

Table of Contents

Acknowledgments	xiii
Why It Matters to Our Future That We Reach Teens Today..... <i>Gail B. Slap, MD, MSc, FSAHM</i>	xv
Foreword	xvii
<i>Paula M. Duncan, MD, FAAP</i>	
SECTION 1 ORIENTATION TO A STRENGTH-BASED APPROACH	1
Chapter 1 Introduction..... <i>Kenneth R. Ginsburg, MD, MS Ed, FAAP, FSAHM</i> <i>Sara B. Kinsman, MD, PhD</i>	3
Chapter 2 The Journey From Risk-Focused Attention to Strength-Based Care	9
<i>Kenneth R. Ginsburg, MD, MS Ed, FAAP, FSAHM</i>	
Chapter 3 How a Strength-Based Approach Affects Behavioral Change	19
<i>Kenneth R. Ginsburg, MD, MS Ed, FAAP, FSAHM</i>	
Chapter 4 Who's the Expert? Terms of Engagement in Adolescent Care	25
<i>Richard E. Kreipe, MD, FAAP, FSAHM, FAED</i>	
Chapter 5 The 7 Cs Model of Resilience.....	31
<i>Kenneth R. Ginsburg, MD, MS Ed, FAAP, FSAHM</i>	
Chapter 6 The Impact of Trauma on Development and Well-being	37
<i>Sandra L. Bloom, MD</i>	
Chapter 7 Wisdom From Model Strength-Based Programs That Work With Youth Who Are Traditionally Labeled "At Risk"	49
<i>Kenneth R. Ginsburg, MD, MS Ed, FAAP, FSAHM</i>	
SECTION 2 UNDERSTANDING ADOLESCENTS AND THEIR WORLD	53
Chapter 8 Adolescent Development—Stages, Statuses, and Stereotypes.....	55
<i>Charles G. Rogers, MD</i> <i>Sara B. Kinsman, MD, PhD</i>	
Chapter 9 The Adolescent World	63
<i>Amanda Lerman, MD</i> <i>Sara B. Kinsman, MD, PhD</i>	
Chapter 10 Sex(uality) Happens: Fostering Healthy, Positive (Female) Sexuality	69
<i>Susan T. Sugerman, MD, MPH, FAAP</i> <i>Liana R. Clark, MD, MSCE, FAAP</i> <i>Tonya A. Chaffee, MD, MPH, FAAP</i>	
Chapter 11 Male Sexuality	81
<i>David L. Bell, MD, MPH</i> <i>Kenneth R. Ginsburg, MD, MS Ed, FAAP, FSAHM</i>	
SECTION 3 CONNECTING WITH ADOLESCENTS AND THEIR FAMILIES	89
Chapter 12 Creating an Adolescent-Friendly Space and Service.....	91
<i>Angela Diaz, MD, MPH</i>	
Chapter 13 Creating a Male Adolescent-Friendly Space	99
<i>David L. Bell, MD, MPH</i>	
Chapter 14 Setting the Stage for a Trustworthy Relationship	103
<i>Kenneth R. Ginsburg, MD, MS Ed, FAAP, FSAHM</i>	
Chapter 15 Body Language	111
<i>Kenneth R. Ginsburg, MD, MS Ed, FAAP, FSAHM</i>	

