

SAHM 2023

ANNUAL MEETING



Collaborations in Adolescent Health

Improving Clinical Care Through Translational Science

Tuesday, March 7-Friday, March 10, 2023 • Sheraton Grand Chicago Riverwalk

Date: Tuesday, 3/7/2023

Time: 9:30:00 AM - 10:30:00 AM

Title: Plenary I: Helping Transgender Adolescents to Thrive In a Hostile Legal and Political Climate

Presenters: Jennifer L. Levi

Session Description: This talk will focus on the national and local legal and political climates transgender adolescents are facing. With a number of states trying to restrict health care and those and others passing laws excluding transgender youth from facilities and programs in schools and beyond, support for the health and well-being of this population has become even more critical for youth to thrive. The lives of transgender young people have become more visible than ever and many communities have done a great job supporting this group. Unfortunately, other have gone the other direction. Come learn about the legal and political climate for transgender youth and hear ways that professionals working in the area of adolescent health can become involved in advocacy for their futures.

Learning Objectives:

1. Discuss efforts to defeat legislation being proposed at the state level targeting transgender adolescents for exclusion from programs and activities in schools.
2. Discuss laws that have been passed in some states that criminalize the provision of medical care and social services for transgender adolescents and the successful lawsuits that have kept those laws from going into effect.
3. Recognize the role behavior health providers have played in those lawsuits and ways that medical and mental health professional associations have been instrumental in helping to ensure transgender adolescents' continued access to essential care.

Credit Hours: 1.0

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Date: Tuesday, 3/7/2023

Time: 10:30:00 AM - 11:30:00 AM

Title: Hot Topics I

Title: The Call to Action for a Global Forum for Adolescent Health and Well-being

Presenters: Jonathan D. "Jon" Klein MD, MPH

Session Description: There are 1.8 Billion adolescents and youth in the world; but many countries lag in establishing policies and programs to meet young people's needs. PMNCH, the Partnership for Women's, Children's and Adolescents' Health, has launched a global call to action for adolescent health and well-being (defined by both Ross et al and by adolescents, is being able to thrive and achieve their full potential.)

Learning Objectives:

1. Discuss the urgent need for new global investments to address growing disparities in adolescent health and wellbeing.
2. Identify the role of evidence, advocacy, and accountability reporting in mobilizing national governments and global agencies to improve healthcare, behavioral health, social services, and other needed services for adolescences.
3. Advocate for and support new policy, financing, and program or systems commitments to help meet adolescents' needs.

Title: Surging Fentanyl Overdoses in Adolescents and Young Adults: What Interdisciplinary Healthcare Professionals Can Do

Presenters: Scott E. Hadland MD, MPH, MS

Session Description: This Hot Topics presentation will highlight the critical role of clinicians of all disciplines in addressing rising fentanyl overdose rates among adolescents and young adults (AYAs) internationally. In 2022, overdose death mortality reached an unprecedented level globally, including in the US, which recently recorded its millionth overdose death since 1999. During the Covid pandemic, US adolescent overdose deaths more than doubled, and three-quarters of all deaths now involve fentanyl. Fentanyl is a highly potent opioid ubiquitous in drug markets internationally. It is present in the surging counterfeit prescription pill market and is increasingly a contaminant in other drugs (e.g., cocaine). Opioid misuse most commonly begins during adolescence and young adulthood; however, receipt of evidence-based treatment for opioid use disorder remains low among AYAs, and disparities exist by gender, race, and ethnicity.

The presentation will review cutting-edge data on fentanyl overdose prevention and addiction treatment for AYAs, with relevance for clinicians across disciplines. Evidence-based overdose prevention strategies reviewed will include naloxone provision, developmentally-responsive overdose education, and use of fentanyl test strips. Treatment strategies will include medications for opioid use disorder and behavioral interventions. The presentation will highlight how to translate the ever-evolving evidence base on overdose prevention and addiction treatment to real-world care delivered by interdisciplinary clinicians worldwide. The presentation will share AYAs' direct quotes to show the impact of delivering such care, and in promoting health and well-being among AYAs at risk for fentanyl overdose.

Learning Objectives:

1. Provide a brief overview of the global epidemiology of fentanyl overdose, with a focus on risk factors, unmet need for addiction treatment, and disparities by gender, nationality, race, and ethnicity.
2. Delineate evidence-based strategies to prevent fentanyl overdose among adolescents and young adults, including naloxone provision, developmentally-responsive overdose education for AYAs, use of fentanyl test strips, and treatment for opioid use disorder.

3. Identify ways that clinicians from medical, nursing, psychology, social work, and other backgrounds from across the globe can help prevent fentanyl overdose, with the impact of this care highlighted through quotes from real-world adolescents and young adults.

Title: Care Under Attack: Experiences of Targeted Harassment Among Adolescent Gender Care Providers Across the United States

Presenters: Landon Hughes

Session Description: Over the past year, gender-affirming care for youth has become a hot socio-political topic and has resulted in several states severely restricting or banning the provision of such care despite support for this care from every major medical association. The restriction of evidence-based medical decision-making by state governments has dire consequences for transgender and gender diverse youth, their families, and providers, such as increased suicidality and self-harm among youth, threats of child abuse prosecution against parents, and threats of revocation of medical licensure and prison time for providers. While many of these laws and policies have been put on hold by the courts, the changing political, social, and legal environment has complicated the work of gender-affirming care providers. Our research has shown that in the past year, these providers have experienced targeted harassment, threats of violence, and significant clinic disruptions. For example, providers have indicated they've experienced doxing, personal death threats, and bomb threats via social media, text messages, emails, and phone calls. Furthermore, providers have described disinformation asserting that they are "grooming" children and committing child abuse circulating online and on some new outlets as being particularly troubling. Using data from our recent study of medical and mental health providers across the United States, we will share the current state of adolescent gender care and highlight strategies for advocacy and self and clinic protection.

Learning Objectives:

1. Describe how the politicization of gender-affirming care for youth has affected providers' safety and ability to provide both clinical and behavioral health services.
2. Investigate strategies others are using to support providers, youth, and their families and continue to provide clinical care, behavioral health and social services.
3. Develop coalition-building strategies to support gender-affirming care providers and their ability to provide much needed physical and mental care to their patients.

Credit Hours: 1

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Date: Tuesday, 3/7/2023

Time: 1:00:00 PM - 2:30:00 PM

Title: Social Media as the Unintentional Fourth Society for PCOS Management: Evaluating Standard and Non-Standard Treatment of PCOS from Endocrinology, Adolescent Medicine and Gynecology societies in comparison to Social Media

Presenters: Lauren Wozniak, MD MPH; Swetha Naroji, MD MBA

Session Description: Our patients routinely use social media to gather information about their health. In fact, youth are frequently turning to apps like Instagram and TikTok to search for information rather than using more familiar search engines. Polycystic Ovarian Syndrome (PCOS) is a common search topic on these platforms and youth are exposed to various ‘influencers’ recommending a multitude of dietary supplements, diagnostic tests, and exercise programs to manage or “cure” PCOS. As medical providers, we are often in the dark about what is suggested on these platforms, but often have to field questions about the information to which our patients are exposed. It is challenging to know which social media recommendations are backed by science and which are simply targeted marketing. This workshop will evaluate and compare the evidence-based guidelines for management of PCOS from three professional societies including endocrinology, adolescent medicine, and gynecology. Social media is now emerging as an accidental “fourth society” for health information and we will spend time evaluating and appraising management recommendations for PCOS from commonly used internet apps. Providers will walk away with up-to-date knowledge about supplements used in the treatment of PCOS and PCOS trends on social media and be able to effectively counsel patients on the information to which they are exposed.

Learning Objectives:

1. Evaluate and compare the evidence-based guidelines from the various professional societies (endocrinology, adolescent medicine, and gynecology) for management and treatment of PCOS.
2. Appraise trends on social media for management and treatment of PCOS as recommended by social media “influencers”.
3. Share strategies for how medical practitioners and social service providers can inform themselves of the trends their patients are seeing on social media and how to address this in the exam room with regard to PCOS management.

Credit Hours: 1.5

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Time: 1:00:00 PM - 2:30:00 PM

Title: Designing with and for Adolescents to Optimize Sexual and Reproductive Health

Presenters: Melissa Kottke, MD, MPH, MBA; April Bell, PhD, MPH; Amanda Geppert, MPH, C. Phil; Andrea Hoopes, MD, MPH; Julie Maslowsky, PhD, MPH; Tracey Wilkinson, MD, MPH

Session Description: Design methods engage end users in the design of solutions that best meets their needs. They have been increasingly used in health and health care to aid the development of innovative, effective, person-centered solutions to complex challenges including those in adolescent sexual reproductive health (ASRH). Young people who experience person-centered care are more likely to speak with their providers about their concerns, underscoring the potential of design to improve health outcomes and reduce health disparities. Collaborating with adolescents in the design process is a powerful way to create solutions that are responsive to their dynamic and diverse support and care needs, while also connecting to their desire for agency and autonomy. Design methods are flexible and applicable across disciplines, geographies, cultures, ages, and genders and as such, are well aligned with the Society of Adolescent Health and Medicine's diversity and inclusion goals. This session will introduce design methods to those who are not yet familiar, aim to enhance the work of those who are already engaged in these methods, and serve as a connector for folks to continue to engage and collaborate. Content will encourage attendees challenge traditional research thought processes and explore new ideas and collaborative opportunities.

Learning Objectives:

1. Describe design methods research, and list 3 reasons why design thinking and participatory design are effective methodologies in adolescent sexual and reproductive health research.
2. Apply lessons learned and trouble-shooting tips to one's own youth engaged research programs.
3. Amplify connections with other researchers and advocates in adolescent sexual and reproductive health.

Credit Hours: 1.5

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Time: 1:00:00 PM - 2:30:00 PM

Title: Integrating an Anti-Weight Stigma Framework to Improve Adolescent Treatment Outcomes

Presenters: Jennifer Derenne, MD; Katherine Hill, MD; J.D. Ouellette, MS; Ally Duvall, BS

Session Description: Weight discrimination is a societal problem and extends to healthcare. Unlike other forms of discrimination, weight stigma is rarely challenged. It is often thought weight-based discrimination or teasing is motivating for individuals to make behavioral changes. However, research consistently shows this is not the case. Among adolescents, weight-related teasing is associated with increased eating disorder risk. Though seeking treatment from a healthcare provider should be judgment free, studies observe stigmatizing attitudes about weight in healthcare. Such attitudes have a negative impact on patients such that providers spend less time with large-bodied patients or patients who appear to be at a healthy weight, given focus on obesity, and will not perform certain procedures due to weight. We discuss an innovative, virtually delivered family-based treatment for children and adolescents grounded in anti-weight bias philosophy. Using our treatment approach as an example, this workshop discusses weight bias in society and healthcare, an overview of how our multidisciplinary team integrates anti-weight bias strategies into treatment, and provides examples of how weight bias can impact adolescent outcomes for patients with an eating disorder. While we use our treatment approach as a model, strategies discussed are applicable across a range of adolescent diseases. Finally, the workshop will provide guidance on how providers can integrate these innovative strategies into their own practice and ways providers can examine their own weight biases. Aligned with SAHM's mission, this workshop focuses on combating stigma against a typically marginalized group (people in large bodies) and the strategies reviewed applicable across disciplines.

Learning Objectives:

1. Explain weight bias and describe the evidence for the negative impact of weight bias on health outcomes.
2. Identify the detrimental impact weight bias can have on adolescents and explain the evidence showing weight bias can increase risk for an eating disorder.
3. Identify anti-weight bias strategies that can be used by multidisciplinary providers with adolescent populations and their families.

Credit Hours: 1.5

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Time: 1:00:00 PM - 2:30:00 PM

Title: Poster Symposia I: Adolescent Mental Health

Presenters:

Racism, Intersectionality and Health: Examining experiences of racism at school with school connectedness and persistent feelings of sadness or hopelessness among U.S. high school students	Kathleen Krause, PhD, MSc
Weight Gain and Psychological Recovery in Patients with Atypical Anorexia Nervosa: Findings from the Study of Refeeding to Optimize inpatient Gains (StRONG)	Neville H. Golden, MD
Anti-trans legislation in the US: potential implications on self-reported victimization and suicidality among trans youth	Jennifer Schanzle, DO
The Role of Caregiver Acceptance and Sex Assigned at Birth on Depression Among Gender-diverse Youth	Ali Tabb, LCSW, CSAYC
Depression Among Adolescents over Time During the COVID-19 Pandemic	Yasaman Ahmadi, DO, MPH

Learning Objectives:

1. Evaluate the most current research.
2. Modify academic and clinical practices.
3. Identify and demonstrate research methods.

Credit Hours: 1.5

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Time: 3:00:00 PM - 4:30:00 PM

Title: Parental Perspectives on Messages and Infographics for Building Vaccine Confidence

Presenters: Judy Klein, BS/BA; Tamera Coyne-Beasley, MD, MPH, FAAP, FSAHM; Alexandra Garcia, BS

Session Description: In November and December 2021, Unity conducted multiphase, mixed methods research on vaccine confidence and social media with sixty parents of adolescent and young adults (AYAs). The study over-sampled for populations disproportionately impacted by the pandemic, considering income, geography and race/ethnicity. Research results show that parents are wary of sharing vaccine information on social media, with a fear of experiencing backlash. However, they are more willing to share in closed, like-minded online communities with information that is simple, straightforward, and not directive. Credibility of the source is crucial, with parents most influenced on AYA vaccination decisions by healthcare providers. As a trusted source, it is important for healthcare providers to have a presence on social media to combat misconceptions. Parents prefer to repost content as opposed to creating their own and are more likely to share communications that are relevant to them, their families and friends. For example, parents favor simple infographics that educate on vaccine recommendations by adolescent age group. This workshop will include a review of the infographic and social media message stimuli from the research, parents' responses to the stimuli, and how Unity has integrated the research findings into social media and communications plans, including developing parent micro-influencers on social media. Attendees will gain insights and skills to create infographics and messages relevant to their discipline to help amplify their own voices on social media. Attendees will design in the workshop infographics and messages to share within their networks as trusted messengers.

Learning Objectives:

1. Recognize parents' perspective and the necessary conditions for parents to willingly share social media posts developed by credible sources such as their trusted healthcare provider.
2. Evaluate infographics and social media messaging for equity and inclusion and identify improvements that may influence diverse, vaccine supportive parents to share messaging developed by credible sources such as their trusted healthcare providers.
3. Develop their own infographics and social media messages to amplify their trusted voices within their own practices and networks.

