

**THURSDAY, APRIL 11, 2019**

**8:30 – 11:30 AM // PRE-CONFERENCE WORKSHOPS**

**IUD Insertion: Tips, Tricks, and Troubleshooting**

**Erin Hendriks, MD, Michigan Medicine; Alison Ursu, MD, Michigan Medicine**

The three LARC methods currently available are the Progestin IUD, Copper IUD, and sub-dermal implant. While these methods are over 99% effective at preventing pregnancy, uncertainty about the indications for LARC use, worries about insertion difficulties, and concern over possible side effects may discourage physicians in primary care settings from offering these methods. In an interactive format, we will review the counseling that should be utilized prior to IUD insertion, discuss some of the difficulties that can be overcome during insertions, and recognize how to trouble-shoot the most common side effects that arise post-insertion. Participants will rotate through various hands on stations illustrating the basic steps of IUD insertion.

Objectives:

1. Provide appropriate anticipatory guidance prior to IUD insertion.
2. Perform the basic steps of IUD Insertion
3. Identify strategies to manage difficult IUD insertion and common complications.
4. Offer a variety of treatments for common side effects after LARC insertion.

**The Art of Change: A Brief Primer in Motivational Interviewing**

**Dan DeSena, LMSW, DMA, Michigan Medicine; Nasuh Malas, MD, MPH, Michigan Medicine**

This motivational interviewing (MI) workshop will provide an overview of basic concepts, applications and opportunities for discussion and practical skills building as it relates to behavior change counseling and the use of motivational interviewing. There will be ample opportunity for active discussion, Q&A, observation via video and live demonstration, as well as practice exercises and role plays.

Objectives:

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

Screening, Brief Intervention, and Referral to Treatment (SBIRT): Preventing and Treating Youth Substance Abuse

Katy Stinchfield, MS, LPC, School-Based Health Alliance

This workshop will provide an overview of the Screening, Brief Intervention, and Referral to Treatment (SBIRT) process for adolescents, discussion of the need for and preventative nature of the model, and potential barriers to implementation.

Objectives:

1. Describe the Screening, Brief Intervention, and Referral to Treatment (SBIRT) process.
2. Identify at least two common screening tools.
3. Describe the basic concepts of Motivational Interviewing.

12:00 – 1:20 PM // LUNCH PRESENTATIONS

Preventative Theatre Collective Presents: The Fix (Supported by Community Mental Health Partnership of Southeastern Michigan & Engage @ EMU)

The Pill Fix

Prevention Theatre Collective is a theatre-based peer-to-peer outreach program that was created to shift attitudes and behaviors concerning drug and alcohol use through providing health and wellness education to Washtenaw County area high school students. PTC teaches & uses interactive theatre techniques as a tool to cultivate a culture of awareness in and around the relationship between mental health and substance ab/use through student created works.

After attending this session, participants will be able to report 1-2 MIPHY Data points that helped them gain knowledge of substance ab/use and/or mental health among adolescents. Participants will also be able to identify active measures, implementation of shared processes, shareable knowledge and/or discussion that they could take back to their community or organization.

The Road to Healthy Sexuality: A Journey from Adolescence to Adulthood....and Beyond.

Phillis Mims-Gillum, MD, FACOG, CSC, Henry Ford Health System

Without a doubt, Sexual Health is and must be an important part of comprehensive health care. But the road to healthy sexuality does not begin in adulthood or with the age of consent. The imprinting of who we are, and who we will become as sexual beings begins in early childhood and adolescence. As such, our education, interventions, promotion, and celebration of healthy sexual experiences must begin at the same time. The call to action for dedicated providers is to Shift Early and Shift Everything! This challenge means a deliberate and proactive move from sexuality viewed from the lens of shame, fear, restriction, and persecution to strategies that promote education, truth, honored experiences, ownership, pleasure, and responsible sexuality across the

life span. Our session will look at some of the issues and problems that impact sexual health use this key information to inform and highlight strategies for our interaction with adolescents to Shift Early and Shift Everything on the Road to Healthy Sexuality.

Objectives:

1. Define Healthy Sexuality and highlight focus areas and key strategies for Adolescent Sexual Health education, prevention, and promotion.
2. Review and gain and understanding of the latest updates and recommendations by the Center for Disease Control and Prevention as relates to Adolescent Sexual Health.

