

**From:** MI-SAHM <adolescenthealth@umich.edu>  
**Sent:**  
**To:**  
**Subject:** MI-SAHM March Newsletter



*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

Got LARCs? Long acting reversible contraceptives (LARCs) are the most effective contraceptive option for preventing teen pregnancy. LARCs include intrauterine devices (IUDs including Mirena, ParaGard, and Skyla) and contraceptive implants (Nexplanon). LARCs are highly effective, well-tolerated, have few contraindications, and take adherence issues out of the equation for preventing an unplanned pregnancy.



The Contraceptive CHOICE Project out of St. Louis is an example of the power of LARCs. Women ages 14 to 45 were given an educational session on contraception focused on the effectiveness of LARCs, and were then offered free same day contraception. 72% of participants chose a LARC. Three years after the project began, the observed rates of teen pregnancy, birth, and abortion were substantially lower in the study population than national rates among all U.S. teens. The full study description is available at <http://www.nejm.org/doi/pdf/10.1056/NEJMoa1400506>.

IUDs were once thought to be only for adult women who had had at least

March 2015

### 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](mailto:vanim@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](#)

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### Upcoming Events

[2015 Michigan Family Medicine Advocacy Day](#)  
February 24, 2015

one child and were in a long-term monogamous relationship. These restrictions have been lifted - IUDs are now known to be an excellent option for teens and nulliparous women. We now know that IUDs **do not** lead to increased risk of contracting sexually transmitted infections, therefore partner stability isn't mandatory (though of course condoms should be recommended to all teens for STI prevention). Nexplanon (a single rod implantable contraceptive that is placed subdermally in the arm) is also fantastic for teens. It lasts 3 years, takes 5 minutes to place, and doesn't require the patient to undress for placement.

The AAP began recommending LARCs as first-line contraception for teens in 2014, and recommend that all pediatricians are familiar with counseling, insertion, and/or referrals for LARC placement. IUDs are typically placed by Family Physicians or OB/GYNs, while Nexplanon can be placed by any healthcare provider who undergoes a 2 hour training from Merck.

So, got LARCs? If not, you should! I'm happy to connect and discuss ways to start offering LARCs in your office.

Warmest regards,

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)

## Registration Open!



Please visit AHI's [conference website](#) for the agenda, registration, and sponsorship options!

**M** | ADOLESCENT HEALTH INITIATIVE



## MI-SAHM Discount for the 2015 Conference

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

### [Improving OUTcomes 2015](#)

March 27-28, 2015  
Sacramento, CA

### [Adolescent Sexuality Conference](#)

April 13-14, 2015  
Seaside, Oregon

### [Healthy Minds Network: Population-level Approaches to Adolescent and Young Adult Mental Health](#)

April 17, 2015  
Ann Arbor, MI

### [2015 Conference on Adolescent Health](#)

April 23-24, 2015  
Ypsilanti, MI

### [Society for Public Health Educators 66th Annual Meeting](#)

April 23-25, 2015  
Portland, Oregon

### [Pediatric Academy Societies Annual Meeting](#)

April 25-28, 2015  
San Diego, CA

### [Michigan Association of School Nurses' Annual Conference](#)

May 7-8, 2015  
East Lansing, MI

### [TeenWise Minnesota Annual Conference](#)

May 7-8, 2015  
Brooklyn Center, MN

## on Adolescent Health!

As a MI-SAHM 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:

## MI-SAHM Member Highlight Liz Shih, MD

Dr. Liz Shih is a Family Medicine provider at the University of Michigan Health System. She provides the full spectrum of family medicine services with a particular interest in caring for children and adolescents, prenatal care, and women's health.



Below Liz discusses her passion and current focus areas for her work in adolescent health.

### Passion within adolescent health:

I am passionate about contraceptive options and providing mental health support and resources.

### Current projects or research:

I am currently an "Adolescent Champion" through the Adolescent Health Initiative, with the goal of making the Family Medicine clinic at Domino's Farms an adolescent friendly environment. We are focusing on standardizing risk assessment screening for teens during their visits and improving referral resources when needed.

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

Increasing teens' awareness of the confidential resources available to them, particularly in regards to sexual health.

Contact email: [emeza@med.umich.edu](mailto:emeza@med.umich.edu)

### [AAP Practical Pediatrics CME Course](#)

May 22-24, 2015  
Hilton Head, SC

### [AAFP Infant, Child, and Adolescent Medicine Live Course](#)

June 10-13, 2015  
Reston, VA

### [National School-Based Health Care Convention](#)

June 16-19, 2015  
Austin, TX

### [2015 National Sexual Health Conference](#)

July 13-14, 2015  
Keystone, CO

### [AAP Practical Pediatrics CME Course](#)

September 4-6, 2015  
Chicago, IL

### [Healthy Teen Network's 2015 Conference: Youth 360](#)

October 13-16, 2015  
Baltimore, MD

### [American School Health Association School Health Conference](#)

October 15-17, 2015  
Orlando, FL

### [Eyes Open Iowa Annual Conference](#)

October 22-23, 2015  
Johnston, IA

### [APHA Annual Meeting: Health in All Policies](#)

October 31 - November 4, 2015  
Chicago, IL

### [AAP Practical Pediatrics CME Course](#)

November 13-15, 2015  
Phoenix, AZ

## Event Suggestions?

## MI-SAHM Member Highlight Natalie Kasiborski, PhD, LMSW, MPH



Natalie Kasiborski is a mental health provider at the Hornet Health Center in Pellston, MI, as well as a grant coordinator for Health Department of Northwest Michigan's Child and Adolescent Health Centers.

