

# DC American Academy of Pediatrics Adolescent Health Working Group

4<sup>th</sup> Quarterly Report – November 30, 2013

## OVERVIEW OF ADOLESCENT HEALTH WORKING GROUP

**Krishna Upadhyia, MD, MPH; Chair**

Many adolescents in Washington DC face barriers to optimal health, such as poverty, poor educational attainment, community violence, limited access to care and inadequate health education. In December 2012, with the support of The Summit Fund of Washington, the DC Chapter of the American Academy of Pediatrics (DC AAP) formed a city-wide Adolescent Health Working Group (AHWG) -- bringing together leaders in adolescent health from local health care facilities, community based agencies and governmental organizations to develop a coordinated and comprehensive approach to improving adolescent health in DC. The DC AAP Adolescent Health Working Group uses the improvement partnership model -- reviewing best practices, identifying priorities for intervention and combining resources to effect change. This briefing is a periodic report prepared by the AHWG, with the goal of educating and informing adolescent health advocates across the city.

## AHWG ADOLESCENT HEALTH ACTION PLAN

The Adolescent Health Working Group continues to build its coalition of partners dedicated to improving the health of adolescents in the District of Columbia. Each member organization has a unique mission and our goal as a Group is to build a comprehensive agenda that also allows the needs of individual member organizations to be served. As the AHWG moves ahead, the group will continue to work towards the following goals and objectives:

- 1) Ensure access to comprehensive sexual and reproductive health services for all adolescents
  - Obtain sustained financial commitment for School Based Health Centers (SBHCs) from District Government
  - Ensure that long acting reversible contraceptives (LARCs) are available at all SBHCs
  - Expand the role of School Nurses to include pregnancy and sexually transmitted infection (STI) testing
  - Create and maintain an up-to-date directory of LARC providers who are teen friendly
  - Pursue a State Plan Amendment to expand insurance coverage of family planning services
- 2) Ensure access to comprehensive health education for all adolescents
  - Increase graduation requirement for health education
  - Ensure that DC CAS health assessment data is available for analysis
  - Ensure that health education curriculum and assessment are comprehensive and evidence based
- 3) Facilitate the integration of mental health services into primary care
  - Ensure that pediatricians have the skills, knowledge and time to properly identify and treat basic mental health issues and to quickly link children who need referrals to the appropriate mental health specialists and services.

## **AHWG Holds Adolescent Health Advocacy Summit for D.C. Health Care Professionals & Community Advocates**

On October 8<sup>th</sup>, 2013, the AHWG held a day-long, city-wide Adolescent Health Advocacy Summit designed to train new adolescent health advocates and initiate the creation of an electronic adolescent health advocacy network. The event was hosted at the John A. Wilson Building by the Honorable Yvette M. Alexander, Chair of the Committee on Health of the DC Council. 95 health care professionals and community advocates from all 8 wards, including pediatricians, nurses, nurse practitioners, medical trainees, program administrators, social workers and non-profit leaders were trained on effective advocacy skills related to adolescent and reproductive health. Following the event, Kristen Reese, MD, Pediatric Chief Resident at Children's National Medical Center stated "the speakers were engaging and educational, and the advocacy experience was fantastic. I know that for several of our interns, this was their first advocacy experience—and they loved it!"

In addition to general advocacy training, attendees learned about the DC legislative and budgeting process; utilization of communication and social media tools; the impact of the Affordable Care Act on adolescent health; and the vision and priorities of the DC Department of Health's HIV/AIDS, Hepatitis, STD & TB Administration. Presenters included the director of the American Academy of Pediatrics, Department of Federal Affairs; the Children's Budget Consultant for the Office of the Deputy Mayor for Health and Human Services; and the Interim Senior Deputy Director of the HIV/AIDS, Hepatitis, STD & TB Administration, D.C. Department of Health. In addition, the Honorable Yvette M. Alexander, Chair, Committee on Health for the District of Columbia City Council addressed the group, sharing her vision for adolescent health in the District.

Attendees ended the day by meeting with eleven of the thirteen DC Council members and/or their staffs to educate them about the importance of primary pregnancy prevention; access to quality health education and increased funding for school based health centers. To be added to the distribution list for future legislative activities or advocacy trainings, please contact Nancy Schoenfeld at [nschoenfeld@aap.net](mailto:nschoenfeld@aap.net).

