

7TH ANNUAL CONFERENCE ON ADOLESCENT HEALTH

ADOLESCENT
HEALTH INITIATIVE

Now Virtual
May 13 - 14, 2021
10:30 AM - 5:30 PM EST

THURSDAY, MAY 13, 2021

10:30 AM - 11:00 AM Exhibiting Hall Opens

11:00 AM - 11:30 AM Welcome, Land
Acknowledgment & Youth
Presentation

11:30 AM - 12:45 PM Keynote Presentation

12:45 PM - 1:00 PM Break

1:00 PM - 2:30 PM Oral Presentations

2:30 PM - 3:00 PM Break

3:00 PM - 4:00 PM Breakout Session 1

4:00 PM - 4:15 PM Break

4:15 PM - 5:30 PM Plenary Presentation

FRIDAY, MAY 14, 2021

10:30 AM - 11:00 AM Exhibiting Hall Opens

11:00 AM - 11:25 AM Welcome & Youth
Presentation

11:25 AM - 12:45 PM Plenary Presentation

12:45 PM - 1:00 PM Break

1:00 PM - 2:00 PM Breakout Session 2

2:00 PM - 2:30 PM Break

2:30 PM - 3:15 PM Networking, Awards, Posters
& Youth Presentation

3:15 PM - 4:15 PM Breakout Session 3

4:15 PM - 4:30 PM Break

4:30 PM - 5:30 PM Breakout Session 4

DETAILED AGENDA // DAY 1 // EST

Thursday, May 13, 2021 EST

11:00 AM - 11:30 AM // WELCOME, LAND ACKNOWLEDGMENT & YOUTH PRESENTATION

Land Acknowledgment

Sandra Momper, Bad River Chippewa Indians

IndigiLove Begins with I: Poetry Panel

Lael Tate, We R Native

Isis Sanchey, We R Native

Aurora Martinez, We R Native

Aiyana Lynch, We R Native

Last summer, We R Native hosted a virtual conference with Native youth to design a campaign to destigmatize mental health. Youth participants used poetry to reflect on their mental health and wellness skills. During this panel, several young people will share their poems and discuss the importance of creative expression to maintaining a healthy life.

11:30 AM - 12:45 PM // KEYNOTE PRESENTATION

Brave Enough to See It and Be It: Using Science and Innovation to Reduce Disparities in Adolescent & Young Women's Health

Maria Trent, MD, MPH

This presentation will discuss the factors that lead to health inequity in adolescent & young women and utilize a lab-based case approach

Objectives:

1. Describe the factors contributing to reproductive health inequity among adolescent and young adult women
2. Discuss the epidemiological data to support health inequities for adolescent and young adult women
3. Describe how public health systems can better integrate supports for adolescent and young adult women
4. Using a case-based model, describe how science and innovation can begin to address inequity in underserved populations

DETAILED AGENDA // DAY 1 // EST

1:00 PM - 2:30 PM // PRIMARY CARE ORAL SESSIONS

From Teens to Teens: Winning Strategies for Improving MenB Vaccination Rates

Alicia Stillman, MBA, MPH Candidate

Patti Wukovits, BSN, RN

Kelly Danielpour, High School Student

This session will explore considerations and best practices for improving vaccination rates among adolescents, with a focus on Meningitis B, through a range of perspectives. Two mothers who each lost their adolescent daughters to a vaccine-preventable disease will share their learnings based on their experiences advocating for Meningitis B, along with a teen advocate actively working to change consent laws.

Objectives:

1. Better understand current ACIP MenB vaccination recommendations
2. Define key factors affecting MenB vaccination rates in the United States
3. Identify strategies to improve awareness and uptake of MenB vaccination among adolescents

The SMARTT Initiative - Screening, Monitoring and Referral to Treatment for Adolescents

Robert E. Burke, DNP, RN, FNP-BC, LAC

Ellen Johnson Silver, PhD

The screening, monitoring, and referral to treatment (SMARTT) initiative is a comprehensive collaborative care model that incorporates routine psychosocial screening, medical provider primary care monitoring (PCM) visits and mental health referrals to successfully meet unmet mental health needs.