SECTION 4 COMMUNICATING WITH THE ADOLESCENT	119
Chapter 16 Core Principles on Communicating With Adolescents	121
<i>Linda A. Hawkins, PhD, LPC</i>	
<i>Kenneth R. Ginsburg, MD, MS Ed, FAAP, FSAHM</i>	
Chapter 17 Integrating the 7 Cs of Resilience Into Your Clinical Practice	133
<i>Susan T. Sugerman, MD, MPH, FAAP</i>	
Chapter 18 The SSHADESS Screen: A Strength-Based Psychosocial Assessment.....	139
<i>Kenneth R. Ginsburg, MD, MS Ed, FAAP, FSAHM</i>	
Chapter 19 Cultural Humility	145
<i>Valerie J. Lewis, MD, MPH, FAAP, FSAHM</i>	
<i>Kenisha Campbell, MD, MPH</i>	
<i>Angela Diaz, MD, MPH</i>	
<i>Nadia L. Dowshen, MD, FAAP, AAHIVS</i>	
<i>Kenneth R. Ginsburg, MD, MS Ed, FAAP, FSAHM</i>	
<i>Renée R. Jenkins, MD, FAAP</i>	
<i>Jarret R. Patton, MD, FAAP</i>	
<i>Maria Trent, MD, MPH, FAAP, FSAHM</i>	
<i>Dzung X. Vo, MD, FAAP</i>	
Chapter 20 Boundaries.....	153
<i>Kenneth R. Ginsburg, MD, MS Ed, FAAP, FSAHM</i>	
Chapter 21 Examining Our Unconscious Biases	165
<i>Amanda Lerman, MD</i>	
Chapter 22 Trauma-Informed Practice: Working With Youth Who Have Suffered Adverse Childhood (or Adolescent) Experiences	173
<i>Sandra L. Bloom, MD</i>	
<i>Zeelyna Wise</i>	
<i>Joseph Lively</i>	
<i>Marcos O. Almonte, MDiv</i>	
<i>Stephanie Contreras</i>	
<i>Kenneth R. Ginsburg, MD, MS Ed, FAAP, FSAHM</i>	
Chapter 23 De-escalation and Crisis Management When a Youth Is “Acting Out”	187
<i>Cordella Hill, MSW</i>	
<i>Hugh Organ, MS</i>	
<i>Kenneth R. Ginsburg, MD, MS Ed, FAAP, FSAHM</i>	
Chapter 24 Delivering Bad News to Adolescents.....	195
<i>Daniel H. Reirden, MD, FAAP, AAHIVMS</i>	
<i>Kenneth R. Ginsburg, MD, MS Ed, FAAP, FSAHM</i>	
SECTION 5 EMPOWERING ADOLESCENTS TO CHANGE	201
Chapter 25 Addressing Demoralization: Eliciting and Reflecting Strengths	203
<i>Kenneth R. Ginsburg, MD, MS Ed, FAAP, FSAHM</i>	
Chapter 26 Motivational Interviewing	209
<i>Nimi Singh, MD, MPH, MA</i>	
Chapter 27 Health Realization—Accessing a Higher State of Mind No Matter What.....	219
<i>Nimi Singh, MD, MPH, MA</i>	
Chapter 28 Helping Adolescents Own Their Solutions	225
<i>Kenneth R. Ginsburg, MD, MS Ed, FAAP, FSAHM</i>	
Chapter 29 Gaining a Sense of Control—One Step at a Time.....	231
<i>Kenneth R. Ginsburg, MD, MS Ed, FAAP, FSAHM</i>	
Chapter 30 Strength-Based Interviewing: The Circle of Courage.....	237
<i>Barbara L. Frankowski, MD, MPH, FAAP</i>	
<i>Larry K. Brendtro, PhD, LP</i>	
<i>Stephen Van Bockern, EdD, MA</i>	
<i>Paula M. Duncan, MD, FAAP</i>	
Chapter 31 Stress Management and Coping.....	243
<i>Kenneth R. Ginsburg, MD, MS Ed, FAAP, FSAHM</i>	

Chapter 32 Mindfulness Practice for Resilience and Managing Stress and Pain253
Dzung X. Vo, MD, FAAP

Chapter 33 Helping Youth Overcome Shame and Stigma (and Doing Our Best to Not Be a Part of the Problem).....261
Kenneth R. Ginsburg, MD, MS Ed, FAAP, FSAHM

SECTION 6 SUPPORTING EFFECTIVE PARENTING 273

Chapter 34 The Professional-Parent-Teen Partnership275
Carol A. Ford, MD, FSAHM

Chapter 35 Preparing Parents for Their Children’s Adolescence283
Kenneth R. Ginsburg, MD, MS Ed, FAAP, FSAHM

Chapter 36 Promoting Balanced Parenting: Warmth, Clear Boundaries, and Effective Monitoring293
Kenneth R. Ginsburg, MD, MS Ed, FAAP, FSAHM

Chapter 37 Delivering Upsetting News to Parents: Recognizing Their Strengths First303
Kenneth R. Ginsburg, MD, MS Ed, FAAP, FSAHM

Chapter 38 When Parents’ Resilience Reaches Its Limits309
Kenneth R. Ginsburg, MD, MS Ed, FAAP, FSAHM

Chapter 39 The Importance of Self-care for Parents.....315
Kenneth R. Ginsburg, MD, MS Ed, FAAP, FSAHM

SECTION 7 MENTAL, EMOTIONAL, AND BEHAVIORAL HEALTH..... 319

Chapter 40 The Role of Lifestyle in Mental Health Promotion321
Nimi Singh, MD, MPH, MA

Chapter 41 Friendships and Peers327
Sara B. Kinsman, MD, PhD

Chapter 42 Depression339
Sara B. Kinsman, MD, PhD

Chapter 43 Anxiety349
Sara B. Kinsman, MD, PhD

Chapter 44 Somatic Symptoms361
Sara B. Kinsman, MD, PhD

Chapter 45 Grief375
Alison Culyba, MD, MPH
Sara B. Kinsman, MD, PhD

Chapter 46 ADHD in Adolescents387
Susan T. Sugerman, MD, MPH, FAAP

Chapter 47 Learning Differences399
Marina Catalozzi, MD, MSCE
Susan T. Sugerman, MD, MPH, FAAP