Credit Hours: 1.5

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Date: Tuesday, 3/7/2023

Time: 3:00:00 PM - 4:30:00 PM

Title: Engaging Youth to Address School-Based Adolescent Mental Health and Substance Misuse

Presenters: Claudia-Santi Ferrante Fernandes, Ed.D., LPC, MCHES; Kammarache Aneni, M.B.B.S., M.H.S.; Deepa Camenga, MD; with Youth Presenters: Whitney Souffrant, and Luis Gomez

Session Description: The goal of our workshop is to highlight the urgent need for collaborative efforts to address mental health and substance misuse among youth. Collaboration, to us, includes among practitioners (e.g., school-based providers, child and adolescent psychiatrists, and pediatricians) as well as collaborations with our youth. Our workshop will highlight collaborative approaches to address mental health and substance misuse in schools. The first presentation will discuss a research project that uses youth-led participatory action research to empower youth as co-creators in the development and evaluation of a school-based digital game intervention. While youth are participating in the research process, they are also learning how to better support their peers by identifying warning signs, coping strategies, and sources for seeking support with the purpose of doing so in their schools. Youth will speak about their role. Given youth at risk for substance misuse are not identified and most youth use one form of technology, the second presentation will describe: 1) technology-based strategies to identify and engage youth at risk for substance misuse, and 2) evidence-based digital interventions to prevent substance misuse among youth. The final presentation will describe youth involvement in quality improvement initiatives within an addiction medicine tele-consult service embedded in school-based health centers. Our schools need support to address the mental health and substance misuse challenges of our youth. Working together and applying our diverse approaches to connect care will provide much-needed support to our youth in schools. Central to our efforts is co-creating these systems with our youth.

Learning Objectives:

1. Identify best practices in engaging youth through youth-led participatory action research to address mental health and substance misuse at the school-level.
2. Describe technology-based strategies for identifying and engaging youth at risk for substance misuse.
3. List challenges and facilitators to engaging youth in school-based mental health and substance misuse program design initiatives.

Credit Hours: 1.5

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Time: 3:00:00 PM - 4:30:00 PM

Title: Updated SAHM Positions on the Medical Management of AYA with Restrictive Eating Disorders. What's New?

Presenters: Neville H. Golden, MD; Andrea K. Garber, PhD, RD; Jason M. Nagata, MD, MSc; Debra K. Katzman, MD, FRCPC

Session Description: The medical provider plays an important role in the management of adolescents and young adults (AYA) with restrictive eating disorders. The last SAHM Position Paper on this topic was published in 2015. Since then, there has been an increased awareness of how the presentation of restrictive eating disorders may differ in boys and men, as well as the way eating disorders can affect AYA of diverse genders, races, ethnicities, sexual orientations, socio-economic backgrounds, shapes and weights. We now know more about the medical and psychological complications of Avoidant/Restrictive Food Intake Disorder (ARFID) and atypical anorexia nervosa (AAN), and recognize that inpatient refeeding protocols can start with higher caloric content and advance more rapidly than previously recommended. Classifications of the degree of malnutrition and factors supporting hospitalization have been updated to be evidence-based where possible, and consistent with the recommendations of other organizations. This workshop will present and discuss the updated 2022 SAHM Position Paper on "Medical Management of AYA with Restrictive Eating Disorders." In this interactive session, authors of the position paper will present the most recent data on presentation of eating disorders in diverse populations, identification of ARFID and AAN, assessment of malnutrition, approach to refeeding, and evaluation of illness severity and risk for refeeding syndrome. Active audience participation will include short breakout groups facilitated by additional authors of the position paper to discuss cases and application of the positions to clinical practice. We will leave ample time for questions and anticipate a lively discussion.

Learning Objectives:

1. Describe the major positions of the updated SAHM Position Paper on medical management of eating disorders with a focus on the role of the medical provider and appropriate use of terminology describing degree of malnutrition and treatment goal weight.
2. Explain ways in which in boys and men with eating disorders have distinct clinical presentations that can have implications for medical management.
3. Cite the updated factors supporting medical hospitalization in an AYA with an eating disorder.

Credit Hours: 1.5

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Time: 3:00:00 PM - 4:30:00 PM

Title: Beyond “Men, Women, or Both”: Honoring Youth Identity & Improving Health Through Inclusive Sexual Histories

Presenters: Nicholas Szoko, MD; Gina Sequeira, MD, MS; Kacie Kidd, MD, MS

Session Description: Many young people identify as gender diverse youth (GDY) or sexual minority youth (SMY); however, our understanding of all facets of sexual orientation in these groups continues to develop. Some youth endorse patterns of sexual attraction/contact that may not align with existing societal categories (e.g., “straight/heterosexual,” “gay/lesbian,” etc.). GDY in particular may experience unique challenges with reporting sexual orientation related to the intersections of evolving gender and sexual identities. Recognizing the fluidity of these constructs, it is critical that providers adopt an individualized and inclusive approach to eliciting the sexual history and providing comprehensive sexual health counseling to the young people they serve. For this workshop, we propose an interactive, patient-informed educational session, featuring the voices of youth, that addresses these concepts. First, we will review different aspects of sexual orientation (e.g., identity, attraction, and contact), and how each feature should be conceptualized distinctly. Next, we will highlight ways in which research and clinical tools (e.g., forms, surveys, and interviews) may neglect nuances related to these topics. We will then hear from young people via audio recording as they explain language they use to describe their sexual attraction, identity, and contact as well as how they want to be asked about these facets of themselves in clinical encounters. The second half of the session will involve case-based discussions and role-play scenarios to practice inclusive sexual history-taking. The session will conclude with lessons learned and best practices from these activities, with the goal of increasing attendee comfort with this critical skillset.

Learning Objectives:

1. Distinguish constructs of sexual attraction, sexual identity, and sexual contact for healthcare and social service providers .
2. Compare language used by youth to describe their sexual attraction, identity, and contact.
3. Develop skills in inclusive sexual history-taking for youth of all gender and sexual identities.

Credit Hours: 1.5

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Time: 3:00:00 PM - 4:30:00 PM

Title: Platform Research I: Health Equity

Title: “I felt like I wanted to disclose more and more”: Impact of Disclosure of Sexual Orientation and Gender Identity on the Well-being and Sexual Health of Young Black and Latinx Sexual Minority Men and Transgender Women in Healthcare Settings

Presenters: Yeng H. Yang, BS

Title: Disparities in the implementation of COVID-19 prevention strategies involving the delivery of health services and healthcare-related education by presence of school health personnel and infrastructure

Presenters: Sanjana Pampati, MPH

Title: Digital Media Marketing of Alcohol, Marijuana, and Tobacco to Black, Indigenous, and Youth of Color

Presenters: Noelle Pineda, MD, MPH

Title: Impacts of racial discrimination in late adolescence on psychological distress and wellbeing outcomes in the transition to adulthood

Presenters: Natalie Guerrero, MD, PhD

Title: Cumulative exposure to state-level structural sexism and gendered inequities in depression among U.S. youth: A life-course analysis of the Growing Up Today Study

Presenters: Ariel Leigh Beccia, PhD

Title: Gender-Affirming Medical Care among Military-Affiliated Children and Young Adults in the United States: Healthcare Inequities in Time to Medical Care

Presenters: David A. Klein, MD, MPH

Learning Objectives:

1. Cite new and current research topics regarding future opportunities.
2. Explain the clinical impact of these new findings.
3. Identify how these findings may impact future intervention strategies for this population.

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Date: Tuesday, 3/7/2023

Time: 7:00:00 PM - 8:00:00 PM

Title: Poster Session I

Presenters:

Understanding Associations Between Gender Diversity, Eating Disorders and Other Psychiatric Comorbidities Among Adolescents	Liz Abernathey, MD
Provision of Adolescent Confidential Care in a Tertiary Pediatric Hospital	Holly Agostino, MD CM
Perceptions of Safety: Characterizing Activity Spaces among Black Adolescent Young Adult Sexual Minority Women with Intimate Partner Violence Histories in Baltimore, MD	Kamila A. Alexander, PhD, MPH, RN
Use of machine learning with community survey data to predict adolescents with suicidal behavior in the general population	Y. Natalia Alfonso, MS, PhD student
Needs Assessment of Implementing a Mental Health Intervention for Low Income Youth in Job Readiness Programs	Srinidhi Alur, MSW
Cultural Connection and Mental Health for American Indian Adolescents	Alessandra C. Angelino, MD, MPH
Assessment of Adolescent Friendly Health Clinics (AFHCs) in two states of India	Dr Deepika Bahl, PhD, MSc, BSc , Senior Research Associate
Perceptions of Mental Health, Stigma, and HIV in Botswana: A Qualitative Analysis of Caregiver and Youth Dyads	Manya Balachander, Bachelor of Arts
Creating adolescent-centered sexual and reproductive care for a mobile health unit	Romina L. Barral, MD MSCR
Adverse childhood experiences and mental health	Joan-Carles Suris, PhD
Engagement of peer educators from India's National Adolescent Health Programme during the COVID-19 pandemic response	Shalini Bassi, Senior Research Scientist
Improving Standardized Eating Disorder Screening in an Adolescent Primary Care Setting	Natasha Ann Belsky, B.A., MD Candidate
Environmental and Behavioral Patterns in Patients with Problematic Interactive Media Use	David Bickham, PhD
Substance use, sexual agreements, and sexual risk taking among adolescent sexual minority men (aged 13-17) in the USA	Demetria Cain, PHD, MPH
Social Media Posting and Socioemotional Well-Being during the Transition from Middle School to High School	Angela Calvin, PhD
Pilot Study: Impact of a Pediatric and Adolescent Gynecology Rotation on Confidence in Provision of Adolescent Sexual and Reproductive Health Services Among Pediatric Residents	Chanelle S. Carr, M.D.
Illuminating perceptions surrounding condom use in young men who have sex with men living with HIV in Atlanta, GA	Claire Castellano, BA, MD/MPH candidate
Mental Health Characteristics and Time-to-Treatment with Gender-Affirming Hormone Therapy in a Cohort of Adolescents Followed at an Interdisciplinary Gender Diversity Clinic	Nicholas Chadi, MD, MPH
Adolescent Trust in Sex Education	Cliff Costello, DO

Predictors and Correlates of Bullying Perpetration and Victimization Among Adolescent Bariatric Surgery Candidates	Allison Cuning, MA
The Impact of Telemedicine on Access to Gender-Affirming Care for Rural Transgender and Gender Diverse Youth	Pamela B. DeGuzman, PhD, RN
Partnering with Patients with Living and Lived Experience of Eating Disorders to Improve Inpatient Care on an Acute Pediatric Medicine Unit	Sara Jassemi
The Effect of Sleeve Gastrectomy on A Diverse Patient Population of Adolescents	Lisa B. Ditchek, MD
Longitudinal Changes in Body Composition, Anxiety, and Depression in a Clinical Sample of Adolescents with Anorexia Nervosa	Alexis Dosal, M.A.
Unspoken: Postpartum Mental Health Sequelae Among BIPOC Adolescent and Young Adult Mothers	Megana Dwarakanath, MD, M.Ed
Evaluating Outcomes for Adolescent/Young Adult Patients with High-Risk PHQ-9 Scores in an Academic Adolescent/Young Adult Program	Petr Vitkovskiy
Evaluation of Adolescent Patients' Trust in Their Physicians in a Pediatric Emergency Department	Eden Efrem, BA
Integrated Behavioral Intervention for Adolescents with Restrictive Eating	Yolanda N. Evans, MD MPH
Description of an Integrated Adolescent Mental Health Clinic for Inner-City Youth at a School-Based Health Center (SBHC) in Washington, DC: An Innovative Approach	Micheal Ezeana, MD Student
Young Men's Attitudes and Understanding of Menstruation	Yueyang Frances Fei, MD
Youth perspectives of working with near peer lay counsellors: The Safe Haven Pilot	Anna Garriott, LMSW, MHS
Setting Higher Target Weights in Eating Disorder Recovery May Improve Treatment Outcomes	Katherine Hill, MD
Healing Youth Alliance: Addressing the Mental Health Needs of Youth in Baltimore City and Beyond	Taylor Hines, Youth Leader
Awareness and Utilization of Pre-Exposure Prophylaxis and HIV Prevention Services Among Transgender and Non-Binary Adolescent and Young Adults	David J. Inwards-Breland, MD MPH
Determinants of help-seeking behaviors for depression among Japanese adolescents during the COVID-19 pandemic	Kazue Ishitsuka, MD, MPH, PhD
Improving access to longer-acting pubertal suppressive histrelin acetate implants by creation and improvement in Endocrine and Adolescent Medicine collaboration	Megan Jacobs, MD
Estimating goal weights in adolescents with anorexia nervosa and atypical anorexia nervosa: Comparison of the median BMI and historical BMI percentile	Jessica M. Jary, DO
Trends in suicidality and non-suicidal self-injury among students by sex, race, and/or ethnicity, 2013-2019	Patricia I. Jewett, PhD
Implementation and Evaluation of a Novel Media Education Curriculum for Pediatric Residents	Rashi Kabra, MD, MEd
How well do the Sustainable Development Goals (SDGs) capture adolescent health? A systematic mapping of age disaggregation, relevance and gaps across the SDG indicators	Holly Newby, MA
Variation in Mental Health Comorbidities among Youth with Autism Spectrum Disorder and Gender Dysphoria	Nicole Fran Kahn, PhD, MEd
Newly Diagnosed Restrictive Eating Disorders in the Outpatient Setting During the COVID-19 Pandemic: A Retrospective Chart Review	Erin Kelleher, MD, MS
Weight/Shape Related Motivators for Use Moderates the Relationship Between Social Media Use and Body Image	Meredith R. Kells, PhD, CPNP
Pediatric Gender Care in Primary Care Settings in West Virginia: Provider Knowledge, Attitudes, Experiences, and Needs	Kacie M. Kidd, MD, MS
Coming of Age during COVID: Age-Related Changes in Anxiety and Depression during the COVID Pandemic	Elizabeth Kinsella, MD
Evaluation of a curriculum in adolescent pregnancy options counseling through an Observed Structured Clinical Exam	Laura Kirkpatrick, MD
Healthcare Disparities in Time to Gender-Affirming Medical Care among Active Duty Service Members in the United States Military	David A. Klein, MD, MPH
Improving HEADSS Assessments for Inpatient Adolescents: A Quality Improvement Initiative	Nathaniel Kralik, DO
Addressing the Treatment Gap in Adolescent Mental Healthcare in Botswana Using the Safe Haven Intervention: A Pilot Study	Sarah MacLean, MD