Objectives:

1. Discuss the challenges of routine mental health screening in adolescent primary care
2. Describe the screening, monitoring and referral to treatment (SMARTT) initiative and how it applies to clinical practice
3. Develop strategies for applying the SMARTT initiative in other clinical settings

DETAILED AGENDA // DAY 1 // EST

Empowered Interventions: Program Model for Adolescent Transition from Pediatric to Adult Healthcare

Becca Mathis, BS, CHES

A tangible example of how to develop and implement a collaborative, evidence-informed Adolescent Transition Care program that empowers youth to navigate healthcare upon high school graduation. Intervention activities discussed: health education, patient-provider counseling, and health coaching.

Objectives:

1. Identify the importance and examples of collaborative partners to assist in the comprehensive implementation of an Adolescent Transition Care Program
2. Design a multi-faceted Adolescent Transition Care Program that empowers adolescents to navigate healthcare by late adolescence
3. Define measurable outcomes and methods of data collection for effective reporting of Adolescent Transition Care program interventions

Using Youth-Driven Health Assessments to Improve Your Clinic

Valerie Gavrilă, MPH

Jeren Ghoujehi, Youth

Chris Oshana, Youth

The motto of TAC TAC is “Nothing about us, without us”, which exemplifies how youth and young adults should be included in the work that adults do to better serve this community. Hear directly from youth about their experience in the Adolescent Health Initiative’s youth council, The Adolescent Champion Teen Advisory Council (TAC TAC). Additionally, TAC TAC will prepare us for the day through an “energizer” to get us in the conference spirit on day 2.

Objectives:

1. Understand the value of youth-driven health assessments
2. Identify tools to collect adolescent feedback
3. Learn strategies to facilitate a youth-led health assessment in your clinic

DETAILED AGENDA // DAY 1 // EST

1:00 PM - 2:30 PM // SEXUAL HEALTH ORAL SESSIONS

Integrating Pre-Exposure Prophylaxis (PrEP) Care into School-Based Health Centers

Cori Depue, MPH

The presentation will highlight an innovative program to reduce barriers to Pre-Exposure Prophylaxis (PrEP) for adolescents. By improving education among clinicians, normalizing PrEP conversations, and offering it on-site, PrEP uptake increased among youth in an urban school-based health setting.

Objectives:

1. To summarize why following standard eligibility criteria for PrEP may actually reduce access to PrEP among the adolescent population
2. To describe at least three barriers adolescents experience when accessing PrEP
3. To identify two strategies to improve access to PrEP for adolescents

Spark*ED Online Professional Development for Sex Educators -- Ignite Excellence in Sex Education

Paige Mac Leod, BSBA

Spark*ED is a new, innovative online professional development program built on a racial equity & social justice platform. Interact with & learn about our self-paced & virtual instructor-led courses designed to deliver information, skills and theory required to deliver impactful and inclusive sex ed.

Objectives:

1. Understand how the Spark*ED online professional development program can benefit folks delivering sex education or who interact with youth who have sex/ed related questions
2. Understand how the courses were designed to train folks to address current sex education needs (medically accurate, inclusive, culturally responsive, age appropriate, trauma-informed)
3. Understand how to access and take the Spark*ED self-paced and virtual instructor-led courses

DETAILED AGENDA // DAY 1 // EST

An Innovative Online Approach to Improving Access to Adolescent Sexual Health Services

Danielle Lewald, MPH, CPH

Diane Straub, MD, MPH

Lauren Woodward, MPH, CHES, CPH

Rising rates of STDs among youth in Tampa, FL called for an innovative and collaborative approach to improving linkages to sexual health care, education and community resources, leading to the development of the community's first online resource directory and referral database for teens.

