ADOLESCENT MEDICINE
FELLOWSHIP PROGRAM

Indiana University School of Medicine
James Whitcomb Riley Hospital for Children
# Table of Contents

- Welcome! .................................................................................................................. 3
- Exceptional Faculty .................................................................................................. 3
- Interdisciplinary Training ......................................................................................... 3
- Curriculum .................................................................................................................. 4
  - Overview .................................................................................................................. 4
  - Seminar in Adolescent Health (LEAH) .................................................................. 4
- Clinical Training ....................................................................................................... 5
  - Overview .................................................................................................................. 5
  - Subspecialty Adolescent Training ......................................................................... 5
  - Primary Care Adolescent Training ....................................................................... 5
  - Additional Clinical experiences .......................................................................... 5
- Research .................................................................................................................... 6
  - Overview .................................................................................................................. 6
  - Year 1 – Initial project ............................................................................................. 6
  - Years 2 and 3 – Main research project ................................................................ 6
- Opportunities for Master’s Degrees and other certifications ............................... 7
- Facilities/Resources ................................................................................................. 7
- Faculty ........................................................................................................................ 8
- Living in Indianapolis ............................................................................................... 11
- Applications ............................................................................................................... 12
Welcome!

Welcome to the Adolescent Medicine Fellowship at Indiana University! Our ACGME accredited adolescent medicine fellowship prepares physicians for leadership positions in academic medicine and public health. Our fellowship program is open to pediatricians, internists and family medicine physicians. Our comprehensive training program includes both tertiary and primary care experiences in adolescent medicine, rigorous training in research and quality improvement, and professional development.

Exceptional Faculty

Fellows at Indiana University will work with a vibrant, multidisciplinary group of faculty. Core faculty members within the Section of Adolescent Medicine represent multiple specialties, including pediatrics, internal medicine, psychology, social work, nutrition, nursing, health behavior, and sociology. Affiliate faculty include pediatric and adolescent gynecology health services, and public health. Expertise ranges from STIs and sexual health to juvenile justice to diabetes and ethics. IU Adolescent faculty hold leadership positions in the Society for Adolescent Health and Medicine, the North American Society for Pediatric and Adolescent Gynecology, and the American Academy of Pediatrics.

Research. IU adolescent faculty have active research programs that provide a wide variety of opportunities for fellow projects. Areas of interest include sexuality, sexually transmitted infections, contraception, eating disorders, juvenile justice, mental health, diabetes, vaccines, decision-making and ethics. Faculty and fellow research is supported by grants from the National Institutes of Health, Centers for Disease Control and Prevention, Maternal and Child Health Bureau, industry and private foundations.

Clinical Care. Adolescent faculty have developed equally strong clinical programs for both primary care and subspecialty adolescent training. The Teen Care Program at Eskenazi Health is a network of adolescent clinics housed in community health centers. It is considered a model for population health and the delivery of high quality adolescent care in community settings. It is also one of the first adolescent programs to receive a medical home designation. In the community, our faculty are closely involved with schools, youth-serving agencies, and local and state government. IU faculty provided leadership for the Indiana State Plan for Adolescent Health, sit on multiple boards and task forces, and provide consultation and leadership to youth-serving agencies on the local, state and national level.

Interdisciplinary Training

Our adolescent medicine fellowship is imbedded within a larger, federally supported interdisciplinary health training program, Leadership Education in Adolescent Health (LEAH). LEAH prepares graduate-level physicians, nurses, social workers, dietitians and psychologists for careers in adolescent health. For medical fellows, it provides a rigorous interdisciplinary training experience. As an adolescent medicine fellow, you will work closely with other post-graduate trainees in nursing, social work, psychology, nutrition as well as medicine. Thus, the interdisciplinary environment allows for all trainees the opportunity to receive input, education, and mentorship from multiple disciplinary perspectives.
Curriculum Overview

Fellowship activities are designed to provide the clinical, teaching, research, administrative, and health policy and planning skills necessary for leadership positions in adolescent medicine. Key aspects of the curriculum include the following: 1) discipline-specific role models, 2) formal instruction, 3) supervised application of new knowledge and skills, and 4) the opportunity to teach others. Fellows eligible for two years of training will focus on development of clinical and leadership skills. Fellows eligible for three years of training spend approximately 50% of time devoted to clinical training and 50% to research, education and leadership skills. All fellows have a Scholarship Oversight Committee to plan and individualize their curriculum, and to assess progress across the fellowship.

