

Subject: MI SAHM December Newsletter

From: Patterson, Vani [<mailto:vanims@med.umich.edu>]

Subject: MI SAHM December Newsletter

December 2014



Committed to improving the physical and psychosocial health and well-being of all adolescents through advocacy, clinical care, health promotion, health service delivery, professional development, and research

MI-SAHM Newsletter

Message From the President

Happy Winter!

I wanted to take this opportunity to talk about strategies for increasing chlamydia screening rates for adolescents. Recently the CDC announced that nearly 5% of young women in the United States have chlamydia. A pretty shocking statistic! Chlamydia is the leading preventable cause of infertility, and screening all sexually active females under the age of 25 is the best method for decreasing rates of infection.



At the University of Michigan we've been working hard to increase chlamydia screening rates for asymptomatic females. We now screen all females ages 16 to 24 seen in our primary care clinics for chlamydia through a standardized workflow. All young women who haven't been screened in the past year are asked to give a urine sample, the medical assistant orders chlamydia screening, and the provider speaks with the patient and either signs or deletes the

SAHM Listserv

Please join the national SAHM listserv to receive the weekly roundup and stay up to date on research and adolescent news.

Click [here](#) to join!

MI SAHM Listserv

Please join the Michigan SAHM listserv to receive the quarterly newsletter and receive updates on local job opportunities, relevant research, and events.

Email Vani at vanims@med.umich.edu to join!

Connect with AHI!

Connect with the Adolescent Health Initiative to stay on top of recent research, events, and initiatives related to adolescent health!

[Facebook](#)

[Twitter](#)

[Instagram](#)

order. This process has increased our screening rates to greater than 65% in just two months.

Additionally, at our Regional Alliance for Healthy Schools (RAHS) school-based clinic at Ypsilanti Community High School, we partnered with youth serving community health centers (Planned Parenthood and the Corner Health Center), our local Health Department, and volunteers from the UM Medical School to run an all school STI testing "blitz." At the blitz we provided STI education in every classroom, and then the students were given the opportunity to be tested for chlamydia and gonorrhea. Over 250 students chose to be tested in one day!

I'm proud of the strides we've made, and hope you are taking similar steps in your own clinical practice. Send us an [e-mail](#) if you want to hear any more details, or if you have other strategies to share.

Stay warm!

Maggie Riley, MD
Chapter President, Michigan Society for Adolescent Health and Medicine (MI-SAHM)
Medical Director, Adolescent Health Initiative (AHI)
Medical Director, Regional Alliance for Healthy Schools (RAHS)

Call for Posters!



AHI has issued a Call for Poster Abstracts for our second annual Conference on Adolescent Health! The 2015 Conference will be a two-day event featuring plenary and break-out sessions and a poster session for research and program implementation related to adolescent health.

Providers, health professionals, and students who are conducting research or implementing innovative adolescent health programs are encouraged to submit an abstract for review!

Please visit our [conference website](#) for submission details as well as details regarding the conference. The deadline for abstracts is Friday,

Upcoming Events

[Screening of 'After the Fall: HIV Grows Up' and Discussion](#)

December 4, 2014
7:00 - 9:00 PM

[Creating Mental Health Clubs for Students at School](#)

(Webinar)
December 9, 2015
4:00 - 5:00 PM

[Collecting Data on Sexual Orientation and Gender Identity in the Electronic Health Record: Why and How](#)

(Webinar)
December 15, 2014
1:00 - 2:00 PM

[39th Annual MidWinter Family Medicine Update](#)

February 6-11, 2015
Harbor Springs, MI

[2015 Michigan Family Medicine Advocacy Day](#)

February 24, 2015
Lansing, MI

[Depression on College Campuses Conference](#)

March 11-12, 2015
Ann Arbor, MI

[Creating a Space for Wellness: Integrative Health in Primary Care](#)

March 19-20, 2015
Ann Arbor, MI

[2015 Conference on Adolescent Health](#)

April 23-24, 2015
Ypsilanti, MI

Event Suggestions?

If you would like to add an event to the MI-SAHM newsletter or the AHI website

December 12, 2014.

events page, contact
adolescenthealth@umich.edu.

M | ADOLESCENT HEALTH INITIATIVE



MISAHM Discount for the 2015 Conference on Adolescent Health!

As a MISAHM member, you are able to receive a 10% discount on registration for AHI's 2015 Conference on Adolescent Health! Just use the discount code below during registration.

Discount Code: 25MS2015

MI-SAHM Member Highlight Nicole Speck, MS, RN, FNP-BC

Nicole Speck is a Nurse Practitioner for the University of Michigan Health System's Regional Alliance for Healthy Schools (RAHS). She focuses her daily work on health promotion, preventive care, immunizations, and management of acute and chronic illnesses for youth and adolescents at Scarlett Middle School's school-based health center.



Let's hear from Nicole, one of the most ambitious and passionate providers we know, about her current work in the field of adolescent health.

Passion within adolescent health:

I love having the opportunity to reach youth and families at a critical period in their lives, while being supported by a wonderful team of nurses, physicians, medical assistants, social workers, care coordinators, and leadership that are just as passionate about decreasing health inequities and addressing social determinants of health, one patient and one family at a time. School-based health care provides youth critical access to comprehensive health services. Linking health services with academic success and social success is key. The unique ability for school based health to provide comprehensive services, including mental health and registered dietitian services, while coordinating care with community primary care providers, educators, and families is compelling.