Objectives:

1. Learn how to leverage technology to improve access to sexual health education and services
2. Understand the benefits of a youth-centered approach to designing and implementing a sexual health campaign
3. Discover the power of multi-sector collaboration in strengthening community partnerships and referral systems

Healthy Native Youth: Building Networks to Promote AI/AN Adolescent Health

Michelle Singer, We R Native

Sexual health messaging can be challenging in Indian Country, where decisions are shaped by unique social and cultural norms. Creating effective and inclusive health education and resources for Native youth, their families, and tribal communities requires programming on multiple levels. The Northwest Portland Area Indian Health Board, Alaska Native Tribal Health Consortium and its partners are leveraging Healthy Native Youth's culturally-relevant health curricula website, We R Native's multimedia programming, and other wellness initiatives to support a multi-level approach to positive youth development.

Objectives:

1. Participants will gain insight into We R Native and Healthy Native Youth's current adolescent health initiatives, including cultural resilience, sexual health, and mental health campaigns
2. Participants will improve their practical knowledge of adolescent health resources, best practices for promoting health and well-being for Native teens and young adults, and parent-child communication tools
3. Participants will identify communities and resources for Two Spirit/LGBTQ youth in their regions.

DETAILED AGENDA // DAY 1 // EST

1:00 PM - 2:30 PM // COMMUNITY & SCHOOL BASED ORAL SESSIONS

Collaborative Strategies to Improve Outcomes for Adolescents Affected by Substance Use Disorders

Mary Hale, MS

Emily Svoboda, MS

Public health professionals often interact with adolescents who have a parent or caregiver with an SUD and who are also involved in child welfare or court systems. This session will detail the unique risks and needs of adolescents affected by trauma and SUDs.

Objectives:

1. Recognize the unique risks and needs of adolescents who have a parent(s) with an SUD including trauma, delinquency, and developmental pathways to substance use
2. Identify key stakeholders' existing systems to build community connections and improve service delivery to adolescents affected by trauma and substance use disorders
3. Examine collaborative strategies to improve outcomes for adolescents affected by trauma and SUDs

Creating a Human Trafficking Screening and Management Tool for School-Based Health Centers

V. Bernadene Stood, MD, MS

Katelyn Bailey, DNP, RN, CPNP-PC

Angela Kuznia, MD, MPH

A multidisciplinary healthcare team developed an adolescent trafficking screening tool and management protocol. During the process, valuable insight was gained regarding the unique challenges and limitations to the establishment of a novel screening tool within a school based healthcare setting.

Objectives:

1. Describe the problem of human trafficking, its impact on the adolescent population, and available evidence on human trafficking screening tools
2. Recognize the important role of school-based health centers in human trafficking screening and identification of possible cases
3. Learn of the unique challenges and limitations to establishing a novel screening tool and management protocol within a school-based health center

DETAILED AGENDA // DAY 1 // EST

Creating a Program to Support Adolescents and Young Adults with Cancer

Beth Stuchell, MSW

Emily Walling, MD MPHS

Anao Zhang, PhD

Alex Dils, Youth

Michigan Medicine physicians, researchers, patients and community partners are coming together to create a program for adolescents and young adults with cancer that targets the needs of this specific population, recognizes impacts of treatment and identifies what must be done to improve outcomes.

Objectives:

1. Identify areas that contribute to adolescent and young adult cancer patients having poorer health outcomes than their younger and older cohort of patients
2. Recognize how a program specifically targeted to adolescents and young adults with cancer can lead to better care and outcomes
3. Recognize the unique needs and experiences of an adolescent or young adult with cancer

Addressing Food Insecurity with Adolescent Patients

Shaira Daya, MPH, RD

Food insecurity affects adolescent patients, but may go unnoticed in healthcare settings. Food Gatherers, a regional food bank, will discuss the unique challenges faced by food insecure adolescents, and examine the role of healthcare providers in helping patients connect to food resources.