Chapter 48 Perfectionism.....405
Kenneth R. Ginsburg, MD, MS Ed, FAAP, FSAHM
Susan T. Sugerman, MD, MPH, FAAP

Chapter 49 Eating Disorders.....413
Rebecka Peebles, MD, FAAP
Laura Collins Lyster-Mensh, MS
Richard E. Kreipe, MD, FAAP, FSAHM, FAED

Chapter 50 Talking to Teens Who Are Using or Abusing Substances.....425
Jonathan R. Pletcher, MD, FAAP

Chapter 51 Teen Pregnancy and Parenting439
Charles G. Rogers, MD
Kenneth R. Ginsburg, MD, MS Ed, FAAP, FSAHM

Chapter 52 Teen Driving.....449
Kenneth R. Ginsburg, MD, MS Ed, FAAP, FSAHM

Chapter 53	Managing Electronic Media Use in the Lives of Adolescents.....	455
	<i>Michael O. Rich, MD, MPH, FAAP, FSAHM</i> <i>Victor C. Strasburger, MD, FAAP, FSAHM</i>	
Chapter 54	Helping Teens Cope With Divorce.....	463
	<i>Jo Ann Sonis, LCSW, DCSW</i>	
Chapter 55	Bullying.....	471
	<i>Zachary McClain, MD</i> <i>Kenneth R. Ginsburg, MD, MS Ed, FAAP, FSAHM</i>	
Chapter 56	Unhealthy Relationships.....	479
	<i>Marina Catallozzi, MD, MSCE</i> <i>Susan T. Sugerman, MD, MPH, FAAP</i>	
Chapter 57	Emotional, Physical, and Sexual Abuse.....	489
	<i>Angela Diaz, MD, MPH</i>	
Chapter 58	Youth Violence.....	499
	<i>Kenneth R. Ginsburg, MD, MS Ed, FAAP, FSAHM</i>	
SECTION 8 SERVING SPECIAL POPULATIONS		509
Chapter 59	Teens With Chronic Illness and Special Health Care Needs: A Person-Centered Approach to Communication	511
	<i>Jonathan R. Pletcher, MD, FAAP</i> <i>Karyn E. Feit, LCSW</i> <i>Lisa K. Tuchman, MD, MPH</i> <i>Nadja G. Peter, MD</i>	
Chapter 60	Transitioning From Pediatric to Adult Care	523
	<i>Nadja G. Peter, MD</i> <i>Karyn E. Feit, LCSW</i> <i>Jo Ann Sonis, LCSW, DCSW</i> <i>Oana Tomescu, MD, PhD</i> <i>Jonathan R. Pletcher, MD, FAAP</i>	
Chapter 61	Sexual and Gender Minority Youth.....	531
	<i>Nadia L. Dowshen, MD, FAAP, AAHIVS</i> <i>Linda A. Hawkins, PhD, LPC</i> <i>Renata Arrington-Sanders, MD, MPH, ScM, FAAP</i> <i>Daniel H. Reirden, MD, FAAP, AAHIVMS</i> <i>Robert Garofalo, MD, MPH</i>	
Chapter 62	Reaching Immigrant Youth	539
	<i>Dzung X. Vo, MD, FAAP</i>	
Chapter 63	America's Children: The Unique Needs and Culture of Military Youth	545
	<i>LTC Keith M. Lemmon, MD, FAAP</i>	
Chapter 64	Foster Care Youth: Engaging Foster Care Youth Into Care	557
	<i>Tonya A. Chaffee, MD, MPH, FAAP</i>	
Chapter 65	Youth Infected With HIV	563
	<i>Nadia L. Dowshen, MD, FAAP, AAHIVS</i> <i>Linda A. Hawkins, PhD, LPC</i> <i>Renata Arrington-Sanders, MD, MPH, ScM, FAAP</i> <i>Daniel H. Reirden, MD, FAAP, AAHIVMS</i> <i>Robert Garofalo, MD, MPH</i>	
Chapter 66	Serving Homeless and Unstably Housed Youth	569
	<i>Colette (Coco) Auerswald, MD, MS, FSAHM</i>	
SECTION 9 SELF-CARE FOR PROVIDERS		579
Chapter 67	Healer, Heal Thyself: Self-care for the Caregiver	581
	<i>Oana Tomescu, MD, PhD</i>	
Chapter 68	Getting Out of the "Fast Lane"—More "Miles to the Gallon"?	593
	<i>Renée R. Jenkins, MD, FAAP</i>	
Chapter 69	Have I Really Made a Difference? Trusting That Our Presence Matters.....	597
	<i>Kenneth R. Ginsburg, MD, MS Ed, FAAP, FSAHM</i>	
INDEX.....		599