Y2CONNECT – A digital solution to connect youth to local resources across sectors	Arik V. Marcell, MD, MPH
Expectant young adult fathers’ infant care behavioral intentions and associated factors	Arik V. Marcell, MD, MPH
Institutional benchmarking survey: Registered dietitian practices in outpatient pediatric eating disorder care.	Casey McCoy, MPH, RDN
Implementing Online Public Deliberations on Minor Consent for Biomedical HIV Prevention Research in Diverse Cities	Carolyn G. Meagher, BA CCRP
Eating Disorder Care Via Telehealth: Telehealth access and quality of care among young adults and adolescents, 2018-2022.	Brandon A. Meza, Student
“I just wasn’t getting what I needed”: A thematic analysis of the barriers sexual and gender minority youth (SGMY) encountered receiving primary care during the COVID-19 pandemic	Malakai Miller, BS
ADOLESCENTS’ PERCEPTION OF HEALTH CARE SERVICES IN A TERTIARY LEVEL CARE HOSPITAL	Sofia Moeda, MD
The Effects of Adverse Childhood Experiences and Childhood Socioeconomic Disadvantage on Depression and Suicidality in Adolescence and Emerging Adulthood: A Scoping Review	Chelsea R. Moore, MSN, APRN
The Effects of Family and Neighborhood Characteristics During Middle Childhood on Adolescent Depression	Chelsea R. Moore, MSN, APRN
Towards harmonized measurement of adolescent health: An assessment of global-level indicator alignment	Holly Newby, MA
The Relationship between Depression and Non-Barrier Contraceptive Use in Adolescent Females	Michelle A. Odette, MD, FAAP
Undermining the Translational Potential of Clinical Research with Adolescents and Young Adults: Differential Enrollment in Randomized Clinical Trials During COVID-19	Jamie Perin, PhD
The preferences and experiences of adolescents with ADHD in INSPIRE: A mixed methods pilot study of engagement and parent-teen communication in a narrative game-based learning environment for risky alcohol use prevention	Marianne Pugatch, PhD, LICSW
Investigating the Promotion of Dieting-Related Products on TikTok: A Pilot Study	Amanda Raffoul, PhD
Risk and protective factors for suicidal outcomes among sexual minority and heterosexual South Asian girls in British Columbia Canada	Monica Rana, Ph.D.
Adolescent Social Networks and School Engagement across the High School Transition	Jacquelin Rankine, MD, MS
Resources Pediatric Primary Care Providers Need to Provide Gender-Affirming Care to Transgender and Gender Diverse Youth	Colbey Ricklefs, MD, MPH
Prevalence and Correlates of HIV and STIs among Youth Experiencing Homelessness	Mary Paul, MD
“It will just grow this large target on my back” Barriers Pediatric Primary Care Providers Experience to Providing Pediatric Gender-Affirming Care in Primary Care	Gina M. Sequeira, MD, MS
Integration of Trauma-Informed Care and Resilience into a Youth-Driven Program	Hannah T. Sherfinski, MD-MPH Candidate 2024
Adaptation and Delivery of a Partially Virtual Curriculum for Pre-Exposure Prophylaxis Peer Mentors in Kenya: Lessons Learned	Nomi Kate Sherwin, MD
Mental Health and Foregone Mental Health Services Among Sexual Minority Adolescents Who Have Experienced Government Care	James Sinclair, BA
Acceptability of and Preference for Self- and Clinician-Collected Swabs Among Gender-Diverse Adolescents and Young Adults	Colby E. Smith, MD
Optimizing Online Tools to Support Sexual and Gender Minority Youth with Depressive or Anxiety Symptoms: Qualitative Study	Caia Ozymandia Smith, MSW
Automated Identification of Transgender and Gender Non-conforming patients from Electronic Health Record Data	Erik C. Su, MD
Mental health and sexual identity communication barriers in the clinician and adolescent/young-adult queer patient relationship	Daniell S. Sullivan, BS
Identity Disclosure by Sexual and Gender Minority Adolescents in the Deep South and Recommendations to Promote Inclusive Clinical Environments	Andrea Swartzendruber, PhD, MPH
Perceived discrimination, experiences of trauma, and psychological functioning among juvenile court-involved youth	Nicholas Szoko, MD

Team Sports Pride: How sexual orientation modifies team sports participation as a protective factor against suicidal behaviors and sadness in adolescents	Jennifer Mariko Thompson, MD
Cascading further into a crisis: Joint effects of COVID-19 pandemic-related stress and adverse childhood experiences on adolescent mental health	Jorge V. Verlenden, PhD
Comparing Geographic Accessibility of HIV Testing and HIV Burden Among Adolescents and Young Adults in Tampa Bay, Florida	Ariel Vilidnitsky, BA
The prevalence of adolescent mental disorders in Indonesia: An analysis of Indonesia – National Mental Health Survey (I-NAMHS)	Amirah Ellyza Wahdi, MD
Healthcare autonomy among adolescents and young adults in the United States: A scoping review	Kelly Wilson, PhD, MCHES
Impact of Cures Act on Adolescent Psychosocial Documentation	Jasmine Reese, MD, MPH, FAAP, FSAHM

Learning Objectives:

1. Evaluate the most current research.
2. Modify academic and clinical practices.
3. Identify and demonstrate research methods.

Credit Hours: 1.0 max

ACCME/ANCC only

3 Posters = .25 CME/CNE up to 1.0 max

SAHM 2023

ANNUAL MEETING



Collaborations in Adolescent Health

Improving Clinical Care Through Translational Science

Tuesday, March 7-Friday, March 10, 2023 • Sheraton Grand Chicago Riverwalk

Date: Wednesday, 3/8/2023

Time: 9:00:00 AM - 10:00:00 AM

Title: Hot Topics II

Title: Our Burning Planet: Climate Change Action Now!

Presenters: Sadhana K. Dharmapuri MD

Session Description: Climate change is the biggest health threat facing humanity. Urgent and immediate action is needed to avert catastrophic health impacts from rising temperatures. No aspect of adolescent health is spared from the consequences of global warming: food and housing security, heat related morbidity and mortality, water-borne diseases, internal displacement and migration, conflict, gender violence, infectious diseases (including STIs and HIV), and mental health disorders will all become worse. Vulnerable populations, including youth, low-income countries and communities, and minority populations that have contributed the least to global warming are the ones whose health will be most affected.

“Our house is on fire” and our youth are looking to us to stand with them and ensure that they have healthy futures. Adolescent Health Providers can and should help lead global climate action, supporting mitigation and adaptation strategies that protect young people. An accountable rights-based approach to prevention, mitigation, and adaptation framework is needed to achieve global climate change goals. Adolescent health professionals must advocate for climate justice and equitable resources, urge health systems to mitigate their adverse impacts on the environment, advocate for professional and health organizations to focus on green investments, be leaders in climate education of the next generation of adolescent health providers, and focus research on equitable strategies to reduce climate harms.

Learning Objectives:

1. Discuss impact of climate change on adolescent health, including both the physical impact and emotional and mental distress felt by adolescents, and demonstrate actions to improve adolescent health, as it relates to those changes.
2. Identify strategies for healthcare providers to advocate for mitigation and adaptation to global warming in health care and advocate in the broader community for curbing fossil fuel use and halting and/or mitigating climate change.
3. Promote climate justice and research on equitable strategies to reduce climate harms as they relate to adolescent health and mental health.

Title: Resetting the narrative: teens, tech and mental health

Presenters: Megan A. Moreno MD, MEd, MPH

Session Description: The past decade has seen increasing adolescent digital media engagement. The dominant narrative among US news media and medical science has centered on social media risks for teen mental health. Previous research has focused on social media time and mental health consequences. Findings have been elevated via news media via fear-based messaging. Previous research supports that fear-based messages in news media can lead parents to feel hopeless and helpless.

Today, research has illustrated other important factors regarding social media and adolescent mental health. These factors include quality of social media experiences, and parents’ social media engagement. Further, new tools exist to support teens and parents in navigating the digital world. These newer findings and tools are not reflected in the current fear-based narrative.

As adolescent health providers, researchers and advocates, we have the opportunity to be at the forefront of advancing a new narrative around teens, tech and mental health. This narrative should reflect current evidence and provide agency to teens and their families to guide their technology interactions. This hot topic will arm audience

members with the newest evidence on key factors in adolescent mental wellbeing and technology. We will share how this evidence informs the work of the new American Academy of Pediatrics Center of Excellence: Creating a Healthy Digital Ecosystem for Children and Youth, and why resetting the narrative is a first priority for this work. Finally, we will share opportunities for involvement in the next steps of research, patient education and center engagement.

Learning Objectives:

1. Analyze the current evidence for how narrative impacts public health.
2. Identify factors that affect the relationship between adolescent mental health and wellbeing, and digital technology use.
3. Identify opportunities for involvement to advance the narrative around adolescent mental health and wellbeing and digital technology use.

Title: The status of over-the-counter oral contraceptive pills in the United States: recent updates and future directions

Presenters: Alana Otto MD, MPH

Session Description: Oral contraceptive pills (OCPs) are available over the counter in over 100 countries; however, currently, no OCPs are available over the counter in the United States (US). For the first time, the US Food and Drug Administration (FDA) is considering an application for over-the-counter status for an OCP. FDA approval of an over-the-counter OCP represents an unprecedented opportunity to dramatically increase access to this method of contraception in the US, particularly for adolescents and young adults, including those who have been underserved by or excluded from the healthcare system.

OCPs are a safe and effective method of contraception that require no specific evaluation or testing prior to use, making them appropriate for over-the-counter use. Data indicate people, including adolescents, can interpret OCP drug fact labels and accurately determine whether they can safely use these pills.

Health professionals who work with adolescents have critical roles to play in advocating for over-the-counter access to OCPs and other effective forms of contraception, in supporting adolescents and young adults seeking and using over-the-counter OCPs, and in conducting further research the use of over-the-counter OCPs among adolescents. The experience and knowledge of professionals working in countries where OCPs are already available over the counter can be particularly valuable to inform practice and policy in the US.

Learning Objectives:

1. Describe the status of over-the-counter oral contraception in the United States, including the pending application for FDA approval for over-the-counter status for a norgestrel-only pill.
2. Evaluate information regarding over-the-counter use of OCPs, including data related to efficacy, tolerability, and safety, for adolescent patients.
3. Interpret recent research findings that may be used to inform policies regarding over-the-counter OCPs and identify resources for ongoing learning and advocacy.

Credit Hours: 1.0

SAHM 2023

ANNUAL MEETING



Collaborations in Adolescent Health

Improving Clinical Care Through Translational Science

Tuesday, March 7-Friday, March 10, 2023 • Sheraton Grand Chicago Riverwalk

Date: Wednesday, 3/8/2023

Time: 10:05:00 AM - 11:05:00 AM

Title: Gallagher Lecture: Abortion access post-Dobbs: The role of adolescent health and medicine providers

Presenters: Lin-Fang Wang, MD, MPH

Session Description: On June 24, 2022, the constitutional right to abortion was overturned as a result of the United States Supreme Court's ruling in *Dobbs v. Jackson Women's Health Organization*. The panelists will share the experiences and needs of adolescents seeking abortion or post-abortion care before and after *Dobbs*. They will provide an overview on the crucial role of adolescent health and medicine providers in a variety of contexts, from states proactively improving abortion access and protections to states with abortion criminalization and bounty hunter laws.

Learning Objectives:

1. Describe how the *Dobbs* decision has impacted adolescents' abortion access.
2. Explain three ways adolescents want to be supported with their decision to have an abortion.
3. Differentiate the role of adolescent providers based on the level of abortion restrictions in their state.

Credit Hours: 1.0

SAHM 2023

ANNUAL MEETING



Collaborations in Adolescent Health

Improving Clinical Care Through Translational Science

Tuesday, March 7-Friday, March 10, 2023 • Sheraton Grand Chicago Riverwalk

Date: Wednesday, 3/8/2024

Time: 11:10:00 AM - 12:40:00 PM

Title: Youth Engagement Workshop : Nothing about us without us: Leveraging the lived experiences of youth to improve adolescent clinical care, research, and medical education

Presenters: Nick Szoko, Jenni Lane, Bernie Stoodly, Preeti Galagali; and Youth Presenters Keyara Piri Shruti Sathish

Session Description: As adolescent health and medicine professionals, we see young people almost daily, but how often do those interactions improve our practices? The lived experiences of the youth we encounter offer insights to inform the continuous improvement of adolescent clinical care practices. In this youth-developed case-based session, participants will review relevant youth engagement theories and frameworks and then explore youth accounts of navigating clinical spaces. Based on their interests and expertise, participants will work in small groups: facilitated by young adults and health professionals to translate the lived experience and expertise of young people into actionable insights that can improve clinical care, research, and medical education.

Learning Objectives:

1. Describe how the expertise and lived experiences of young people influence their interactions with the health system.
2. Apply principles of youth engagement to the domains of research, medical education, clinical practice, therapy, and social services with insights drawn from youths' lived experiences.
3. Reflect on opportunities for youth narrative to support personal and professional growth and well-being.

Credit Hours: 1.5

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ANNUAL MEETING



Collaborations in Adolescent Health

Improving Clinical Care Through Translational Science

Tuesday, March 7-Friday, March 10, 2023 • Sheraton Grand Chicago Riverwalk

Date: Wednesday, 3/8/2023

Time: 2:00:00 PM - 5:30:00 PM

Title: Addressing Challenges in Gender-Affirming Care for Adolescents and Young Adults through Evidence-Based Clinical Innovations

Presenters: Jamie E. Mehringer, MD, FAAP; Mandy Coles, MD, MPH, FSAHM; Nadia Dowshen, MD, MSHP; Katherine Greenberg, MD; David Inwards-Breland, MD, MPH, FAAP, FSAHM; Kacie Kidd, MD, MS; Shauna Lawlis, MD; Eric Meininger, MD, MPH; Nicole Mihalopoulos, MD, MPH; Shane M

Session Description: The field of gender affirming medical care has grown and evolved rapidly over the past two decades. Research and high need for services have outpaced clinical practice guidelines, leading to wide practice variation. Adolescent medicine providers need to be aware of the latest research in the field and to learn from fellow providers' clinical experiences, in order to continue providing transgender youth with exceptional care. This institute will bring together expert adolescent medicine clinicians to discuss a range of clinically complex topics, with particular focus on areas of recent public discourse or cutting edge research outcomes. Content will have direct application to clinical practice, equipping providers to address complex clinical questions and concerns from youth and their caregivers. This institute is geared towards providers with a foundational knowledge of gender affirming care. Topics may include the following, but may be refined to accommodate for new updates to the field between the time of submission and SAHM 2023: -Bicalutamide as an anti-androgen and for puberty suppression -Progesterone as an adjunct to estrogen therapy -Duration of GnRH agonists for pubertal blockade -Updates on vaginoplasty in young adults with penoscrotal hypoplasia following pubertal blockade, and timing of surgical interventions -Use of medications to help support individuals with nonbinary gender embodiment goals -Role of clinicians when caregivers disagree on medical/surgical intervention -Variations in chest contouring practices -Informed consent and shared decision making in youth and young adult gender affirming care -Strategies for navigating the current sociopolitical climate when approaching advocacy, clinical care, and research

Learning Objectives:

1. Examine an array of innovative advances in the field of gender-affirming care for adolescents and young adults.
2. Describe the evidence base underlying these clinical advances, and identify ongoing knowledge gaps.
3. Translate these advances to your management of clinical challenges in gender-affirming care for adolescents and young adults, and incorporate the evidence into your counseling of patients and families.

Credit Hours: 3.0

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ANNUAL MEETING



Collaborations in Adolescent Health

Improving Clinical Care Through Translational Science

Tuesday, March 7-Friday, March 10, 2023 • Sheraton Grand Chicago Riverwalk

Date: Wednesday, 3/8/2023

Time: 2:00:00 PM - 3:30:00 PM

Title: Invited Workshop Series II: Sleep During Adolescence

Presenters: William David Brown

Session Description: This talk will focus on sleep during the teenage years. There are specific changes in sleep architecture and timing of sleep that occur during adolescence. The control of sleep by homeostasis and circadian rhythms will be reviewed. This will include how these physiological factors are influenced by behavior. Sleep is relevant in this age group for a variety of reasons. Understanding adolescent sleep has led to efforts to change school start times, making the hours of school more compatible with learning. Sleep is likely involved in the obesity epidemic and is related to the increase in diabetes. Accidents, homicide, and suicide are the primary causes of death during adolescence and inadequate sleep plays a major role in each of these areas. The major sleep disorders occurring during this age will be reviewed with relevant examples and treatment approaches discussed.