Objectives:

1. Discuss food insecurity and hunger, and who experiences it
2. Recognize food insecurity as a key social determinant of health
3. Implement routine screening for food insecurity and connect adolescent patients to food resources, including pantry programs

DETAILED AGENDA // DAY 1 // EST

1:00 PM - 2:30 PM // MENTAL HEALTH ORAL SESSIONS

Speaking the Same Language: Development of the TRAILS SEL Curriculum

Michelle McMahon, LMSW

TRAILS has developed an innovative Social and Emotional Learning (SEL) curriculum designed to bridge evidence-based cognitive behavioral therapy (CBT) and mindfulness techniques with Michigan's 5 SEL Competencies. Development strategies and curriculum content will be discussed.

Objectives:

1. Identify and describe Michigan's 5 SEL Competencies
2. Describe at least 1-2 core CBT and mindfulness techniques that can be utilized effectively in the classroom
3. Describe how bridging SEL with evidence-based mental health techniques (CBT and mindfulness) in tier 1 provides a multi-tiered system of mental health support for students.

Wyman's Teen Connection Project: Strengthening Peer Relationship Among High School Youth

Nicki Thomson, PhD

Jillian Rose, MSW

Wyman's Teen Connection Project (TCP) addresses the critical need for adolescents to build positive peer relationships. A rigorous study of the program showed positive outcomes in peer relationships, academic engagement, coping with social support and lower levels of depressive symptoms.

Objectives:

1. Recognize the importance of fostering positive peer relationships during adolescence
2. Recognize the critical role of adults in empowering adolescents to build skills, connections and well-being
3. Apply what they have learned in this session to their own work with adolescents

DETAILED AGENDA // DAY 1 // EST

Youth Perspectives on Improving Mental Health and Mental Health Care

Melissa Dejonckheere, PhD

Ivana Khreizat, Undergraduate

Young people are at the center of the mental health crisis, and barriers to access and utilization prevent youth from seeking and receiving appropriate treatment. We share the results of a national text message poll to elicit the perspectives of 14-24-year-olds to inform policies and programs aimed at improving mental health care, use, and access

Objectives:

1. Describe a diverse sample of youth's perspectives on mental health and mental health care
2. Identify opportunities to improve mental health and mental health care for youth
3. Consider the potential of a large-scale text message poll of youth to inform policy across field

OnTrackNY: New York State's Coordinated Specialty Care Program for Young People Experiencing First Episode Psychosis

Rufina Lee, MSW, PhD, Hunter College and NYS Psychiatric Institute

OnTrackNY is an innovative, multi-disciplinary, team-based intervention for adolescents and young adults who have recently begun to experience psychosis. OnTrackNY focuses on helping young people achieve their goals for school, work and relationships. We will begin this session with a general overview of the NIMH funded Recovery After an Initial Schizophrenia Episode (RAISE) research that informs the OnTrackNY Coordinated Specialty Care (CSC) model; and the changes in federal mental health policy that has supported the implementation of such CSC programs throughout the US. The clinical concepts that underlie the OnTrackNY model, and the treatments and services that team members can deliver, will also be reviewed. The OnTrackNY initiative began in New York State in 2013 with four teams in the downstate area and since then has expanded to 23 teams throughout the state. We have enrolled over 2,000 participants since 2013 and will present some socio-demographic data that describes our participants and their clinical, social, and functional outcomes during their time with the program.

Objectives:

1. To understand the research and policy context of the development of Coordinated Specialty Care (CSC) for First Episode Psychosis (FEP), such as OnTrackNY, in the United States
2. To identify the clinical concepts that underlie the OnTrackNY model for FEP
3. To identify the treatment and service components of the OnTrackNY model for FEP that the team delivers

DETAILED AGENDA // DAY 1 // EST

3:00 PM - 4:00 PM // BREAKOUT SESSION 1

Vaping 101: Understanding The Problem and What You Can Do About It

Aaron Schuh, MD

Chris Oshana, Youth

Aayush Unadkat, Youth

Thaliana Smith-Ponce, Youth

Jeren Ghoujegli, Youth

Have you always wanted to be the “cool” provider who can discuss vaping like you’ve tried it yourself? This session will give you the tools to intelligently discuss vaping, understand its importance, as well as effect change from daily practice to federal advocacy.

