Who we are

The Division of Adolescent Medicine is made up of 64 faculty, staff, and trainees who take a multi-disciplinary approach to adolescent care, research, training, and community services.

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A Message from the Division Chief

2014-15 has been an incredible year for the Division of Adolescent Medicine. During the past year, our Adolescent Team of 13 faculty, staff, fellows, trainees and community partners have helped to advance the health and well being of adolescents and young adults locally and nationally.

We are the only academic clinical adolescent medicine program in the Northwest region. Our clinical programs continue our 45 year commitment to serve the local and regional young people and their families who are challenged to maintain full mental and physical health during this dynamic period of development. We expanded our reproductive health capacity to deliver developmentally appropriate care and education for long acting reversible contraceptive methods to young women; we continued to update our team approach with the most current research in caring for young people struggling with eating disorders and obesity; we expanded our co-occurring adolescent substance abuse treatment clinic to better serve King County youth; and are in the final stages of a collaboration with the endocrinology and psychiatry programs to deliver comprehensive transgender services. Services expanded to the Mill Creek area in 2014 giving families the ability to see adolescent medicine specialists closer to home.

In education, we are in our 3rd year of training physicians, advanced nurse practitioners, nutritionists, social workers and psychologists to be leaders in adolescent health. We have 11 trainees in our program this year. Our graduates have taken positions locally at Seattle Children’s and UW, and nationally including Michigan and Colorado most recently. We developed a new curriculum to be launched in the coming year that flips the classroom and uses interactive learning styles to educate pediatric residents during their rotation with us to learn how to care for adolescents and young adults successfully in their future careers.

In research, faculty members have received major multi-year grants that will help change how adolescents are cared for and screened for health risk behaviors and help understand how health is influenced by social media. The Division has over 10 million dollars in grants in total. Our team is nationally and internationally recognized for its work.

Our community partners continue to increase as we look for solutions to reach youth who are not best helped in the clinic office. We are outspoken in the prevention of marijuana use in teenagers to protect their developing brains and the ability to reach their full potential.

It has been a busy and fruitful year. Please read the report to learn even more about our motivated, talented Adolescent Medicine experts. I am privileged every day to have such amazingly dedicated and capable people on the adolescent medicine team!

Dr. Leslie R. Walker
Chief | Division of Adolescent Medicine
Director | UW LEAH
Clinical Care

Between October 2014 and September 2015, Adolescent Medicine served 7,613 patients.

The Behavioral Health team provides expert consultation, diagnosis and treatment for psychosocial and school problems that can begin during the teen years and persist through the life course into adulthood. Working closely with experts in Psychiatry and Behavioral Medicine, Psychiatric Nursing, Social Work, Clinical Nursing and Medicine we provide evaluation and coordinated care.

Our Biofeedback program teaches older children through young adulthood how to control body functions such as muscle tension, blood pressure and temperature to successfully manage chronic headaches and abdominal pain. Biofeedback technologists and Adolescent Medicine medical providers collaborate to elevate and optimize care.

The Adolescent Substance Abuse Program (ASAP) consists of a multi-disciplinary team that provides comprehensive services including community-based prevention, school-based early intervention, certified outpatient substance abuse and dependence treatment, and in-patient consultations. The team also has a particular interest in parent interventions to decrease teen initiation and use of alcohol, marijuana, and other drugs. It is co-directed by Dr. Walker, an Adolescent Medicine Specialist, and Dr. Ray Hsiao, a Child and Adolescent Psychiatrist and Addictions Specialist.

Adolescent Gynecology focuses on disorders of the uterus, ovaries, vagina and vulva. Our team provides comprehensive evaluation and specialized treatment for these conditions along with services such as menstruation regulation and contraceptive management. We are experts in understanding the special developmental and physical needs of growing girls and young women, medically and emotionally.

Our Eating Disorder program accounts for 30% of the total number of patients seen in the Division. This subspecialty takes a comprehensive approach to helping young people with eating issues such as anorexia nervosa and bulimia nervosa. Providing this care is our team of specialists in Adolescent Medicine, Nursing, Nutrition, Social Work, Psychiatry and Behavioral Medicine.

The Adolescent Wellness Program provides coordinated treatment for adolescents with weight concerns. We offer direct, team-based care as an outpatient in the Adolescent Wellness Clinic (AWC) or through the Adolescent Wellness Program (AWP), an intensive 16-week evening series devoted to helping teens and families learn about working together to improving their relationships with food, overall health, and lifestyle.