Current projects or research:

I am currently pursuing my Doctorate of Nursing Practice degree from Wayne State University. My project includes performing a policy analysis of the feasibility of Michigan School-Based Health Centers Practices being recognized as and integrated into the Patient Centered Medical Home model of care delivery.

What are your hopes for the future of adolescent health in Michigan?:

It is my hope that funding for the SBHC (CAHC) program will continue to expand; for long-term recognition and payment reform for the prevention and health services delivered in SBHCs to ensure sustainability of this effective way of providing excellent care to youth and adolescents.

I hope the future will reveal improved graduation rates in Michigan, decreased incidence of childhood obesity, and elimination of any uninsured child in the state.

Contact email: coli@umich.edu

**MI-SAHM Member
Highlight
Kate Guzman, RN, MS**

Kate Guzman is the Assistant Director at the Corner Health Center, a school-linked health center in Ypsilanti.

Read about Kate's passion for adolescent health and exciting projects she is leading at the Corner.



Passion within adolescent health:

My passion lies in integrating mental health services into physical health care to achieve seamless holistic care, where mental health is normalized and embraced as part of a "typical" adolescent visit. I also just really love working with young people and feel energized every day by my work!

Current projects or research:

We are launching special evening clinics once per month for males, LGBTQ, and Latino youth. Every Monday we will be open from 4-7pm and each Monday has a different population focus. The first

Monday is Man Up Monday (male health night), the second Monday is Aqui Para Ti (Latino night), and third Monday is OUT for Health (LGBTQ night). The fourth Monday is Everyone Welcome night. Additional staff and volunteers are being recruited with a passion for these specific populations.

What are your hopes for the future of adolescent health in Michigan?

That SBHCs will be able to provide Family Planning services on site! That more adolescent health centers adopt true youth-led initiatives and encourage youth voice! That all adolescent health centers become integrated sites offering mental health services hand-in-hand with physical health services! (That's a lot of hopes, but I'm forever the optimist!)

Contact email: kguzman@cornerhealth.org

Program Highlight The Teen Advisory Council (TAC) at Saginaw High's School-Based Health Center (Health Delivery, Inc)



Saginaw High School's Health Center, through Health Delivery, Inc., reestablished their TAC in 2011 when funding was restored after having been eliminated for years. A group of very dedicated young people were committed to seeing the TAC grow and recruited 10-15 members to set the foundation for a thriving youth-driven group. Students began executing projects within the school, including raising awareness for World AIDS Day, Teen Dating Violence Awareness Month, GYT (Get Yourself Tested) Campaigns, and in the spring of 2012 hosting the first annual "Prevention Day" event. TAC continues to work hard on promoting national health awareness efforts in the school throughout the year, and even has challenged their entire student body to learn their "Think.Respect." pledge to create a culture of respect within the school.

In Fall 2012, the TAC was recognized nationally for winning the "Respect! Video Challenge" and were awarded \$10,000. They were able to put this money to excellent use in their school and community and this fueled the fire to grow their impact. Less than two years later, Saginaw High's TAC partnered with the TAC at Arthur Hill High School to create a video titled, "Youth Health in Youth Hands," that took first place in a state-wide competition.

In 2013, the Adolescent Health Initiative recognized Saginaw High's

TAC as one of the most thriving YACs in the state. The TAC was asked to provide input on AHI's YACYAC (Youth Advisory Coalition of Youth Advisory Councils) Project. Check out the [YACYAC manual](#) to see some of the TAC's work and learn more about how you can create a thriving YAC!

Contact Amanda Forsmark, TAC Coordinator, from Health Delivery, Inc: aforsmark@healthdelivery.org.

Noteworthy Research in Michigan

Carol J. Boyd, Elizabeth Austic, Quyen Epstein-Ngo, Philip T. Veliz, and Sean Esteban McCabe.

While anxiety and sleep medications can certainly play an important role in health management, we may be unintentionally creating a generation of recreational drug-using teens. According to a study done by the University of Michigan School of Nursing, teens who have been prescribed anxiety or sleep medications are up to 12 times more likely to abuse those drugs than teens who have never had a prescription.

This study consisted of 2,745 adolescents in the Detroit area over a three-year period. Nine percent of the adolescents in the study had received a prescription for anxiety or sleep during their lifetime; 3.4% had received at least one prescription during the three year period of the study. Adolescents who received a prescription during the study period were 10 times more likely engage in "getting high" or "experimenting" than adolescents never prescribed anxiety or sleep medication; adolescents who received a prescription at some point in their life (but not during the study) were 12 times more likely to use someone else's medication. These data illustrate substantial implications for future substance abuse.

The authors recommend that providers thoroughly educate parents and adolescents about these medications, strictly monitor refills, and conduct a substance-use assessment with teens before writing prescriptions.

["A prospective study of adolescents' nonmedical use of anxiolytic and sleep medication"](#) can be found in the American Psychological Association journal *Psychology of Addictive Behaviors*.

Highlight Nominations

Do you know of a great adolescent health professional and/or program?

Email us at adolescenthealth@umich.edu so we can highlight them in future newsletters!

Electronic Mail is not secure, may not be read every day, and should not be used for urgent or sensitive issues