



INDIANA UNIVERSITY
SCHOOL OF MEDICINE

Department of Pediatrics



Adolescent Medicine Fellowship Program



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Welcome!

Welcome to the Adolescent Medicine Fellowship at Indiana University School of Medicine! 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 [Division of Adolescent Medicine](#) represent multiple specialties, including pediatrics, internal medicine, psychology, social work, nutrition, nursing, health behavior, and sociology. Affiliate faculty include gynecology, children's 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.



Faculty Research. IU adolescent faculty have active research programs that provide a wide variety of opportunities for fellow projects. Areas of interest include sexuality, pregnancy and STI prevention, contraception, HPV microbiology, community-engaged research, juvenile justice, mental health, substance abuse, vaccines, decision-making and ethics. Faculty research has been supported by grants from the National Institutes of Health, Centers for Disease Control and Prevention, Maternal and Child Health Bureau, the Robert Wood Johnson Foundation, industry and other private foundations.



Faculty Clinical and Programmatic Expertise. Adolescent faculty have developed equally strong clinical programs for both adolescent subspecialty and primary care training. The Charis Center for Eating Disorders and the Gender Health program draw patients state-wide. Adolescent faculty have launched innovative collaborations with cardiology and hematology for contraception for medically complex youth and for onco-fertility. 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.

Curriculum

Overview. Fellowship activities are designed to provide the clinical, teaching, research, policy and program 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. Over the three-year period, approximately 50% of time is devoted to clinical training and 50% to research, education and community-based work. 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 a graduate seminar in adolescent health and community-based experiences.

Fellows have the opportunity to work with adolescent faculty consulting with community agencies and government programs for youth. As a small state, Indiana is an ideal environment to learn health policy and advocacy.



Graduate Seminar in Adolescent Health

Fellows participate in a weekly 3-hour multidisciplinary seminar in adolescent health. Content includes presentations by topic experts, journal club, research-in-progress, case based discussions, research methods, and leadership training. The overall goals are to: (1) Advance knowledge of core adolescent health topics including growth and development, puberty, nutrition, and the medical, psychological and social morbidities affecting youth; (2) Develop research skills in adolescent health, including research design and analysis; and (3) Increase skills in collaborative and community-based work, communication and problem-solving strategies, advocacy and leadership skills.

Interdisciplinary Training

For medical fellows, Indiana University provides a rigorous interdisciplinary training experience. Adolescent medicine has faculty from diverse disciplines including psychology and sociology. As an adolescent medicine fellow, you will work with residents and fellows across the School of Medicine, as well as trainees in nursing, social work, and psychology. Research and community leadership opportunities for fellows include collaborations in public health, education, and social services. This interdisciplinary environment provides opportunities to receive input, education, and mentorship from multiple disciplinary perspectives.

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 Eskenazi Health 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 an adolescent consultation service at Riley Hospital. Outpatient adolescent subspecialty care is provided at a downtown IU Health location, and the Charis Eating Disorders Program (an IU Health satellite clinic). Subspecialty outpatient experiences include the following:

- *The Adolescent Consultation Clinic* provides consultative care for complex conditions to adolescents referred by physicians throughout Indiana.
- *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.



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.

Additional Clinical Experiences & Electives

All fellows will rotate in sports medicine, and the [Bellflower STD Clinic](#). Electives are based upon fellow interest and time. Recent fellow electives have included advanced training in eating disorders and gender health, palliative care, clinical ethics, dermatology, school-based health, and substance abuse.



time, support, and guidance are given during the fellowship program to allow for completion of meaningful work.