The Transgender program is geared to helping adolescents and young adults with medical transition and the use of cross-sex hormones. Our medical providers work closely with Social Workers, Nursing, Psychiatric & Behavioral Medicine, and Endocrinology as well as community primary care and mental health providers in the care of transgender youth. The program will soon be expanding to create a multi-disciplinary gender clinic that will provide greater services for early adolescent pubertal suppression and continuing care for older adolescents and young adults receiving cross-hormone care.

General Adolescent Medicine & Consultation: Our comprehensive team is expert in attending to the physical, emotional and social needs of youth from puberty through young adulthood. We provide consultation, diagnosis and treatment by a team of clinicians that have a range of specific interests. Additionally, we serve as a liaison within the community by helping teens develop a plan of action for managing and overcoming challenges in their own health as well as connect with families to discuss the unique needs of their child.
Regional Clinics: In addition to care provided at the Seattle Children’s Hospital campus, Adolescent Medicine faculty and staff provide care for adolescents at Children’s regional clinics in Bellevue, Mill Creek, Federal Way and Olympia as well as shared facilities at Harborview Medical Center. Using telemedicine technology, adolescent medicine care is also provided in Alaska.

In-Patient Hospital Service: Adolescent Medicine provides consultation for adolescents and young adults receiving hospital care at Seattle Children’s. Our providers are on-call to address concerns ranging from medical instability in patients with eating disorders, treatment engagements in patients with chronic illness, reproductive health management or substance abuse issues.

Faculty & Staff Acknowledgements

National Leadership
• Dr. Cora Breuner serves as the chair of the Committee on Adolescents for the American Academy of Pediatrics (AAP).
• Dr. Megan Moreno contributed to an Institute of Medicine consensus study regarding peer victimization and serves as an executive committee member for the AAP Council on Communications and Media.
• Dr. Laura Richardson is the Adolescent Medicine Council Representative for the Society of Pediatric Research.
• Dr. Leslie Walker was appointed to the AAP Committee on Substance Abuse (COSA) and serves on the Institute of Medicine Committee for Improving the Health, Safety, and Well-Being of Young Adults.

Top Doctor Awards
• Seattle Magazine 2015: Dr. Cora Breuner and Dr. Leslie Walker
• Seattle Met Magazine 2015: Dr. David Breland and Dr. Cora Breuner

Research Highlights

Integrated Care for Adolescent Depression: As a national expert on the integration of behavioral health care for adolescents receiving treatment in primary care settings, Dr. Laura Richardson completed a large-scale, randomized and controlled trial of a collaborative care treatment for adolescent depression within the primary care setting.

Health Information Technology: Drs. Cari McCarty and Laura Richardson aim to reduce risk behaviors among adolescents by using an electronic health risk assessment tool with integrated and personalized motivational feedback. They are currently studying usage in primary care and school-based health centers to test whether the technology can improve teen care. More information about the study can be found at www.reachout4teens.org and in the press release titled Collaborative Care Intervention Improves Depression among Teens as published in The Journal of the American Medical Association.

Concussion: Research led by Dr. Sara Chrisman consists of a comprehensive investigation of sports-related concussions. The purpose of the study is to enable scientists a better understanding of the natural history of concussion in athletes and the correlation between multi-dimensional predictor and outcome variables associated with sports-related concussion from a neurobiopsychosocial perspective. Dr. Chrisman’s study’s population ranges from adolescents to young adults in the National Collegiate Athletic Association (NCAA).
High risk human papillomavirus (HPV) infection can drive cancer development in young adults and beyond. Despite three commercially available HPV vaccines, poor uptake in the USA and worldwide will leave decades of men and women at risk for HPV-associated cancers. Dr. Rachel Katzenellenbogen’s research laboratory studies how HPV impairs normal cell growth and longevity to cause the virus to grow, demonstrates how HPV can serve as a model for universal pathways in cancer development, and helps define critical steps in tumor formation that might be targets for screening and treatment of HPV-associated cancers.

Sexual Health among Foster Youth: Dr. Kym Ahrens and her research team study prevention of unplanned pregnancy and sexually transmitted infections like HIV (Human Immunodeficiency Virus), in foster care adolescents. Research has shown that these teens are at a dramatically higher risk for poor sexual health outcomes than their peers in the general population. Dr. Ahrens is working directly with foster-affiliated teens, foster parents, and agencies to develop a sexual health curriculum geared specifically toward the unique needs of these young people and improved training for foster caregivers.