A core curriculum provides didactic instruction in adolescent health and research methods. Clinical and community leadership experiences permit the application of new skills and knowledge, and provide an opportunity to interact with disciplines and agencies important for comprehensive care of youth. Health planning, policy and advocacy are taught through the LEAH seminar and community-based experiences. Fellows have the opportunity to work with adolescent faculty consulting in community and government programs for youth. As a small state, Indiana is an ideal environment to learn health planning, policy, and advocacy.

Seminar in Adolescent Health (LEAH)

LEAH (Leadership Education in Adolescent Health) is a multidisciplinary graduate seminar that meets for 3 hours weekly. Content includes presentations by topic experts, journal club, research-in-progress, case-based discussions, research methods, and leadership training. Faculty and trainees come from the disciplines of medicine, nursing, nutrition, social work, psychology and sociology. Adolescent Medicine fellows participate in all years of their fellowship. The overall goals are to:

- Advance knowledge of core adolescent health topics including growth and development, puberty, nutrition, and the physical, psychological and social morbidities affecting youth.
- Increase skills in collaborative and community-based work, communication and problem-solving strategies, health planning, financing and policy, and cultural competency.
- Acquire leadership skills including an understanding of personality style and its importance in leadership, time and project management, negotiation skills, conflict resolution, facilitation of small meetings, development and delivery of presentations to multidisciplinary audiences, life-long learning and advocacy. For more information on LEAH, go to http://leah.mchtraining.net/
Clinical Training

Overview
The adolescent medicine program provides nearly 50,000 visits per year to adolescents, ages 11 – 24 years old in both subspecialty and primary care settings. We believe that adolescent medicine physicians should have the ability to work with adolescents across a variety of settings, and our fellows train at both Riley Hospital for Children as well as community-based outpatient clinics. All clinical sites are within a 20 minute drive.

Subspecialty Adolescent Training
Inpatient and outpatient subspecialty training occurs primarily at Riley Hospital for Children at IU Health, one of the top children's hospitals in the nation. While on-service, fellows lead a small inpatient service and provide consultations for other services. Outpatient adolescent subspecialty care is provided at the Riley Outpatient Center (ROC), at Meridian Crossing (a Riley suburban outpatient clinic), and the Charis Eating Disorders Program (an IU Health satellite clinic). Subspecialty outpatient experiences include the following:

- **The Adolescent Medicine Consultation Clinic** at the ROC provides consultative care for complex conditions to adolescents referred by physicians throughout Indiana and adjoining states.
- **The Adolescent & Young Adult Diabetes Program** provides care for type 1, type 2, and secondary diabetes. The program addresses adjustment to chronic illness, adherence and transition care.
- **The Adolescent & Young Adult Reproductive and Sexual Health Program** offers consultative care to children, adolescents and young adults for gynecological concerns, menstrual disorders, and contraception, including long acting reversible contraceptive placement and contraception in adolescents with chronic illness.
- **The Charis Center for Eating Disorders** provides comprehensive evaluation and treatment for children, adolescents and adults. Services include multidisciplinary outpatient care, an intensive outpatient program, and a partial hospitalization program.
- **The Gender Health Program** evaluates for gender dysphoria, adjustment to social transition, gender identity transition, and readiness for puberty blocking and/or gender affirming hormones.
- **The Encompass Program** is funded by the Indiana State Department of Mental Health & Addictions to provide substance abuse screening, brief intervention, and referral to care in 6 school-based clinics coordinated by the Section of Adolescent Medicine.