## **AHWG Members Testify at DC Council Hearing**

Members of the AHWG presented testimony at the October 30<sup>th</sup> D.C. Committee on Health hearing on Bill 20-343, the *Expedited Partner Therapy Act of 2013*, which would permit health care practitioners to prescribe prescription drugs without an examination to the partners of a patient diagnosed with a sexually transmitted infection. AHWG members testified in support of the bill but recommended expansion to include other potentially treatable sexually transmitted infections such as Trichomonas and discussed that there is no current CDC recommended first line oral antibiotic for gonorrhea. The hearing can be viewed at <http://www.dccouncil.washington.dc.us/granicus/archive/> and the bill can be read at <http://dcclims1.dccouncil.us/lims/legislation.aspx?LegNo=B20-0343>.

## **AHWG Compiles Comprehensive Directory For Adolescents Seeking Long Acting Reversible Contraception (LARC)**

Long-acting reversible contraceptives (LARCs), intrauterine devices (IUDs) and the contraceptive implant (Nexplanon) have been recommended by the American College of Obstetricians and Gynecologists as first line contraceptive methods for most women, including adolescents. These contraceptive methods are the most effective reversible contraceptives available. The AHWG has compiled a comprehensive listing of health center sites in Washington DC that provide LARC methods to adolescents. Information in the directory includes health center addresses, hours of operation, health plan coverage considerations, types of birth control available, and other pertinent information. AHWG plans to work with local teens to verify ease of access at each of the sites listed.

The listing will be posted on AHWG member websites and incorporated into a comprehensive resource guide. The AHWG is in the process of forming a resource guide working group, including AHWG members from DC Public Schools, the DC Office of the State Superintendent of Education, Children's National Medical Center, DC Campaign to Prevent Teen Pregnancy and the American College of Obstetrics and Gynecology to create a teen-friendly mobile app locator resource. AHWG members have had preliminary discussions to partner on this effort with Bedsider.org, an online birth control network for young women operated by the National Campaign to Prevent Teen and Unplanned Pregnancy.

### **D.C. Leads the Way for the Nation in Health Education Testing**

The District of Columbia is the only state in the nation that conducts a standardized test for health and physical education entitled *DC Comprehensive Assessment System (CAS) Health and Physical Education*. Beginning in 2012, District students are tested annually in 5<sup>th</sup> and 8<sup>th</sup> grades, and high school (during the year that a health class is taken) on their health and physical education knowledge as it pertains to OSSE's [Health Education Standards](#) and [Physical Education Standards](#). At this time, health scores are not included in the state's accountability system, but they are reported to the United States Department of Education for accountability, included in schools' annual report cards, and included in the annual [Healthy Schools Act Physical and Health Education Standards report](#). Full write up and contact information is available on the OSSE website: <http://osse.dc.gov/service/dc-cas-health-and-physical-education>

### **Contracts Awarded for Two New School Based Health Centers**

The Community Health Administration of the DC Department of Health recently awarded contracts for two new School Based Health Centers which will open soon in newly modernized spaces at Cardozo Senior High School and Dunbar Senior High School. Unity Health Care will operate the new center at Cardozo High School and Howard University Hospital will operate Dunbar High School's new SBHC.

## District of Columbia Receives HIV/AIDS Prevention Funding to Support DC Public and Public Charter Schools

District of Columbia Public Schools (DCPS) and the Office of the State Superintendent of Education (OSSE) recently were awarded five-year grants by The Centers for Disease Control and Prevention's (CDC) Division of Adolescent and School Health to improve health education, access to health services and positive outcomes of middle and high school students between the ages of 13-19. The grants, entitled *Promoting Adolescent Health through School-based HIV/STD Prevention and School-Based Surveillance*, will enable DCPS to focus on capacity building of approximately 20 DC Public Schools. OSSE will use the funding to support approximately 20 DC Public Charter schools and to collect and report [Youth Risk Behavior Survey](#) (YRBS) and [CDC School Health Profiles](#) data\*. DCPS and OSSE will work in partnership with the D.C. Department of Health's HIV/AIDS, Hepatitis, STD and TB Administration and local and national organizations with subject matter expertise.

"CDC provides this funding for state and local education agencies to help districts and schools deliver exemplary sexual health education emphasizing HIV and other STD prevention (ESHE); increase adolescent access to key sexual health services (SHS); and establish safe and supportive environments for students and staff (SSE). In addition, funding is provided to track policies, educate key decision makers on policy issues, and help districts and schools implement policies related to HIV/STD prevention". DCPS and the OSSE selected the LGBTQ youth population for its youth at disproportionate risk (YDR) focus.

