



NATIONAL CENTERS OF
EXCELLENCE
IN WOMEN'S HEALTH

Adolescent Initiatives

May 2000

OFFICE ON WOMEN'S HEALTH
U.S. DEPARTMENT OF HEALTH
AND HUMAN SERVICES

The National Centers of Excellence (CoEs) in Women's Health were established in 1996 by the Public Health Service's Office on Women's Health within the U.S. Department of Health and Human Services. Their mandate is to establish and evaluate a new model health care system that unites women's health research, medical training, clinical care, public health education, community outreach, and the promotion of women in academic medicine. Their goal: to improve the health status of diverse women across the life span.

Adolescence represents a dynamic developmental period in life. It is a prime time for girls to learn about their health, adopt good health habits, and develop a healthy outlook that will help them thrive and successfully master the road to adulthood.

This brochure highlights activities and programs at the CoEs that address the specific health care concerns of adolescent girls.

Materials

◆ Slim Hopes Video

This video discusses and illustrates the impact of the use of "ideal" thinness for women in media images. The Body Image Task Force presented the video in classrooms as a National Eating Disorders Awareness Week event. Over 1,000 students were reached by this resource.

Contact: Tracy Zitzelberger, Representative on the CoE Task Force, (614) 293-6937,

Ohio State University Center of Excellence

◆ Bay Area Disordered Eating Services Resource Guide

Based on information obtained from a needs assessment, this guide has been distributed to women's organizations, gyms and athletic programs, local health care providers, adolescent service organizations, schools, and libraries.

Contact: Kim Norman, M.D., Department of Psychiatry,
Director of group, (415) 885-3895, UCSF Center of Excellence

◆ ON-LINE Public Education Materials

These materials touch a broad range of women's health topics based on information gathered from local, school, regional and national resources. Topics specifically targeted to teens include osteoporosis and smoking. Materials were developed in a culturally and linguistically appropriate manner.

Contact: (206) 548-8986 University of Washington Center of Excellence

◆ Research Information Network of Women and Girls

This research-based information network is an internet site that addresses topics relevant to women and girls, such as:

- health/aging
- education/training
- employment/poverty
- violence/safety
- family/care giving issues

Contact: <http://www.uic.edu/orgs/rin/UIC-CoE>

◆ Dating, Violence and You

Kit designed to help teens to understand the complex issues involved in violent relationships to model healthy behaviors, and to identify resources for support.

Contact: Wake Forest University Baptist Medical Center
Women's Health Center of Excellence

◆ Passports to Health

This program offers high school girls physical, behavioral, and general health information in the form of a "passport." The passport is stuffed with health messages, quizzes, and a five year tracking calendar with symbol stickers for keeping track of personal health. The passport itself is a CD storage case. A teen peer educator facilitates the program in conjunction with adult mentors.

Contact: Western Psychiatric Institute & Clinic, and Family Health Council, Inc.,

(412) 641-4455, Magee-Womens Hospital Center of Excellence

◆ Resource Directory for the State of Wisconsin

This directory provides information on several topics, including issues relevant to adolescents. Topics relating to adolescents include: (1) contraception: facts about teen pregnancy; (2) STDs and birth control; (3) nutrition: vegetarian diets for children and adolescents; (4) oral contraceptives: instructions for adolescents using birth control pills; and (5) sexuality: adolescent physical development.

Contact: Stephanie Lent, M.S., (608) 267-5568, University of Wisconsin Center of Excellence

◆ Women's Health Directory (Boston Area)

Included in this general women's health directory for the Boston area are descriptions of adolescent services, providers, and programs.

Contact: (800) 417-4423 Harvard University Center of Excellence

◆ Minority Women's Health Diary

This health diary for women is divided into four age groups, with one section on adolescents (ages 11 to 19). The diary includes age-appropriate recommendations for health screenings, nutrition, and exercise.

Contact: (800) 417-4423 Harvard University Center of Excellence

Programs

◆ Healthy Community '98 Program

This no cost program includes a series of 1 to 2 hour health presentations in various community settings. Specific topics include:

- Domestic violence for adolescents
- Communication between parents and children regarding the normal process of early adolescent sexuality (ages 9-12)
- Issues of sexual responsibility, dating, decision making, and pregnancy prevention

Contact: Diana Chiaverini, R.N., M.Ed. or Ebony Hughes, R.N.;
Program Coordinators,

(412) 641-1047, Magee-Womens Hospital Center of Excellence

- ◆ PROGRESS: Pennsylvania Residents in Obstetrics and Gynecology Reaching out to Educate Students

This is a nationally recognized educational program run by Pennsylvania Hospital Residents to inform high school students about health care, family planning, sexually transmitted diseases, and prenatal care.

