Learning Objectives
“Following the training, participants will be able to:”

Wednesday, March 9, 2016

Institute Session 1: The Promise and Utility of Web/Mobile Technology in the Prevention and Management of Substance Use Disorders in Youth
1. Explain the emerging research on the efficacy of technology-based interventions for the screening, prevention and treatment of substance use/misuse in youth
2. Describe future research by engaging in a discussion about implementation of research-based interventions in real world clinical settings
3. Identify the opportunities, challenges and gaps in the implementation of technology-based screening and interventions for youth with substance use disorders

Institute Session 2: Transforming the Context of Primary Care for Adolescents: What Does It Take? Lessons Learned and Strategies, Systems, and Leadership Across Three States
1. List key elements of adolescent-centered primary care from conventional patient-centered medical home with emphasis on linkages to youth development, family-centered care supports, policies and protocols that address developmental key topics
2. Identify examples and strategies for leading improvement of adolescent-centered primary care, whether playing the role of adolescent champion, facilitating others’ success in that role, and/or influencing policy and community-level change
3. Explore strategies to expand access and quality to adolescent-centered primary care

Institute Session 3: The Adolescent Health professional as Anti-Human Trafficking Advocate: Opportunities and Challenges
1. Describe the role of the health care professional in advocating for human trafficking victims at the regional, community and individual levels
2. Explain new policies and programs developed in areas of the U.S. and abroad
3. Illustrate opportunities and potential challenges for program implementation and policy development in the participant’s community

1. Cite current research in developmental social and affective neuroscience that is relevant to understanding adolescence
2. Explain the role of social context in shaping the neural processes during this sensitive period of development
3. Categorize this research within a larger trans-disciplinary developmental science of adolescence

Research Platform Presentation: LGBTQ: Embracing the Rainbow: LGBTQ Youth Navigating "Safe" Spaces and Belonging in North America
1. Cite new and current research topics regarding sexual health
2. Explain the clinical impact of these new findings
3. Identify how these findings may impact future intervention strategies for this population
101. Violence in Context: Comprehensive Approaches to Identifying and Addressing School-Based Violence and Violence Prevention
1. Identify physical and mental health consequences of school-based violence including physical violence, sexual violence, bullying, and cyberbullying
2. Evaluate existing approaches to addressing school-based violence
3. Identify opportunities for collaboration between clinical settings, school-based and community-based prevention programs to prevent school-based violence

102. From Food Fear to Food Freedom: Diagnosing and Treating ARFID
1. Cite current literature on skills to recognition and treatment of ARFID and understand the psychological differences that distinguish patients with ARFID from other types of eating disorders
2. Formulate an appropriate medical and psychological assessment for a teen presenting with food aversion or avoidance
3. Identify specific techniques for treating food aversions in the inpatient and outpatient settings, to increase the variety and amount of foods consumed and improve nutritional status and growth

103: Creating Inclusive Programs for Immigrant and Minority Youth by Bringing the Context of Their Families, Culture and Environment to the Center of Their Healthcare
1. Identify key evidence-based components to provide care to vulnerable communities
2. Describe the key components of the Aqui Para Ti/Here For You clinical model, that allow to transfer the main principles of health equity at the clinical level
3. Apply information and skills acquired to clinical practice

104: Leveraging Transdisciplinary Developmental Science of Adolescence to Inform Adolescent Health
1. Describe an integrative developmental science heuristic and how this can help to inform windows of opportunity regarding the timing and targets for early intervention
2. Identify ways in which reciprocal dialogue between developmental scientists and researchers in adolescent health can mutually inform each other’s goals
3. Formulate conceptual and methodological bridges between developmental science and research in adolescent health

Institute Session 4: Intraterine Contraception Placement for Medical Providers
1. Describe indications for intrauterine contraception use in adolescents
2. Demonstrate skills in intrauterine contraception placement on a pelvic model
3. Identify challenges related to the translation of developmental science advances into practice and approaches to overcoming those challenges

