

Monday, April 18, 2016

12:30 PM - 1:00 PM Registration
1:00 PM - 5:00 PM Skills-Building Workshops

1:00PM - 5:00PM 4 Hour Skills-Building Workshop

The Art of Change: A Brief Primer in Motivational Interviewing

Dan DeSena, LMSW, DMA, University of Michigan | Nasuh Malas, MD, MPH, University of Michigan

Objectives:

- Gain a better understanding of the fundamental aspects of motivational interviewing
- Learn and practice the use of skills that can be incorporated into health behavior change counseling
- Apply the principles, processes and microskills of motivational interviewing to adolescent patients and their families

1:00PM - 2:50PM 2 Hour Skills-Building Workshops

Using Children's Theater to Teach Dialectical Behavior Therapy-Based Skills to Adolescents

Dale Rominski, LMSW, University of Michigan | Jenna Nienhuis, MDiv, LMSW, University of Michigan

Objectives:

- Describe in detail multiple DBT-based skill techniques
- Identify several interactive theater games which can be utilized for DBT-based skill delivery
- Describe the components of implementing a successful group with Medicaid-eligible adolescents

Cutting Edge Contraception: Use of LARCs & Designing Youth-Friendly Family Planning Services

Danny Alvarez, MSW, University of Michigan | Jennifer Murphy, MSW, MPH, University of Michigan

Objectives:

- Identify essential terms and concepts about gender
- Hear about some of the frustrations and opportunities for growth from local transgender and gender non-conforming youth
- Gain a deeper understanding of cisgender privilege and how to practice in a respectful and inclusive way
- Identify skills and content for workshop to deliver at home sites

Cutting Edge Contraception: Use of LARCs & Designing Youth

Elise Berlan, MD, MPH, FAAP, Nationwide Children's Hospital | Adolescent Health Initiative's Teen Advisory Council, University of Michigan

During the first half of the session, we will review information about teen pregnancy, adolescent use of long-acting reversible contraceptives (LARC), and explain the contemporary IUDs and contraceptive implant.

During the second half of the session, we will engage the AHI Youth Advisory council on topics related to adolescents and LARC/contraception and work in teams to develop interventions to improve LARC access/family planning services for youth.

Partnering with Youth in Community- Based Participatory Action Research

Kori Jones, MA, University of Michigan | Kelly Parent, BS, University of Michigan | Charles A. Thompson, MD FAAP, International Children's Advisory Network

Objectives:

- Recognize roles for youth in research partnerships
- Identify strategies for meaningful and productive collaborations
- Improve confidence, skills and knowledge to effectively engage in research partnerships
- Discuss community-based participatory action research opportunities

3:10PM - 5:00PM 2 Hour Skills-Building Workshops

Promoting the Adolescent Well Visit: Marketing and Youth Engagement Strategies

Glynis Shea, University of Minnesota | Jenni Lane, MA, University of Michigan | Adolescent Health Initiative's Teen Advisory Council, University of Michigan

Objectives:

- Define “marketing,” the 4 Ps with contrasts to “social marketing.”
- Describe 3 relevant insights about young people from commercial marketing researchers
- Inventory current health clinic/health systems marketing strategies/tactics
- Analyze the (potential) impact of youth engagement/youth leadership on clinic marketing and quality
- Assess the marketing viability of the “adolescent well visit” as a product
- Use marketing and youth engagement insights to “innovate” “adolescent well visit” marketing.

Integrative Therapies in Adolescent Health - Mind-Body Therapies, Herbs, and Nutritional Supplements

Anju Sawni, MD, Hurley Children's Hospital

Objectives:

- To describe the usage patterns/epidemiology of integrative therapies such as mind body therapies and herbs/nutritional supplements in the adolescent population
- To describe the basic techniques and mechanism of action of mind body therapies
- To review the most common herbal/nutritional supplements used by the adolescent
- To discuss cases and how to integrate mind body therapies and herbal/nutritional supplements in conventional medical care when taking care of teens.