Contact: Hilda Luiggi, M.S., (215) 898-4409, University of Pennsylvania Center of Excellence

- ◆ PANDA: Physicians and Nurses' Domestic Abuse Prevention and Intervention Program

This program seeks to increase the level of safety for battered pregnant women and their children through educational programs for nurses, residents, medical students, as well as for patients. The program also includes abuse assessment, documentation by nurses and physicians, and referrals for intensive case management.

Contact: Janice Asher, M.D., (215) 227-2874, University of Pennsylvania Center of Excellence

- ◆ New Haven Teenage Pregnancy Prevention

This program of the New Haven Health Department emphasizes communications skills, pregnancy prevention, drug and alcohol abuse prevention, sexually transmitted disease education, abstinence, and violence prevention for teens.

Contact: (203) 737-5820 womens.health@yale.edu, Yale University Center of Excellence

◆ The Young Mothers Program

This program provides age-specific health education and counseling for pregnant adolescent women to promote more positive health behaviors. The program is directed by a certified nurse midwife from the Yale New Haven Hospital.

Contact: (203) 737-5820 womens.health@yale.edu, Yale University Center of Excellence

◆ Brains and Beauty Club

This program is an after school girls' teen group that offers support, African dance, and health education.

Contact: (203) 737-5820 women.health@yale.edu, Yale University Center of Excellence

◆ CT Center for Prevention of Child Abuse

This center offers programs, aimed at preventing child abuse, to both parents and teens.

Contact: (800) 842-2288 Yale University Center of Excellence

◆ Adolescents and STDs

The development of a San Francisco Adolescents and STDs Community Resource Center is currently underway.

Contact: Tracy Weitz (415) 885-3895, UCSF Center of Excellence

◆ STATS: Students Teaching AIDS to Students

This educational program is an outreach effort to 9th and 11th graders facilitated by physician assistant and medical students.

Contact: (336) 777-3943 Wake Forest University Center of Excellence

◆ HIV Prevention Behavior Modification/Skills Building Program

This program consists of a series of 6-week sessions for teens. The objective is to decrease HIV risk behaviors among youth with mental, physical, and behavioral disabilities at public and private schools. In addition, there are peer educators and staff training components to the program.

Contact: (310) 825-5906 UCLA Center of Excellence

◆ “Mobilizing Choice”: Sexual and Reproductive Health Education

This program targets youths with disabilities. It consists of a series of 7-weeks sessions on issues such as family planning, reproductive health care, and sexually transmitted diseases.

Contact: (310) 825-5906 UCLA Center of Excellence

◆ Teen Health Month

This program includes a month-long series of health events for teens on topics such as nutrition, dating, and mental health. This is a collaborative program sponsored by the University of Michigan Center of Excellence in partnership with several community organizations.

Contact: Ms. Anu Panchapakesan (734) 647-9864, University of Michigan Center of Excellence

◆ CATCH: The Child/Adolescent Trial for CV Health

This is a cardiovascular health promotion program for elementary school children, which focuses on diet, physical activity, and

smoking cessation.

Contact: Larry Webber, Ph.D., (504) 587-7322, Tulane/Xavier University Center of Excellence

◆ Students of Service (SOS)

This community and school-based program focuses on teen pregnancy prevention for middle and high school students. The program's objective is to enhance psychosocial skills.

Contact: Carolyn Johnson, Ph.D., (504) 585-4068, Tulane/Xavier University Center of Excellence

◆ Girls First

This summer program targets underserved African-American girls ages 9 to 13. Girls engage in movement exercises and sports, and education activities that are used to promote their social, cognitive and physical well-being.

Contact: Charlotte Cunliff (504) 988-7700, Tulane/Xavier University Center of Excellence

◆ **U-Help: The University Health Education Leadership Program**

This program provides peer counseling for adolescents.

Contact: (206) 548-8986 University of Washington Center of Excellence

Research

◆ Young Inner City Mothers (15-25)

The purpose of this research project is to study whether a volunteer-based home program can improve the health, social

functioning, and parenting of young inner city mothers. Pregnant women ages 15 to 25 are matched with a trained volunteer who provides practical advice on parenting and how to meet the mother's social and economic needs.