## 1:30 – 3:00 PM // PRIMARY CARE ORAL PRESENTATIONS

### What Matters to You(th)?: Engaging Youth in Health Care Assessment

Azzia Roberts, MPH, CHES, Adolescent Health Initiative

Youth-driven assessments are a powerful approach for generating meaningful feedback for health centers serving the adolescent population. This session will build on principles of youth engagement to explore methods for evaluating health centers, focusing on AHI's youth-led assessment facilitators guide tool.

Objectives:

1. Describe the various ways that health centers can be assessed.
2. Explain how the youth-led assessment process works, including the facilitator's role.

### IN·cluded Clinics: Immediate Impacts of an LGBTQ Inclusive Health Center Training

Ash Philliber, PhD, Philliber Research & Evaluation

The IN·cluded program focuses on reducing unintended pregnancies and STIs among LGBTQ youth. A workshop for health care providers was offered to increase clinic's ability to provide LGBTQ youth-friendly sexual health services. This presentation will focus on describing this program and its outcomes.

Objectives:

1. Describe a program that has significant and positive outcomes for clinics serving LGBTQ youth.
2. Describe the current issues with LGBTQ sexual health care.
3. Describe the outcomes of the IN·cluded program for clinics.

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Improving Adolescent Chlamydia Screening in Primary Care: California’s Rapid-Quality Improvement Initiative

Laura Kovaleski, MPH, California Department of Public Health, STD Control Branch; Holly Howard, MPH, California Department of Public Health, STD Control Branch

California public health hosted four rapid-quality improvement (QI) events to improve sexual history taking and chlamydia screening among adolescent patients in pediatric primary care practices. We will share results from our evaluation of these events and describe the categories of changes tested across clinic sites to improve services.

Objectives:

1. Describe how rapid quality improvement (QI) methodology differs from traditional QI methods and how it can facilitate improvements in the delivery of adolescent health services, such as chlamydia screening.
2. Describe four categories of practice changes to consider in any effort to align sexual history taking and chlamydia screening policies and protocol with national recommendations.
3. Articulate some of the critical facilitators and barriers to successfully using QI to improve adolescent sexual health services, including chlamydia screening, in a primary care clinic setting.

Taking Action to Improve Adolescent Sexual Health in Primary Care

Juliana Tilleman, MPA, HealthPartners

There are many barriers in primary care to providing excellent sexual health education and services to adolescents. This session demonstrates a way to educate clinicians and facilitate change to improve adolescent sexual health care in a large multispecialty system using standard tools, processes, and training.

1. Propose tools and processes that can be used in primary care to facilitate effective discussions with adolescents about sexual health.
2. Discuss strategies for having private time with adolescents during a primary care visit in a private health care system.
3. Formulate strategies for overcoming barriers in the provision of adolescent sexual health care.

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1:30 – 3:00 PM // SCHOOL-BASED HEALTH CENTER (SBHC) & COMMUNITY PROGRAM ORAL PRESENTATIONS

Engaging Community Partners on Youth Friendliness with Spark Mini-Trainings: Lessons from South Carolina

Ellen Wagner, MPH, MS, Adolescent Health Initiative; Amanda Leeson, MA, MCHES, South Carolina Campaign to Prevent Teen Pregnancy

This session will review what a Spark mini training is, what materials come with a Spark, and what topics are currently available. The session will then overview how the SC Campaign to Prevent Teen Pregnancy has used Sparks to train and engage community partners on principles of youth friendliness.

Objectives:

1. Describe the Spark mini-training model and available Spark topics.
2. Summarize lessons learned in sharing Sparks with community partners in South Carolina.
3. Describe how to apply model in respective communities.

Health Mentor Model: An Innovative School Based Approach to Adolescent Sexual Health

Lisa Turnham, MPH, Hennepin County Public Health Department; Kate Miller, Hennepin County Public Health Department

The Better Together Hennepin - Health Mentor Model (HMM) provides individualized and tailored adolescent sexual health education programming in a school environment. This session will explore the Health Mentor Model program components, implementation and evaluation findings.

