



ADOLESCENT SEXUAL AND REPRODUCTIVE HEALTH: A TRAUMA INFORMED APPROACH

Virtual Conference
Thursday, June 13, 2024

Jointly provided by Healthfirst, Ichan School of Medicine at Mount Sinai,
the Mount Sinai Adolescent Health Center and New York University Silver School of Social Work



Adolescent Sexual and Reproductive Health: A Trauma Informed Approach

PROGRAM DESCRIPTION

This continuing medical education activity is being jointly provided by Healthfirst, the Mount Sinai Adolescent Health Center and New York University Silver School of Social Work and will provide physicians and other allied health professionals the most up-to-date information and tools to care for adolescent health with a trauma informed approach.

EDUCATIONAL OBJECTIVES

At the conclusion of this activity, participants should be able to:

- **Describe** trauma-informed techniques when interviewing an adolescent patient.
- **Recognize** the current approach to providing comprehensive care for LGBTQIA+ youth.
- **Identify** approaches that support positive and safe sexual practices for all teens, including up to date prescribing practices for long-acting contraception and family planning.
- **Determine** effective primary care approaches to adolescent mental health.

TARGET AUDIENCE

This CME activity has been developed for physicians, pediatricians, nurses/ nurse practitioners, social workers, psychologists, health educators, public health professionals, and other allied health professionals who work with adolescents in a health care capacity.

ACCREDITATION STATEMENT

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Icahn School of Medicine at Mount Sinai and Healthfirst. Icahn School of Medicine at Mount Sinai is accredited by the ACCME to provide continuing medical education for physicians.

CREDIT DESIGNATION

The Icahn School of Medicine at Mount Sinai designates this remote activity for a maximum of 5.5 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

VERIFICATION OF ATTENDANCE

Verification of attendance will be provided to all professionals.

SPECIAL NEEDS

The Ichan School of Medicine at Mount Sinai is in full compliance with provisions of the Americans with Disabilities Act (ADA) and is accessible for individuals with special needs. If you would like to attend this conference and require any special needs or accommodation, please contact the Page and William Black Post-Graduate School of Medicine at cme@mssm.edu.

FACULTY DISCLOSURE

It is the policy of Icahn School of Medicine at Mount Sinai (ISMMS) to ensure objectivity, balance, independence, transparency, and scientific rigor in all CME-accredited educational activities. All faculty participating in the planning or implementation of an activity accredited by ISMMS are expected to disclose all of their financial relationships with ineligible companies existing within the prior 24 months. Relevant financial relationships will be mitigated and disclosed to learners before the activity takes place. Presenters must also make a meaningful disclosure to the audience of their discussions of unlabeled or unapproved drugs or devices. This information will be available as part of the course material.

MITIGATION OF RELEVANT FINANCIAL RELATIONSHIPS

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NYSED APPROVED PROVIDER OF CONTINUING EDUCATION CONTACT HOURS (CES)

New York University Silver School of Social Work is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed Social Workers {#SW-0012}. New York University Silver School of Social Work is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors {#MHC-0083}. For Mental Health Practitioners: Please check with your state, if you are not licensed in New York, to determine if these credits will be accepted for licensing renewal

ASWB/ACE APPROVED PROVIDER OF CONTINUING EDUCATION CONTACT HOURS

This organization (NYU Silver School of Social Work, 1415) is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org through the Approved Continuing Education (ACE) program. NYU Silver School of Social Work maintains responsibility for the program. ASWB Approval Period: 11/11/22 - 11/11/25. Social workers should contact their regulatory board to determine course approval for continuing education credits. 55 jurisdictions accept ACE-approved provider CE contact hours. ACE is not an approved Continuing Education provider in the states of New York (though NYU Silver is NYSED CE approved in NYS) and West Virginia, unless the event is outside of West VA. ACE only approves individual courses in New Jersey, though NYU Silver is CSWE-accredited and therefore accepted for licensed NJ professionals.