Contact: John M. Leventhal, M.D., Professor of Pediatrics, (203) 737-5820, Yale University Center of Excellence

◆ **Injectable Contraceptive Use and Bone Density**

The purpose of this study is to evaluate the effects of Depo-Provera on bone density in 12 to 18 year old adolescents. Adolescents who have not used Depo-Provera in the last six months or who have never used it, as well as those who are interested in beginning its use, are eligible for the study.

Contact: Barbara Cromer, M.D., (614) 722-2458, Ohio State University Center of Excellence

◆ **Mental Health Services Research on Women and Gender**

The program promotes research that examines the role of gender and issues unique to women in mental health service access, usage, and outcome. One of the ongoing research areas is school-based prevention and intervention models for urban aggressive children.

Contact: Joseph A. Flaherty, M.D., Program Director Psychiatric Institute, (312) 433-8300,

University of Illinois at Chicago Center of Excellence

◆ **Focus Groups on Needs of Adolescents**

Six adolescent health focus groups have been conducted in collaboration with local high schools to determine the opinions

and needs of adolescents in the community. These full-day focus groups, consisting of tenth graders in health education classes, provide valuable insight into what teens like and dislike about existing and potential programs.

Contact: Ms. Anu Panchapakesan (734) 647-9864, University of Michigan Center of Excellence

◆ U-M Girl: Using Math: Girls Investigate Real Life

This is a research project that addresses problems of gender inequities in the classroom, particularly regarding math and adolescent girls. The goal of this project is to increase math skills, self-confidence, and aspirations of female high school students. This will be accomplished through an intensive two-week summer program with extensive follow-up in the subsequent academic year.

Contact: Abigail Stewart, Laurie Morgan, or Kristin McGuire, Institute for Research on Women and Gender, (734) 764-9537, University of Michigan Center of Excellence

◆ Research Opportunities

This initiative identifies clinical and basic research opportunities across the campus for minority undergraduate students.

Contact: Gloria Hawkins, Curriculum and Faculty Development, (608) 863-3713,

University of Wisconsin Center of Excellence

◆ Adolescent Pregnancy and Violence Prevention

This research project is exploring ways to build on oral tradition and intergenerational relations to develop adolescent violence and

pregnancy prevention program among Native American youths.

Contact: (608) 267-5566 University of Wisconsin Center of Excellence

◆ Adolescent STD Research Center

The long term goal of this Center is to understand what adolescents and parents can do to increase protection and decrease risk for STDs in teens. This five-year study is funded through the National Institutes of Health. Approximately 600 girls (ages 14 to16) and their mothers, will be enrolled in the study. Teens will receive regular check-ups and education on behavioral issues and will be followed for 27 months. The study will focus on chlamydia, gonorrhea, trichomonas, and human papilloma virus.

Contact: Mary Hardin (mhardin@iupui.edu) or Ellen Gullett (egullett@iupui.edu), (317) 274-7722, Indiana University Center of Excellence

◆ Publications

- “Potential Role of Energy and Nutrient Intakes in Decreasing the Incidence of Genitourinary Tract-Infection in Pregnant Adolescents”
C.O. Overturn- J Amer Diet Assoc 1992, 92: 1513-5
- “Selenium Absorption and Balance in Adolescent Females-A preliminary Report”
D. Holben-J Amer Diet Assoc 1995; 95:A-20
- “Selenium Absorption, Balance, and Status in Adolescent Females Throughout Puberty”
D. Holben-FASEB J 1996; 10:A532
- “Teenage Pregnancy and A Healthy Lifestyle.”

A.M. Saddam-Ohio State University Extension Fact Sheet 1997
Contact: (614) 293-6937 Ohio State University Center of
Excellence

Undergraduate/Graduate Health Training

◆ Women's Health Curriculum

The Women's Health Course is for undergraduate students and examines women's health issues from a scientific, policy, political, ethical, legal, clinical, and cultural context. The course is a collaborative effort between the School of Medicine and the Women's Studies Program.

Contact: (203) 737-5820 womens.health@yale.edu, Yale
University Center of Excellence

◆ Women's Health Issues

The Women's Health Education Program (WHEP) sponsors a yearly seminar to graduate students in the MMS Program at MCP Hahnemann University. The session includes information about women in medicine and sex and gender biology issues.