The overall goals for the grants include:

- Reducing human immunodeficiency virus (HIV) and other sexually transmitted disease (STD) infections among adolescents;
- Reducing disparities in HIV infections and other STDs experienced by specific adolescent sub-populations, including Lesbian, Gay, Bi-Sexual, Transgender and Questioning (LGBTQ) youth, youth attending alternative schools and homeless youth; and
- Reducing teen pregnancy rates.

These grants will allow the DCPS Health and Wellness team and the OSSE Health Education Team to expand and enhance efforts over the next five years to build upon existing models to provide technical assistance and professional development to school-based staff who then in turn can be better equipped to support students in improving their health, well-being, decision-making skills, and academic outcomes. For more information regarding DCPS efforts contact Melissa McNeily, Program Manager at [melissa.mcneily@dc.gov](mailto:melissa.mcneily@dc.gov) and regarding the OSSE's efforts contact Kafui Doe, MPH, CHES, Health Education Manager at [Kafui.doe@dc.gov](mailto:Kafui.doe@dc.gov).

\*Funding awarded to state education agency, The Office of the State Superintendent of Education

## Adolescent Health Acronym Key

ACA	Affordable Care Act	HAHSTA	HIV/AIDS, Hepatitis, STD and TB Administration
ACEs	Adverse Childhood Events	HE	Health Education
ACOG	American College of Obstetrics & Gynecology	HECAT	Health Education Curriculum Assessment Tool
APRA	Addiction Prevention and Recovery Administration	HSA	Healthy Schools Act
ARHP	Association of Reproductive Health Professionals	IOM	Institute of Medicine
CASHB	Child, Adolescent and School Health Bureau	LARC	Long Acting Reversible Contraceptives
CCDC	Community College of DC	LGBTQ	Lesbian, Gay, Bisexual, Transgender and Questioning
CCSS	Common Core State Standards	MCO	Managed Care Organization
CCSHP	Committee on Comprehensive School Health Programs	NHES	National Health Education Standards
CFSA	Child and Family Services Agency	OCF	Office of Contracts and Procurement
CHA	Community Health Administration	OSSE	Office of State Superintendent of Education
CHET	Community Health Education Team	OYE	Office of Youth Engagement
CPPE	Center for Policy, Planning and Evaluation	PA	Physical Activity
CYSHCN	Children and Youth with Special Health Care Needs	PCSB	Public Charter School Board
DC CAS	DC Comprehensive Assessment System	PE	Physical Education
DCMR	DC Municipal Regulations	PRCH	Physicians for Reproductive Choice and Health
DCPL	DC Public Libraries	PCMH	Patient Centered Medical Home
DCPS	District of Columbia Public Schools	SAHM	Society for Adolescent Health and Medicine
DCSBOE	District of Columbia State Board of Education	SBHC	School Based Health Center
DHCF	Department of Health Care Finance	SBOE	State Board of Education
DHS	Department of Human Services	SEICUS	Sexuality and Information and Education Council of the U.S.
DMH	Department of Mental Health	SHPPS	School Health Policies and Practices Study
DOES	Department of Employment Services	TANF	Temporary Assistance for Needy Families
DOH	Department Of Health	UDC	University of DC
DYRS	Department of Youth Rehabilitation Services	WRAP MC	DOH's Condom Availability Program
EHB	Essential Health Benefits	WHO	World Health Organization
FCSSD	Family Court, Social Services Division		

## Upcoming Events

- Tuesday, Dec. 10<sup>th</sup>, 11 a.m. D.C. Council, Committee on Health, Roundtable on Health Benefit Exchange Authority
- Wednesday, Dec. 18<sup>th</sup>, 3 p.m. D.C. Council, Committee on Health, Regular Meeting

## Key Issues We Are Watching

- Release of DC Youth Risk Behavior Surveillance Data
- DCPS Student Assignment and School Boundary Review Process  
<http://dme.dc.gov/DC/DME/Initiatives+and+Priorities/Statewide+Commission+on+Children+Youth+and+Their+Families/Student+Assignment+and+School+Boundaries+Review+Process>

## Take Action

Let your voice be heard in support of increased funding for SBHCs by contacting Council Member Yvette Alexander's Office: 1350 Pennsylvania Avenue, Suite 400, NW Washington, DC 20004, Tel: [\(202\) 724-8068](tel:(202)724-8068) <http://www.dccouncil.washington.dc.us/council/yvette-alexander>

Know of other events of importance to Adolescent Health in DC? Email us at [dcaapchapter@gmail.com](mailto:dcaapchapter@gmail.com)