LGBTQ are People Too: Cultural Responsiveness Training for Providers

Triana Kazaleh Sirdenis, MPH, University of Michigan | Elizabeth K. Kuzma, DNP, FNP-BC, University of Michigan | MFierce Youth Advisory Board, Center for Sexuality and Health Disparities (SexLab), University of Michigan

This interactive session is dedicated to putting cultural humility into practice with LGBTQ individuals. Participants will go through a case study of sexual and/or gender minority patients. We will break up into small groups where participants will get to practice taking an inclusive health history with LGBTQ youth in small group exercises. Participants will also have an opportunity to ask youth questions related to how social and medical providers can better serve their communities.

Firearm Injury Prevention: Integrating Anticipatory Guidance & Firearm Safety Counseling into Care

Patrick Carter, MD, University of Michigan

Objectives:

- To understand the epidemiology of firearm injury in the United States
- To review the current body of research focused on adolescent firearm injury prevention
- To review behavioral counseling approaches for discussing firearm safety with adolescent patients and/or their parents

5:00 PM - 7:00 PM Networking Reception/ Poster Viewing

Remarks by Mona Hanna-Attisha, MD, MPH, FAAP, Hurley Medical Center

Tuesday, April 19, 2016

7:30 AM - 8:00 AM Registration

8:00 AM - 8:15 AM Welcome & Introduction

8:15 AM - 8:30 AM What Teens Want

PATCH Teen Educators, Wisconsin Alliance for Women's Health | Amy Olejniczack, MS, MPH, Wisconsin Alliance for Women's Health | Erica R. Koepsel, MA, Wisconsin Alliance for Women's Health

Objectives:

- Gain insight into the lives and minds of teen patients

8:30 AM - 9:30 AM Opening Remarks

The Power of Pregnancy Ambivalence: How Pregnancy Intentions Can Affect Contraceptive Practices

Jenny A. Higgins, PhD, MPH, University of Wisconsin

This presentation will define the term “pregnancy ambivalence” and describe to audience members how it enhances public health models of pregnancy intention. Dr. Higgins will present findings from three studies about pregnancy ambivalence and contraceptive use among young adults as well as suggest ways attendees might re-frame their own policies and programs as a result of the findings.

9:30 AM - 9:45 AM Break & Snack

9:45 AM - 10:45 AM Breakout Session 1

Medical Treatment of the Transgender Adolescent: A Field in Transition

Daniel E. Shumer, MD, MPH, University of Michigan

Objectives:

- Learners will understand definitions related to gender identity
- Learners will review pharmacologic therapies used in adolescent transgender medicine
- Learners will become familiar with current challenges and barriers to care in this patient population

Bullying and Cyberbullying in Adolescents: What Can Practitioners Do?

Ellen Selkie, MD, MPH, University of Michigan | Andrea Hoopes, MD, MPH, University of Colorado

Using a combination of didactic lecture and small group discussion, by the end of this session, participants will be able to:

- Define bullying; compare and contrast traditional bullying and cyberbullying
- Consider the effect of bullying on adolescents and through the life course
- Describe ways to address bullying; identify individual and community resources for adolescents who are involved in bullying

Principles of Psychopharmacology in the Adolescent Patient

Nasuh Malas, MD, MPH, University of Michigan

Objectives:

- Learn the underlying mechanism of action, pharmacokinetics and pharmacodynamics of several psychopharmacologic agents
- Develop a basic approach to diagnostic evaluation in the setting of complex psychiatric illness or complex physical health/psychiatric comorbidity
- Understand the common applications of psychopharmacologic agents in several psychiatric conditions including mood disorders, anxiety disorders, and psychotic disorders
- Review basic principles in the management of psychotropics in the medically complex patient

I Can't Even...Why the Adolescent Voice is Critical to Research and Practice

Tammy Chang, MD, MPH, MS, University of Michigan

Objectives:

- Understand the importance of obtaining adolescents' thoughts, priorities, and preferences for effective research and clinical practice
- Learn ways to capture the voice of adolescents beyond youth advisory councils
- Use this knowledge to improve adolescent health research and care to adolescents