Institute Session 5: SAHM Research and Mentoring Forum - The Highs and Lows of Research: Building Research Resiliency to Develop Creative Solutions
1. Describe strategies to formulate a successful mentorship relationship with a senior investigator in adolescent health
2. Identify strategies to prevent and overcome common pitfalls faced by junior researchers while developing a research program
3. Design a plan for defining a research agenda and managing research obstacles and/or setbacks

Research Platform Presentation: Sexual Health and Violence
1. Cite new and current research topics regarding sexual health and violence
2. Explain the clinical impact of these new findings
3. Identify how these findings may impact future intervention strategies for this population
Wednesday, March 9, 2016

**Workshop Session II**  
4:45 - 6:15 p.m.

201. Meeting Them Where They Are: Using MHealth Technologies to Identify and Address the Social Context of Sexual Health and HIV Risk in the Lives of Sexual and Gender Minority Youth
1. Identify platforms and strategies to identify and address the social context of sexual health and HIV risk among sexual and gender minority youth
2. Identify skills to engage and educate sexual and gender minority youth using mHealth technology
3. Identify and review potential ethical and legal challenges in using mHealth technology to reach vulnerable sexual and gender minority youth

202. Psychotherapy in Adolescent Medicine: Bridging the Gap
1. Identify strategies that engage patients in mental health treatment
2. Explain when and how to best collaborate with parents, caregivers, and other care providers in the treatment of adolescent mental health
3. Utilize brief interventions to employ with patients to address mental health issues

203. Unleashing the Power of Prevention
1. Cite the evidence base for prevention programs
2. Explain the process for embedding evidence based prevention programs for parents of adolescents into primary care settings
3. Express ways to harness or advocate for evidence based prevention programs for their practice

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**Thursday, March 10, 2016**

**Plenary Session I**  
9:45 - 10:45 a.m.

Plenary: Can Law Impact Adolescent Health: A Global Inquiry
1. Describe the impact of law on adolescent health
2. Identify variations in Legal standards globally that affect adolescent health
3. Explain complications for sexual reproductive health in countries with plural legal systems

**Research Platform Presentation**  
11:00 - 12:30 p.m.

Research Platform Presentation: Sexually Transmitted Infections
1. Cite current and new research findings regarding sexually transmitted infections among the adolescent population
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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**Workshop Session III**  
11:00 - 12:30 p.m.

301: Where Are the Boys? A Different Lens for Understanding Sexual Exploitation and Trafficking of Adolescents and Young Adults
1. Identify which boys and young men are at greatest risk for being sexually exploited and trafficked and by whom
2. Compare and contrast the ways in which different groups of boys and young men are at risk for or affected by sexual exploitation and trafficking
3. Explore strategies for improving knowledge about and services to boys and young men as victims and survivors of sexual exploitation and trafficking

302: The Surroundings in Which We Live and the Lens Through Which We Look: Helping Homeless and Disadvantaged Youth Successfully Access Health, Housing, and Happiness
1. Describe the work of the Social Determinants of Health (SDOH) and how they may impact the health and wellbeing of homeless and disadvantaged youth
2. Explain successful homeless and marginalized youth-serving health programs; focusing on the screening tools and approaches they take to break down the barriers that these youth face
3. Demonstrate increased expertise and creative planning talents using a case-based example
303. Children's@Home: Social Media Connecting, Building Community, and Crowd-Sourcing Care
1. Explain the importance to adolescents living with chronic medical conditions and their parents the significance of connecting, building community, and the offer of care to and acceptance of care from each other online
2. Describe the therapeutic value of self-expression on self-efficacy and the creation of care alliances among those living with and managing similar health issues
3. Identify strategies to address privacy, security, and technical issues around the creation of social media for adolescents and families living with chronic health conditions