Primary Care Adolescent Training
Faculty direct and staff a system of community-based adolescent clinics where fellows learn adolescent primary care and population health. The Teen Care Program through Eskenazi Health maintains a system of 6 adolescent clinics providing primary care and reproductive health care for low income teens in Marion County in community settings. The Teen Care Program is a designated medical home for adolescents, and serves diverse cultural and linguistic populations.

Section faculty also staff adolescent primary care clinics at the HealthNet Pediatric & Adolescent Care Center, a Federally Qualified Health Center. Additional clinical experiences include school-based clinics, a substance use clinic, and the Bellflower STD Clinic.

Elective Clinical Experiences
Additional experiences in clinical care include rotations in sports medicine, and electives based upon fellow interest and time. Recent fellow electives have included advanced training in eating disorders, palliative care and clinical ethics.
Research

Overview
Research training is an integral part of the fellowship, and may be in clinical research, translational research, basic science, or community-based research. Fellows’ research training activities include the following: (1) formal coursework in biostatistics, research design, research methods and ethics; (2) advanced research topics through the Seminar in Adolescent Health; and (3) completion of a mentored research project. Those fellows choosing to complete a master’s degree with complete additional coursework (see below). For the mentored research project, sufficient time, support, and guidance are given during the fellowship program to allow for completion of meaningful work.

Year 1 – Initial project
Early in the first year of fellowship, trainees are exposed to the research activities of investigators in the Adolescent Medicine section as well as in the Children’s Health Services Research, Infectious Diseases, Pediatric Endocrinology and Public Health. By the end of the first quarter, the fellow selects a mentor and the initial research project. Using extant data within the section, the fellow and mentor prepare an abstract for presentation at the Society for Adolescent Health and Medicine annual meeting.

Years 2 and 3 – Main research project
Fellows’ projects may be part of a faculty member’s research program, or may be an independent project developed in conjunction with adolescent faculty. Examples of fellow projects include an analysis of data collected as part of a larger project on oral contraceptive adherence, interviews with adolescent cancer patients and their parents about fertility preservation, depo self-administration, and acceptability of HPV vaccination for adolescent males.

Fellows select their primary research topic in the second half of Year 1. They are expected to create their research protocol, submit their IRB application, and collect data across the next two years. Fellows typically have presented their research findings at national meetings of the Society for Adolescent Health and Medicine and have been the first author of a manuscript submitted for publication in a peer reviewed journal.
Opportunities for Master’s Degrees and other certifications

Medical fellows may elect additional coursework leading to a Master’s Degree. The Indiana University School of Medicine – wide CITET program leads to a Master’s of Science in Clinical Research, and the Indiana University Fairbanks School of Public Health provides opportunities for a Master’s in Public Health (MPH). Individual fellows have also chosen to pursue other degrees and certification, such as clinical ethics. Fellows interested in a career in research and academic medicine are encouraged to apply for the NIH Supported Department-wide Pediatric-Scientist Training Program.

Facilities/Resources

Fellows have a workstation and office space within the Section of Adolescent Medicine. The Section of Adolescent Medicine is located in the Health Information and Translational Sciences (HITS) building on the IUPUI Campus. The IUPUI campus houses the Indiana University School of Medicine, the Indiana University School of Nursing, the Indiana University School of Social Work, The Robert H. McKinney School of Law, and the Richard M. Fairbanks School of Public Health as well as IU Health’s Riley Hospital for Children and University Hospital.

The HITS building is near the Canal stop of the monorail system that connects Riley Hospital for Children and University Hospital on IUPUI campus, and Methodist Hospitals. HITS houses programs such as Biostatistics, Bioethics, Human Genomics, Adolescent Medicine, Children’s Health Services Research, and the Indiana Clinical Translational Sciences Institute. These sections are the nerve center of IU's clinical and translation research activities.
Faculty

J. Dennis Fortenberry, MD MS
Chief of Adolescent Medicine
Donald P. Orr Professor of Adolescent Medicine
Professor of Pediatrics and Medicine
Co-Director, Center for HPV Research

**Interests:** 30 year adolescent-focused research program encompassing: Health Protective and Health Risk Behaviors; STD; Epidemiology of Risk; Vaginal and urethral microbiome; HIV linkage to care and preventive services; Development of comprehensive services for transgender and gender variant children and youth.