Learning Objectives:

1. Describe how the two major physiologic factors, circadian rhythms and homeostasis, interact to control the timing and duration of sleep.
2. Explain the relationship between sleep and the primary causes of death in adolescence.
3. Identify the primary sleep disorders most common in this age group and be able to employ the primary treatment approaches in management of these disorders.

Credit Hours: 1.5

Not eligible for ASWB credit

SAHM 2023

ANNUAL MEETING



Collaborations in Adolescent Health

Improving Clinical Care Through Translational Science

Tuesday, March 7-Friday, March 10, 2023 • Sheraton Grand Chicago Riverwalk

Date: Wednesday, 3/8/2023

Time: 2:00:00 PM - 3:30:00 PM

Title: Creating a Comprehensive and Personalized Adolescent Medicine Rotation

Presenters: Saira Ahmed, MD; Elvira Chiccarelli, MD; Michelle Lawson, MD; Barbara Bowsher, MD

Session Description: Pediatric residents in ACGME accredited residencies are required to complete a one month Adolescent Medicine rotation during their three years of pediatrics training. Resident exposure to patients in the adolescent and young adult age range may be limited during their training. As a result, their confidence and skill level in caring for this age group may subsequently be negatively affected. Learners from varying levels of training and specialty backgrounds can benefit from exposure to Adolescent Medicine including medical and physician assistant students, as well as residents from Pediatrics, Internal Medicine, Obstetrics-Gynecology, Psychiatry, and Transitional Year programs. In the setting of an evolving political climate influencing sexual and reproductive and gender health equity, increased exposure and confidence in practicing adolescent health for new medical professionals is even more critical today. In this workshop, participants will be introduced to a framework to assist in evaluating their trainees' current adolescent medicine rotation experience. From this, we will explore ideas for designing an enhanced adolescent medicine rotation educational curriculum incorporating a variety of learning modalities. Highlights will include a targeted needs assessment, practice creating educational objectives and strategies as well as tactics to efficiently implement and subsequently evaluate their rotation and curriculum.

Learning Objectives:

1. Connect learners, stakeholders, and clinician educators to achieve effective and comprehensive clinical teaching in adolescent medicine at their institution.
2. Formulate ideal educational and evaluation strategies for a variety of clinical opportunities available at your institution.
3. Evaluate your institutional level of resources, support, and barriers in implementation of an adolescent medicine rotation, including the institutional culture and medicolegal attitudes towards the care of adolescent patients.

Credit Hours: 1.5

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Improving Clinical Care Through Translational Science

Tuesday, March 7-Friday, March 10, 2023 • Sheraton Grand Chicago Riverwalk

Date: Wednesday, 3/8/2023

Time: 2:00:00 PM - 3:30:00 PM

Title: Like Subscribe and Share: Making Social Media Click with Youth

Presenters: Sam Akers, MSW; MEd; Mariah Cowser

Session Description: With more than 2 billion active users worldwide, online social media platforms have the potential to serve as powerful channels for public health—including sexual health, and gender equality and rights initiatives. Although the negative effects of Instagram and other platforms are frequently discussed, the reality is that young people are using them. So how do we use the power of the digital world for good? In this session designed for social media moguls, digital newbies, and everyone in between, you will see real world examples of how you can use social media to inspire action, inform, recruit, connect, and engage with the next generation to lead healthy, fulfilling lives. We will unpack challenges and lessons learned in our work on True You Maryland, Map 2 Success, and COVID Love* Stories, address the realities of creating relatable content for young people, and workshop ways of collaborating with young people to develop campaigns focused on their sexual health and rights, and storytelling. Join us to make your social media click with youth!

Learning Objectives:

1. Describe at least three ways social media can be used in campaigns focused on the health and rights of youth.
2. List three strategies to overcome challenges based on real world examples of utilizing social media campaigns.
3. Identify at least one way they can collaborate with young people for social media purposes.

Credit Hours: 1.5

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Collaborations in Adolescent Health

Improving Clinical Care Through Translational Science

Tuesday, March 7-Friday, March 10, 2023 • Sheraton Grand Chicago Riverwalk

Date: Wednesday, 3/8/2023

Time: 2:00:00 PM - 3:30:00 PM

Title: Diving Deep into ARFID Subtypes: Management Variations from a Multidisciplinary Team

Presenters: Jennifer L. Carlson, MD; Jennifer Derenne, MD; Anne Sinha, OT; Allyson Sy, RD

Session Description: In recent years, patients with Avoidant Restrictive Food Intake Disorder (ARFID) are being evaluated and diagnosed with increasing rates as the diagnosis is better recognized. Delineating the subtypes of ARFID is also becoming a more widely used practice that aids in identifying the appropriate management techniques, which can be quite variable between the different subtypes. Because of this complexity, the successful management of patients with ARFID often requires the skills of a multidisciplinary team. In this workshop, a multidisciplinary expertise panel (adolescent medicine physician, child and adolescent psychiatrist, occupational therapist, and registered dietitian) will review their inpatient evaluation and management techniques for patients presenting with three commonly identified subtypes of ARFID: fear of aversive consequences, selective/sensory eating, chronic low interest eating. Specific strategies that have been successfully employed by the presenters will be discussed; the goal is for audience members to gain concrete tools that they can utilize in their practices or institutions. These strategies will include identifying priorities when configuring feeding plans, utilizing therapeutic tools that can enable feeding, considering psychopharmacology recommendations for comorbid conditions that may exacerbate/complicate ARFID, and developing behavior modification plans that can be implemented on an inpatient unit.

Learning Objectives:

1. Describe the diagnosis of ARFID and highlight the different subtypes.
2. Discuss the variations in presentation for patients with different subtypes of ARFID.
3. Identify inpatient nutritional, therapeutic (occupational), medical, and psychiatric strategies for managing adolescents with various subtypes of ARFID.

Credit Hours: 1.5

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Tuesday, March 7-Friday, March 10, 2023 • Sheraton Grand Chicago Riverwalk

Date: Wednesday, 3/8/2023

Time: 2:00:00 PM - 3:30:00 PM

Title: Poster Symposia II: Sexual/Reproductive Health

Presenters:

Beyond The Talk: Caregivers perspectives on sexual health communication with their adolescent, relationship quality, and HIV pre-exposure prophylaxis (PrEP)	Jack C. Rusley, MD, MHS
Improving Time to Treatment for Gonorrhea and Chlamydia Among Adolescents and Young Adults: A Quality Improvement Project	Meghna Raphael, MD
Association between adolescent patient portal use for secure messaging and access to sexual and reproductive health services in a health system	Andrea J. Hoopes, MD, MPH
"There's a lot of stigma. I don't want people to know.": Confidence for self-disclosing HIV status to sexual partners among youth enrolled in the Tech-2-Check trial	Kevon-Mark Jackman, DrPH, MPH
LIFE SKILLS IMPROVE PSYCHOSOCIAL AND CLINICAL OUTCOMES AMONG ADOLESCENTS LIVING WITH HIV TRANSITIONING TO ADULT CARE	Nyawira Gitahi, MBChB
Intersectional identities and sexual health education: A study on young people's experiences of school-delivered sex education	Michelle WY Tam, MA, PhD(c)

Learning Objectives:

1. Evaluate the most current research.
2. Modify academic and clinical practices.
3. Identify and demonstrate research methods.

Credit Hours: 1.5

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Collaborations in Adolescent Health

Improving Clinical Care Through Translational Science

Tuesday, March 7-Friday, March 10, 2023 • Sheraton Grand Chicago Riverwalk

Date: Wednesday, 3/8/2023

Time: 4:00:00 PM - 5:30:00 PM

Title: Youth, Co-Designers in Health: A Collaborative Process to Achieving Successful Youth Partnerships

Presenters: Minju Kim, MPH; Callie Koesters, MPH, CHES; Whitney Garney; Jan Decoursey; with Youth Presenter: Karla Varga

Session Description: Many adolescent health programs emphasize meaningful youth engagement as a foundational component to its success. Projects funded by the HHS Office of Population Affairs continue to engage young people as true experts with lived experiences as co-designers, co-partners, and co-owners in shaping innovative approaches, strategies, interventions, programs, and research in the field of adolescent sexual reproductive health. Some successful partnerships have yielded ground-breaking products and stories such as: a series of design sprints to enhance youth experience with sexual health care services (Comprehensive Healthcare for Adolescents Initiative); publications and resources aimed at providers that serve marginalized youth (Activate); strategically centering voice of LGBTQ youth in building out innovations (Washington Youth Sexual Health Innovation and Impact Network); and a wraparound sex education curriculum and services for youth in foster care, developed by youth advisors with lived experiences (CA Reproductive Health Equity Project for Foster Youth). This workshop session will include a series of presentations by diverse youth panelists from across the country, followed by panel discussion on youth-adult partnership in co-designing innovative methods, and conclude with a reflection of how might we share the power and ownership of adolescent sexual reproductive programs with young people.

Learning Objectives:

1. Identify characteristics of successful youth-led projects that advance adolescent sexual reproductive health outcomes.
2. Describe strategies and recommendations to enhance youth partnerships for adolescent sexual reproductive health program and services.
3. Develop methods and strategies most applicable to enhancing youth-partnership in participants' own programs and practices.

Credit Hours: 1.5

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Collaborations in Adolescent Health

Improving Clinical Care Through Translational Science

Tuesday, March 7-Friday, March 10, 2023 • Sheraton Grand Chicago Riverwalk

Date: Wednesday, 3/8/2023

Time: 4:00:00 PM - 5:30:00 PM

Title: Contraception in the Neurodivergent Patient

Presenters: Elvira N. Chiccarelli, MD; Kayla M. Jaeger, MD; Leandra Poole, LMHC/CC

Session Description: Most clinicians agree that women with disabilities who do not desire pregnancy should receive counseling regarding and access to all contraceptive methods. However, this population reports lower rates of contraceptive use than neurotypical patients, often due to barriers in the organization and delivery of care. In this workshop, we will explore medical optimization of contraception for these specific populations. We will aim to provide clinicians a toolbox for healthcare equity in this population by efficient navigation of the issues of consent, guardianship, and medical power of attorney in a rapidly evolving legal and ethical landscape. Finally, attendees will apply this knowledge to cases and their practice environment using a biopsychosocial, culturally aware model of healthcare delivery to best promote healthy equity for neurodivergent patients and their families. There will be specific case review of medical, legal, and ethical aspects of care.

Learning Objectives:

1. Discuss risks and benefits of hormonal contraceptive use for neurodivergent patients, and use this knowledge to identify effective strategies for hormonal contraceptive use in this population.
2. Recognize special ethical and legal considerations involved in the use of hormonal contraceptives in neurodivergent patients.
3. Develop a psychological framework to facilitate personalized, developmentally appropriate contraceptive care for various neurodivergent populations, including culturally aware facilitation of caregiver involvement in healthcare and decision making.

Credit Hours: 1.5

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Collaborations in Adolescent Health

Improving Clinical Care Through Translational Science

Tuesday, March 7-Friday, March 10, 2023 • Sheraton Grand Chicago Riverwalk

Date: Wednesday, 3/8/2023

Time: 4:00:00 PM - 5:30:00 PM

Title: The “Influence” of Social Media Nutrition Trends on Adolescent Health

Presenters: Maya Kumar, MD; Taylor Argo, MD; Jane Chang, MD; Rebecca Chermak, PhD; Celia Framson, RD, MPH; Preeti Galagali, MD; Laura Hooper, MS, RD; Janice Key, MD; Amy Weiss, MD;

Session Description: Nutrition has been a hot topic on social media for years, but lockdown from the COVID19 pandemic has resulted in an explosion of disturbing social media trends related to nutrition and eating. These trends include fad diets, unsafe and unregulated nutrition supplements, and “inspiration” to achieve unrealistic body weights and shapes. Of particular concern, supplements and weight loss programs are often specifically and aggressively marketed towards adolescents. Isolation from the pandemic and the ubiquity of social media has disrupted normal developmental milestones for many adolescents, including their connection with peers, healthy and realistic body image, and self-acceptance. Quarantine and school closures have further contributed to increases in the prevalence of disordered eating and problematic weight changes among youth. Consequently, youth are particularly vulnerable to the negative effects of repeated exposure to photo-edited images and widespread encouragement of extreme nutritional behaviors that promise attractiveness, health, and a sense of belonging. In this workshop, international and interdisciplinary members of the SAHM Nutrition Committee will present an overview of the latest and most concerning nutrition trends on social media, summarize literature on the effects of these trends on adolescent physical and mental health, and facilitate discussion about how clinicians can equip adolescents with the skills needed to critically evaluate coercive marketing strategies, misinformation, photo-edited images, and problematic messaging about nutrition on social media. This workshop is intended for adolescent health care providers of all disciplines.

Learning Objectives:

1. Define recent concerning trends related to nutrition on social media, including “fitspo,” “thinspo,” “bonespiration,” “mukbang,” and popular fad diets.
2. Teach adolescents to recognize “red flags” that suggest nutrition content on social media is inaccurate, unrealistic, or shaming, while giving them tools to counteract problematic nutritional messaging and improve their media literacy.
3. Support adolescents by using motivational interviewing to encourage alternative safer strategies for achieving their nutritional goals, and consider potential areas of advocacy related to the regulation of nutrition content on social media.

Credit Hours: 1.5

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Improving Clinical Care Through Translational Science

Tuesday, March 7-Friday, March 10, 2023 • Sheraton Grand Chicago Riverwalk

Date: Wednesday, 3/8/2023

Time: 4:00:00 PM - 5:30:00 PM

Title: How to Get Your Paper Published: Insights from the Editors of the Journal of Adolescent Health

Presenters: Tor D. Berg, N/A; Teresa Dal Santo, Ph.D.; Carol Ford, M.D.

Session Description: Join the editors of the Journal of Adolescent Health as they offer insights and answer questions about academic journal publishing. The editors will offer a guided tour through the journal's editorial operations, following the life of a paper from submission to publication. They'll discuss what they look for in a manuscript submission, how peer reviewers are selected, the challenges of negotiating copyright in an Open Access world, the Journal's efforts to support equity and representation among both authors and study subjects, and much more. Authors are encouraged to bring their works in progress for guidance on creating a specific publication strategy.

Learning Objectives:

1. Identify the key components of a successful manuscript submission to increase likelihood of publishing and promote progress in mental healthcare.
2. Negotiate publishing agreements that accommodate the Open Access and Creative Commons frameworks.
3. Promote wide dissemination of your published research results.

Credit Hours: 1.5

Not eligible for ASWB credit

SAHM 2023

ANNUAL MEETING



Collaborations in Adolescent Health

Improving Clinical Care Through Translational Science

Tuesday, March 7-Friday, March 10, 2023 • Sheraton Grand Chicago Riverwalk

Date: Wednesday, 3/8/2023

Time: 4:00:00 PM - 5:30:00 PM

Title: Platform Research II: Reproductive Health

Title: Cost-Effectiveness of the Technology-Enhanced Community Health Nursing Intervention for Adolescents and Young Adults with Pelvic Inflammatory Disease

Presenters: Jeromie Ballreich

Title: An Event-Level Examination of How Positive Feelings and Behaviors Surround Intimate Partner Violence within Adolescent Romantic Relationships

Presenters: Pamela A. Matson, PhD, MPH

Title: Simulation of Contraceptive Access for Adolescents using a Pharmacist-staffed mHealth Application: Pilot Testing

Presenters: Kayla Knowles, MPH

Title: “You could combine them”: A qualitative study on adolescent perceptions of two contraceptive decision aids

Presenters: Bianca Allison,

Title: Association of LARC Uptake with Method Continuation

Presenters: Christina Marie Roberts, MD MPH

Title: Predictors of Hypertensive Disorder and Preterm Labor in Pediatric Pregnancies with and without Type 1 Diabetes

Presenters: Lauren Wisk,

Learning Objectives:

1. Cite new and current research topics regarding future opportunities.
2. Explain the clinical impact of these new findings.
3. Identify how these findings may impact future intervention strategies for this population.