Contact: Lucia Beck Weiss, Program Administrator (215) 991-
8490 MCP Hahnemann Center of Excellence Women's Health
Education Program

◆ *Women's Health Issues*

The Medical Humanities class, for first year medical students, includes several women's health topics. Presentations have included an overview of women's health, clinical information, research issues, access to health care, and how to assess for domestic violence among patients.

Contact: David J. Frid, M.D., Brenda Rizzo, RN, and Tracy Zitzelberger, (614) 293-6937,

Ohio State University Center of Excellence

◆ Women's Health Curriculum

This undergraduate curriculum incorporates a women's health component, including adolescent health.

Contact: (336) 777-3943 Wake Forest University Center of Excellence

Adolescent Health Training

◆ Fourth Year Elective

An elective course within pediatrics is being offered in the medical school, with an emphasis on adolescent medicine.

Contact; Susan D. Reed, M.D., Department of Obstetrics and Gynecology, (206) 548-8986, University of Washington Center of Excellence

◆ Women's Health Course

A Fourth year elective and Pathway within the pediatrics and the adolescent clinic are offered as well as opportunities for community programs in middle and high school.

Contact Lucia Beck Weiss, Program Administrator, MCP Hahnemann Center of Excellence, Women's Health Education Program

◆ Nurse Practitioner Course

The School of Nursing is offering a course for pediatric nurse

practitioners focusing entirely on adolescents.

Contact: (206) 548-8986 University of Washington Center of Excellence

◆ Women's Health Course

A graduate nursing concentration in women's health has been established, where several courses include topics relating to adolescents.

Contact: Women's Health Exchange College of Nursing, (312) 996-0153, University of Illinois at Chicago Center of Excellence

◆ Pediatric Residency

"Adolescent Depression: Why More Girls?" was developed and presented at Pediatric Grand Rounds. It is now a part of the pediatric psychosocial curriculum. A module on eating disorders was incorporated into the pediatric psychosocial curriculum, and modules on women's health topics regarding children and adolescents were developed for pediatric residents.

Contact: Stephanie Forster, Ph.D., (608) 263-9856, University of Wisconsin Center of Excellence

◆ Creative Responses to Violence Against Women

Collaborates with dating violence prevention program with researchers at MCPHU's School of Public Health

Contact: Lucia Beck Weiss, Program Administrator (215) 991-8450 MCP Hahnemann Center of Excellence, Women's Health Education Program

Seminars

◆ Elizabeth Bennett Memorial Lecture

This lecture series for students and faculty of Tulane University Medical Center and Xavier University features local and national experts on various Maternal and Child Health topics, including adolescent health.

Contact: Marian Hanson Martin, (504) 582-7945, Tulane/Xavier University Center of Excellence

◆ Young Women in Science and Technology Conference

The goals of the conference included:

- sharing techniques for increasing student interest in a variety of careers available to women in science and technology
- providing educators with curriculum resources to educate and empower young women interested in science and technology
- exposing educators to innovative projects that build academic, professional, and marketable skills
- presenting teaching strategies that would be useful in the classroom

Contact: Center for Research on Women and Gender, (312) 413-1924 www.uic.edu/orgs/wise,

University of Illinois at Chicago Center of Excellence

◆ Staying Healthy at College

This seminar will serve as a guide for college bound teens and their parents, where specialists will discuss:

- avoiding the “Freshman 15” (gaining 15 lbs)

- gynecologic health
- good nutrition
- campus safety tips
- survival guide for patients

There is no fee, but registration is required.

Contact: 1-800-789-PENN University of Pennsylvania Center of Excellence

◆ Girls, Inc.

Members of the Center of Excellence give talks to girls and adolescents at Girls, Inc. One purpose of these talks is to recruit girls to participate in research opportunities.

Contact: Nancy Bartels, Executive Director, (317) 283-0086, Indiana University Center of Excellence

◆ Lecture Series

This lecture series discusses historical perspectives and policy dilemmas in women's health.

Lectures include:

- "Girls Youth: First Sex, First Contraception, First Pregnancy"
- "From Corsets to Body Piercing: Historical Perspectives on American Girls and Their Body Projects"

Contact: (734) 764-9537 University of Michigan Center of Excellence

◆ Nursing Seminar

A module entitled, "Women's Health: Adolescence" was developed and co-presented at an advanced nurse practitioner seminar.