Matthew C. Aalsma, PhD, HSSP
Professor of Pediatrics and Psychology

**Interests:** Research with vulnerable populations, including youth in the mental health and juvenile justice systems. His current research agenda includes exploring system-wide and individual efforts to improve the utilization of mental and physical health care for children and adolescents.

Margaret Blythe, MD
Professor Emerita of Pediatrics & Clinical Gynecology

**Interests:** Young women's health; reproductive health of teens and young adults including menstrual disorders, contraception, and sexually acquired infections; menstrual problems of teens with chronic illnesses and disorders.

James A. Hall, PhD, LISW, LCSW-PIP, ACSW
Professor of Pediatrics & Social Work

**Interests:** Development and evaluation of interventions for adolescent substance misuse, parent-adolescent conflict & communication, teaching research methods in clinical settings.

Devon Hensel, PhD
Assistant Professor of Pediatrics and Sociology

**Interests:** Adolescent sexual health; Longitudinal research design and data analysis.

Laura Kester, MD MPH
Assistant Professor of Clinical Pediatrics

**Interests:** Diabetes, HPV vaccination and epidemiology. Health behavior change.
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<tr>
<th>Name</th>
<th>Position and Interests</th>
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<tr>
<td>Mary Ott, MD, MA</td>
<td>Associate Professor of Pediatrics, Adjunct Professor of Philosophy &amp; Bioethics, Director of Fellowship Training. Interests: Adolescent pregnancy and STD prevention; Young men's health; Ethics of research with vulnerable populations; consent, confidentiality and decision-making capacity.</td>
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<tr>
<td>Cynthia Robbins, MD, MS</td>
<td>Assistant Professor of Clinical Pediatrics, Co-Director of Eskenazi Health Teen Care &amp; Wellness Program. Interests: Pediatric and adolescent reproductive health; school-based health.</td>
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<tr>
<td>Theresa Rohr-Kirchgraber, MD</td>
<td>Associate Professor of Clinical Pediatrics and Medicine, Executive Director of the National Center of Excellence in Women’s Health, Chief Physician Executive of the Center of Excellence in Women’s Health at Eskenazi Health. Interests: Healthy Lifestyles.</td>
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<tr>
<td>Mary R. Rouse, MD</td>
<td>Associate Professor of Clinical Pediatrics. Interests: Medical, nutritional, and psychological care of patients with eating disorders; Natural History and Course of Eating Disorders.</td>
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<tr>
<td>Tonya Somers MS, RD, CDE</td>
<td>Registered Dietitian Specialist, Certified Diabetes Educator. Interests: Diabetes nutrition management.</td>
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Erin (Samantha) Vilano, MD

Obstetrics & Gynecology

**Interests:** Adolescent Obstetrics & Gynecology; Fertility preservation.

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Nathan Stupiansky, PhD

Assistant Research Professor of Pediatrics

**Interests:** HPV vaccine attitudes and acceptability; Diabetes control and management; Sexual health promotion; Health behavior change

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Paula Sullivan, PhD

Associate Professor of Clinical Pediatrics

**Interests:** Promoting pediatric/adolescent mental health competency in residency training; developmental and mental health screening for children and adolescents; adolescents’ perceptions of their health care experience.