Objectives:

1. Define vaping and demonstrate knowledge of how e-cigarettes work
2. Explain and discuss the importance of vaping on adolescent health
3. Learn to identify and use opportunities to effect change from office-based screening to federal advocacy

IN·clued: Queering Sex Ed

Laura Gardiner, B.A.

Forever Moon, B.A.

Join the fight for health equity and inclusion with the first evidence-based sexual health education program designed specifically for LGBTQ youth. We’ll address current research, lessons learned, and provide you with tools to take back to your communities.

Objectives:

1. Identify and discuss the specific challenges LGBTQ youth face when it comes to sexual health
2. Recognize and explain what LGBTQ-centered sex education looks like
3. Brainstorm and analyze how LGBTQ-centered sex education can play a role in their work and communities.

DETAILED AGENDA // DAY 1 // EST

Bridging the Gap: Transition to Adult Healthcare

Elizabeth Stout, Youth

Terra Depew, BS

Making the change from pediatric to adult healthcare can be overwhelming and daunting for adolescents. Attendees will learn about the Six Core Elements of Transition, have an opportunity to assess their current activities, and develop an action plan to improve transition in their population.

Objectives:

1. Describe Got Transition's Six Core Elements of Transition
2. Identify areas to improve transition in their work with adolescents
3. Determine an action plan for improving transition to adulthood for the young adults they serve

LGBTQ+ People of Color Health and Social Disparities

Morgan Neeley, Early Interventionist Specialist for Wellness Services Inc.

Kaylah Baker, Grant Coordinator at the Sylvester Broome Empowerment Village (SBEV)

This webinar will address the social and medical disparities amongst people of color in the LGBTQ+ communities. We will discuss and describe these challenges faced and how they are connected. From a case workers point of view; we will also recognize strategies for being supportive of patient's sexual orientation and gender identity. As well as identify potential solutions for addressing social and health disparities.

Objectives:

1. Discuss people of color in the LGBTQ+ communities and challenges faced.
2. Recognize strategies for being supportive of patients/peoples sexual orientation and gender identity
- 3..Identify potential solutions for addressing social bias and health disparities

DETAILED AGENDA // DAY 1 // EST

4:15 PM - 5:30 PM // PLENARY PRESENTATION

Mental Health Practice with Immigrant and Refugee Youth

Jeffrey Winer, PhD

Dr. Winer will present an overview of evidence-based, culturally responsive, and trauma informed strategies for providing mental health care for refugee and immigrant youth and families. These strategies aspire to be strengths-based and delivered across levels of the social ecology in genuine partnership with refugee and immigrant communities and stakeholders. Common stressors and strengths experienced by immigrant and refugee youth and families will be framed using the Four Core Stressors Model. The treatment model, Trauma Systems Therapy for Refugees (TST-R), will be highlighted as one empirically informed model for delivering such services.

Objectives:

1. Attendees will leave with an enhanced understanding of the Four Core Stressors Model and how it can be applied to assessment and intervention planning
2. Attendees will leave with a deeper understanding of the importance of thinking across the social ecology when seeking to build, implement, and sustain culturally-responsive mental health services for refugee and immigrant youth
3. Attendees will leave with strategies for incorporating principals of TST-R into their work with refugee and immigrant youth and families

DETAILED AGENDA // DAY 2 // EST

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Friday, May 14, 2021 EST

11:00 AM - 11:25 AM // WELCOME & YOUTH PRESENTATION

“Nothing about us, without us”- The Adolescent Champion Teen Advisory Council

Anusha Gupta, TACTAC

Aayush Unadkat, TACTAC

Chris Oshana, TACTAC

Jeren Ghoujehi, TACTAC

Jessie Schwalb, TACTAC

Thaliana Smith-Ponce, TACTAC

Nicole Tooley, TACTAC

Zoya Malik, TACTAC

The motto of TAC TAC is “Nothing about us, without us”, which exemplifies how youth and young adults should be included in the work that adults do to better serve this community. Hear directly from youth about their experience in the Adolescent Health Initiative’s youth council, The Adolescent Champion Teen Advisory Council (TAC TAC). Additionally, TAC TAC will prepare us for the day through an “energizer” to get us in the conference spirit on day 2.