The Social Media and Adolescent Health Research Team (SMAHRT) is a trans-disciplinary team lead by Dr. Megan Moreno that emphasizes collaboration, mentorship and translation of research findings in our community. Dr. Moreno’s research focuses on the intersection of technology and adolescent health including social media, problematic internet use and cyberbullying. This past year, SMAHRT hosted an inaugural conference on social media and adolescent health drawing physicians, researchers, parents, public health advocates, and community members.

Transgender Health research conducted by Dr. David Breland focuses on uncovering the determinants of mental health care use among depressed transgender adolescents and identifying barriers to health care the population may experience. Our division is dedicated to improving access to health care services that meet the unique needs of transgender youth.
Training

**Leadership Education in Adolescent Health (LEAH):** The University of Washington LEAH program, funded by the Maternal and Child Health Bureau of the US Department of Health and Human Services, is one of only seven in the country. UW LEAH is a graduate level, inter-disciplinary program that provides integrated training in five key disciplines of adolescent health: medicine, nursing, nutrition, psychology, and social work. Our training program aims to shape the future of adolescent health by enabling the next generation of adolescent health leaders to feel empowered and capable of addressing the disparities and unique needs of this population on local and national levels.

**Adolescent Medicine Fellowship Program:** For over 40 years, our nationally recognized program accepts two physicians each year for a three-year, clinical and research fellowship. Because this research training strongly emphasizes public health, fellows have the opportunity to obtain a Master of Public Health Degree in health services or epidemiology from the School of Public Health at the University of Washington. Graduates have obtained academic and leadership positions across the country and are distinguished by having education in a broad variety of clinical settings, both in the hospital and in the community, with a special emphasis on underserved populations and behavioral health. Clinical exposure and rotations include: inpatient consultation, eating disorders, substance abuse, behavioral health, incarcerated juvenile health, unstably housed youth, sports medicine, social work and gynecology.

**Medical Students and Pediatric Residents:** Our adolescent medicine faculty partner in medical education throughout the University of Washington. First year medical students participate in Adolescent Health intensive electives, and fourth year medical student can enroll in adolescent medicine clinical electives. Pediatric residents spend a full month immersed in care for teenagers in diverse clinical settings with case-based didactic training in key health topics related to adolescent health and development. All of these teaching opportunities expose physicians-in-training to the importance of excellent clinical care in the second decade of life, as a launching point for great health in adulthood.

The annual Adolescent Medicine **Deisher Day** honors Dr. Robert W. Deisher, founder of the University of Washington adolescent medicine program in 1959, for his dedication to helping troubled teens—those who were homeless, runaways, alienated, neglected, involved in prostitution or incarcerated. On Deisher Day, nationally and internationally-recognized experts in adolescent health conduct Grand Rounds, engage with trainees in small group discussions, and provide an evening community dinner lecture focusing on their work. In 2015, the Division hosted Dr. Niobe Way as she discussed her work surrounding teenage boys’ connections with friends and its impact on their health.

**Pathobiology:** Adolescent medicine faculty conduct research in adolescents extending from quality of care and clinical outcomes to the basics of disease biology. Additionally, faculty train fellows and graduate students in the biology of human papillomavirus infections that lead to cervical cancer in adulthood. These fundamental studies lay the groundwork for screening and treatment protocols that improve the health of men and women worldwide.

**SCRi Summer Scholars:** In July of 2015, SMAHRT (Social Media and Adolescent Health Research Team) hosted 25 students in the 11th and 12th grade for a weeklong program focused on the pursuit of careers in health and research. Participants learned about how to design a research project and the steps in the research process as well as career paths. Additionally, these students were given tours of our laboratories, with opportunities to meet a variety of researchers, and the different healthcare settings and services we provide at Seattle Children’s.
In the Community

For the last 45 years, the Youth Clinic @ Country Doctor Clinic on Capitol Hill in Seattle has provided medical and related services to homeless and unstably housed adolescents two nights per week. The clinic is managed by a part-time staff member and directed by an adolescent medicine doctor with a dozen volunteers providing clerical and health-related care including massage and acupuncture. University of Washington medical trainees and fellows rotate through the clinic and continually report it is one of their best training experiences.