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Rebekah L. Williams, MD MS

Assistant Professor of Clinical Pediatrics
Co-director of the Eskenazi Health Teen Care and Wellness Program

**Interests:** Biological, psychological, and social contextual factors influencing contraceptive use among adolescents; Adolescent health advocacy; Leadership training in adolescent health

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Gregory D. Zimet, PhD, HSSP

Professor of Pediatrics & Clinical Psychology
Co-Director of the Center for HPV Research

**Interests:** Psychosocial/behavioral issues associated with acceptability and acceptance of biomedical approaches to the diagnosis and prevention of sexually transmitted infections (e.g., HIV testing & HPV vaccination). Consent issues with recruitment of adolescents into biomedical prevention clinical trials.
Living in Indianapolis

Indianapolis is the nation’s twelfth largest city. With a metropolitan population of over one million people, Indianapolis offers the advantages of a city with a diverse, thriving economy combined with “Hoosier Hospitality”. The downtown area has become a focal point of the city with nationally-renowned museums, critically-acclaimed restaurants, a deep-rooted arts scene, booming craft beer options, an urban winery, multiple distilleries, top-talent-booked concert venues; all within a 20 minute drive of each other. Landmarks include the Soldiers and Sailors Monument, the Indiana Repertory Theater, the Indianapolis Zoo in White River State Park, the NCAA headquarters, and the Eiteljorg Museum of American Indian and Western Art. For information about living downtown, click on this video.

Sometimes termed the “Amateur Sports Capital of the World”; the city has hosted the Pan American Games, the National Swimming and Diving Championships, the RCA Hardcourt Tennis Championships, the World Gymnastics Championship, the NCAA Men’s Basketball Final Four Championship, and in 2012 Super Bowl XLVI. Professional teams include the Indiana Pacers of the NBA and the Indianapolis Colts of the NFL. The Triple-A Indianapolis Indians play baseball in Victory Field. Professional soccer is represented by the Indy Eleven who play on IUPUI’s campus.

Indianapolis is considered the “Automobile Racing Capitol of the World”. In addition to the Indianapolis 500 race held each May, The National Hot Rod association’s US Nationals, Red Bull moto Grand Prix, and the Brickyard 400 NASCAR races are held here yearly. The Indiana University Natatorium, site of the 1996, 2008, and 2016 Olympic swimming and diving trials, is conveniently located near the IUSOM campus. Big Ten Conference athletics at Indiana University and Purdue University are within an hour’s drive. Recreational possibilities include Eagle Creek Park which offers biking, sailing, swimming, fishing and cross-country skiing. The world’s largest Children’s Museum features numerous exhibits for kids of all ages. Cultural events are offered at Clowes Hall on the Butler University campus, at Klipsch Music Center, at the Lawn at White River, at the restored Murat Theater, and at the Circle Theater, home of the well-endowed Indianapolis Symphony Orchestra. The Indianapolis Museum of Art is the seventh largest in the U.S. Other cultural activities include dance and opera companies, professional and amateur theater, jazz clubs, comedy clubs, and art leagues and galleries. The city offers six different cultural districts around downtown connected by the Indianapolis Cultural Trail, an 8-mile world class urban bike and pedestrian path featured in the New York Times. More information on Indy cultural districts and their shopping and dining options can be found online at http://www.visitindy.com/indianapolis-cultural-districts.

Indiana University-Purdue University at Indianapolis (IUPUI) offers 170 degree programs. Part-time or graduate students can complete studies here or at other local universities such as Butler University, the University of Indianapolis or Marian University. The city also has a variety of public, private and parochial schools to meet the educational needs of family members. There are affordable new and renovated apartment complexes downtown and in neighborhoods near Eagle Creek Park, as well as at other locations within 20 minutes of the hospitals. House rentals are also available. Housing costs are reasonable and many resident fellows find they can purchase a home. These are only some of the attractions which make Indianapolis an ideal place to live. The facilities and resources are typical of those of a large city, but without the crowding, congestion and other problems that have troubled many large cities. The people of Indianapolis are friendly. They are proud of their community and treasure it as a great city in which to live, work, play and raise a family. For more information on downtown Indy, go to http://www.downtownindy.org/ or www.visitindy.com.
Applications

Applicants must be U.S. citizens or have permanent resident status and be eligible for licensure in Indiana. Please provide three letters of recommendations (one of which must come from the Director of their residency program), transcripts from college and medical school, and scores on USMLE. Please apply online at https://www.erasfellowshipdocuments.org. Please send all information/inquiries/CV to:

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