Thursday, June 13

7:45AM - 8:00AM

Welcome and Introduction to CME Activity

Maja Castillo, MD, MHA

*Assistant Vice President, Pediatric Medical Director
Healthfirst*

8:00AM - 9:30AM

Adolescent Menstrual Concerns: A Developmental Approach

Martha R. Arden, MD

*Associate Professor of Pediatrics and Medical Education
Mount Sinai Adolescent Health Center*

Teen Pregnancy

Wendy Neal, MD, MPH

Medical Director, Mount Sinai Adolescent Health Center

Long-acting Reversible Contraception for the Primary Care Provider

Mary Guillot, MD, FAAP

*Assistant Professor, Ichan School of Medicine at Mount Sinai
Attending, Mount Sinai Adolescent Health Center*

Lisa Beth Ditchek, MD

Fellow in Adolescent Medicine, Mount Sinai Health System

9:30AM - 10:00AM

Question and Answer Session

10:00AM - 11:00AM

Speaking with Adolescents, A Trauma Informed Approach

Rachel Colon, LCSW

Social Work Supervisor

*Primary Care & School Based Social Work Programs
Mount Sinai Adolescent Health Center*

Addressing Anxiety & Depression in the Primary Care Setting

Stacey Lurie, PhD

*Director, Psychology Training Program, Mount Sinai Adolescent Health Center
Assistant Professor, Pediatrics and Psychiatry,
Icahn School of Medicine at Mount Sinai*

11:00AM - 11:30AM

Question and Answer Session

11:30AM - 11:45AM

Break: 15-minutes

11:45AM - 1:30PM

Transgender Adolescent Patients Medical Care

John B. Steever, MD

*Associate Professor Pediatrics, Adolescent Clinic,
NYC Health + Hospitals/Elmhurst - Pediatrics*

Mental Health Evaluation Support for Gender Diverse Youth

Aruna Krishnakumar, LCSW

*Managing Director, Adolescent & Mobile Health
Callen-Lorde Community Health Center*

Adolescent and Young Adult Male Sexual and Reproductive Health

David Bell, MD, MPH

*Associate Dean, Office of Student Diversity, Inclusion, and Belonging
Columbia University Vagelos College of Physicians and Surgeons*

1:30PM - 2:00PM

Question and Answer Session

Closing Remarks/Adjourn

Martha R. Arden, MD



Associate Professor of Pediatrics and Medical Education Mount Sinai Adolescent Health Center

Dr. Martha Arden is a board-certified adolescent medicine specialist who has spent her career working with underserved youth. A graduate of Yale Medical School, Dr. Arden completed her pediatric residency at Columbia University (Babies Hospital) before her three-year fellowship in adolescent medicine at Schneider Children's Hospital at Long Island Jewish Medical Center. After fellowship, Dr. Arden stayed at Long Island Jewish, where she was the medical director of the school-based health center program, and she remained in that role after a merger created Northwell Health. Dr. Arden has been medical director of the school-based health center program at Mount Sinai's Adolescent Health Center since 2016.

Dr. Arden's practice of adolescent medicine has focused on women's health, with a particular emphasis on menstrual disorders in teens.



Wendy Neal, MD, MPH



Interim Chief, Division of Adolescent Health, Icahn School of Medicine at Mount Sinai Medical Director, Mount Sinai Adolescent Health Center

Dr. Wendy Neal currently serves as Interim Chief of the Division of Adolescent Health at the Icahn School of Medicine at Mount Sinai (ISMMS) and the Medical Director of the Adolescent Health Center. Dr. Neal received her medical and master's degrees from Tulane University School of Medicine and Tulane School of Public Health and Tropical Medicine. She completed her Pediatric Residency and Adolescent Medicine Fellowship at Montefiore Medical Center.

Dr. Neal has a wealth of leadership experience in clinical and academic medicine. Dr. Neal has devoted her career to enhancing access to care and developing community service programs for adolescents and young adults. She has a strong track record in clinical research, securing institutional and federal grants, and contributing to the Society of Adolescent Health and Medicine's national program planning committee. Additionally, Dr. Neal has been instrumental in delivering ACGME-mandated content and providing individualized instruction to pediatric residents and adolescent medicine fellows.



Mary Guillot, MD, FAAP



Assistant Professor, Ichan School of Medicine at Mount Sinai Attending, Mount Sinai Adolescent Health Center

Dr. Mary Guillot is an Assistant Professor at Mount Sinai Icahn School of Medicine and Attending at the Mount Sinai Adolescent Health Center. She is board-certified in General Pediatrics and Adolescent Medicine.

In her clinical practice, Dr. Guillot emphasizes patient empowerment and comprehensive care. Specializing in sexual and reproductive health promotion, she provides expert care in LARC placement and management, reproductive justice, and eating disorder management. Additionally, Dr. Guillot plays a vital role in HIV and transgender care at the Mount Sinai Adolescent Health Center.

In addition to her clinical practice, Dr. Guillot is committed to medical education and research. She has received recognition for her teaching excellence and has contributed to research on HPV infections, substance abuse patterns, and the impact of COVID-19 on adolescent health.

As a mentor, Dr. Guillot supports the growth and development of medical students, residents, and fellows, guiding them in research endeavors and career decisions. She is passionate about diversity, inclusion, and patient-centered care, striving to improve access to care and elevate medical literacy levels among her patients.