Credit Hours: 1.5

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Improving Clinical Care Through Translational Science

Tuesday, March 7-Friday, March 10, 2023 • Sheraton Grand Chicago Riverwalk

Date: Thursday, 3/9/2023

Time: 8:45:00 AM - 11:45:00 AM

Title: Treating Pediatric Opioid Use Disorder: Buprenorphine Waiver Training

Presenters: Jessica Calihan, MD, MS; Scott E. Hadland, MD, MPH, MS; Nicholas Chadi, MD, MPH; Samara Jinks-Chang, MD, MPH; Seth Ammerman, MD

Session Description: The Committee on Alcohol and Drugs and the Substance Use Prevention and Treatment Special Interest Group will provide this comprehensive training to equip providers to provide evidence-based buprenorphine in primary care for youth with OUD. While adolescent opioid overdose mortality has increased precipitously since 2019 such that drug overdose or poisoning is now the third leading cause of death in children, access to care remains limited as only 1% of addiction board-certified providers are pediatricians. This session aims to address this practice gap by providing training for physicians, nurse practitioners (NP), and physician assistants (PA) likely to encounter youth with OUD in practice, including those in adolescent medicine, general pediatrics, and family practice. As of 2021, providers without a X-waiver may provide buprenorphine to treat up to 30 patients with OUD if they submit a Notice of Intent (NOI) required by the U.S. Department of Health and Human Services. This presentation will provide important training for those providers and, when combined with the online self-study portion (4 hours for physicians, 20 hours for NP/PA), will allow providers to submit NOI to treat more than 30 patients. This year we will also discuss new forms of buprenorphine (i.e. injection) and harm reduction principles that can be incorporated into primary care. While this training satisfies requirements for US-based clinicians, the session will highlight international perspectives, including the epidemiology of OUD worldwide and different countries' approaches to treatment delivery, thus ensuring all attendees find the training applicable to their practice.

Learning Objectives:

1. Describe the international epidemiology of youth opioid misuse, disparities in opioid-related morbidity and mortality, and protective and risk factors for the development of adolescent opioid use disorder.
2. Construct an evidence-based treatment plan using buprenorphine that promotes wellness, fosters family and peer relationships, and supports reintegration into education, employment, and recreation.
3. Incorporate perspectives of adolescents and young adults into opioid use disorder treatment and recovery.

Credit Hours: 3.0

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Date: Thursday, 3/9/2023

Time: 9:00:00 AM - 10:30:00 AM

Title: Reducing Inequality for Gender Diverse Youth with Eating Disorders: Expanding Knowledge and Accessibility to Improve Clinical Care

Presenters: Rachel D. Snedecor, MD, MS; Jason Nagata, MD, MSc; Emily Popler, MD; Kyle T. Ganson, PhD, MSW; Colby Smith, MD; Anita Chaphekar, DO

Session Description: A stark increase in the prevalence of eating disorders has been observed during the COVID-19 pandemic, leaving TGD youth, who already experience higher rates of eating disorders, particularly vulnerable. In response to this, there has been an increase in research dedicated to the unique needs of TGD youth with eating disorders as evidence-based care continues to evolve. Furthermore, TGD youth with intersecting identities such as identifying as a racial and/or ethnic minority, experiencing neurodiversity, speaking a primary language other than English, or living in a state with prohibitive legislation limiting gender-affirming medical care, are dually disenfranchised in obtaining equitable access to specialty treatment for disordered eating. These significant barriers to care highlight the need for precision medicine for TGD patients. This workshop will seek to update the audience on the latest research and advances in the care of eating disorders among TGD youth, with specific acknowledgement of the barriers discussed and resources that may provide support and solutions. Audience members will be divided into small multidisciplinary groups to discuss their approaches to complex cases with input from the panel of presenters. The session content supports SAHM's goal of inclusivity by highlighting areas that impact healthcare equity and discussing potential resources for improvement. The presenters are diverse in terms of clinical role, racial identity, country of origin, sexual orientation, and practice location, providing different perspectives on the impact of recent legislation limiting gender affirming care.

Learning Objectives:

1. Explore the latest published advances in the clinical treatment of eating disorders in transgender/gender diverse (TGD) youth during the COVID-19 pandemic.
2. Highlight inequities experienced by TGD youth, particularly those with intersectional identities, in accessing evidence-based treatment for eating disorders and examine potential solutions to these barriers.
3. Apply the knowledge gained from the presentation to discuss three complex patient cases in multidisciplinary groups, demonstrating the importance of a multidisciplinary approach to clinical care of TGD youth with eating disorders.

Credit Hours: 1.5

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Tuesday, March 7-Friday, March 10, 2023 • Sheraton Grand Chicago Riverwalk

Date: Thursday, 3/9/2023

Time: 9:00:00 AM - 10:30:00 PM

Title: Emerging Innovations in Access to Sexual & Reproductive Health Information and Family Planning Services for Youth

Presenters: Callie Koesters, MPH, CHES; Minju Kim, MPH; Jan DeCoursey, M.A. Social Service Administration; Jenita Parekh, MPH, PhD; Jennifer Manlove, PhD

Session Description: HHS Office of Population Affairs (OPA) promotes health across the reproductive lifespan through innovative, evidence-based adolescent health and family planning (FP) programs, services, strategic partnerships, evaluation, and research. This panel session will showcase emerging innovations, research, and new products from two OPA funded projects: Child Trends' Innovations in FP Clinical Service Delivery, and Activate: The Collective to Bring Adolescent Sexual and Reproductive Health Research to Youth-Supporting Professionals. The Innovations in FP Clinical Service Delivery team will serve on this panel to discuss and showcase a toolkit developed to support FP providers and administrators in designing and delivering high-quality FP care and programming. The toolkit highlights four foundational approaches that are integral to providing effective FP care to youth, and are real-life examples based on interviews with providers, along with useful resources to integrate these approaches into their own work. The toolkit also includes case studies highlighting four programs across the country that are using innovative approaches to improve access to, equity, and quality of FP service delivery in school-based settings. The Activate team translates research to practice by curating, adapting, and creating research-informed resources for professionals who work on behalf of youth, and particularly youth involved in the child welfare system and/or justice systems, youth experiencing homelessness, and opportunity youth (youth who are out of work and school). The team consists of an interdisciplinary team of researchers, youth-supporting professionals, and young people. Resources that will be highlighted from Activate include tip sheets, fact sheets, briefs, and an interactive resource explorer.

Learning Objectives:

1. Identify and describe two research projects exploring innovative practices aiming to improve access to, equity, and quality of sexual and reproductive health care and family planning services for youth.
2. Identify at least two successful strategies for designing and delivering high-quality family planning care and programming to school-aged youth.
3. Identify new and existing resources by utilizing a sexual and reproductive health resource explorer designed to support professionals who work with young people, and a toolkit for family planning providers working with youth.

Credit Hours: 1.5

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Date: Thursday, 3/9/2023

Time: 9:00:00 AM - 10:30:00 AM

Title: What's New in Ethics of Research with Adolescents? Balancing Inclusion and Protection to Achieve Optimal Benefits for Young People Globally

Presenters: John S. Santelli, MD, MPH; Mary A. Ott, MD, MA; Abigail English, JD

Session Description: Inclusion in health research and protection from research harms are essential if adolescents are to receive the full benefits of research. The 1995 Guidelines for Adolescent Health Research was an important milestone in promoting these twin goals. A lot has happened in almost three decades of adolescent health research. The NIH, the European Union and other governments have adopted inclusion policies for children and adolescents. Empiric data on adolescent brain development and capacity are now available to inform approaches to research consent. Regulations and consent law at the federal and global level have evolved. New digital tools create opportunities to expand reach to adolescents and share data among researchers, but also create murky waters for privacy and confidentiality. This workshop will address adolescent health research from a global perspective, emphasizing ethical principles and global regulations. Although laws vary among countries, common themes are addressed and will be highlighted along with standards from international agreements. The presenters include three members of the authoring committee, which is revising the SAHM Guidelines for Adolescent Health Research. The workshop will focus on key issues such as inclusion vs. protection, independent access to research by minor adolescents, ethical and regulatory frameworks, legal conceptualizations, and the harmonization of consent processes and standards between clinical care and research participation.

Learning Objectives:

1. Identify key ethical principles, legal concepts, and human rights frameworks as they apply to adolescent health research.
2. Describe how empiric data on capacity and confidentiality inform consent and assent.
3. Analyze key tradeoffs among ethical principles in evaluating an adolescent research protocol.

Credit Hours: 1.5

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Date: Thursday, 3/9/2023

Time: 9:00:00 AM - 10:30:00 AM

Title: Assessing and Managing Adolescent Suicide Risk in Complex Cases in Primary Care: A SAHM Mental Health Committee Workshop

Presenters: Brian Pitts, MD; Ana Radovic, MD; Merrian Brooks, DO; Huma Khan, MD, MPH; Lisa Simons ; Preeti Galagali, MD, PGDAP, FIAP; Ngozi Oketah

Session Description: In the United States, suicide has been the first or second leading cause of death for youth (10-19) since 2011; globally it is among the top five causes of mortality. To address this crisis The American Academy of Pediatrics partnered with the American Foundation for Suicide Prevention to publish a blueprint for suicide prevention in 2022. This blueprint highlights pathways and practices for detecting suicide risk and intervening in outpatient medical settings. Adolescent providers are at the forefront of this work. Although adolescent medicine providers effectively triage adolescents at very low and very high risk, many express discomfort and inexperience with determining suicide risk level assessments and providing initial management for patients at medium levels of risk. This year's workshop will provide a much-needed opportunity for participants to discuss real-life case-based scenarios which incorporate the nuances of typical adolescent primary care suicidality management, including adolescents presenting with comorbidities such as eating disorder or substance use, representing intersecting identities such as LGBTQIA+ youth or racially and ethnically minoritized youth, and youth with differential levels of family support. Participants will build skills around assessing suicide risk for patients of different complexity levels and performing initial management steps for them. The workshop will be framed around the Brief Suicide Safety Assessment (BSSA) championed by the NIMH and AAP and involve cases of varying complexity help providers become more familiar and comfortable with the skills needed to provide this important care to their patients.

Learning Objectives:

1. Describe the evidence for and components of comprehensive suicide prevention care, including risk assessment, safety planning, initial treatment, and brief interventions.
2. Assess the suicide risk levels of patients using the Brief Suicide Safety Assessment (BSSA) framework championed by the National Institutes of Mental Health (NIMH).
3. Apply the BSSA framework to challenging and complex patient cases to determine risk level and management strategies for these patients, including safety planning and means safety counseling strategies.

Credit Hours: 1.5

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Tuesday, March 7-Friday, March 10, 2023 • Sheraton Grand Chicago Riverwalk

Date: Thursday, 3/9/2023

Time: 9:00:00 AM - 10:30:00 AM

Title: Learning from Young Leaders in the Pursuit of Climate Justice and AYA Health

Presenters: Paul Devine Bottone, MD; Kieshaun White ; Anna Parenteau, MA (Psychology)

Session Description: The health care field has only recently begun to devote significant attention to hazards to AYA health presented or worsened by climate change. In the United States, BIPOC and other historically marginalized communities are bearing disproportionate climate-related health burdens, underlining the centrality of climate and environmental justice in confronting this crisis. Featuring the work of two youth researchers, this workshop will address health issues posed by wildfires. With record-setting droughts and heat, the area around California's Central Valley has recently experienced historic blazes, which have aggravated air quality disparities from industrial and agricultural pollution. Valley college student Kieshaun White will explain his decision to conduct his own air quality research, and his efforts to bring attention from local schools, media, and President Obama to the health of his community. Early-career researcher Anna Parenteau from the UC Davis Center for Poverty and Inequality Research will then share her longitudinal study of the effects of wildfire smoke on burgeoning teens, tracking the overlapping effects of environment, industry, and a pandemic on youth development. In addition, she will relate her team's strategy in engaging researchers, media, and educators. The workshop will highlight ways that AYAs, researchers and providers can work together to be powerful advocates for the health of young people and the planet. Building on the examples of Mr. White and Ms. Parenteau, facilitators and local youth advocates will help participants identify ways to advocate for climate and environmental justice in our communities, through research, popular press, and policy work.

Learning Objectives:

1. Identify examples of AYA leadership in climate and environmental justice advocacy and steps health care providers and researchers can take to partner with youth advocates in addressing these threats.
2. Enumerate climate change-related public health challenges facing adolescents and young adults and define "climate justice" and "environmental justice" in the context of research, policy, and investment.
3. Describe ways in which climate change-related health risks disproportionately burden lower-income and BIPOC communities.

Credit Hours: 1.5

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Tuesday, March 7-Friday, March 10, 2023 • Sheraton Grand Chicago Riverwalk

Date: Thursday, 3/9/2023

Time: 10:45:00 AM - 12:15:00 PM

Title: Invited Workshop Series III: Outpatient Headache Management for Adolescents

Presenters: Anisa F. Kelley, MD

Session Description: This talk will discuss adolescent migraine and headache diagnosis, treatment and management. We will describe warning signs of headaches associated with increased intracranial pressure and when to refer to urgent imaging. We will discuss novel acute and prophylactic migraine treatments.

Learning Objectives:

1. Identify migraine headache, tension-type headache, and trigeminal autonomic cephalalgia in adolescents.
2. Recognize warning signs headaches associated with increased intracranial hypertension that require urgent imaging evaluation.
3. Formulate appropriate acute and prophylactic treatment plans for adolescents with migraines.

Credit Hours: 1.5

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Date: Thursday, 3/9/2023

Time: 10:45:00 AM - 12:15:00 PM

Title: Beyond the Ivory Tower: Creating Community-Based Multi-Disciplinary Teams in the Delivery of Family Based-Treatment for Eating Disorders

Presenters: Karen Bernstein, MD, MPH; Kristen Anderson, LCSW; Sara Desai, LCSW; Daniel Le Grange, PhD; Angela Celio Doyle, PhD; Katharine L. Loeb, PhD; Gregg Montalto, MD, MPH; Kelly Horn, PHD, LCSW

Session Description: The treatment of eating disorders is typically delivered by a multidisciplinary team of medical and mental health professionals, and has traditionally been offered in an academic medical setting or inpatient, residential or partial hospitalization program. An increasing number of adolescents, young adults, and their families are being treated with Family-Based Treatment (FBT) in outpatient community settings, where providers may span across different locations. Such outpatient practice brings unique challenges for clinicians including: finding medical providers familiar with FBT, establishing communication channels amongst team members, preventing mixed messaging to patients and families, and asserting oneself as the leader of the team. Research demonstrates that some therapists avoid delivering FBT in a private practice/community setting because of these perceived barriers (Couturier & Kimber, 2015); this challenges dissemination efforts to implement evidence-based treatments outside of academic medical settings (Accurso et. al., 2015, Training Institute for Child and Adolescent Eating Disorders, 2018). However, a collaborative community-based model is feasible and can lead to successful outcomes. This team approach increases the likelihood that outpatient providers continue to offer high-quality FBT within appropriate medical safety parameters. It also aids in overcoming health inequities due factors such as insurance status and geographic location. In our outpatient practices, we have successfully created models of collaborative teams, integrating medical management and therapeutic interventions. This workshop will present strategies to develop such teams and to maintain their success through effective communication, role clarity and unity. We also present methods to evaluate outcomes of this model in clinical practice.