11:25 AM - 12:45 PM // PLENARY PRESENTATION

Special Teens- Special care: Reproductive Health for Adolescents with Special Needs

Elisabeth Quint, MD

This session will highlight the special challenges in reproductive health for adolescents with special health care needs, both physical and developmental.

Objectives:

1. Discuss the unique reproductive challenges for teens with special needs, their parents and providers
2. Screen the teen for sexual health knowledge
3. Describe some of the unique aspects of menstrual suppression in teens with special needs

DETAILED AGENDA // DAY 2 // EST

1:00 PM - 2:00 PM // BREAKOUT SESSION 2

VaxTeen: A Guide to Minor Consent Laws and Encouraging Vaccination Among Teens

Kelly Danielpour, High School Student

After learning about her peers with anti-vaccine parents turning to Reddit to figure out how to get vaccinated, Kelly, a high school senior, created VaxTeen to serve as a comprehensive resource to answer their questions. It communicates directly with young people to counter pervasive misinformation.

Objectives:

1. Identify whether a minor can consent to a vaccination based on his or her state of residence, age, and the specific vaccine in question
2. Discuss vaccinations in an effective manner with teenagers; serve as a resource for those with anti-vaccine parents and those with questions about vaccines, appreciating the important role teenagers can play in increasing vaccine uptake
3. Recognize the complexity of minor consent laws as they apply to vaccinations and the need for states to adopt straightforward legislation allowing older minors to consent to all ACIP–recommended vaccinations

The Teen Access and Quality Initiative: Stories from the Field

Anna Brittain, MHS

Lakisha Samuels, MBA

Karin Luker, MEcon, BBA

Whitney French, BSW, LSW

Riley Steiner, MPH, PhD

Marchellos Scott Jr., Youth

Drawing on a five-year program that supported three community-based organizations in the southeast, this session will provide a program model, implementation strategies, and lessons learned for improving access to and quality of adolescent reproductive health services in community health centers.

Objectives:

1. Define a program model used by community-based organizations to improve access to and quality of adolescent reproductive health services for young people from groups that have been socially and economically marginalized
2. Identify successes and challenges of implementation strategies related to linkage and referral, improving confidentiality, and increasing availability of the full range of contraceptive methods
3. Describe key findings from both process and outcome evaluation of the implementation of this program model in North Carolina, Georgia and Mississippi

DETAILED AGENDA // DAY 2 // EST

Being an Askable Adult: Maintaining Boundaries While Supporting Youth

Ran Courant-Morgan, BCBA, LABA

Clementine Hawkins, Youth

This workshop will help equip adults with tools to support the young people in their lives and to ensure the youth's needs are being met. Participants will have the opportunity to explore how to be an askable adult, validate questions, and truly serve the young people they work with.

Objectives:

1. Identify features & qualities that make someone an "askable adult"
2. Distinguish between personal values and health and safety values
3. Practice techniques to establish and maintain appropriate boundaries while supporting young people

EMBRacing a Racial Socialization Intervention to Improve the Health and Wellbeing of Black Families

Riana Anderson, PhD, LCP

Srilasya Reddy, BS

Anjelica Ferguson, College Undergraduate

Matthew Arnold, BS, MPH Candidate

The presentation will cover existing disparities in clinical practices addressing the unique mental health challenges of Black communities, the theoretical frameworks of the RECAST theory, and the EMBRace intervention which builds upon this theory. We will discuss what the EMBRace intervention is and what impact it has had as well.

Objectives:

1. Address the dearth of culturally therapeutic strategies to address the mental wellness in Black communities.
2. Address empirically rooted strategies in addressing the unique racial stress and trauma related challenges associated with Black communities.
3. Discuss ongoing research with the EMBRace intervention in this field.