Through her educational and clinical roles, Dr. Guillot continues to positively impact adolescent healthcare and medical education, exemplifying excellence in her field.



Lisa Beth Ditchek, MD



Fellow in Adolescent Medicine, Mount Sinai Health System

Dr. Lisa Beth Ditchek is a Fellow in Adolescent Medicine at the Mount Sinai Health System. She completed her Pediatric residency at Columbia University at Morgan Stanley Children’s Hospital. Dr. Ditchek holds an MD from SUNY Upstate Medical University and a BS in Biological Sciences and Women’s Studies from Hobart and William Smith Colleges.

A passionate advocate for inclusive health education, Dr. Ditchek led the creation and delivery of an LGBTQ curriculum during her residency. Her research has explored mental health outcomes in youth with gender dysphoria and bariatric surgery outcomes in a diverse NYC community, highlighting her dedication to promoting equity in healthcare and research.



Rachel Colon, LCSW



Social Work Supervisor Primary Care & School Based Social Work Programs Mount Sinai Adolescent Health Center

Rachel Colon, LCSW, is a social worker who has been working with youth and families since 2004. In her current role as the Program Coordinator of Primary Care Social Work at the Mount Sinai Adolescent Health Center (MSAHC), Ms. Colon provides psychosocial assessments, short and long-term mental health therapy, and health education services to at-risk adolescents, focusing specifically on young people with histories of abuse and trauma within an interdisciplinary setting. Previously, Ms. Colon worked in a non-residential Domestic Violence program at STEPS to End Family Violence a program of Edwin Gould Services providing trauma focused counseling to adult women and children. Ms. Colon is trained in Trauma Focused-Cognitive Behavioral Therapy, Child Parent Psychotherapy, Attachment Regulation and Competency (ARC), and other evidence-based treatments. Ms. Colon supervises and trains social work students and psychology interns on the integration of behavioral health in the primary care setting. Ms. Colon has served on panels, conducted in-service trainings, and workshops within the community on domestic violence and its impact on families.

Ms. Colon has a Master of Social Work degree from Fordham University and a Bachelor of Arts in Forensic Psychology from John Jay College of Criminal Justice.



Stacey Lurie, PhD



Director, Psychology Training Program, Mount Sinai Adolescent Health Center
Assistant Professor, Pediatrics and Psychiatry, Icahn School of Medicine at Mount Sinai

Dr. Stacey Lurie is a licensed Clinical Psychologist and the Director of the Psychology Training Program at the Mount Sinai Adolescent Health Center. She is also an Assistant Professor in Pediatrics and Psychiatry at the Icahn School of Medicine at Mount Sinai. Dr. Lurie received her doctoral degree in Clinical Psychology from Ferkauf Graduate School of Psychology, Yeshiva University before completing her APA-accredited internship at Kings County Hospital and post-doctoral fellowship in a group private practice in Brooklyn, NY.

Dr. Lurie joined the Mount Sinai Adolescent Health Center as the Psychology Program Internship Director in 2021 and has since expanded the training program to include a pre-doctoral psychology externship program and a post-doctoral fellowship. Dr. Lurie has experience providing culturally sensitive, evidence-based psychotherapy to children, adolescents, and young adults with a variety of psychiatric and psychosocial problems. Having consistently served as a member of a multidisciplinary team throughout her career, Dr. Lurie is passionate about the provision of team-based, integrative medical and mental healthcare to the patients she serves. Dr. Lurie also specializes in conducting psychodiagnostics and neuropsychological assessments for children and adolescents and provides school consultation services to ensure schools are meeting her patients' academic and social-emotional needs. Dr. Lurie's research has focused on furthering understanding of autism spectrum disorder (ASD), with a particular focus on detailed phenotyping of individuals with idiopathic ASD (iASD) as well as individuals known genetic syndromes associated with ASD.



John B. Steever, MD



Associate Professor Pediatrics, Adolescent Clinic NYC Health + Hospitals/Elmhurst - Pediatrics

Dr. John Steever graduated from Cornell University, School of Arts and Sciences with a Bachelors of Arts in Botany in 1989. He then attended and graduated from George Washington University Medical School in Washington, DC in May of 1993. He completed an internship and residency in Pediatrics at the Children's Hospital of Los Angeles in 1996. Further training in the specialty of Adolescent Medicine was completed at the Division of Adolescent Medicine at Children's Hospital Los Angeles in 1999. His training focused on providing medical services to "high risk" youth of the Los Angeles and Hollywood area.