Prevention WINS (Prevention Works in Seattle) is a community coalition consisting of adults and teens from 12 different sectors of the northeast Seattle community. Their mission of preventing youth substance use takes a multi-pronged approach including school-based programming, parent education, and other activities in the community addressing the availability and promotion of legal drugs. Additionally, our division supports Licensed Mental Health and Chemical Dependency Counseling services for students and teachers at Eckstein Middle School in NE Seattle. The counselor provides universal prevention and targeted early intervention programs and services.

Two days a week, our Adolescent Medicine Psychiatric Nurse Practitioner provides mental health services for the Atlantic Street Center, a 100+ year old non-profit organization serving low-income children, youth, and families in Seattle’s central and southeast neighborhoods. In an innovative effort to address gaps in medical services, the Division is joining with ASC and two other local organizations, Teen Feed and Goodwill. With proven expertise in meeting the needs of homeless and unstably-housed youth we expect to offer comprehensive support for the vulnerable, street-involved youth in South Seattle.

Adolescent Medicine directs medical services provided to youth admitted to the King County Juvenile Detention Center. In addition to full-time ARNP and part-time MD support, trainees provide medical care as part of their rotation while learning compassion in caring for the unique needs of incarcerated youth.

In partnership with Navos Mental Health Solutions, Dr. Kym Ahrens provides ongoing primary and tertiary care services to youth with significant mental health and behavioral disorders who are living at a group home.

Teenology101 is an award winning blog written for parents and teenagers by an adolescent medicine doctor and guest bloggers from the Division’s multiple disciplines. From immunizations to gun violence, Teenology101 addresses a wide variety of adolescent health issues in its weekly posts. With more than 50,000 page views each year, Teenology101 is a powerful communication tool that is reaching both parents and teens. Through this blog, we are able provide up-to-date health information as it relates to the current trends in medicine.

Talk with your kids about marijuana:
Since marijuana was legalized for adult use in Washington, Dr. Walker has lead the way in increasing awareness about the affects its use has on teenagers. Local, national, and international news media continue to seek her expertise regarding the impact of marijuana on adolescent health. In addition, her voice and image were used for public service announcements encouraging parents to talk to their kids about marijuana (starttalkingnow.org) featured in radio and print campaigns that included billboards and advertising on public transportation. The radio PSA ran 5,986 times statewide and was heard an average of 10 times by 66% of parents targeted. Visits to StartTalkingNow.org jumped from 1,783 in April 2015, to 58,394 in June 2015, when saturation was highest.
# Grant Funding

<table>
<thead>
<tr>
<th>Research</th>
<th>Primary Investigator</th>
<th>Amount</th>
</tr>
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<tbody>
<tr>
<td>Improving Teen Care with HIT Agency for Healthcare Research and Quality</td>
<td>Cari McCarty, PhD</td>
<td>$1,216,231</td>
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<tr>
<td>HPV E6 and NF1-123 in differentiation, cell regulation, and cancer, for 5 years, National Institute of Health</td>
<td>Rachel Katzenellenbogen, MD</td>
<td>$402,550</td>
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<tr>
<td>Delivering Patient-Centered Adolescent Preventive Care with Training and Technology Patient-Centered Outcomes Research Institute</td>
<td>Cari McCarty, PhD, &amp; Laura Richardson, MD, MPH</td>
<td>$1,859,468</td>
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<tr>
<td>Promoting Adolescent Health through Personalized Feedback Health Resources and Services Administration</td>
<td>Laura Richardson, MD, MPH</td>
<td>$870,074</td>
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<td>Using Media to Investigate Mechanisms of Behavior Change, for 6 years, National Institute of Health</td>
<td>Megan Moreno, MD, MS, MPH</td>
<td>$378,669</td>
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<td>Electronic harassment: Definition and measurement tool, for 2 years, National Institute of Justice</td>
<td>Megan Moreno, MD, MS, MPH</td>
<td>$79,908</td>
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<td>Concussion Assessment Research Education National Collegiate Athletic Association &amp; Department of Defense</td>
<td>Sara Chrisman, MD, MPH</td>
<td>$439,121</td>
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<td>Web-Supported Adolescent Motivational Enhancement to Reduce Alcohol Use National Institute on Alcohol Abuse and Alcoholism</td>
<td>Cari McCarty, PhD</td>
<td>$403,572</td>
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<td>Health in School Study (HIS Study) Academic Enrichment Fund at Seattle Children's Hospital</td>
<td>David Breland, MD, MPH</td>
<td>$50,000</td>
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<td>Understanding barriers to health care for transgender youth Center for Diversity and Health Equity at Seattle Children's Hospital</td>
<td>David Breland, MD, MPH</td>
<td>$10,000</td>
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<td>A pilot study of concussion forces in youth soccer, 2 years, Academic Enrichment Fund at Seattle Children's Hospital</td>
<td>Sara Chrisman, MD, MPH</td>
<td>$25,000</td>
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<td>Developing an HIV/STI intervention for foster youth using attachment theory National Institute of Mental Health</td>
<td>Kym Ahrens, MD, MPH</td>
<td>$881,601</td>
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<td>Developing a Foster Caregiver Training to Reduce Early Pregnancies and Sexually Transmitted Infections among Adolescents in Foster Care Conrad N Hilton Foundation</td>
<td>Kym Ahrens, MD, MPH</td>
<td>$480,000</td>
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<tr>
<td>Health Application for Parents of Youth Fund of Excellence Award</td>
<td>Yolanda Evans, MD, MPH</td>
<td>$20,000</td>
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## Training Program