Objectives:

1. Identify how school-based interventions can support adolescent sexual health.
2. Conceptualize the four main components of the Health Mentor Model and how they are implement and monitored.
3. Discuss intended program outputs and outcomes and review evaluation findings.
4. Consider how the Health Mentor Model could work in their community-based site.

Getting to “Yes”: Pathways to Providing School-Based Health Center Reproductive Health Services

Kay McLean-Grant, CPNP, Christiana Care Health Systems; Martha Coppage-Lawrence, CPNP, Christiana Care Health Systems

Providing reproductive healthcare to adolescents in school-based centers (SBHC) in Delaware has been a years-long, arduous and interdisciplinary effort. Strategies and pathways utilized to successfully accomplish this goal at 18 school-based health centers in Delaware will be reviewed and discussed.

Objectives:

- 1. Describe the value of offering expanded reproductive healthcare services in the school-based health center environment.
- 2. Compare strategies for obtaining necessary administrative buy-in to provide adolescent healthcare services.
- 3. Develop individual plans to begin expanding services in alternative healthcare settings.

How to Influence Policy Change in an Ever-Changing World

Latissa Hall, MS, Metro Public Health Department

Policy, systems, and environmental change is a way of modifying the environment to make healthy choices practical and available to all community members. This presentation will focus on Metro Parks and Recreation’s journey to pass Nashville’s first trauma-informed care policy.

Objectives:

- 1. Recognize the importance of relationships when promoting PSE changes.
- 2. Develop policy language from scratch.
- 3. Practice patience and persistence when leading PSE change.

1:30 – 3:00 PM // MENTAL HEALTH ORAL PRESENTATIONS

Introduction to Youth Mental Health First Aid

Katy Stinchfield, MS, LPC, School-Based Health Alliance

This oral session will provide a brief overview of the Youth Mental Health First Aid model, a day long course that teaches you how identify, understand, and respond to signs of mental illnesses and substance use disorders in your community.

Objectives:

- 1. Describe the need for and benefits of Youth Mental Health First Aid training.

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## Development of the TRAILS Coaching Network: Community Partnerships to Disseminate Evidence-Based Mental Health Practices

**Kristen Miner, MSW, University of Michigan Department of Psychiatry**

Adolescent mental illness is a public health emergency across Michigan; deaths by suicide are at a 40-year high. Socio-demographic factors are associated with disparities in healthcare access and utilization, and therefore with morbidity and mortality. School Mental Health Professionals (SMHPs) are uniquely positioned to reduce disparities in health by identifying students in need and providing effective services. However, such services remain inadequate, paralleling a national trend in which school-delivered health care is under-resourced and often of low quality.

Objectives:

1. Understand the public health context for the development of the TRAILS program and the ways in which the program responds to an argent public health need.
2. Define the statewide collaborative model being utilized to implement TRAILS across Michigan.
3. Identify avenues of potential future involvement with TRAILS.

## Creating the TIC Grade: A Client Self-Report Measure of Perceptions of Trauma-Informed Care

**Dana Beck, BA, BSN, FNP-BC, University of Michigan, School of Nursing**

Current measures of trauma informed care are directed at the service provider. This presentation discusses the development of a trauma informed care measure from the service user perspective, developed in collaboration with a community youth advisory board.

Objectives:

1. Understand trauma's impact on holistic health.
2. Understand the principles of trauma informed care.
3. Understand the process of cognitive interviewing and substruction for research purposes.

## Mental Health and Social Support Among Transgender Youth

**Ellen Selkie, MD, MPH, Michigan Medicine**

This session will review the research on mental health outcomes in transgender youth and the principles of social support for this population. The presenter will then describe a qualitative study regarding the ways transgender youth access social support, particularly through social media.

Objectives:

1. Define the different forms of social support.
2. Describe the current evidence regarding mental health outcomes among transgender youth.
3. Summarize the perspectives of transgender youth regarding social media use for social support.

## 1:30 – 3:00 PM // SEXUAL HEALTH ORAL PRESENTATIONS

### Intergenerational Effects of Incarceration: Is Parental Incarceration Associated with Risky Sexual Behavior in Young Adults?