Learning Objectives:

1. Identify barriers to building community-based teams, especially in the context of treating eating disorders.
2. Develop strategies to create collaborative care teams outside of academic institutions with the aim of meeting the needs of our expansive and diverse patient populations.
3. Practice skills related to difficult dialogues within care teams with the goal of ensuring providers are communicating effectively and creating unity amongst providers.

Credit Hours: 1.5

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Date: Thursday, 3/9/2023

Time: 10:45:00 AM - 12:15:00 PM

Title: Promoting Positive Childhood Experiences: Applying the HOPE model to Adolescent Clinical Care

Presenters: Binny Chokshi, MD, MEd; Baraka Floyd, MD; Brandii Criss; Alexis Guzman

Session Description: A seminal study published in the JAMA Pediatrics in 2019 showed that positive childhood experiences (PCEs) have dose-response associations with adult depression, poor mental health, and adult reported social and emotional support. Though research demonstrates that both risk and protective factors shape health outcomes across the lifespan, the recent clinical focus has been on assessing adversity and risk during patient visits. The Healthy Outcomes from Positive Experiences (HOPE) model provides a framework to focus on the promotion of PCEs during clinical encounters. This interactive workshop will first review the research and science describing the relationship between risk and protective factors, stress, and poor health outcomes. Facilitators will then review the four building blocks of the HOPE model: (1) relationships, (2) engagement, (3) environment, and (4) emotional growth and discuss how to integrate these components into patient care visits, both through sample language and also educational handouts. Participants will then be able to apply and integrate knowledge through interactive discussion and case-based learning. Research indicates that PCEs can mitigate the impact of ACEs and that the absence of PCEs may be more damaging to long-term health outcomes than the presence of adversity. Adolescence presents a unique opportunity during which to promote and foster PCEs. Therefore, as we work to translate research to the clinical and public health sphere, the consideration of the HOPE based framework is a necessity to uphold the health and wellness of adolescents.

Learning Objectives:

1. Review the relationship between risk and protective factors and adolescent health outcomes.
2. Discuss how to incorporate the four building blocks of the Healthy Outcomes from Positive Experiences (HOPE) framework into adolescent clinical care.
3. Apply the HOPE framework to adolescent clinical cases using concrete tools.

Credit Hours: 1.5

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Date: Thursday, 3/9/2023

Time: 10:45:00 AM - 12:15:00 PM

Title: Building Community and Wellness in Our Teams: Welcome to the Think Tank

Presenters: Jennifer L. Carlson, MD; Catherine Miller, MD; David Inward-Breland, MD; Rachel Goldstein, MD; Lauren Wozniak, MD

Session Description: Provider burnout, always a concerning issue, has been exacerbated during the pandemic. Multiple studies have investigated the contributors to burnout, but also the factors that are protective or increase resiliency. While individual-level approaches (such as increased mindfulness, gratitude) are appropriately encouraged, community/organization-level strategies have demonstrated even greater impact in reducing burnout in the workplace. In this interactive workshop, attendees will join the “Think Tank”* to share and develop opportunities for improving the cohesion and wellness for their workplace communities. Drawing on the collective experiences and wisdom of our SAHM colleagues, we will discuss programs and initiatives that each participant or organization has implemented (i.e., the “FAMLI”- Fellows in Adolescent Medicine Learning Initiative, Division Wellness and Diversity Equity and Inclusion activities). In Mini Think Tanks* with a facilitated discussion, attendees will develop a concrete plan for building wellness and community that can be implemented in their work environment. Facilitators will include both faculty and trainees who can share their unique viewpoints and considerations to enhancing their workplace. *an institute, corporation, or group organized to study a particular subject (such as a policy issue or a scientific problem) and provide information, ideas, and advice

Learning Objectives:

1. Discuss provider burn-out and review the protective factors, at both the individual and institutional level, that may contribute to improved wellness.
2. Share strategies for improving community and connection within your work places.
3. Develop a wellness and community plan that can be employed within your team.

Credit Hours: 1.5

Not eligible for ASWB credit

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Tuesday, March 7-Friday, March 10, 2023 • Sheraton Grand Chicago Riverwalk

Date: Thursday, 3/9/2023

Time: 10:45:00 AM - 12:15:00 PM

Title: Restoring Integrity to Public Policy: Combating Science Denialism in Adolescent Health

Presenters: Meredith McNamara, MD MS

Session Description: Science denialism (SD) obfuscates advancements in clinical research and is gaining momentum in law. SD has provided cover for discriminatory legislation that targets standard medical care for transgender and gender-expansive (TGE) youth. SD has also allowed dismissal of the scientific realities of human reproduction, especially in the post-Roe landscape, clearing a path for bans of essential healthcare. Adolescents and young adults are at the crossroads of cataclysmic social change but also have limited capacity for influential political lobbying. Thus, they often rely on clinicians, lawyers, medical societies, and other not-for-profit organizations to intervene. This workshop will inform participants on how to identify and confront SD and advocate effectively for integrity in health policy. We will first define science denialism, then focus on two areas where misinformation is rampant in law: gender-affirming care and reproductive health. We will explore themes of SD in recent policy actions, including false assertions, misrepresentation of evidence, cherry-picking of clinical research, use of unscientific sources, hidden conflicts of interest and solicited testimony of biased “experts”. We will then review how these actions have been challenged successfully in the courts by medical-legal policy collaboration. Valuable tools in these enterprises include point-by-point rebuttal reports, updated policy statements, public comments, appeals to state medical boards/health departments, amicus briefs, and media. Content will reflect the current medical-legal landscape as of March 2023. This workshop is divided into two 45-minute didactic and interactive portions.

Learning Objectives:

1. Identify science denialism in public policy that affects the well-being of adolescents and young adults.
2. Create evidence-based counterarguments to combat denialist claims for a variety of audiences, including the public, colleagues in medicine and public health, the media, and policy makers.
3. Prepare a simulated advocacy intervention via groupwork that challenges scientific misinformation in policy, using tools such as public comments, policy statements, rebuttal reports, and amicus briefs.

Credit Hours: 1.5

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Tuesday, March 7-Friday, March 10, 2023 • Sheraton Grand Chicago Riverwalk

Date: Thursday, 3/9/2023

Time: 12:30:00 PM - 1:30:00 PM

Title: Poster Session II

Presenters:

Long-acting Reversible Contraception in Gender Diverse Adolescents and Young Adults: Outcomes from a Multi-site Collaborative	Liz Abernathey, MD
Black female adolescent experiences with reproductive health counseling in primary care: a qualitative study	Alessandra C. Angelino,
The Impact of COVID-19 on Same-Day LARC Initiation Among Adolescents in a Large Statewide Health System	Bianca A. Allison, MD MPH
Maximizing Participant Recruitment Through Community Partner Engagement: Lessons from a Multi-State Randomized Controlled Trial	Amie M. Ashcraft, PhD, MPH
Understanding the Translational Potential of Advances in HIV Leveraging Consumer Preferences for Care: Long-Acting Antiretroviral Treatment for Youth with HIV	Ashle Barfield, BS, CHES
Differences between abstainers and heavy drinkers	Joan-Carles Suris, PhD
Transition Readiness, Education and Knowledge (TREK) in Adolescent Medicine: Evaluation of Adolescent and Young Adults' Comfort with Transition-Related Tasks	Courtney E. Batt, MD, FAAP
Association of Experiencing Relationship Abuse and HIV/STI Testing Among Sexually Active Adolescent Males in the United States	Katelin Blackburn, MD
Should pediatricians consider offering the HPV vaccine to mothers accompanying their children to routine visits?	Ruchita S. Borgaonkar, BDS
Predictors of viral suppression and treatment adherence among adolescents and young adults living with HIV enrolled in the African Cohort Study (AFRICOS)	Marie A. Brault, PhD
Piloting a Quality Improvement Package for Adolescent Sexual and Reproductive Health Care in Community Health Centers: Getting to Quality for Teens (Q4T)	Anna W. Brittain, MHS
Telemedicine for Adolescent and Young Adult Long-acting Reversible Contraception Initial Follow-up Visit: Outcomes Over 1 Year	Amanda E. Bryson, MD
Parent guidance on alcohol use for youth with chronic medical conditions	Jessica B. Calihan, MD, MS
Relationships Between Food Insecurity, BMI, Weight Concerns, and Unhealthy Weight Loss Behaviors in Adolescents	Hannah Canter, MD
Impact of the COVID-19 Pandemic on Chlamydia and Gonorrhea Testing and Care in Military Connected Adolescents	Binny Chokshi, MD, MEd
Acceptability of Mail-In Self-Collection for Gonorrhea and Chlamydia Screening in Primary Care Clinics	Tana Chongsuwat, MD, MPH
"Keep your head up": Using qualitative methods and the Theory of Planned Behavior to describe coach communication with youth athletes about physical contact	Sara PD Chrisman, MD MPH
The Reach, Implementation, and Effectiveness of Virtual Sex Education for Youth in Foster Care	Ailish Madigan Cornwell, BA
Association between number of human papillomavirus (HPV) vaccine doses and detection of vaccine-type HPV and non-vaccine-type HPV genetically related to HPV16 and HPV18 among vaccinated adolescent and young adult women and men in a real-world setting	LaKeshia Craig, MD
Trauma and system-involvement impact on adolescent alcohol and marijuana use	Neilkant L. Davis, MA in Psychology
Parent Perspectives about Initiating Contraception Discussions with Adolescent Daughters	Julia C Durante, MD

Sport and Physical Activity Among Transgender, Gender Diverse, and Questioning Adolescents	Sarah M. Espinoza, PhD
Chlamydia and Gonorrhea Prevalence and Treatment in Detained Youths in Hawaii: A follow up study on strategies for improvement	Pia Francisco-Natanauan, MD
Examining Depression Screening Outcomes and Past 30-day Tobacco and Cannabis Use Patterns	Shivani Mathur Gaiha, Ph.D.
Caregiver perspectives on explanation of benefits forms, confidential sexual health care, and communication with adolescents	Erza Gashi, MPH '23
COVID-19 Vaccine Confidence and Access among Youth Experiencing Homelessness	Janna R. Gewirtz O'Brien, MD, MPH
Addressing Substance Use for Justice-Involved Youth: Where are We Now and Where are We Going?	Paula N. Goldman, MD
Managing Adolescent Confidentiality in the Electronic Health Record Post Implementation of the 21st Century Cures Act Final Rule: A Survey of Providers	Rachel L. Goldstein, MD
Outpatient Pediatricians' Current Practice and Knowledge of Long-Acting Reversible Contraception	Caitlin Grace, MD
Treatment of chlamydia and gonorrhea in a Chicago health system: Observations of treatment practices before and after updated CDC guidelines	Tatia Hardy, MD
Daily Association of Drug Use Cravings and Physical and Emotional Well-Being among Students Attending a Recovery High School during COVID-19: Results from an EMA Study	Devon J. Hensel, PhD, MS, FSAHM
Changes in Legal Responsibilities for Healthcare Decision-Making at Age 18: AYASHCN and Caregiver Knowledge, Satisfaction with Preparation Received, and Recommendations for Improvement	Albert C Hergenroeder, MD
Knowledge of Invasive Meningococcal Disease and Vaccination Recommendations for Adolescents and Young Adults among US Physicians	Oscar Herrera-Restrepo, PhD
Physician Communication with Patients/Parents on MenB Vaccination for Older Adolescents and Young Adults	Oscar Herrera-Restrepo, PhD
Role Models, Short-term and Long-term Goals of Youth Involved in the Juvenile Justice System	Ashlyn Huang, Medical student
Performance of the Screening to Brief Intervention (S2BI) Tool for Identifying Substance Misuse in Adolescents and Young Adults of Color in an Urban Adult Emergency Department	Katie Huynh, n/s
Pregnancy risk, teratogen use, and estrogen contraindications among an adolescent and young adult rheumatology population	Brittany Huynh, MD, MPH
Communication and counseling preferences of people who chose abortion during adolescence	Laura Kirkpatrick, MD
Prevalence and Sociodemographic Correlates of Suicidality Among Sexual and Gender Minority Youth Residing in the South	Danielle Lambert, PhD, MPH
Lifetime Experiences of Digital and In-Person Intimate Partner Violence Victimization Among Sexual and Gender Minority Adolescents in the Deep South	Danielle Lambert, PhD, MPH
Association between social media use and substance use among middle and high school-aged youth	Jessica Liu, MPH
Developmental and Racial/Ethnic Differences in Use of Nicotine, Non-Nicotine, and THC E-cigarettes	Devin Malloy McCauley, PhD
Association between Social Determinants of Health and Completion of the HPV Vaccine Series	Andrea R Meisman, MA, LPC, CCRP
Putting Decision Making Involvement into Practice: An Exploration of the Perspectives of Adolescents, Parents, and Clinicians for Increasing Adolescent Involvement in Decision Making During Clinic Visits for Chronic Illness	Victoria A. Miller, PhD
SLEEP QUALITY IN OVERWEIGHT ADOLESCENTS DURING COVID-19 LOCKDOWN	Sofia Moeda, MD
The Community Stakeholders' Perspectives on Recruiting Young Adolescents (ages 10-14) in Sexual Health Research in Western New York State	Sadandaula Rose Muheriwa Matemba, PhD, MScMid, BScEd, UCM, DipN, RNM
Power sharing in community-engaged research with Syrian refugees in Lebanon: Using implementation science frameworks to guide fit to context of a young adult community worker intervention	Rima Afifi
Getting to Zero: The Association Between Connectedness & Self-Efficacy for Adherence to Antiretroviral among Youth living with HIV	Elise Tirza A. Ohene - Kyei, MD, MPH