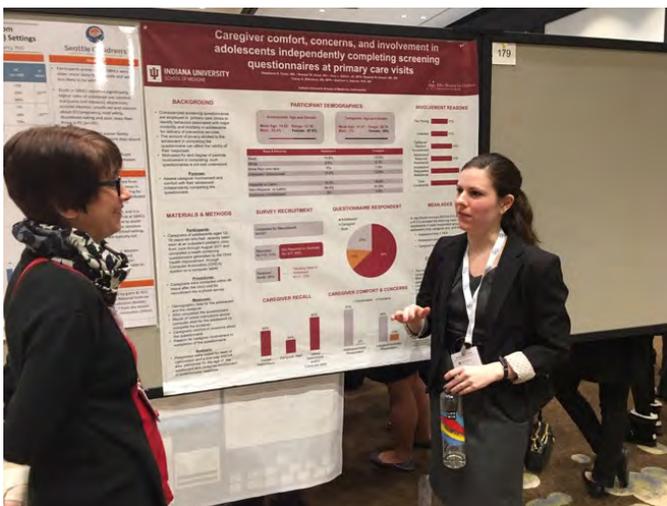
Year 1 – Getting Your Feet Wet with Mentored Research

Early in the first year of fellowship, trainees are exposed to the research activities of investigators in Adolescent Medicine. By the end of the first quarter, the fellow selects a faculty for an initial mentored research experience. Using extant data within the division, 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

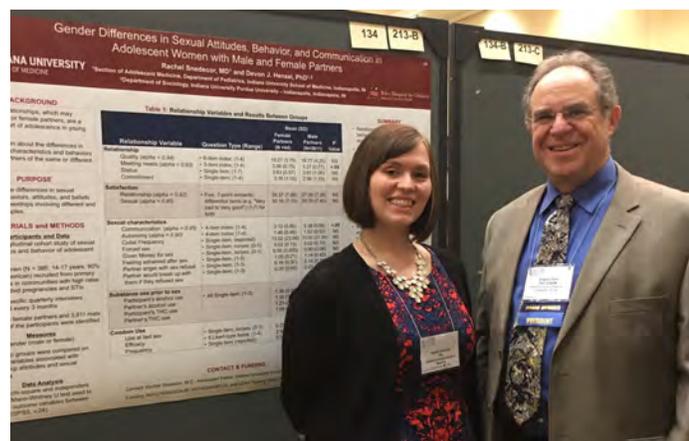
Fellows' main research projects may be part of a faculty member's research program, or may be an independent project developed in conjunction with adolescent faculty. Examples of fellow projects include an analysis of data collected as part of a larger project on [oral contraceptive adherence](#), [interviews with adolescent cancer patients and their parents about fertility preservation](#), [depo self-administration](#), [adolescent preventive care in family medicine](#), and [the confluence of pregnancy and new HIV diagnosis in Western Kenya](#).

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.



Research Training

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 Graduate Seminar in Adolescent Health; and (3) completion of mentored research. Fellows complete additional coursework towards a master's degree (see below). For the mentored research project, sufficient





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](#).

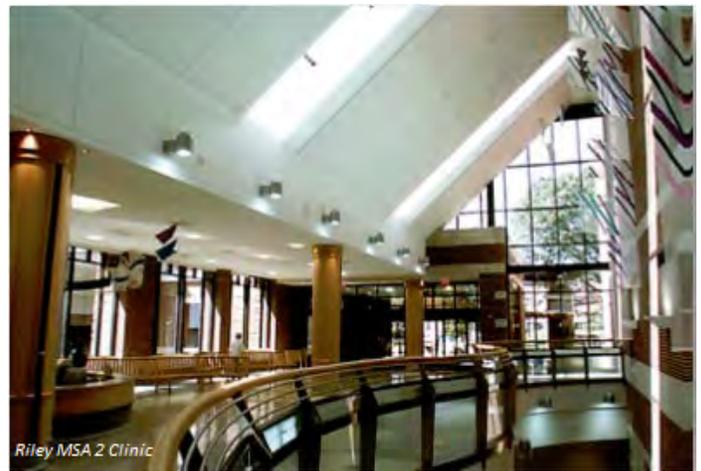
The HITS building is near the Canal stop of the IU Health Shuttle system that connects Riley Hospital for Children and University Hospital on IUPUI campus, and Methodist Hospitals. HITS houses programs such as Biostatistics, Bioethics, Adolescent Medicine, [Children's Health Services Research](#), and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

Master's Degrees and Research Tracks

Fellows complete coursework leading to a Master's Degree. The Indiana University School of Medicine [CITE](#) 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 Division of Adolescent Medicine. The Division of Adolescent Medicine is located in the Health Information



Teaching 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.