Gianna Le, MD, MPH, UC Berkley

Parental imprisonment has been linked to poor health and behavioral outcomes but this study is the first to investigate the association between parental incarceration and the sexual health of young adults in a nationally representative sample.

Objectives:

1. Determine which sexual health outcomes are associated with parental incarceration.
2. Understand potential mechanisms linking parental incarceration.
3. Identify ways that this study can inform interventions on the local and national policy level.

### Clinical Care Model for Reaching At-Risk Transgender Women for Hormones and PrEP/ARVs

Tony Eljallad, MPH Henry Ford Health System

This session will present the clinical care model that Henry Ford's School-Based and Community Health Program in partnership with The Ruth Ellis Center used to reach at-risk transgender women for hormones and PrEP and ARVs. This model illustrates how care coordination between PrEP counseling, HIV testing and treatment, counseling, and feminizing hormone administration can happen simultaneously.

Objectives:

1. Identify three barriers that prevent transgender women from seeking medical care
2. Explain three support services offered that decrease loss to follow up among transgender women
3. Identify three incentives(motivators) that increase adherence to PrEP/ARTS combined with gender-affirming therapy



Youth-Powered Health: Lessons Learned from a Federal Youth Listening Session Pilot

Elizabeth Laferriere, MPP, U.S. Department of Health and Human Services, Office of Adolescent Health

In spring 2018, the US Department of Health and Human Services Office of Adolescent Health piloted a youth listening session project in partnership with three grantees and developed an expanded project for 2019. Today’s presenter will provide an overview and lessons learned from this experience.

Objectives:

1. Describe lessons learned from the Office of Adolescent Health’s Youth Listening Session (YLS) Pilot Project.
2. Identify competencies and tools that will empower them to incorporate youth perspectives in their own work.
3. Create their own actionable youth listening session plans in collaboration with youth.
4. Explore an adult-youth partnership approach to health programming in which youth are provided meaningful opportunities for decision-making and providing feedback.
5. Generate insight and inspiration that will improve efforts to systematically engage youth in health program development and implementation

Every Teen Counts: Capacity-Building to Integrate Sex Ed in Child Welfare System

Kia Thacker, MPH, SHIFT NC; Bianka Resse, MSPH, SHIFT NC

This presentation will highlight a capacity-building project to integrate sexual health programs into the child welfare system in North Carolina. We will share the lessons learned from the capacity-building process, program participant outcomes and address barriers overcome to successfully build capacity to integrate programs into the system.

Objectives:

1. Identify at least three advantages to developing a partnership and implementing an evidence-based program with systems serving marginalized youth.
2. Understand the safer sex knowledge and intended behavior outcomes reported by the program participants.
3. Describe at least three strategies to build their capacity and/or develop partnerships to implement evidence-based programs in their community for marginalized youth.

3:15 – 4:45 PM // BREAKOUT SESSION 1

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Condom Control: Reproductive Coercion as Adolescent Dating Abuse

Meggie Royer, BA, Women’s Advocates

Every year, 1 in 4 callers to the National Domestic Violence Hotline report reproductive coercion. This session will review birth control sabotage and pregnancy pressure, with an examination of screening methods, interventions, and adolescent health outcomes for this form of dating abuse.

Objectives:

1. List and identify numerous warning signs of the three main forms of reproductive coercion.
2. Design and implement appropriate screening questions and methods to help identify reproductive coercion as a form of domestic abuse among their adolescent health patients.
3. Explain the benefits and drawbacks of various forms of alternative contraception for adolescent patients in abusive relationships, and will be able to help those patients with reproductive safety planning.

Strengths Based Approaches to Adolescent Sexual Health

Kaleigh Cornelison, MSW, Adolescent Health Initiative; Craig VanKempen, LMSW, MPH, Adolescent Health Initiative

Adolescent patients can be difficult to effectively engage in health care, particularly in relation to sensitive issues such as sexual health. This workshop will include an introduction to sex-positivity and strategies to adopt a sex-positive approach when providing health services to adolescents. The workshop will also include a youth panel in which adolescents will share their own positive and negative experiences with their health care providers in regards to sex-positivity.