304: Did You Hear About Cait? A Primary for Adolescent Transgender Care
1. Describe the initial evaluation of an adolescent seeking transgender care, including medical and mental health care
2. Explain feminizing and masculinizing hormone therapy protocols, including contraindications, initiation, and ongoing monitoring and management
3. Summarize issues associated with the care of transgender adolescents, including parental consent and involvement, surgical body modification, and insurance/reimbursement

305: Emerging Ethical Issues in the 21st Century Adolescent Health Research
1. Describe a range of emerging ethical issues that affect the conduct of, and participation in, adolescent health research
2. Evaluate the implications of these emerging ethical issues issues for current and future research projects
3. Apply and consolidate good ethical strategies in conducting adolescent health research

306: RVUS, Coding, Productivity, and Oh Yes, Salary Too
1. Explain basic terminology and approaches to physician productivity and compensation, including the definition of relative value units (RVUs) assigned to different current procedural terminology (CPT) codes
2. Utilize sources of data on adolescent medicine physician productivity standards and salaries, including the different professional organizations that collect these data
3. Identify strategies for negotiating with employers about “expected” productivity and thus “predicted” compensations

Thursday, March 10, 2016  Research Platform Presentation  2:15 - 3:45 p.m.

Research Platform Presentation: Eating Disorders and Substance Use
1. Cite current and new research findings regarding eating disorders and substance use among the adolescent population
2. Explain the clinical impact of these new findings
3. Identify how these findings may impact future intervention strategies for this population

Thursday, March 10, 2016  Workshop Session IV  2:15 - 3:45 p.m.

401: Big Lessons from a Small State: Youth Engagement in Various Facets of Healthcare in Rhode Island
1. List different ways of obtaining and harnessing youth input for inpatient and outpatient hospital-based clinical settings
2. Identify and verbalize methods for developing a public health, youth empowerment initiative that focuses on transitions of care for youth with special needs
3. Explore future possibilities for enhancing youth engagement in a variety of health care settings, whether in a hospital, outpatient/specialty, public health/community setting or primary care

402: Teen Leadership Academy: A Novel Intervention for Reducing Substance Use and Enhancing Community Advocacy Among Youth in a Rural Midwestern County
1. Describe how to develop and implement a Teen Leadership Academy, including student selection, specific training components, and evaluation of outcomes
2. State the impact the Teen Leadership Academy has on program participants, the local community, and the potential for policy change
3. Formulate initial steps towards implementing a similar program in participants’ local area

403: Reducing Adolescent Mortality and Morbidity through Strengthening of the Mental Health of Adolescent Girls and Boys
1. Explain the relationship between the current status of adolescent health in the Americas and their mental health
2. Describe key elements of a comprehensive national adolescent mental health strategy
3. Apply current global (WHO) and regional (PAHO) tools and strategies for improvement of adolescent mental health
404: Concussion in Context: More Than Just Return to Play
1. Describe the most recent pathophysiological models for mild traumatic brain injury (mTBI) in adolescents and young adults
2. Explain the uses and limitations of tools to assist in mTBI evaluation and management
3. Design and explain a “return to learn” plans for adolescents recovering from traumatic brain injury

405: Research Opportunities in the National Longitudinal Study of Adolescent to Adult Health: Understanding Youth and Their Transition to Adulthood in Context
1. Describe the biological, psychosocial, and contextual data currently available in four in-home waves of Add Health data, and planned for Wave V
2. Articulate the research design changes for Add Health Wave V, and the scientific challenges posed by the changes
3. Explain the research opportunities offered by Add Health data for understanding adolescent health and the implications of adolescent experiences for young adult health

406: Why Won't They Believe Us? How Do We Get Parents, the Public, and Congress to Believe That Media Do Affect Adolescents?
1. Explain what the Third Person Effect is and how to overcome it in counseling teenagers and their parents about media effects
2. Define the Fairness Doctrine and tell how it applies to the affect of media on adolescents
3. Identify recent research on effectiveness of office counseling on responsible media use by adolescents

Thursday, March 10, 2016  Research Platform Presentation  4:15 - 5:45 p.m.

