



Alicia Dixon Docter, MS, RDN, CD



Preeti Galagali, MBBS, MD



Janice Key, MD'



Erik Schlocker, MSW, LICSW



Amy Weiss, MD, MPH

Workshop: Rights, Respect, Responsibility: Reframing Adolescent Sexual and Reproductive Health through a Reproductive Justice Lens

🕒 11:00am - 12:30pm, Mar 9

Public Health/Advocacy

Young people have the right to receive accurate sexual health information and to have access to the full range of reproductive health service options, freely and without coercion. Young people also deserve to be treated with respect, as individuals who have agency over their own lives. However, adolescent sexuality in the US has often been framed as a public health problem to be controlled; this framing may encourage clinicians to approach contraceptive counseling with bias and to insert their own priorities into patient care. This workshop will encourage participants to rethink their approach to providing reproductive health care to patients, to center young people and to support their agency. This workshop, which will be co-led by clinicians and youth, will explore the history of reproductive coercion, primarily targeting women of color, which has been carried out by policies and medical institutions in the United States, and will illustrate how that history contributes to current disparities in reproductive health outcomes. The workshop will also introduce and define the framework of reproductive justice and the importance of incorporating the framework into the provision of sexual and reproductive health services for adolescents and young adults. Understanding reproductive justice is essential for clinical providers to provide patient-centered, non-coercive care, particularly when providing contraception or counseling about pregnancy options.

🗣️ Speakers



Tonya Katcher, MD, MPH



Jamila Perritt, MD, MPH, FACOG



Mariah Johnson, n/a



Antoinette Jones, n/a

Workshop: Using quality improvement methodologies to improve adolescent sexual and reproductive health in pediatric health systems

🕒 11:00am - 12:30pm, Mar 9

Research

Adolescents and young adults have the highest rates of adverse reproductive outcomes among people of all age groups. Rates of sexually transmitted infections (STI) and unintended pregnancies are highest in this age group, yet receipt of recommended reproductive health services is low. In this workshop, we describe quality improvement methodologies for optimizing health by improving clinical care processes. We describe tools for conducting QI research, including driver diagrams and explanation of PDSA (Plan-Do-Study-Act) cycles. We describe the quality improvement (QI) framework developed at the Children's Hospital of Philadelphia (CHOP). This framework includes nine key components of quality and safety: 1) Leveraging electronic records to help clinicians to deliver high quality care, 2) Continuously implement and update practices to make care safe, 3) Reducing pediatric and adolescent patient discomfort, 4) Reducing unnecessary care, 5) Reducing emergency room visits and hospitalizations, and maximizing care coordination, 6) Promoting healthy lifestyles to improve individual and community health, 7) Increasing the efficiency and effectiveness, 8) Reducing the time to receipt of needed care, and 9) Reducing disparities in care. We present three quality improvement projects that highlight the success of the CHOP QI framework at 1) improving STI screening, 2) providing contraceptive services to young people using teratogenic medications and 3) providing contraceptive services to parenting teens. Workshop attendees will work in small groups to develop and refine their own QI research question and prepare an outline for a quality improvement plan they can implement at their institutions and develop a dissemination strategy.

🗣️ Speakers



Aletha Y Akers, MDMPH FSAHM FACOG



Kenisha Campbell, MD MPH



Sarah Wood, MD MSHP



Emily Gregory, MD MHS



Rosheen Grady, MD

Poster Symposia VI: Gender/Sexual Minority Youth Health

🕒 11:00am - 12:30pm, Mar 9

Research

8 Subsessions

- **Appearance ideals and eating disorders risk among LGBTQ college students: The Being Ourselves Living in Diverse Bodies (BOLD) Study**
🕒 11:00am - 12:30pm, Mar 9
- **HIV Risk Factors associated with the Pre-Exposure Prophylaxis Cascade among Young and Adult Black Men Who Have Sex With Men in Baltimore City**
🕒 11:00am - 12:30pm, Mar 9
- **“There is a possibility that things can get better”: Transgender youth’s experiences with health care services**
🕒 11:00am - 12:30pm, Mar 9
- **Addressing Mental Health Among Sexual Minority Adolescents and Young Adults: A Qualitative Investigation**
🕒 11:00am - 12:30pm, Mar 9
- **Internal Resilience Strategies among Trans and Non-binary Adolescents**
🕒 11:00am - 12:30pm, Mar 9
- **Transgender Youth's Disclosure of Gender Identity to Providers Outside of Specialized Gender Centers**
🕒 11:00am - 12:30pm, Mar 9
- **Using Standardized Patient Encounters to Build Interdisciplinary Pediatric Learners’ Gender-Affirming Clinical Self-Efficacy and Skills in Caring for Transgender Youth**
🕒 11:00am - 12:30pm, Mar 9
- **The Impact of Sexual Identity Development on the Sexual Health of Former Foster Youth**
🕒 11:00am - 12:30pm, Mar 9

12:30pm

Session Break

🕒 12:30pm - 1:00pm, Mar 9

1:00pm

Nexplanon Training