Contact: (608) 267-5566 University of Wisconsin Center of Excellence

◆ Outreach Event

The Brigham and Women's Hospital Women's Health Leadership Forum sponsored a seminar entitled, "Mothers, Daughters, Sisters, and Friends: Health Issues for Women of All Ages".

Contact: (800) 417-4423 Harvard University Center of Excellence

◆ Women's Health Conference

This annual event includes:

- sessions on topics requested by local women (including adolescent topics)
- discussions from the nation's leading researchers, health care providers and advocates for women's health
- up-to-date information on women's health
- a grand finale celebration with music and live entertainment

Contact: (415) 263-0321 womenh@aol.com, UCSF Center of Excellence

◆ Teen Health 2000

This annual event offers several interactive workshop sessions designed for young women ages 13 to 18. These sessions run concurrently with the adult Women's Health 2000 Program.

The full cost for the day is \$10.00, including lunch and snacks.

Contact: (415) 263-0321 Womenh@aol.com, UCSF Center of Excellence

◆ Stopping Violence Against Women

This seminar on adolescent dating violence is for health care professionals. Refreshments and free parking are provided.

Contact: Rob Durant, Ph.D., Professor Pediatrics and Public Health Sciences, (336) 777-3943, Wake Forest University Center of Excellence

◆ How to Take Risks, Have Fun, and Still be Safe

This seminar for teens is conducted by an Emergency Department nurse. Teens attending the seminar are eligible for a drawing for a \$25 gift certificate to a local mall.

Contact: (336) 777-3943 Wake Forest University Center of Excellence

◆ Rx for Gen x's Health

The purpose of this seminar is to teach college age women about health policy, disease prevention, and health issues that affect them.

Contact: Shellie Ellis, Assistant Director (336) 777-3943, Kim Wagoner, Center Coordinator, Wake Forest University Center of Excellence

◆ Indoor Tanning: Adolescent and Community Practices

This seminar is part of the Women's Health Seminar Series. Data will be presented concerning the knowledge, attitudes, and experiences of indoor tanning by high school students, and the evidence for the harmfulness of this practice.

Contact: (336) 777-3943 Wake Forest University Center of Excellence

◆ Creative Responses to Violence Against Women

This campus and community seminar is a part of the Fall Initiative on Domestic Violence. Participants discuss strategies for training Residential Advisors and students in dealing with sexual assault, listen to readings from poetry, and observe the Clothesline Project.

Contact: (336) 777-3943 Wake Forest University Center of Excellence

◆ Women's Health and Weight: Research Beyond the Scale

This is a scientific conference about genetics, behavior, nutrition, fitness, and physiology. The purpose of this symposium is to share scientific information and identify future research directions for women's health. There is a session on eating disorders in young women.

Contact: Women's Health Research Group (410) 706-3972, University of Maryland Center of Excellence

◆ Girl Power

This seminar is for adolescent girls and their mothers and is offered throughout the year. Topics of discussion include puberty and gynecologic exams.

Contact: (800) 417-4423 Harvard University Center of Excellence

◆ "Celebrating Young Women, Building Strong Futures"

This is a female adolescent health symposium, organized by the Franklin County Prevention Institute.

Contact: Tracy Zitzelberger (614) 293-6937, Ohio State University Center of Excellence

◆ Women's Health and Beauty Fair

This annual event is sponsored by the Women's Student Services and the all-female Canfield Residence Hall. Information about research opportunities, women's health services, and the Spirit of Women Park are displayed.

Contact: Tracy Zitzelberger (614) 293-6937, Ohio State University Center of Excellence

◆ "Girl Talk"

This seminar is a breast cancer awareness event, held on campus to reach college women. Researchers, clinicians, and survivors spoke at the event and educational information was displayed.

Contact: Pat Schmidt (614) 293-4426, Ohio State University Center of Excellence

◆ "Troubled and Torn"

This event, attended by community members and students, was a dramatic play about body image, eating disorders, and self-esteem. Performers and counselors led a post-performance discussion of the issues that were raised.

Contact: Nancy Ann Rudd, Chair of the OSU Body Image Task Force, (614) 292-4385, Ohio State University Center of Excellence

◆ Gender Equity Presentations

Gender equity issues were presented to freshmen and transfer

student orientation classes There was a discussion on gender bias in science and health research, how it has affected knowledge of women's health, and efforts being undertaken to remedy this historical inequity. Additionally, pay equity, effects of socialization, and other gender issues were addressed.