Research Platform Presentation: New Investigators
1. Cite current and new research findings regarding in investigators in the field of adolescent health
2. Explain the clinical impact of these new findings
3. Identify how these findings may impact future intervention strategies for this population

Friday, March 11, 2016

Friday, March 11, 2016  Research Platform Presentation  9:45 - 11:15 a.m.

Research Platform Presentation: Technology and Chronic Illness
1. Cite current and new research findings regarding technology and chronic illness in the field of adolescent health
2. Explain the clinical impact of these new findings
3. Identify how these findings may impact future intervention strategies for this population

Friday, March 11, 2016  Workshop Session V  9:45 - 11:15 a.m.

501: South Side Stories: Using Digital Storytelling to Understand and Communicate the Experiences of Youth of Color on the South Side of Chicago
1. Examine the experiences of youth of color and sexual minority youth from Chicago's South Side
2. Describe digital storytelling to explore how context shapes youth health through frameworks such as structural violence
3. Apply skills acquired to use storytelling and deep listening to advance clinical practice

502: Where Do I Fit In? A Case-Based Discussion on the Care of Transgendered Eating Disorder Patients
1. Identify at least three specific challenges of eating disorder care for transgender youth
2. List at least three ways that a standard psychosocial and/or physical assessment could be modified to enhance the treatment plan for a transgender patient
3. Summarize considerations in calculation of ideal body weight for a transgender eating disorder patient

503: Courageous Conversations: Building Connectedness and Enhancing Clinical and Intervention Repertoire with Adolescents with Life-Limiting Illnesses
1. Cite state-of-the-art strategies of evidence-based interventions designed to enhance patient/parent well-being, reduce distress and to support advance care planning for teens
2. Assess three tools to understand the importance of self-care and supportive connections with others in order to, in turn, facilitate adolescent patients’ concerns, wishes and needs
3. Apply communication skills to introducing advance care planning to patients and families in a style that is non-threatening and empowering

504. Understanding and Addressing the Impact of Low Health Literacy on the Interaction of Adolescents with the Health Information Environment
1. Cite current literature on the health literacy (including eHealth literacy) and adolescents
2. Summarize health information seeking patterns of adolescents from multiple sources, including providers
3. Identify ways providers can help adolescents with low health literacy better engage with the health information environment.

505. Adolescents in the Context of Their Education: Innovative Strategies in School-Based Health Care to Improve Public Health
1. Identify innovative programs within school-based health that affect the public health of the school population
2. Describe the three distinct models of telemedicine used to provide comprehensive school-based health care
3. Explain how partnerships between health professional students and SBHCs can address the need for evidence-based reproductive health education and sexually transmitted infection screening

506. Effective Engagement of Vulnerable Adolescents and young Adults in Research: Experiences From the Field
1. Identify the key planning behaviors necessary in the conduct of research with vulnerable adolescents and young adults
2. Formulate designs for effective recruitment, study design, retention of vulnerable adolescent and young adult populations in longitudinal research
3. Describe the field-level engagement for effective outreach with patients once enrolled in longitudinal research studies

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Friday, March 11, 2016
Workshop Session VI
1:00 - 2:30 p.m.

601: Collaboration Among U.S. Federal Agencies to Promote the Well-Being of Youth
1. Describe a major mechanism by which U.S. federal agencies coordinate activities and collaborate on initiatives
2. Analyze strengths and weaknesses of the U.S. federal government’s internal collaborative strategy for addressing youth development and well-being
3. Apply knowledge of federal programs to start considering the integrative funding needs of meeting participants' own communities

602. On the Suffering of Adolescents, Families and Their Healthcare Providers
1. Differentiate between pain and suffering of professionals in addition to that of their patients
2. Explain a multidisciplinary approach to suffering addressing philosophical, anthropological, psychological and spiritual dimension
3. Illustrate and center the experience on the concept of the wounded healer and working beyond the experience of "detached Concern"

603. Using DISC to Enhance Teen Patient Encounters
1. Describe the four DISC Personality Types
2. Analyze challenging patient interactions using DISC principles
3. Apply conflict management techniques derived from DISC to challenging patient scenarios and interactions.