The Effect of Problematic Video Gaming Behaviour on Bone Mineral Density in Adolescence	Nuray Kanbur
Understanding Family-Planning Goals and Preferences of Young Transmasculine and Nonbinary Individuals	Zach Picciarelli, BS
Unintended Disclosure through the Medical Patient Portal: Adolescent Care Implications of the 21st Century Cures Act based on Charting Practices at a Large Integrated Healthcare System	Raghuveer Puttagunta, MD
Healthcare Utilization and Clinical Resources Outcomes Related to Transitions from Pediatric to Adult Medical Care for Patients with Pediatric Chronic Disease in an Integrated Healthcare System in Rural America	Raghuveer Puttagunta, MD
A Missing Patch in Training: Pediatric Residents' Attitudes, Practices, Training and Confidence Around Prescribing Nicotine Replacement Therapy	Lily A. Rabinow, MD, MS
Adolescent Protection Collaborative: Pilot Data from a Specialized Medical Home for Sex-Trafficked Youth	Anish Raj, MD
Perceived contraceptive comfort among pediatric subspecialists.	Lauren Reade, BS
Dynamic social networks and perceived safety among Black youth exposed to community violence	Alexander T. Riley, BS
Access to Contraception and Readiness in the United States Military	Christina Marie Roberts, MD MPH
Co-creation of a Knowledge Translation Strategy using Human-Centred Design to Address and Support Adolescent-Led Families' Infant Feeding Practices	Fatimah Roble, BSc
The Ability to Self-Screen for Migraines with Aura in Adolescents with Headache	Lucy E. Rosenbaum, MD
Use of a Sexual Health Survey Risk Score to Predict Chlamydia and Gonorrhea among Adolescents and Young Adults Receiving In-Clinic Primary Care Services	Callie Ross, HS
"I need you to have conversations with your young person about sex." Provider Perspectives on Parents Helping Prevent HIV in Black Adolescent Girls and Young Women	Jennifer Schanzle, DO
"I see you but you don't see me": Latinx/Hispanic youth perspectives on racial/ethnic identity labels and development during a syndemic in a predominantly white state	Maura Shramko, Ph.D.
Adolescent and Young Adult Women's Reasons for Not Using Contraception Before an Unplanned Pregnancy, Pregnancy Risk Assessment Monitoring System, 2020	Riley J. Steiner, MPH, PhD
A System-Level Approach to Improve Uptake of First COVID-19 Vaccine Dose Among Various Age Groups Within A Primary Care Setting: The Value of Health Educators	Annemarie McCartney Swamy, MD, PhD
Perpetration of Digital and In-Person Teen Dating Violence Among Sexual and Gender Minority Adolescents in the Deep South	Andrea Swartzendruber, PhD, MPH
Adult perceptions of youths' attitudes toward violence and peer delinquency and youth-reported violence experiences	Nicholas Szoko, MD
How COVID-19 impacted the sexual health experiences of assigned female at birth youth in Southwestern Ontario, Canada	Michelle WY Tam, MA, PhD(c)
Identifying barriers and facilitators to sexual and reproductive health products in Northern Ontario, Canada	Michelle WY Tam, MA, PhD(c)
Developing a Branching Web-Based Behavioral and Social Health Needs Screening Tool for Adolescents	Jonathan M. Tang, BS Candidate
Developing and Pilot Testing iTransition: A multilevel mHealth intervention to support transition to adult care for youth living with HIV	Amanda E. Tanner, PhD, MPH
Adolescent Relationship Abuse Education and Prevention in Pediatric Primary Care: Provider, Adolescent, and Parent Perspectives	Sarah Tiffany-Appleton, BA, MSW Candidate
Vigorous physical activity: a potential ally in adolescent obesity management	Antonio Videira-Silva, PhD
A Mixed Method Investigation of Parent-Adolescent Communication about Mental Health	Sophie Wecht, BA
Black Youths' Positive Feedback Regarding Geographic Ecological Momentary Assessment Research Designs	Tyia Wilson, PhD
Effects of Mood on Transition Readiness in Primary Care.	Jennifer L. Woods, MD, MS, MEd, FAAP, FSAHM

Attitudes and Confidence In Providing Sexual Health Services for Adolescents in the Inpatient Setting	Abby C. Ybarra, MD, MPH
Implementing an "Ask-Advise-Connect" Intervention in Pediatric Primary Care to Prevent and Control Tobacco Product Use among Adolescents: Results of a Clinical Trial	Mary Rose Yockel, BA

Learning Objectives:

1. Evaluate the most current research.
2. Modify academic and clinical practices.
3. Identify and demonstrate research methods.

Credit Hours: 1.0 max

ACCME/ANCC only

3 Posters = .25 CME/CNE up to 1.0 max

SAHM 2023

ANNUAL MEETING



Collaborations in Adolescent Health

Improving Clinical Care Through Translational Science

Tuesday, March 7-Friday, March 10, 2023 • Sheraton Grand Chicago Riverwalk

Date: Thursday, 3/9/2023

Time: 4:45:00 PM - 6:15:00 PM

Title: Platform Research III: Charles E. Irwin Jr. New Investigators

Title: Efficiently Identifying Adolescents in Need of Substance Use Disorder Treatment: Testing an Expanded Computerized Adaptive Test in an Adolescent Sample

Presenters: Brigid R. Marriott, PhD

Title: Schools' use of expulsion and racial/ethnic differences in skipping school due to feeling unsafe among U.S. public high school students

Presenters: Kathlee H. Krause, PhD, MSc

Title: Using machine learning models and cross-national comparison to identify substance use screening items for Greek adolescents.

Presenters: Nikolaos G. Angelopoulos, MD

Title: Improving Access to Care Through Virtual Sexual Health Navigation for Sexual Gender Minority Youth

Presenters: Haley Haines, High School Diploma (youth presenter)

Title: Parents of Gender Diverse Youth: Support Sought, Received, and Still Needed

Presenters: Kacie M Kidd, MD, MS

Learning Objectives:

1. Cite new and current research topics regarding future opportunities.
2. Explain the clinical impact of these new findings.
3. Identify how these findings may impact future intervention strategies for this population.

Credit Hours: 1.5

SAHM 2023

ANNUAL MEETING



Collaborations in Adolescent Health

Improving Clinical Care Through Translational Science

Tuesday, March 7-Friday, March 10, 2023 • Sheraton Grand Chicago Riverwalk

Date: Friday, 3/10/2023

Time: 8:30:00 AM - 10:00:00 AM

Title: Invited Workshop Series IV: Chronic Pelvic Pain in Adolescents

Presenters: Shashwati Pradhan, MD

Session Description: Pelvic pain is one of the most common reasons for consultation with adolescent gynecology. Chronic pain can lead to significant disruption in daily function and decrease in quality of life for adolescent patients. In this talk, we will explore the wide differential of pelvic pain from more simple causes of dysmenorrhea to more chronic and challenging diagnoses. In addition, we will specifically discuss the diagnosis and management of endometriosis – one of the most common reasons for chronic pelvic pain. Furthermore, we will delve into less common etiologies of pelvic pain and how to formulate action plans for patients who need more comprehensive care.

Learning Objectives:

1. Define dysmenorrhea (primary and secondary) and chronic pelvic pain and their impact on overall health, including clinical, mental and social considerations.
2. Identify gynecologic etiologies of dysmenorrhea and management options.
3. Describe diagnosis and management of adolescent endometriosis.

Credit Hours: 1.5

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ANNUAL MEETING



Collaborations in Adolescent Health

Improving Clinical Care Through Translational Science

Tuesday, March 7-Friday, March 10, 2023 • Sheraton Grand Chicago Riverwalk

Date: Friday, 3/10/2023

Time: 8:30:00 AM - 10:00:00 AM

Title: Self-sourced/Self-Managed Medication Abortion: A Workshop

Presenters: Mindy Brittner, MD, MS, FAAFP; Katherine Greenberg, MD; Lisa Maldonado, MA, MPA; Sarah Ann Anderson-Burnett, MD, PhD

Session Description: Self-sourced/managed medication abortion (SSMA) describes the increasingly common practice of using FDA-approved medications (misoprostol, with or without mifepristone) to end a pregnancy without supervision by a medical provider. Recent evidence from global settings and the U.S. has shown this to be a safe and effective way to terminate a pregnancy. Abortion is highly restricted or illegal in much of the world, including much of the United States, and where abortion is legal adolescents and young adults (AYA) face unique barriers to obtaining abortion, including parental notification/consent requirements, scheduling challenges, and state legal restrictions. SSMA is thus a particularly compelling option for many AYA, with a 2018 study showing that 41% of those searching online for information about SSMA were under the age of 17. Professionals who provide a broad range of services to AYA may become aware of, and feel conflicted when AYA disclose use of SSMA, with concerns about safety and legal ramifications. We will address these valid concerns in the context of the available evidence from settings around the globe on the safety and efficacy of SSMA, and the conceptual frameworks for understanding this practice (e.g. harm reduction, reproductive justice). We offer possible responses and resources for AYA considering/using SSMA, and the professionals who serve them.

Learning Objectives:

1. Define self-sourced/self-managed abortion, describe the evidence for the most common regimens, and identify the reasons why adolescents and young adults use this practice.
2. Identify common questions that arise for patients considering or in the process of self-sourcing/self-managing and develop and practice possible clinical scripts, including provision of available resources.
3. Navigate legal considerations when it comes to disclosure, counseling, documentation and support appropriate to their practice setting.

Credit Hours: 1.5

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Collaborations in Adolescent Health

Improving Clinical Care Through Translational Science

Tuesday, March 7-Friday, March 10, 2023 • Sheraton Grand Chicago Riverwalk

Date: Friday, 3/10/2023

Time: 8:30:00 AM - 10:00:00 AM

Title: “Whose Job Is It Anyway?” Strategies to Improve Interdisciplinary Teamwork to Manage Nutritional Disorders through Medical Improv

Presenters: Celia Framson, MPH, RD, CSP; Laura Hooper, PhD, MS, RD; Maya Kumar, MD, FAAP, FRCPC; Amy Weiss, MD; Briana Tierno, Learning and Development Facilitator; Rebecca Chermak, PsyD; Taylor Argo, MD

Session Description: Optimal clinical care for adolescents and young adults (AYAs) with nutritional disorders requires an interdisciplinary team, but it is uncommon for providers to receive formal training to promote successful team dynamics. Patient outcomes suffer when all team members do not fully contribute their skills, expertise, and training to the team. Power, privilege, bias, and other problematic dynamics can erode psychological safety within teams and compromise patient outcomes. For the first half of the workshop, a multidisciplinary and international panel of experts in adolescent nutritional disorders will share lessons learned about the factors that build trust, cohesion, and effective communication within interdisciplinary teams to help adolescents recover from nutritional disorders. Case studies and specific solutions will be discussed, and participants will have a chance to reflect on their own experiences working on an interdisciplinary team, opportunities for improvement, and support they may need from their institutions to improve team dynamics. In the second half of the workshop, a facilitator will use Medical Improv to engage participants in fun, hands-on practice of strategies to develop healthy team dynamics. Participants will leave the workshop with fresh ideas to contribute to interdisciplinary teams that are strong, safe, inclusive, and effective.

Learning Objectives:

1. Identify at least three factors that contribute to the success of an interdisciplinary team.
2. Reflect on how power, privilege, and bias within an interdisciplinary team can affect a patient’s outcome.
3. Use “medical improv” as a tool to practice strategies for improving interdisciplinary team dynamics.

Credit Hours: 1.5

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Collaborations in Adolescent Health

Improving Clinical Care Through Translational Science

Tuesday, March 7-Friday, March 10, 2023 • Sheraton Grand Chicago Riverwalk

Date: Friday, 3/10/2023

Time: 8:30:00 AM - 10:00:00 AM

Title: Collective Impact: A Multi-Disciplinary Framework to Create Successful Adolescent Health Interventions

Presenters: Binny Chokshi, MD, MEd; Jaytoya Manget, PNP

Session Description: Translational science requires innovative strategies to sustain clinician engagement with patients and stakeholders. New models of engagement are needed for community participation that is deep and longitudinal. The Collective Impact Framework offers a structured model to co-develop adolescent health interventions with multidisciplinary stakeholders. This workshop will review the five conditions of collective impact which include: (1) Common Agenda: development of a shared understanding of the problem and a joint approach to solving it. (2) Shared Measurement Systems: consistent data collection and measurement to allow information sharing to facilitate continuous improvement and accountability. (3) Mutually Reinforcing Activities: coordination of activities across organizations to align with a shared vision. (4) Continuous Communication: regularly scheduled and consistent systems for communication in order to share information, data, and progress and allow for collaborative input, trust building, and collective decision making. (5) Backbone Support Organizations: dedication of staff to assist with the collect impact process and goal achievement. The collective impact model provides a structured framework to approach to translating research into clinical practice, public health interventions, and policy recommendations. Through the application of the five conditions of collective impact, evidence based research outcomes can be tested, applied, and put into practice through collaborative, interdisciplinary efforts.

Learning Objectives:

1. Describe the collective impact framework and its five defining conditions.
2. Review a case study of DC NEXT!; an interdisciplinary partnership guided by the collective impact framework.
3. Apply the principles of collective impact to plan successful and sustainable pediatric health intervention.

Credit Hours: 1.5

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ANNUAL MEETING



Collaborations in Adolescent Health

Improving Clinical Care Through Translational Science

Tuesday, March 7-Friday, March 10, 2023 • Sheraton Grand Chicago Riverwalk

Date: Friday, 3/10/2023

Time: 8:30:00 AM - 10:00:00 AM

Title: Poster Symposia III: Threats to Adolescent Well-being: Chronic Disease/Violence/Substance Use

Presenters:

The association between extracurricular activities and perception of risk of harm from adolescent binge drinking	Claire Szapary, BA
Pediatricians' perceptions about discussing police encounters with Black adolescent male patients and their caregivers	Jeffrey Eugene, MD, MSHP
Parent and Adolescent Reporting of Adolescent Problematic Internet Use: Comparative Associations with Adolescent Well-Being and Stress	Angela Calvin, PhD
Denial and Self-Management: How Adolescents and Young Adults Initiate, Escalate, Problematize, and Contemplate Disclosure and Treatment of Opioid Use	Lauren Arnold Bell, MD, MPH
Suicidality and psychiatric comorbidities in sexual minority adolescents and young adults hospitalized for eating disorders	Anita V. Chaphekar, DO
Examining Protective Factors Against Violence: Social Sources of Emotional and Instrumental Support and Their Associations with Future Orientation and Conflict Resolution and Coping Among Black Youth Exposed to Community Violence	Samantha Rae, BS

Learning Objectives:

1. Evaluate the most current research.
2. Modify academic and clinical practices.
3. Identify and demonstrate research methods.

Credit Hours: 1.5

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Collaborations in Adolescent Health

Improving Clinical Care Through Translational Science

Tuesday, March 7-Friday, March 10, 2023 • Sheraton Grand Chicago Riverwalk

Date: Friday, 3/10/2023

Time: 8:30:00 AM - 10:00:00 AM

Title: Platform Research IV: Health Promotion & Health Services

Title: Adolescent Mental Health and Big Tech: Investigating Policy Avenues to Regulate Harmful Social Media Algorithms

Presenters: Amanda Raffoul, PhD

Title: Mental Health, Well-being, and Future Outlook Outcomes Associated with Physical Intimate Partner Violence Among Gender Minority Young People in Canada

Presenters: Ace Chan, MSc

Title: Medications for Opioid Use Disorder for Youth: A Qualitative Study from the Perspective of the Patient, Caregiver, and Clinician

Presenters: Connor Buchholz, MS

Title: Screening for Caregiver Substance Use: A Preamble to Prevention and Early Intervention of Adolescent Substance Use

Presenters: Jessica B. Calihan, MD, MS

Title: Diversity of Gender Identity Trajectories in Transgender and Gender Diverse Youth: Is the frequency of gender identity variability associated with mental health?