Using Twitter to Address Trauma and Violence Among Urban Youth (Repeated)

Desmond Patton, PhD, Columbia University

Objectives:

- Identify forms of trauma within Twitter communications
- Draw links between trauma communication and violence
- Identify strategies for addressing trauma communication on Twitter

10:45 AM - 11:00 AM Break

11:00 AM - 12:00 PM Breakout Session 2

Medical Treatment of the Transgender Adolescent: A Field in Transition (Repeated)

Daniel E. Shumer, MD, MPH, University of Michigan

Bullying and Cyberbullying in Adolescents: What Can Practitioners Do? (Repeated)

Ellen Selkie, MD, MPH, University of Michigan | Andrea Hoopes, MD, MPH, University of Colorado

Principles of Psychopharmacology in the Adolescent Patient (Repeated)

Nasuh Malas, MD, MPH, University of Michigan

I Can't Even...Why the Adolescent Voice is Critical to Research and Practice (Repeated)

Tammy Chang, MD, MPH, MS, University of Michigan

Using Twitter to Address Trauma and Violence Among Urban Youth (Repeated)

Desmond Patton, PhD, Columbia University

Lunch & Poster Viewing

12:00 PM - 12:45 PM Lunch & Poster Awards

12:45 PM - 1:15 PM Poster Viewing

1:15 PM - 2:45 PM Breakout Session 3

Providers and Teens Communicating for Health (PATCH)

Erica R. Koepsel, MA, Wisconsin Alliance for Women's Health | Amy Olejniczack, MS, MPH, Wisconsin Alliance for Women's Health | PATCH Teen Educators, Wisconsin Alliance for Women's Health

Objectives:

- Understand practical ways to implement teen confidentiality standards effectively
- Identify ways to ensure judgment-free care including inclusive language, compassionate education, and an authentic relationship
- Learn how to create authentic connections with modern teens through effective communication; and
- Gain insight into the lives and minds of teen patients

Workit Health: Frontiers in Peer-to-Peer Mobile Recovery

Lisa McLaughlin, MSW, MSI, Workit Health

Objectives:

- Understand new tools for reaching substance abusing patients through real-time digital interventions
- Understand human-centered design strategies for co-developing community-based health interventions with patients

Adolescent Abnormal Uterine Bleeding: Interactive Case Presentations

Elisabeth H. Quint, MD, University of Michigan

Objectives:

- Review normal menstruation and abnormal uterine bleeding (AUB) and the differential diagnosis of AUB in teenagers
- Discuss the impact of AUB on teenagers and address the appropriate diagnostic steps to evaluate AUB
- Describe treatment options and alternatives of AUB in teens, including PCOS

From Eating Disorders to Obesity: Talking with Teens About Weight

Kendrin Sonnevile, ScD, RD, University of Michigan

The presentation will provide an overview of current trends in weight-related disorders among adolescents, including obesity, eating disorders, and their co-occurrence. The presentation will discuss screening tools/approaches and best practices for talking about weight and addressing weight-related disorders among adolescents.

Use of Pre-Exposure Prophylaxis (PrEP) to Prevent HIV Infection

K. Rivet Amico, PhD, University of Michigan | James Riddell IV, MD, University of Michigan

Objectives:

- Learn about the mechanisms of PreExposure prophylaxis for HIV prevention
- Understand the role of adherence in the efficacy of PrEP

2:45 AM - 3:00 PM **Break & Snack**

Closing Remarks

3:00 PM - 3:30PM **Call to Action**

Patient Centered Care & Research

Hadleigh Thompson

3:30 PM – 4:30 PM **Closing Remarks**

The Crisis of Connection among Adolescents and its Consequences for Their Health

Niobe Way, EdD, New York University

Discuss work on boys' and girls' development as it relates to health.



ADOLESCENT HEALTH INITIATIVE
UNIVERSITY OF MICHIGAN HEALTH SYSTEM