DETAILED AGENDA // DAY 2 // EST

Sex Positive approach to Teen Dating Violence Prevention and Porn Literacy

Jess Alder, MPA

Teakia Brown, BA

Elyz'sa Weathers, Peer Leader

Starting conversations with young people about sex and relationships can feel overwhelming, scary, and uncomfortable. This workshop provides youth workers with the tools and foundation to start conversations; about their young people's relationships and life. Specifically this workshop will examine how teens encounter sexually explicit media content (Porn) and the impact it may have on their relationships, as well as a general overview on the importance of youth development.

Objectives:

1. Participants will understand adolescent brain development
2. Participants will understand youth's the conflicting messages youth get about sex and sexuality
3. Participants helping teens understand their own values and pre-existing beliefs about sexually explicit media

2:30 PM - 3:15 PM // NETWORKING, AWARDS, YOUTH PRESENTATION & POSTERS

"Go for the Gold" and "What Detroiters Do" Reading

Mariah Smith, The Guild

"Go for the Gold" - Written as a letter to oneself, "Go for the Gold" is a reminder to continue to strive towards one's goals and dreams despite any obstacles that may arise.

"What Detroiters Do" - The poem, "What Detroiters Do," is an ode to the city and a piece written and record for the City of Detroit Mayor's Office. Detroit is known across the country for its innovation, it's "failure", and now its revitalization, but I want to make sure that native Detroiters are not forgotten in the face of recent investment in the city. "What Detroiters Do" speaks up for people who call the city home and love it for the uniqueness of its culture and beauty.

DETAILED AGENDA // DAY 2 // EST

3:15 PM - 4:15 PM // BREAKOUT SESSION 3

An Evidence-Based Approach to Safer, Patient-Focused Pain Management in Adolescents Following Surgery

Karen Cooper, MD

Monica Walker, MSA, RN, NE-BC

Samantha Roy, Research Assistant

Holli Sharples, College Student

Managing pain in adolescents after surgery is hard. Opioids treat pain, but patients are vulnerable to overdose, misuse and substance use disorder. Michigan OPEN's prevention strategy cuts risk through safe prescribing, patient-centered pain care, and safe storage and disposal options.

Objectives:

1. Identify the role overprescribing opioids has played in the opioid epidemic
2. Recognize why using a data-driven approach is essential to turning the tide of the opioid epidemic
3. Understand the risks associated with opioids and be informed of alternatives for pain control

Rethinking Remote: Building Connection with Youth During a Pandemic

Elise Schuster, MPH

Marcus Strickland, Youth Advisory Council Member

During this time of physical distancing, many youth professionals are finding it hard to connect in meaningful ways with the young people they serve. This session will cover 4 strategies to build remote connection with youth.

Objectives:

1. Understand the barriers that exist when communicating remotely with youth
2. Name four strategies for increasing trust when communicating remotely
3. Demonstrate an empathetic and youth-friendly response to an initial question

DETAILED AGENDA // DAY 2 // EST

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Resilience in LGBTQ+ Youth with the Community Health Access Initiative

Elliot Popoff, MPH

Luna Hughson, MA

Gel Henry, Youth

Christian Stephenson, Youth

Jack Alferio, Youth

Kiandra Powdhar, Youth

Bella Gierlinger, Youth

LGBTQ+ youth presenters will share with participants how to recognize and build upon LGBTQ+ youth's resilience when providing affirming and strengths based healthcare. Presenters will explore topics including: privilege and power dynamics in primary care, intent versus impact, and LGBTQ youth experiences with healthcare

Objectives:

1. Participants will be able to identify best practices for LGBTQIA+ health-specific program development and training implementation
2. Participants will be able to identify key concepts of providing affirming mental health care to LGBTQIA+ patients in primary care
3. Participants will have gained essential insight into the healthcare experiences of LGBTQIA+adolescents by hearing from our action committee

Concepts in Primary Care of AYAs Affected by Violent Injury: A Case-Based Approach

Meredithe McNamara, MD

Tatia Hardy, MD, Adolescent Fellow

Unique concepts in the medical and psychosocial care of AYAs who have endured violent injury will be explored with case-based, small-group discussion. Addressing needs of this population in a primary care setting can facilitate recovery, prevent re-injury and foster positive social development.