Objectives:

1. Explore the concepts of sex-positivity and how they can be applied when addressing adolescent sexuality.
2. Adopt a sex-positive or sex-affirming approach to providing health services to adolescents.
3. Explain how health center staff and providers contribute to a culture of sex-positivity.
4. Engage with youth on their perspectives and experiences of sex-positivity.

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**We See You: Trauma Informed Care for LGBTQIA and Youth of Color**

Lisa Martin, PhD, Jewish Board; Antonia Barba, LCSW, Jewish Board

Trauma Informed Care is an organizational framework and approach to intervention that focuses on the identification of and response to individual, program, and system levels of trauma. Many LGBTQIA Youth and Youth of Color come to our programs with complex trauma histories further compounded by their marginalized identities. These youth are resilient but most often have experienced trauma in the form of racism, homophobia, and transphobia in systems of care and communities that were supposed to protect them. Regaining their trust and building programs that are safe and truly trauma informed necessitates the use of a race and LGBTQIA lens on all levels of program functioning. In this session we will share a range of strategies that utilize this lens from methods of engaging youth through communication and supervisory structures, and approaches to partnering across systems. This session will identify steps toward the creation of a program culture that recognizes and responds to oppression in a way that counteracts the silence and isolation typically surrounding the experiences of marginalized youth.

Objectives:

1. Recognize the impact of racism, homophobia, transphobia and other forms of oppression on youth.
2. Learn what it means to be trauma informed with a race and LGBTQIA lens at macro, mezzo, and micro levels of care.
3. Learn strategies to ensure they provide truly trauma informed care to LGBTQIA and/or Youth of Color.

**Beyond the Check-boxes: Youth Engagement, Partnerships, and Clinical Tools for AYA Well Visits**

Katy Schalla Lesiak, MSN/MPH, APRN-CPNP, PMHS, Minnesota Department of Health; Julie Neitzel Carr, BS, Minnesota Department of Health;

Young people helped Minnesota clinicians move from "check-box care" to youth-centered care. We will share key partnerships and strategies in policy, marketing, clinical supports, and youth engagement to increase adolescents and young adult (AYA) well visit utilization and quality, and to help put the care back in health care.

Objectives:

1. Identify how to build capacity to leverage strengths of statewide partners – including youth – to improve preventive health visits for adolescents.
2. Understand the importance and benefits of authentically engaging youth in projects that influence their medical care.
3. Understand the impact that policies have on young people’s health including one-to-one time with the practitioner.

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Electronic Cigarette Health Impact and Policy

Jim Harrington, MSC, BS, Michigan Department of Health and Human Services, Tobacco Section

The session will cover the most recent data and laws on youth use of electronic cigarette products in Michigan and the United States as well as what these products look like and what the health effects are now known. Youth will provide their experiences of use including what they are using, where they are using, why they are using, and where they are getting these products. Effective strategies in running education campaigns, developing a youth coalition paired with adult mentoring, changing the culture of electronic cigarette use, and gaining public support to pass local policy will be discussed.

Objectives:

1. Identify effective education tools to use with youth, parents, media and public officials.
2. Understand the prevalence and health impact of electronic cigarette use.
3. Understand the importance of education campaigns to recruit grassroots support of local policies that restrict use of electronic cigarette products in school, countries, cities, and townships.
4. Educate youth, parents, administrators, and policy makers about electronic cigarette products.
5. Learn how to use the media as well as effective public testimony at public hearings.
6. Understand how to conduct a meeting with elected officials.

4:45 – 5:45 PM // POSTER VIEWING AND NETWORKING SESSION

**FRIDAY, APRIL 12, 2019**

**8:00 – 9:30 AM // YOUTH AND KEYNOTE PRESENTATION**

**Sex Ed in the City**

**Detroit Planned Parenthood Peer Educators**

Detroit Planned Parenthood’s Peer Educators will be exploring how the lack of sexual education and accessibility to resources can inhibit or influence the disposition that teens have about sex and healthy relationships. This presentation will shed light on the personal narratives of Detroit and metropolitan area youth and how growing up in fast paced environment and dealing with intersectionalities— including substance abuse, mental health, LGBTQ community, socioeconomic status, and race/ethnicity—will ultimately shape their outlook on sexuality.