Contact: Tracy Zitzelberger (614) 293-6937, Ohio State University Center of Excellence

◆ Take a Daughter to Work Day

This annual event offers workshops to allow participants to learn about a wide range of careers and fields of studies from female faculty and staff. Workshops are science-focused, including a panel of health professionals, and presentations on health research, veterinary medicine, primate research, nursing, sports medicine, and many more.

Contact: (614) 292-4453 Ohio State University Center of Excellence

◆ Woman to Woman: Empowering Ourselves

This Women's Leadership Forum was held by the Women's Student Services. The Forum featured ten workshops with topics including:

- assertive communication
- culturally based models of leadership
- finance
- service learning
- racial discourse
- women's health

There are plans to make this an annual event.

Contact: Tracy Zitzelberger (614) 293-6937, Ohio State University Center of Excellence

Mentoring

◆ Mentoring Young Women

The Women's Leadership Caucus is a group whose role is to act as a cohesive voice for the community about issues most important to women and infants in the realm of health care and health research. One of its functions is to mentor young women so that they may become community leaders in issues of women's health.

Contact: (412) 641-4747 Magee-Women's Hospital Center of Excellence

◆ Bright Beginnings

This program matches trained volunteer mentors with young mothers-to-be who are in their third trimester of pregnancy. Mentors provide support and assistance through the baby's first year of life.

Contact: (203) 737-5820 womens.health@yale.edu, Yale University Center of Excellence

◆ Women in Science Programs

The objective of this educational program is to encourage girls to explore science. Students are paired with women at Glaxo Wellcome and spend two days a year at the Glaxo campus with their mentor. Glaxo Wellcome's Women in Science Scholars Program also awards scholarships and laptop computers to undergraduate women at small universities.

Contact: (336) 777-3943 Wake Forest University Center of

Excellence

Centers

◆ Teen Center

This center serves girls up to age 18. It addresses many questions and issues, such as:

- changing bodies
- questions about sexual activity
- pelvic exams
- birth control
- STD information and supplies
- pregnancy and pregnancy options
- specialized pregnancy care

Contact: (412) 641-1285 Magee-Women's Hospital Center of Excellence

◆ Catholic Family Service

This organization offers pregnant teens and young single mothers support services and shelter.

Contact: (860) 235-2507 Yale University Center of Excellence

◆ Rape Treatment Center

The center provides programs that address rape and other forms of sexual abuse. The center publishes books, brochures, and other educational materials. Some programs include:

- The Witherbee Program-a new sexual abuse prevention program for middle schools
- National Campus Rape Program-to educate college students

about rape drugs

Contact: (310) 319-4000 UCLA Center of Excellence

◆ Venice Family Clinic

The teen clinic, housed within a larger family clinic, is designed to address the unique health and psychosocial concerns of teens. Teens also attend support groups that are conducted within the Venice Family Clinic.

Contact: (310) 392-8630 UCLA Center of Excellence

◆ Sexual Assault Prevention and Awareness Center

The Center works in conjunction with the University Health Service. Two programs focusing on college women and dating violence are being developed.

Contact: Ms. Anu Panchapakesan (734) 647-9864, University of Michigan Center of Excellence

◆ Brookside Community Health Center

Within this Center, there is a young families clinic which provides a multi-disciplinary team approach for identification, assessment, and service delivery to pregnant and parenting adolescents and their children.

Contact: (800) 417-4423 Harvard University Center of Excellence

◆ Adolescent Drop-In Clinic

This community clinic is served by an Adolescent Medicine specialist. The female population that this clinic targets includes minority/disadvantaged homeless adolescents.

Contact: Susan Abdalian, M.D. (504) 586-3881, Tulane/Xavier University Center of Excellence

◆ School Based Clinics

These community clinics are primarily served by pediatricians. The target audience is composed of minority/disadvantaged students.

Contact: Susan Abdalian, M.D. (504) 586-3881, Tulane/Xavier University Center of Excellence

◆ Specialty Teen Clinics

These clinics for teens address several topics:

- behavioral problems
- treatment for eating disorders
- two pregnancy clinics serving homeless and single parenting teens
- primary care
- HIV positive teens

Contact: Susan D. Reed, M.D., Assistant Professor, Department of Obstetrics and Gynecology, (206) 548-8986, University of Washington Center of Excellence

◆ School Health Clinics

School health clinics have been opened in two schools in Winston-Salem. Clinic provides services such as pregnancy testing and confidential drug abuse counseling. Students must have their parents' consent before they can be patients at the clinic.