Kelly Donahue, PhD



Assistant Professor of Clinical Pediatrics
Licensed Clinical Psychologist

Interests: Emotional and behavioral Health of children, adolescents and young adults; LGBT+ health; Coping with chronic medical conditions

Devon Hensel, PhD



Associate Research Professor of Pediatrics and Sociology

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

Rachel Katzenellenbogen, MD



Associate Professor of Pediatrics
Chuck and Tina Pagano Inaugural Scholar at the Indiana University Simon Cancer Center

Interests: Fundamental molecular biology focused on host-pathogen interactions that activate oncogenic pathways and dysregulate typical cellular processes to permit cancer and progression of HPV-associated cancers.

Eric Meininger, MD,MPH



Associate Professor of Clinical Pediatrics

Interests: Sexual minority youth, LGBT+ health, gender spectrum youth, childhood onset disabilities, adjustment of status examinations for adolescents.

Mary A. Ott, MD, MA



Professor of Pediatrics
Adjunct Professor of Philosophy & Bioethics
Director of Fellowship Training

Interests: Community-based teen pregnancy and STD prevention; Research ethics; Vulnerable populations; consent, confidentiality and decision-making capacity.

Cynthia Robbins, MD, MS



Assistant Professor of Clinical Pediatrics
Co-Director of Eskenazi Health Teen Care & Wellness Program

Interests: Pediatric and adolescent reproductive health; school-based health.

Mary R. Rouse, MD



Associate Professor of Clinical Pediatrics

Interests: Medical, nutritional, and psychological care of patients with eating disorders; Natural History and Course of Eating Disorders.

Marcia L. Shew, MD, MPH



Professor of Clinical Pediatrics & Clinical Gynecology
Medical Director for Adolescent Medicine

Interests: HPV epidemiology and HPV vaccine behaviors. Contraception in adolescents with complex medical illness.

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.

Rebekah L. Williams, MD, MS



Associate Professor of Clinical Pediatrics
Co-director of the Eskenazi Health Teen Care & Wellness Program

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

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 into 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". With 2 decades of sustained investment, the downtown area has become a focal point of the city with its diverse neighborhoods and emerging art and dining scene. Downtown 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.



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. Professional teams include the Indiana Pacers of the NBA, the Indiana Fever of the WNBA, and the Indianapolis Colts of the NFL. Professional soccer is represented by the Indy Eleven. The Triple-A Indianapolis Indians play baseball in Victory Field. The Indiana University Natatorium, site of the 1996, 2008 & 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 abound at Eagle Creek Park which offers biking, sailing, swimming, fishing and cross-country skiing.

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>. Newfields, the Indianapolis Museum of Art, is the seventh largest in the U.S. and has an incredibly building, well curated collections, and an outdoor arts park and gardens. The Indianapolis Children's Museum is one of the world's largest, and features numerous exhibits for kids of all ages. Cultural and music events are offered at Clowes Hall on the Butler University campus, Ruoff Home Mortgage Music Center, at the Lawn at White River, at the restored Murat Theater and at the Circle Theater, home of the Indianapolis Symphony Orchestra. Other cultural activities include dance and opera companies, professional and amateur theater, jazz clubs, comedy clubs, and art leagues and galleries.



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. International graduates must have verification of ECFMG certification and residency must have been completed through an ACGME accredited program, or a CFPC- accredited program or an RCPSC- accredited program located in Canada within the last 5 years. 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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