604. From Feast to Famine: Preventing Disordered Eating in Overweight Adolescents
1. Cite current research on the epidemiology, risk factors, and complications of disordered eating among overweight and obese adolescents.
2. Identify strategies for multidisciplinary adolescent health providers to promote healthy weight management without disordered eating
3. Explain how adolescent health providers can advocate for balanced community strategies and research to reduce obesity without promoting disordered eating

605. Toward Optimal Communication for HPV Vaccination for PreTeens
1. Describe current clinical recommendations around HPV vaccination
2. Describe contextual, attitudinal, and emotional factors that affect vaccine-decision making
3. Apply interpersonal communication techniques to: introduce HPV vaccination; address questions and concerns; talk with preteens about protection against HPV infection; and provide a strong recommendation for HPV vaccine

606. Adolescent HIV Prevention: Next Steps for Researchers and Clinicians
1. Use up-to-date information on recent high-impact HIV prevention research targeting adolescents, with specific attention paid to research of interest to adolescent medicine clinicians and researchers
2. Evaluate the legal and regulatory issues regarding adolescent enrollment into HIV prevention research and the provision of adolescent HIV prevention services
3. Identify the highest priorities for adolescent HIV prevention research that will lead to effective strategies to reduce HIV incidence

607. Using Social Media to Add Power and Reach to your Adolescent Health Advocacy
1. Identify time-management strategies and app-based tools to create a social media presence that is personalized and sustainable, with emphasis on the intended audience, interests, and time-constraints
2. Describe the use of social media data analytic tools to measure the impact of social media presence and improve the effectiveness of the intended message
3. Design a six-month plan for implementing a targeted, social-media based advocacy campaign to achieve a specific policy goal or reach a specific audience

608. Navigating the Publication Process: Tips From the Journal of Adolescent Health
1. Design a strategy for the successful and efficient publication of an academic paper.
2. Illustrate and navigate post-acceptance issues such as copyright and promoting your research.
3. Identify current issues in academic publishing that should be addressed

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<th>Friday, March 11, 2016</th>
<th>Hot Topics I</th>
<th>2:45 – 3:45 p.m.</th>
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<tr>
<td><strong>Hot Topics 101: Whoops Proof Birth Control: Communicating with Young Women about IUDs and the Implant</strong></td>
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<td>1. Describe up to nine key insights gleaned from women themselves that can be used to re-shape strategies for communicating about IUDs and the implant with young women</td>
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<td>2. Identify at least three ways that existing communications about IUDs and the implant fail to resonate with young women.</td>
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<td>3. Explain how local communities are using the insights uncovered in this research to implement a marketing campaign.</td>
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| Hot Topics 102: Why Texting Matters |
| 1. Identify the unique value of a crisis text line for adolescents |
| 2. Illustrate how being a tech and data-first crisis service leads to better care for users |
| 3. Explain how to apply for access to Crisis Text Line's Dataset as a researcher |

| Hot Topics 103: Should We Ban Tackle Football? |
| 1. Describe the prevalence of head injuries in student athletes who play football |
| 2. Explain the implications of head injuries sustained by football players |
| 3. Address potential modifications to make football participation safer for young athletes |