After working with a diverse patient population that ranged from youth in detention to eating disorder patients to middle class youth for a large HMO in California, he headed east to join the staff at the Mount Sinai Adolescent Health Center in Manhattan, New York as an Assistant Professor of Pediatrics. There he has worked to provide quality health care to youth who are in need.

He was the Principle Investigator for the Adolescent Trials Network at the National Institutes of Health (NIH) from 2009-2012. His current clinical interests include working with youths infected with HIV and he is the Health Champion for HIV Medical Services at the Mount Sinai Adolescent Health Center. He also is the primary medical provider of the Transgender Health Project.

Related interests include teaching Adolescent Medicine to Pediatric House staff, Adolescent Fellows, and medical students. Other academic interests include advising the Mount Sinai Medical Record (Epic) on Adolescent Medicine issues and concerns.

Dr. Steever strives to provide high quality health care to all youth in the New York Metropolitan area.



Aruna Krishnakumar, LCSW



Managing Director, Adolescent & Mobile Health Callen-Lorde Community Health Center

Aruna Krishnakumar (she/her/hers) is the Managing Director of Adolescent and Mobile Health at Callen-Lorde Community Health Center. She was most recently Site Director of Callen-Lorde Brooklyn, after beginning at Callen-Lorde as the Director of the Health Outreach to Teens (HOTT) Program, which provides comprehensive health services to LGBTQ youth ages 13-24. She is a licensed social worker who received her training at Columbia University, with an extensive commitment to youth health and social justice. She currently sits on the Children's Advisory Board of Amida Care and the Community Advisory Board of New York Presbyterian-Brooklyn Methodist Hospital.



David Bell, MD, MPH



Associate Dean, Office of Student Diversity, Inclusion, and Belonging Columbia University Vagelos College of Physicians and Surgeons

Dr. David Bell (he, him, his) is a professor in the Department of Pediatrics (College of Physicians & Surgeons) and in the Heilbrunn Department of Population and Family Health (Mailman School of Public Health) at Columbia University Medical Center. Since 1999, Dr. Bell has been medical director of the Young Men's Clinic delivering primary care to adolescent and young adult males and advocating for the right of young men to have access to high quality and respectful services which includes attention to their sexual and reproductive health.

He is currently the President of the Society of Adolescent Health and Medicine. He also served on Mayor de Blasio's Sexual Health Education Task Force. He is on the boards of the Partnership for Male Youth and Promundo Global.



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COURSE DIRECTORS

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FACULTY

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About Healthfirst

Healthfirst is New York’s largest not-for-profit health insurer, earning the trust of 1.9 million members by offering access to affordable healthcare. Sponsored by New York City’s leading hospitals, Healthfirst’s unique advantage is rooted in its mission to put members first by working closely with its broad network of providers on shared goals. Healthfirst takes pride in being pioneers of the value-based care model, recognized as a national best practice. For 30 years, Healthfirst has built its reputation in the community for top-quality products and services New Yorkers can depend on. It has grown significantly to serve the needs of members, offering market-leading products to fit every life stage, including Medicaid plans, Medicare Advantage plans, long-term care plans, qualified health plans, and individual and small group plans. Healthfirst serves members in New York City and on Long Island, as well as in Westchester, Sullivan, and Orange counties. For more information about Healthfirst, visit healthfirst.org.

About the Ichan School of Medicine at Mount Sinai

At the Icahn School of Medicine at Mount Sinai, we are dramatically advancing the art and science of medical care through an atmosphere of intense collaborative learning, social concern, and scholarly inquiry.

Mission Statement

The Icahn School of Medicine at Mount Sinai advances science, medicine, and health care delivery for the benefit of humanity through a culture of excellence, innovation, collaboration, and inclusive diversity. We conduct groundbreaking research; educate and nurture the next generation of exceptional clinicians, researchers, teachers, and leaders; and deliver the most advanced compassionate care with an unwavering commitment to health equity.

Our Vision

We pursue innovative approaches to education, research, and patient care, combining the best traditions of medicine with the principles and entrepreneurial thinking of a startup, to uncover novel insights about disease. Building this culture of innovation requires making large investments and taking a transformative approach to discovery, which means taking risks and disrupting the status quo. In this way, we are transforming the practice of medicine and reinventing medical research to produce radically better outcomes for patients.

We seek a variety of students who can contribute open-mindedness, empathy, social insight, medical, scientific, technological, and engineering expertise, to change the very nature of medicine. We have developed a number of admissions and training programs to foster these advances and recruit multi-talented students from richly diverse backgrounds, in a non-traditional way.