Objectives:

1. Identify unique healthcare needs of patients with violent injuries and establish a plan of care for (a) AYAs with spinal cord, bowel and solid organ injury, (b) nutritional optimization of wound and fracture healing, (c) lead screening in patients with retained missiles, and (d) pain management
2. Identify unique psychosocial needs and establish a trauma-informed plan of care to provide harm reduction require specific resources and harm reduction techniques to be successful in professional, educational and social spheres, including victims' compensation, homebound schooling, trauma-focused therapy, and anonymous weapon surrender
3. Adopt principles of cultural and trauma-informed sensitivity in the care for AYAs affected by violence, as outlined by youth experts in community violence

DETAILED AGENDA // DAY 2 // EST

4:30 PM - 5:30 PM // BREAKOUT SESSION 4

Tips for Trauma-Informed Physical Exams

Molly McHenry, FNP

Nicole Tooley, Youth

Jeren Ghoujehi, Youth

Paige Brown-Danovi, Youth

This presentation will provide techniques in implementing a trauma informed practice any time you are touching a patient, from annual exams to pelvic exams to evaluating a common cold. While utilizing a trauma informed practice for physical exams should benefit all patients it may specifically benefit patients with trauma histories and patients from populations historically marginalized by healthcare.

Objectives:

1. Integrate physical exam techniques from a trauma informed framework into general medical practices
2. Explain how a person's personal experience of trauma might inform their comfort level with physical exams and touch in general
3. Describe how the medical community has been actively and passively complicit with harm done to individuals within marginalized populations

How School-Based Health Centers can Support Student Sexual Wellness During COVID-19

Emily Baldi, MSW

Sydney J Briggs, MPAff

April Lee, MD

This interactive session will support SBHC providers in identifying actionable solutions to challenges related to sexual and reproductive health services posed by COVID. Participants will share ideas and will have the opportunity to ask questions of a provider whose program has adapted to provide sexual healthcare to students during COVID.

Objectives:

1. Identify three impacts of COVID-19 on access to sexual healthcare services in SBHCs
2. Identify potential strategies for navigating challenges related to confidentiality and sexual health services
3. Identify potential strategies for adapting sexual health service provision to reach students when on-site care is limited or unavailable

DETAILED AGENDA // DAY 2 // EST

Innovations in Centering Youth Voices: Models from AMCHP's Innovation Station Database

Laura Powis, MPH

Tammy Tom, MA, MS

Sharon Koller, MS

Elliot Jones, Youth

Layliana Benjamin, Youth

This youth co-facilitated session explores lessons learned from two adolescent health Best Practices in AMCHP's Innovation Station that center youth voice and promote family dialogue, share insights on adapting a youth-centered framework to new contexts, and share resources from Innovation Station.

Objectives:

1. Participants will be able to explain the importance of evidence-based practice and the purpose of AMCHP's Innovation Station (IS).
2. Participants will be able to identify components of adolescent best practices which elevate and empower youth voices and describe how to apply these components to their own work.
3. Participants will be able to identify relevant adolescent health focused resources from IS, including adolescent health practices, implementation toolkits, and technical assistance opportunities.

It doesn't have to hurt: Caring for Youth with Somatization

Kristin Kullgren, PhD

Nasuh Malas, MD, MPH

Kimberly Monroe, MD

Adolescents with Somatic Symptom and Related Disorders (SSRD) present with significant management challenges. This session will focus on the identification, evaluation, formulation, and management of SSRDs with specific focus on communication strategies across settings.

Objectives:

1. Identify the biopsychosocial predisposing, precipitating and perpetuating risk factors influencing the care of youth with Somatic Symptom and Related Disorders
2. Review and practice evidence-based communication strategies and other management approaches in the care of youth with Somatic Symptom and Related Disorders
3. Explore the current literature base and models for standardized care among youth with SSRDs including an institutional model developed at the University of Michigan as well as a national care standard developed by the American Academy of Child and Adolescent Psychiatry