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<th>Saturday, March 12, 2016</th>
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<tr>
<td><strong>Hot Topics II</strong></td>
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<td><strong>Hot Topic 201: The Dark Web: All the Drugs You Ever Dreamed About, and More!</strong></td>
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<tr>
<td>1. Describe the difference between the Surface Web, the Deep Web, and the Dark Web</td>
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<td>2. Define TOR - The Onion Router</td>
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<td>3. Identify specific web sites that provide information about the Dark Web, including Reddit and DeepDotWeb.com</td>
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| **Hot Topic 202: The Global Refugee Crisis** |
| 1. Explain the causes and consequences of global refugee movements |
| 2. Demonstrate the principal obstacles to the protection of refugees and displaced persons |
| 3. Define policy options for improving responses and displaced persons |

| 1. Describe the changing prevalence rates and contributing factors |
| 2. Summarize and understand the implications of changes to diagnostic criteria on diagnostic practices |
| 3. Explain and discuss the effect of media and popular culture of perceptions of autism |
701. Accurate Identification and Differential Diagnosing of Attention-Deficit / Hyperactivity Disorder and Disorders Creating Secondary Comorbid Attention Disruption
1. Identify limitations and appropriate use of objective and subjective assessment measures utilized for Identification of Attention-Deficit/Hyperactivity Disorder versus often confused differential diagnoses.
2. Practice and improve differential diagnostic abilities by gaining increased appreciation for adolescent contextual elements confounding attention processing skills.
3. Apply the use of psychological assessment measures for differential diagnosing of complicated conditions with secondary attention components through use of case conceptualization.

702. Happiness, Heartache, and Hashtags: Using Digital Context Clues to Understand the Connection Between Social Media and Adolescent Health
1. Summarize adolescents' uses of digital media to represent health conditions and risk behaviors, as well as the health implications of digital media use.
2. Explain effective techniques to counsel adolescents and parents on optimizing digital media use as part of healthy relationships and behaviors.
3. Apply a generalized search algorithm to individual patients' social media behaviors and tailor health counseling to emerging trends.

703. Caring for College Students with Eating Disorders: Medical, Psychological, and Ethical Issues
1. Analyze the legal, systemic, and developmental barriers to identifying and treating eating disorders in the college setting.
2. Identify the medical complications of eating disorders and over-exercise and discuss appropriate monitoring and treatment.
3. Identify the potential and limitations of online programs to screen college students and athletes for body image issues and eating disorders.

704. Sexually Transmitted Infections: Keeping Your Practice Up-to-Date
1. Describe how to screen sexually active adolescents for STIs, using the best tests available, according to nationally published guidelines.
2. Explain how to treat STIs appropriately, using regimens consistent with the recommendations in the new CDC 2015 STD Treatment Guidelines.
3. Compare the sensitivity of rapid/point-of-care tests with traditional tests for several reproductive infections, and identify health care settings in which rapid tests may be of particular utility.

705. Teaching Adolescent and Young Adult Health in Context: Developing Rich Learning Experiences Where Adolescents and Young Adults Live and Seek Care
1. Describe the variety of contexts in which adolescents and young adult (AYA) live and seek care.
2. Explain the principles and processes of AYA health care teaching in different settings.
3. Articulate the core principles for contextualizing AYA health learning and highlighting the environmental influences that shape AYA health.

706. The Message Box: A Tool for Composing and Refining Advocacy Messaging
1. Design elements of a fact sheet on an adolescent health advocacy issue into facts that support an argument to 2 different stakeholder groups.
2. Illustrate and refine two advocacy messages using the Message Box format, using the facts and perspective to develop the 4 domains of a message: Problem-Vision-Solution-Action.
3. Evaluate and pitch one of the messages to a stakeholder chosen by dice roll, while a co-participant role plays the stakeholder.

707. Pedagogical We: A Collaborative Approach to Curriculum Design Across the Disciplines
1. Summarize newly created adolescent medicine curricular materials.
2. Describe the curriculum development process and discuss how this can guide curriculum development in other settings.
3. Design collaboratively and apply a model for curriculum evaluation.