**Identity, Intersectionality, and Resilience: Providing Adolescent-Centered Care for Youth of Color**

**Veenod L. Chulani, MD, MSED, FSAHM, Phoenix Children’s Hospital**

Identity development is a fundamental task of adolescence and occurs across multiple areas of self- identification. As members of marginalized groups, youth of color may encounter stigma at multiple levels, which can profoundly influence their identity development, lived experiences, and lifelong health. Clinicians caring for youth of color have the opportunity to explore these specific influences during clinical encounters as part of an overall strategy to promote resilience and health equity.

This session offers a closer look at racial/ethnic identity development as an individual and intersectional process and examines the impact of racial/ethnic stigma on the developmental processes, health and wellbeing of youth of color. It proposes a framework for clinicians to assess, recognize, and address in encounters with youth the influence of their membership in stigmatized groups. Additionally, the session describes a trauma informed and strength-based approach to promote resilience, positive development, and health equity and reviews promising interventions and tools for clinical practice.

**Objectives**

1. Discuss racial/ethnic identity development as an individual and intersectional process.
2. Discuss racial/ethnic stigma and its impact on youth development, health, and well-being.
3. Describe a framework to explore with youth of color the influence of their membership in stigmatized groups on their self-concept, lived experiences, and life trajectories.
4. Describe promising interventions and tools to promote resilience and positive development for youth of color applicable to clinical practice.

9:45 – 10:45 AM // BREAKOUT SESSION 2

The Role of Sleep in Adolescent Health

Louise O'Brien, PhD, MS, Michigan Medicine, Youth Co-Presenters

Insufficient sleep is a global health problem and has multiple significant consequences in adolescents. This presentation will discuss the changes in sleep timing that occur during puberty that promote a delayed sleep phase, which in turn is mismatched with many aspects of society. The physical and mental health consequences of insufficient sleep will be highlighted, including short and long term health risks. Barriers to optimal sleep will be discussed together with strategies that could reduce the burden to adolescents and the wider community.

Objectives

1. Recognize the sleep needs of adolescents, barriers to optimal sleep in this age group, and the consequences of sleep loss.

Acute Care Prescribing and the Opioid Epidemic Among Youth

Callista Harbaugh, MD, Michigan Opioid Prescribing Engagement Network; Lily Upp, BA, Michigan Opioid Prescribing Engagement Network

Join the preventative approach to the opioid epidemic. The Michigan Opioid Prescribing Engagement Network will discuss the effects of opioid prescribing on adolescents, best practices for opioid prescribing and education, and community engagements strategies to reduce the existing opioid burden.

Objectives:

1. Define the effects of the opioid epidemic on adolescents in the United States.
2. Identify the strategies as providers to mitigate risks of the opioid epidemic on adolescents.
3. Recognize opportunities to combat the opioid epidemic in the community through partnerships.

Implementing HIV Pre-Exposure Prophylaxis in Primary Care of Adolescent and Young Adults

Jennifer Miller-Allgeier, RN, MSN, CPNP-PC, Henry Ford Health System, Ruth Ellis Health and Wellness Center

The FDA approved the use of Truvada as pre-exposure prophylaxis for HIV for adults in 2014 and for adolescents in May of 2018. PrEP has been shown to prevent HIV infection up to 95%. This workshop will discuss what PrEP is, who can benefit from it, and how to talk to youth and their families about whether PrEP is right for them.

Objectives:

1. Describe pre-exposure prophylaxis (PrEP) for HIV.
2. Describe research outcomes/history of PrEP for HIV.
3. Identify individuals who benefit from PrEP for HIV.
4. Review strategies to talk with clients and families about PrEP.

### Expectation v. Reality: Media Influences on Adolescent Health

Seleena Moore, MPH, School-Based Health Alliance; Nicole Carrilo, BBA, School-Based Health Alliance; Nathaniel Batiste, School Based Health Alliance

Join this presentation to hear youth perspectives on media influences, receive skills-building tools to identify negative impacts and create healthy patterns, and learn how adolescents and adults can work together to develop programming that improves student health outcomes.

Objectives:

1. Explain the connection and impact of media on the health of young people.
2. Discuss first-person accounts of media impacts on young people's health and well-being.
3. Design a youth-led intervention on substance prevention and positive body image.