Read about Natalie's passion for adolescent health and the exciting projects she is leading in northern Michigan!

### **Passion within adolescent health:**

I am privileged to work as a team member within both the clinic and the school to provide comprehensive services to support youth and their families. I love the school based healthcare model and the access to care that it facilitates. I am passionate about empowering and educating youth about health and wellness and normalizing that healthcare includes attending to both physical and mental wellness.

### **Current projects or research:**

Through our MDCH Transformational Grant we are innovating an integrated physical and mental health care system of delivery where clients are offered comprehensive care within the clinic setting, differentiating between the need for mental health or behavioral health care. Within this model we are also realizing the full potential of expanding integration beyond the clinic walls into the school building and the community.

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

My hope is that the Child and Adolescent Health Center program will continue to expand so that eventually all adolescents will have access to integrated healthcare services within their school or their community.

Contact email: [n.kasiborski@nwhealth.org](mailto:n.kasiborski@nwhealth.org)

If you would like to add an event to the MI-SAHM newsletter or the AHI website events page, contact [adolescenthealth@umich.edu](mailto:adolescenthealth@umich.edu).

## Program Highlight CHC School Tele-Health Program



With the support of the MDCH Transformational Grant, the Community Health Center (CHC) of Branch County's School Tele-health Program was launched in January 2014 as the first school health program to utilize tele-medicine in Michigan. The program includes 3 school clinic sites serving 6-12 graders in 3 school districts throughout Branch County: Bronson Community Schools, Coldwater Community Schools, and Quincy Community Schools. Each school clinic is staffed with a registered nurse and are connected via tele-medicine equipment to the CHC Pediatric and Adolescent Clinic (PAC) on the CHC campus. Tele-medicine equipment provides a secure audio/visual connection which transmits high-definition images and sounds to the PAC. Tele-health calls are answered by the medical staff at the PAC which includes 4 physicians and 1 nurse practitioner. While working within their scope of practice under the supervision and direction of a medical director, the RNs at the school clinics can provide acute care and chronic disease management; administer medications; complete immunizations assessments using Michigan Care Improvement Registry (MCIR); deliver preventative care; provide confidential services (i.e., HIV testing and counseling, STI screenings and treatments, pregnancy testing, etc. in compliance with Michigan's Minor Consent Law); provide health education on site; and provide referrals to specialty services, follow-up, and care coordination.

The program although overseen by the Community Health Center of Branch County is a collaborative effort including the Branch-Hillsdale-St Joseph Health Agency, Coldwater Community Schools, Quincy Community Schools, Bronson Community Schools, and the Branch Intermediate School District. Each area provided a level of support for the program launch, and they all continue to provide collaborative on-going support. Some examples are in-kind space and connectivity, contracted health education and Medicaid outreach services, and financial support toward salaries and wages.

Contact Theresa Gillette from CHC: [tgillette@chcbc.com](mailto:tgillette@chcbc.com) for more information!

## In the News

**Expedited partner therapy (EPT)** has made it to Michigan! EPT allows clinicians to provide patients diagnosed with gonorrhea or chlamydia with medication or a prescription to deliver to his or her sex partner(s) without a medical evaluation or clinical assessment of those partners. This strategy has been successful in other states to reduce the rates of STDs by decreasing re-infections, and is a step forward in STD prevention in Michigan.

Immunization advocates are applauding **new rules regarding immunization waivers** that MDCH began implementing January 1, 2015. All parents who seek a vaccination waiver for their child entering school will now have to be educated by a health worker at their local Department of Community Health before the waiver is granted. Parents will learn more about vaccines and the diseases they are intended to prevent, and will need to sign a universal form that includes a statement of acknowledgement about the risks of refusing vaccines. Michigan has an exceptionally high rate of non-medical "philosophical" waivers for immunizations, and this rule aims to decrease these waivers by improving and standardizing education about vaccines.

Governor Rick Snyder vetoed bills that would have prohibited the sale of **e-cigarettes** to minors, saying they failed to go far enough in regulating the devices. Many health experts believe that e-cigarettes should be regulated as a tobacco product, which would lead to greater taxation and include e-cigarettes in the workplace smoking ban, in addition to prohibiting sales to minors.

## Highlight Nominations

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

Email us at [adolescenthealth@umich.edu](mailto:adolescenthealth@umich.edu) so we can highlight them in future newsletters!



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Try it FREE today.

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