| Leadership Education in Adolescent Health (LEAH) U.S. Department of Health and Human Services, Health Resources and Services Administration | Leslie Walker, MD | $2,235,775 |

## Community Programs

| King County Healthcare for Homeless for Free Teen Clinic Seattle-King Country Public Health | Seattle-King Country Public Health | $66,700    |
| Drug Free Communities Support Program for Prevention WINS Coalition U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration | U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration | $625,000   |
| King County Mental Illness & Drug Dependency for Mental Health Counselor at Eckstein Middle School | King County Department of Community and Human Services | $90,000    |

**Total Grant Funding:** $10,133,669
Seattle Children’s

The Adolescent Medicine Fund provides funds for pilot projects, fosters innovation, and helps to improve overall health and well-being of adolescents & young adults.

The James Owens Sr., MD Award for Excellence in Adolescent Health and Medicine: This award honors the third year Pediatric Resident demonstrating excellence in Adolescent Health and Medicine. The recipient represents the qualities and characteristics of Dr. James Owens, Sr, who, throughout his adolescent medicine career and after he retired, worked to ensure the quality of basic health care in America’s jails, prisons and juvenile facilities. Dr. Owens was instrumental in training Adolescent Medicine fellows and a highly regarded mentor. Donations assist the Division in recognizing residents for their exemplary work.

Form an Adolescent Medicine Guild: Seattle Children’s Guild Association is made up of multiple guilds that raise funds for different programs and needs. For information about starting an Adolescent Medicine guild, visit www.seattlechildrens.org/ways-to-help

University of Washington

Street Youth Program Fund: Donations to the Street Youth Program Fund help pay for medication and supplies for homeless and unstably-housed youth through two programs.

- The Youth Clinic @ Country Doc is located in the Capitol Hill neighborhood of Seattle and provides medical and health-related services two nights each week.
- South Seattle Initiative: In collaboration with Atlantic Street Center and other non-profit organizations, the Division seeks to improve access to health care for unstably-housed and homeless teens living in South Seattle.

Deisher Endowment: Donations to the Deisher Endowment Fund support bringing internationally-renowned experts in adolescent health to Seattle for Grand Rounds at Seattle Children’s Hospital, small group meetings with trainees, and a public dinner lecture. Bringing experts on the cutting edge of adolescent health research and care to Seattle enables Division faculty and staff, as well as many community members, to improve local adolescent health care.
Division of Adolescent Medicine
Donations
M/S: CSB-200 PO Box 5371
Seattle, WA 98145-5005

Yes! I would like to support Adolescent Medicine with a financial contribution to:

☐ Country Doctor Youth Clinic
☐ South Seattle Initiative
☐ Deisher Endowment
☐ Adolescent Medicine General Fund
☐ The James Owens Sr., MD Award for Excellence in Adolescent Health and Medicine

Name: __________________________ Phone: __________________________
Address: __________________________ Email: __________________________

☐ Yes! I would like to receive Adolescent Medicine division updates via email.

Questions? Contact an Adolescent Medicine Administrator
206-987-4414 or
AdoMedAdmin@seattlechildrens.org