### Understanding Anxiety Among Adolescent Youth: What to "Worry" About, and What to Do.

Joanna Quigley, MD, FAAP, University of Michigan; Emily Bilek, PhD, University of Michigan

This presentation will provide a brief overview on prevalence, differential diagnosis, and treatment of anxiety among adolescent populations. Specifically, the session will examine neurodevelopmental considerations relevant to the presentation of anxiety in this age group, as well as co-morbid risk factors such as substance use and self-harm. We will further discuss standards of care in terms of treatment interventions including psychotherapy and medication use. Case based review will offer a chance for audience participation and dialogue around care for these youth.

Objectives:

1. Understand the prevalence of anxiety disorders among adolescence.
2. Appreciate complex presentations of, and risk factors for adolescent youth.
3. Understand appropriate interventions and referrals for these youth.
4. Build a skill base around assessing anxiety in youth.

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The State of Science: Teen Brain Development and the Impact of Marijuana

Sion Harris, PhD, CPH, Boston Children's Hospital

This presentation will provide a brief overview of the latest science on brain maturation during the adolescent and emerging adult years, and on the possible effects of marijuana exposure during these years on brain structure, function, and health and social outcomes.

Objectives

1. Name the critical brain maturation processes occurring throughout adolescence into emerging adulthood.
2. Describe how the main psychoactive component of marijuana, THC, interacts with the adolescent brain.
3. Explain the current understanding of the potential risks associated with marijuana exposure during adolescence.

11:00 AM – 12:00 PM // BREAKOUT SESSION 3

The Role of Sleep in Adolescent Health (Repeated)

Louise O'Brien, PhD, MS, Michigan Medicine

Acute Care Prescribing & Opioid Epidemic (Repeated)

Callista Harbaugh, MD, Michigan Opioid Prescribing Engagement Network; Lily Upp, BA, Michigan Opioid Prescribing Engagement Network

Implementing HIV Pre-Exposure Prophylaxis in Primary Care of Adolescent and Young Adults (Repeated)

Jennifer Miller-Allgeier, RN, MSN, CPNP-PC, Henry Ford Health System, Ruth Ellis Health and Wellness Center

Expectation v. Reality: Media Influences on Adolescent Health (Repeated)

Seleena Moore, MPH, School-Based Health Alliance; Nicole Carrilo, BBA, School-Based Health Alliance; Nathaniel Batiste, School Based Health Alliance



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Anxiety during Adolescence – What does it look like, and what can we do (Repeated)

Joanna Quigley, MD, FAAP, University of Michigan; Emily Bilek, PhD, University of Michigan

The State of Science: Teen Brain Development and the Impact of Marijuana (Repeated)

Sion Harris, PhD, Boston Children’s Hospital

12:05 – 1:50 PM // LUNCH PRESENTATIONS

Plenary: Elevating Youth Voice to Inform Critical Issues in Adolescent Sexual and Reproductive Health

Tammy Chang, MD, MPH, MS, Assistant Professor, University of Michigan Medical School; Tamara Terraza, Communication, Media, and Public Policy Magnet at Skyline High School

This presentation will discuss the national MyVoice poll of youth and how it is used to elevate youth voice to impact a wide range of policies and practices that affect youth, specifically in regards to sexual and reproductive health.

Objectives:

1. Understand the use of text messaging to collect youth voice in real-time.
2. Understand how qualitative responses for the MyVoice national sample can inform policies that affect youth.
3. Describe ways that MyVoice qualitative data has been used to impact the understanding of sexual and reproductive health issues among youth.

Award Presentations: Poster Award, Excellence in Adolescent Health Award

Presented by: TAC TAC

2:00 – 3:30 PM // BREAKOUT SESSION 4

The Impact of Sexually Explicit Media on Adolescent Sexual Socialization

Bryant Paul, MA, PhD, The Media School: Indiana University Bloomington

This session will provide a review and synthesis of recent theory and research focused on the nature of, and role played by sexually explicit content in adolescent sexual socialization. It will first provide an overview of recent research on the types of sexually explicit content adolescents are likely encountering, as well as the contexts in which these encounters take place. Next, it will

present and discuss relevant findings from theory-driven, empirical research on the effects of exposure to such content. A general framework for understanding and predicting any such effects will be offered. Finally, it will consider the nature and efficacy of a number of strategies and programs (designed by educators, public health professionals, and/or others) aimed at curtailing the negative effects of exposure to sexually explicit media and aiding the process of sexual socialization. Throughout the presentation, particular attention will be given to published and unpublished data from a recent representative national survey of teen sexual media use and sexual attitudes, beliefs and behaviors.