Presenters: Andre Gonzales Real, M.D., M.S., Doctoral student

Title: Feasibility, Acceptability, and Preliminary Efficacy of a Culturally Tailored Digital Mental Health Intervention for Young Sexual Minority Men

Presenters: Diane Chen, PhD

Learning Objectives:

1. Cite new and current research topics regarding future opportunities.
2. Explain the clinical impact of these new findings.
3. Identify how these findings may impact future intervention strategies for this population.

Credit Hours: 1.5

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Collaborations in Adolescent Health

Improving Clinical Care Through Translational Science

Tuesday, March 7-Friday, March 10, 2023 • Sheraton Grand Chicago Riverwalk

Date: Friday, 3/10/2023

Time: 10:15:00 AM - 11:15:00 AM

Title: Plenary III: Promoting the Health of Youth Seeking Refuge: Clinical, Research and Policy Perspectives

Presenters: Elizabeth Hahn-Dawson, MD

Session Description: Dr. Dawson-Hahn will describe current global conflicts leading to youth seeking refugee, examine clinical guidance, identify research and youth policy perspectives about the health and wellbeing of youth seeking refuge, and propose resources, partnerships and advocacy that support youth seeking refuge. She will emphasize strength based approaches and invite us to consider where we can build collaborations and partnerships to better support the overall physical and mental health of youth seeking refuge.

Learning Objectives:

1. Contrast the experiences of youth seeking refuge to evaluate their treatment, health disparities they may face, and the resulting impact on their physical and mental well being.
2. Examine clinical guidance to support the health care needs of youth seeking refuge.
3. Identify research and policy perspectives on youth seeking refuge, including the impact on their physical and mental health during displacement.

Credit Hours: 1.0

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Collaborations in Adolescent Health

Improving Clinical Care Through Translational Science

Tuesday, March 7-Friday, March 10, 2023 • Sheraton Grand Chicago Riverwalk

Date: Friday, 3/10/2023

Time: 11:15:00 AM - 12:15:00 PM

Title: Hot Topics III

Title: Empowered and Informed: What's new in contraception

Presenters: Brandii Criss, MD

Session Description: This presentation will review the newest hormonal contraceptive methods available in the U.S., updating providers on new contraceptive patch, new contraceptive ring, plant-based OCP, new POP, and vaginal gel. Presenters will describe evidenced-based updates to duration of efficacy for some of the long-acting reversible contraceptive methods and discuss best practices in non-coercive contraceptive counseling grounded in a reproductive justice framework—shifting focus from effectiveness of pregnancy prevention to bodily autonomy, patient priorities, and cultural beliefs.

Learning Objectives:

1. Describe new hormonal contraceptive options for adolescents and young adults.
2. Discuss updated evidence-based duration of efficacy for common long-active reversible contraceptive methods.
3. Implement reproductive justice informed contraceptive counseling for their patients.

Title: Reproductive Justice, Conscientious Action, and Civil Disobedience

Presenters: Nomi Sherwin

Session Description: Conscientious objection has long been a part of the moral discourse for adolescent providers, and professional societies have longstanding best practice guidelines on when and how providers may refuse to provide care. Recent legislation at the federal, state, and local levels have sparked debates about situations where adolescent providers may have a moral obligation for action, in effect bringing discussion about conscientious provision of care. Abortion, contraceptive access, and gender-affirming care are three areas where claims of conscience have arisen.

Learning Objectives:

1. Define claims of conscience and the ethical arguments for and against claims of conscience.
2. Differentiate civil disobedience from claims of conscience.
3. Describe the reproductive justice landscape driving claims of conscience and civil disobedience.

Title: The rapidly evolving playing field of transgender athletes participation in sports

Presenters: Dale M. Ahrendt MD, FSAHM

Session Description: The participation of transgender athletes in sports has become a controversial and rapidly evolving topic in the US and world-wide. At least 20 US states have passed laws banning transgender athletes at the K-12 level from participating in school sports. Some have tried to extend those bans to the college level without success. Collegiate athletes must still deal with changing rules that can leave them unsure of their ability to compete.

- In 2021 the International Olympic committee issued guidelines for transgender athletes in sports which then left it to individual international sports governing bodies to implement their own rules. The NCAA policy is to follow the rules of the governing bodies. Some have issued rules, but they are diverse and provisional. Many have yet to do so.
- The research supporting the development of these policies is limited but growing. It is likely that many of these rules will (and should) continue to evolve with the science.

- Where does that leave the transgender athlete who wants to participate in sports? How does it affect their ability to get and keep college scholarships? How do policies that restrict sports participation impact their lives?
- An overview of this topic will be provided to allow clinicians to address questions that come up now and give you the background information you need to understand the changes that occur in the future.

Learning Objectives:

1. Interpret the IOC guidelines for transgender sports participation and how they are to be used in the development of regulations for individual sports.
2. Analyze the data on the impact of gender affirming hormonal therapy on sports performance.
3. Counsel individual transgender patients on determining their eligibility to compete in sports at all levels.

Credit Hours: 1.0

SAHM 2023

ANNUAL MEETING



Collaborations in Adolescent Health

Improving Clinical Care Through Translational Science

Tuesday, March 7-Friday, March 10, 2023 • Sheraton Grand Chicago Riverwalk

Date: Available on App

Time: On-demand

Title: A Primer on Obesity Pharmacotherapy

Presenters: Elvira Chiccarelli, MD; Michelle Lawson, MD; Regina Corpuz, PsyD; Nichole Villarreal, PsyD;

Session Description: Obesity continues to contribute significantly to poor adolescent health outcomes worldwide. Recent advances in pharmacotherapy support safe and sustainable weight loss among adolescents, allowing improved quality of life and reduction in obesity-associated comorbidities. In this workshop, attendees will analyze the current anti-obesity medications approved for use in adolescents and young adults with special attention on introducing medications to families and the delivery of care to patients with obesity. This workshop will also explore the most common and debilitating obesity-associated comorbidities and how their appropriate identification and treatment can support patients in weight loss and overall health. Finally, clinicians will critically appraise commonly prescribed weight positive medications and explore methods to reduce iatrogenic weight gain in adolescent patients. Special consideration will be given to navigation of psychological barriers specific to the disease of obesity that may prevent patients from seeking help, following through with plans, and accepting medical therapies such as medications and surgery. Given the prevalence of obesity, familiarization and discussion of obesity-related pharmacotherapy is vital. Healthcare professionals are expected to not only treat individual patients, but advocate for systemic changes to promote equitable and cost-effective healthcare. Underlying themes that will be explored in this workshop include individual clinician and systemic bias in the care of obesity patients, the pathophysiologic mechanisms in the disease of obesity, and effective counseling on lifestyle measures.

Learning Objectives:

1. Categorize and compare current approved anti-obesity medications for adolescents and young adults through large group discussion.
2. Recognize and adjust weight-positive pharmacotherapy regimens for chronic adolescent diagnoses, and integrate anti-obesity medications into common practice while considering indications, contraindications, comorbidities, side effects and cost.
3. Identify internalized stigma and weight bias in managing the disease of obesity with pharmacotherapy, and strategically structure care environment and delivery to eliminate those disparities and maximize health equity for obese patients.

Credit Hours: 1.5

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Collaborations in Adolescent Health

Improving Clinical Care Through Translational Science

Tuesday, March 7-Friday, March 10, 2023 • Sheraton Grand Chicago Riverwalk

Date: Available on App

Time: On-demand

Title: Spotting the Zebras: The Importance of Developing a Thorough Differential for Patients with Concern for an Eating or Feeding Disorder

Presenters: Nicole Cifra, MD, MPH, MPHEd; Erica Bostick, MD; Taylor Starr, DO, MPH

Session Description: Eating and feeding disorders (EDs) have grown in prevalence over the past several years, and referrals to subspecialty care have increased as a result. Although EDs have become more common, a high index of suspicion for alternative or co-morbid diagnoses is necessary to ensure accurate diagnosis and prompt, well-targeted management. Furthermore, we must recognize our own bias (e.g. a cis-female adolescent with weight loss probably has an ED, because she fits a stereotypical description) and avoid premature closure on a diagnosis of an ED if alternative or co-morbid diagnoses are possible. This case-based, interactive workshop will challenge attendees to think beyond the diagnosis of an ED, when appropriate, depending on presenting signs and symptoms. In the workshop, cases will illustrate the need to differentiate EDs from other conditions that may cause a similar clinical picture, such as weight loss, lack of weight gain or vomiting. Alternative diagnoses that will be explored include malignancy (blood cancer, intracranial mass), gastrointestinal disorders (gastric outlet obstruction, achalasia, inflammatory bowel disease, celiac disease, SMA syndrome), psychiatric conditions (catatonia, profound depression or anxiety), allergic disorders (eosinophilic esophagitis), infection (HIV, tuberculosis), iatrogenic causes (medication induced), endocrine disorders (hyperthyroid, diabetes) and social concerns (food insecurity). In our ED practice, we have diagnosed nearly all of these conditions in patients referred for evaluation and treatment of an ED in the past five years. This workshop will also offer tools to differentiate EDs from these alternative diagnoses that participants will be able to incorporate into practice.

Learning Objectives:

1. Recognize symptoms that prompt further evaluation for alternative or co-morbid diagnoses in patients presenting with concern for an eating disorder.
2. Formulate a differential diagnosis for individuals with symptoms concerning for an eating disorder and/or malnutrition.
3. Identify co-morbid medical conditions that can complicate the diagnosis and treatment of an eating disorder, and describe how to differentiate these diagnoses.

Credit Hours: 1.5

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Collaborations in Adolescent Health

Improving Clinical Care Through Translational Science

Tuesday, March 7-Friday, March 10, 2023 • Sheraton Grand Chicago Riverwalk

Date: Available on App

Time: On-demand

Title: Beyond advisory boards: Actionable strategies for conducting equitable community-partnered research

Presenters: Maya Ragavan, MD, MPH, MS; Elizabeth Miller; Romina Barral

Session Description: Including community members and organizations as core scientific partners throughout the research process is critical for promoting equity in research and amplifying the voices and priorities of historically marginalized communities. Processes defining community-partnered work include dismantling power inequities, attending to research reciprocity, and leading with relationship building. Key to community-partnered research is equitable compensation for community members, who often are asked to share their time, expertise, and social capital without funding or resources. While there has been a recent surge of interest in conducting community-partnered research, developing and sustaining this work can be challenging. We will share actionable strategies for incorporating communities (with a focus on youth) as scientific partners in grant proposals and manuscripts, budgeting for community-based organizations and community members, developing contracts, and facilitating community collaboratives. We will also support learners in developing a knowledge translation plan, to disseminate scientific findings in partnership with youth and community-based organizations. We will draw from ongoing, longitudinal community-academic collaborations, including The Pittsburgh Study (a county-wide partnership which includes adolescents, parents, and community members as citizen scientists to improve child and adolescent health and thriving), the Community Vitality Collaborative (CVC; a group of community members, community leaders, healthcare providers and researchers focused on promoting health equity, which includes a youth collaborative), and ongoing youth-focused collaborative efforts with rural communities. This proposal is aligned with the SAHM theme by supporting researchers in conducting work to translate scientific findings into actionable and relevant clinical practice and policy that supports community priorities, needs, and experiences.

Learning Objectives:

1. Learn strategies for developing and sustaining community-partnered research, with a particular focus on convening and facilitating community collaboratives.
2. Develop expertise in equitably compensating community partners, including developing contracts and creating budgets.
3. Practice writing a knowledge translation plan which considers community-level dissemination of scientific findings.

Credit Hours: 1.5

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ANNUAL MEETING



Collaborations in Adolescent Health

Improving Clinical Care Through Translational Science

Tuesday, March 7-Friday, March 10, 2023 • Sheraton Grand Chicago Riverwalk

Date: Available on App

Time: On-demand

Title: Adolescent and young adult research in a virtual world: Optimizing the translational potential of virtual research tools

Presenters: Kevon-Mark P. Jackman, DrPH, MPH; Maria E. Trent, MD, MPH; Allison Agwu, MD, ScM; Pamela A. Matson, PhD, MPH

Session Description: Clinical and behavioral health research is critically important for optimizing the translational potential of scientific innovation. Since the COVID-19 pandemic, data collection methodologies increasingly shifted from in-person to virtual data collection formats. With this shift comes new considerations related to what is gained and lost in data integrity, ethical considerations, and the inclusion of minors. Because of the increased use of virtual formats, researchers need to be informed on best practices for overcoming roadblocks in recruitment, human subjects approvals, and intervention. Data collection methodologies to be discussed include online versus telephone interviews, focus groups with avatars, email interviews or surveys, and social-networking strategies. Presenters are members of dynamic, interdisciplinary, and highly collaborative research teams often connected under the umbrella of various AYA clinical trials and other research projects focused on the sexual and reproductive health, substance use, and relationships.

Learning Objectives:

1. Describe three primary virtual data collection methodologies for conducting health research with adolescents and young adults (AYA), including the advantages of selecting asynchronous and synchronous data collection methods.
2. Describe using electronic health records and communication portals as innovative recruitment and intervention strategies to support clinical and behavioral health care in adolescents and young adults (AYA).
3. Discuss navigating institutional, data quality and integrity, human subjects' issues, and ethical considerations regarding the inclusion of minors in the virtual space to promote healthcare and social services advancement.

Credit Hours: 1.5

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ANNUAL MEETING



Collaborations in Adolescent Health

Improving Clinical Care Through Translational Science

Tuesday, March 7-Friday, March 10, 2023 • Sheraton Grand Chicago Riverwalk

Date: Available on App

Time: On-demand

Title: VOISES: Using Virtual Online Integrated SExual health Services to Improve Access to Care for Sexually Active Youth

Presenters: Renata Arrington-Sanders, MD, MPH, ScM

Session Description: Half of all sexually transmitted infections (STIs) and nearly one-quarter of new HIV infections occur among adolescents and young adults 15 to 24. Mail-in self-collected specimens for sexually transmitted infection (STI) reference lab testing and human immunodeficiency virus (HIV) have the potential to address disproportionate rates in this population, yet uptake has been low. Virtual support (via HIPPA-compliant video conference, text, and online messaging) has the potential to improve uptake of both STI and HIV self-testing, linkage, and engagement to primary care through online health care navigation and support. This workshop will present specific strategies to engage adolescents 15 to 24 into clinical care settings for in-home requested STI/HIV testing, sexual health education, pre-exposure prophylaxis and HIV treatment. Protocols and strategies will be shared, and case scenarios will be used to facilitate discussion about possible ways providers can engage youth through mail-in self collected services, online virtual support and partnering with the local health department. This workshop will highlight practical experiences (e.g., virtual outreach events delivered through live streaming platforms) and evidence-based approaches used to engage youth into care. Participants will be invited to share their own experiences and ideas around virtual services, potential barriers identified and strategies to address barriers. The session will end with a brainstorming around best-practices (safety, protections, etc.) for mail-in, online, and virtual clinical services.

Learning Objectives:

1. Describe steps to develop virtual online spaces to identify, test, and link at-risk sexually active adolescents into clinical care.
2. Identify practical challenges that need to be addressed when engaging at-risk sexually active adolescents into clinical care.
3. Illustrate successful technical approaches (e.g., video testing support, virtual outreach events) to engage sexually active adolescents, especially young Black and Latinx sexual minority men and transgender women.

Credit Hours: 1.5