We continually pioneer innovative approaches in our medical and graduate education curricula that instill entrepreneurship, encourage critical thinking, and equip the next generation of basic and clinical scientists with cutting-edge methodological and technological skills to translate scientific discovery into practice and improve public health. We have ambitious goals, preparing scientists, physicians, and leaders who will make significant contributions to local and global health care, remaining forever inquisitive in their quest for lifelong growth, learning, and contribution. We train in the classroom and the laboratory, at the bedside, and in the community. Our unwavering commitment to intellectual exchange, multidisciplinary teamwork, and innovation continually drives us forward in discoveries, advances, and service.

As a leader in biomedical research, we have hired accomplished scientists and executives with startup experience and melded them with Mount Sinai's doctors and researchers, spurring new levels of collaboration among our faculty. We are an engine of discovery, creating new treatments for the patients who need them the most, working in partnership with leading high-tech companies. We are on the threshold of a new era in precision medicine, and our mission is to cure diseases once thought incurable, changing the lives of patients worldwide.

A Foundation of Service

Our values are deeply ingrained in the School. When they opened the school's doors in 1968, our founding trustees envisioned a new and progressive institution, embedded within the real-world environment of a working hospital. They called for the levels of passion, inquiry, dedication, knowledge, leadership, and innovation for which the School is renowned.

Today, we train nearly 2,000 students and postdoctoral fellows each year, with several thousand faculty members in numerous clinical and basic science departments, multidisciplinary institutes and centers. Our NIH funding is among the highest nationwide. We have built inspirational leadership, a comprehensive infrastructure, strategic affiliates, and a solid support system, as we train health care leaders for the 21st century amid the vibrant and diverse city of New York.

About the Mount Sinai Adolescent Health Center

Since its establishment in 1968 as the first primary care program in New York specifically created for the health needs of teens, the Mount Sinai Adolescent Health Center (MSAHC) has grown to become a model of excellence in adolescent health care nationally and worldwide. We've broadened our vision to match the needs of the Center's steadily rising number of young people we serve, growing from 900 in 1971 to more than 12,000 each year.

We've expanded, renovated, and created a bright, welcoming place for young people to come at our spacious East 94th Street location in New York City. Our interdisciplinary team continues to deliver the same compassionate, high-quality, integrated care that has been the heart of the Center's mission since the beginning—at no cost to our patients.

Our Services

The Mount Sinai Adolescent Health Center in New York City offers a comprehensive array of **medical, mental health, and reproductive health services**, plus prevention education to young people aged 10 to 26. Our multidisciplinary staff includes pediatricians who specialize in Adolescent Medicine, nurse practitioners, physician assistants, psychologists, psychiatrists, social workers, health educators, and support staff specially trained to work with teens. Staffing at the Center's 94th Street location—as well as at each of the six **school-based clinics**—also includes bilingual health care providers.

Confidential services at no cost to patients

All of our health education, mental health, and family planning services are available at no cost. We accept Medicaid and most other medical insurance plans. Patients with Medicaid should always bring their Medicaid cards to the Center. They can learn more about Healthfirst, a Medicaid managed care plan in which Mount Sinai is a provider, by speaking with a staff member. Our patients' privacy is important, and each of our health care providers and support staff, at all times, are mindful of that need for privacy and confidentiality.

Our doctors, nurses, social workers, and other medical staff can take care of all your health care needs. To make an appointment, call us at 212-423-3000.

About the NYU Silver School of Social Work

NYU Silver School of Social Work is a premier locus for research and education of professional social workers, offering undergraduate, master's, and doctoral degree programs. The School serves as a major postgraduate training center for practicing social workers through its continuing education coursework and events, and offers master's students intensive learning opportunities in family and children's services, mental health, integrated health, substance misuse and co-occurring disorders, palliative and end-of-life care, restorative justice, and other innovative and emerging areas of social work. MSW students also have the opportunity to pursue global learning with NYU Silver programs in New York, Shanghai, and other cities around the world. NYU Silver has four campuses in the heart of New York City, Rockland County, Westchester County, and Shanghai.

Founded in 1960, NYU Silver is renowned for our strong tradition of clinical excellence, dedication to social justice, and innovative teaching, which prepare our graduates for careers of meaningful impact. The School has provided rigorous training to over 20,000 social work practitioners and leaders in every area of the field. NYU Silver's faculty are on the leading edge of scholarly research and address society's most intractable problems with a focus on proactive approaches and preventive interventions that transform lives.

Dr. Michael A. Lindsey is Dean of NYU Silver and is the Paulette Goddard Professor of Social Work. He is a noted scholar in the fields of child and adolescent mental health, as well as a leader in the search for knowledge and solutions to generational poverty and inequality.



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