Objectives

1. Have a working knowledge of the explicit media diet of the average adolescent.
2. Understand the means by which sexually explicit content impacts adolescents.
3. Know and understand the characteristics that are more and less likely to be effective in a sexual media literacy program.
4. Be aware of the most recent representative survey research on U.S. adolescents' sexual media use habits, and the relation to their sexual attitudes, beliefs, and behaviors.

Improving Adolescent Health Literacy: Collaborating for a Better Future

Michelle Bowden, MD, Le Bonheur Children’s Hospital; Kelsie Cox, MEd, Le Bonheur Children’s Hospital; Cheyenne Medlock, MPH, Le Bonheur Children’s Hospital; Markala Catron

Using a collaborative, community-based approach, this interactive session will lead participants through the development of a community-based health literacy program designed to empower adolescents to effectively engage with the medical system.

Objectives:

1. Understand adolescent health literacy as an opportunity for improvement in overall adolescent health.
2. Identify relevant health literacy needs and design a community health literacy program that empowers adolescents to actively engage in the medical system.
3. Understand effective measurement tools for evaluating a community health literacy program.

Increasing Vaccine Completion through Peer Education and Youth Engagement

Emma McVeigh, BS, Public Health – Seattle & King County; Celia Thomas, BA, Public Health – Seattle & King County; James Meyers, The Center School, Seattle, Washington

Public Health - Seattle & King County (PHSKC) leveraged youth voice to design and implement Human Papillomavirus (HPV) vaccine campaigns throughout School Based Health Centers. Learn

how this program pushed HPV vaccine coverage rates to Healthy People 2020’s goal of 80% and gain resources for your own practice.

Objectives:

1. Describe three key components of the peer education strategies PHSKC employed to promote HPV vaccination and utilization of Seattle and King county SBHCs.
2. Outline the added value of engaging youth in peer health education strategies.
3. Identify two or more resources that they can apply to initiate student-centered, peer-led health promotion campaigns.

### We Don’t Live Single-Issue Lives: Intersectional Approaches to LGBTQ+ Health

Elliot Popoff, MPH, Resilience + Resistance Collective, University of Michigan School of Public Health; Laura Jadwin-Cakmak, MPH, Resilience + Resistance Collective, University of Michigan, School of Public Health; Gary Harper, PhD, MPH, Resilience + Resistance Collective, University of Michigan, School of Public Health; Angelique Henry; Bella Gierlinger; Christian Stephenson; Kiandra Powdhar; Sydney Michalowski

This session will focus on how intersectionality—a framework for understanding how our multiple social identities intersect and influence one another, resulting in complex experiences of oppression and privilege—can be used in programs, research, and clinical care for LGBTQ+ adolescents and youth.

Objectives.

1. Describe historical and current definitions of intersectionality and discuss ways in which the framework can be used to improve inclusivity.
2. Identify the ways in which intersectionality can inform health research, program development and delivery, and clinical care provision with LGBTQ+ adolescents.
3. Apply an intersectional lens to their own work with LGBTQ+ adolescents and emerging adults.

### Engaging Adolescents with Disabilities in Sexual and Reproductive Health

Daphnee Guillaume, MPH, CHES, Association of University Centers on Disabilities; Tanisha Clarke, MPH, Association of University Centers on Disabilities

Adolescents with disabilities (AWD) tend to be excluded from sexual and reproductive health education. There is great need to address the lack of inclusive services and resulting health implications for AWD. Current practices leave AWD vulnerable and at a great risk for preventable health problems.

Objectives:

1. Identify the importance of including people with disabilities and their family in sexual and reproductive health programs and practices.
2. Identify tools and resources to help with being inclusive of adolescents with disabilities in programs and practice.
3. Identify strategies to practice to be inclusive of adolescents with disabilities.