Contact: (336) 777-3943 Wake Forest University

Internships

◆ Adolescent Internships

Internship opportunities in women's health are offered to local adolescent girls who are at-risk for under-achievement. A celebration is held for those who successfully complete a women's health internship.

Contact: Tracy Weitz (415) 885-3895, Lauren Britt, LCSW, UCSF/Mount Zion Teen Services Coordinator, UCSF Center of Excellence

◆ Internship Programs

In conjunction with the Women's Studies Program, college women are offered summer jobs in areas related to women's health.

Contact: (336) 777-3943 Wake Forest University Center of Excellence

◆ Women's Studies/Undergraduate Research Opportunity Program

This program allows college students to work on various service projects that incorporate outreach, advocacy, clinical research, and patient education in women's health. The program was designed by the Women's Health Program and the Women's Studies Program and allows students to explore many areas of women's health.

Contact: Timothy R.B. Johnson (734) 763-0983, Chair of the Obstetrics and Gynecology Department at the University of Michigan Health System; and, Anjel Vahratian and Valerie Press, Administrative Assistants with the Women's Health Program at the University of Michigan Health System, University of

Michigan Center of Excellence

- ◆ Alternative Spring Break Program

This program, co-sponsored by the Women's Health Program at University of Michigan and the Mott Children's Hospital, sends over 450 students to forty sites all over the U.S. to conduct community service during the Spring Break. The Women's Program sponsors twenty health-related sites. It also organizes pre-training activities for the participants.

Contact: Women's Health Program (734) 647-0448 University of Michigan Center of Excellence

- ◆ Internships

This program is offered to high school and undergraduate students. Internship tasks include developing Web page information, with a special focus on kids and teens.

Contact: Stephanie Lent, M.S. (608) 267-5568, University of Wisconsin Center of Excellence

**NATIONAL CENTERS OF EXCELLENCE IN WOMEN'S HEALTH
MAY 2000**

Boston University Medical Center, Phone: 617-638-8035,
Internet: www.bmc.org/coewh/

University of California, Los Angeles, Phone: 800-825-2631,
Internet: www.med.ucla.edu/womens/

University of California, San Francisco, Phone: 415-885-7273,
Internet: www.itsa.ucsf.edu/~ucsfcoe/

Harvard University, Phone: 617-732-8798,
Internet: www.hmcnet.harvard.edu/coe/

University of Illinois at Chicago,
Phone: 312-413-1924, Internet:
www.uic.edu/orgs/womenshealth/index.html

Indiana University School of Medicine, Phone: 317-274-2754,
Internet: www.iupui.edu/~womenhlt/

Magee -Womens Hospital, Phone: 412-641-6003,
Internet: www.magee.edu/cewh2.htm

MCP Hahnemann University,
Phone: 215-842-7041, Internet:
<http://www/mcphu.edu/institutes/iwh>

University of Michigan, Phone: 734-763-0984,
Internet: [www.med.umich.edu/whrc/
ctr.excel.html](http://www.med.umich.edu/whrc/ctr.excel.html)

Ohio State University, Phone: 614-293-6937,
Internet: www.osumedcenter.edu/women/

University of Pennsylvania, Phone: 215-898-0147,
Internet: www.obgyn.upenn.edu/cewh/

University of Puerto Rico, Phone: 787-753-0090,
Internet: www.rcm.upr.edu/2klwhc

Tulane University and Xavier University of Louisiana,
Phone: 504-585-6156, Internet: www.tulane.edu/~tuxcoe/

Wake Forest University, Phone: 336-713-4220,
Internet: www.wfubmc.edu/women/

University of Washington, Seattle,
Phone: 206-598-8986, Internet:
www.depts.washington.edu/~uw98coe/

University of Wisconsin, Madison, Phone: 608-267-5566,
Internet: www.womenshealth.wisc.edu/

Yale University, Phone: 203-737-5820, Internet:
<http://info.med.yale.edu/womenshealth/>

OFFICE ON WOMEN'S HEALTH,
U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

NATIONAL CENTERS OF EXCELLENCE IN WOMEN'S HEALTH

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