



# ADOLESCENT & YOUNG ADULT

APA DIV 54 SPP SIG

Winter/Spring 2020

## Welcome from the AYA SIG Chair

### AYA SIG Leadership

Chair:

Lila Pereira, PhD

Past Chair:

Siddika Mulchan, PsyD

Chair Elect:

Jeannette Iskander, MA

Intervention Co-Chairs:

Amanda Feinstein, PhD

Jennifer Allen, PhD

Measurement Co-Chairs:

Jennifer Lindwall, PhD

Lauren Quast, BS

Policy Co-Chairs:

Beth Garland, PhD

Amy Lang, MS

Communications Chair:

Jill Plevinsky, PhD

Student/Trainee Representative:

Nicole Ruppe, BS

Welcome to the Winter/Spring 2020 edition of the AYA SIG Newsletter. We are really excited to showcase the work our SIG has been doing over the past year. Our committees have been busy on a number of projects that will provide tangible support to our membership and beyond to the greater psychology community. From the development of resource banks to the AYA Psychosocial Training Competencies we have engaged SIG members in a way that has allowed our SIG to grow and become one of the most active in the Society for Pediatric Psychology. It could not have been done without all of your help. And we're not done yet!

Additionally, many of our board members will be rotating off at the end of the year. If you are interested in joining our leadership please consider submitting an application. If you'd like to continue to support the programs we are continually developing or have your own idea, please reach out. We want to hear from you! Lastly, if you are going to SPPAC please join us during our SIG meeting and stop by the posters and presentations that are AYA focused. It's sure to be a great conference and we look forward to meeting you there.

**Lila Pereira, Ph.D.**  
**[lpereiraz@nymc.edu](mailto:lpereiraz@nymc.edu)**

## *Meet the Expert: Dr. Rachel Zoffness*



**Rachel Zoffness, PhD**, is a pediatric pain psychologist and Assistant Clinical Professor at the UCSF School of Medicine, where she teaches pain neuroscience to medical residents. She sits on the board of the American Association of Pain Psychology, where she founded the Pediatric Division. She also authors the Psychology Today column "Pain, Explained."

Her book, [The Chronic Pain and Illness Workbook for Teens](#), is the first of its kind to offer pain education and evidence-based pain management techniques for teens and young adults. Rooted in cognitive-behavioral therapy and mindfulness-based stress reduction, this interactive workbook utilizes an accessible, easy-to-understand format to explain how pain affects the mind and body, how negative thoughts and emotions can amplify pain, and how certain strategies can help turn the volume down on pain. The Chronic Pain and Illness Workbook for Teens is also a fantastic resource for parents and pain professionals (psychologists, nurses, physical therapists, Child Life specialists) offering a clear-cut pain treatment protocol.

More resources and information about Dr. Zoffness can be found at [zoffness.com](http://zoffness.com). Find her on Twitter @drzoffness.

## *AYA SIG Student Spotlight*

**Nicole Ruppe, BS**, is a third-year graduate student in the Oklahoma State University (OSU) Clinical Psychology Ph.D. program under the mentorship of Ashley Clawson, Ph.D. Broadly, Nicole's research interests focus on investigating child and family psychosocial adjustment to chronic illness, as well as understanding factors that promote the health and well-being of families, especially among underserved, minority families. Her master's thesis focuses on understanding the longitudinal stability and longitudinal associations between depressive symptoms and religious coping across adolescence and adulthood for youth with asthma. Recently, Nicole received the SPP APA Scholars Award, to present her research focusing on religious coping and depression at the 2020 APA Convention in Washington, DC. Currently, Nicole is a psychology extern at the OU Children's Hospital in Oklahoma City, where she works with children and adolescents with sickle cell disease. Nicole currently serves as a SPP Campus Representative for OSU. Additionally, she serves as the Student Representative for the Adolescent and Young Adult (AYA) SIG. Nicole provides mentorship to undergraduate students through the OSU Psychology Diversified Student Program. In the future, Nicole hopes to work at an academic medical center, continuing her research and clinical work.



## AYA SIG Clinical Program Spotlight



### Program Spotlight: C. S. Mott Children's Hospital/Michigan Medicine Somatic Symptom and Related Disorders (SSRD) Workgroup

In 2015 a multidisciplinary workgroup of providers convened to develop a clinical protocol for the care of youth with *Somatic Symptom and Related Disorders* SSRD, which are disorders characterized by somatization that is either disproportionate to or incongruent with clinical findings resulting in significant functional impairment. The spirit of the SSRD protocol includes judicious medical and psychosocial workup, consistent communication between disciplines and the family, focusing on return to functioning and symptom management, and linking the family with appropriate outpatient resources upon discharge.

Evaluation of the first 18 months of the protocol found that, relative to a pre-protocol control group, patients on the protocol ( $n=101$ ) demonstrated statistically significant reductions in length of stay, number of subspecialist consultations, and costs (standardized cost to charge ratios; Control median total costs \$60,369 vs. protocol \$8,925). There were no differences in other evaluation variables or 30-day readmission rates.

The current SSRD workgroup consists of representatives from psychology (Kris Kullgren, PhD), psychiatry (Nasuh Malas, MD), emergency medicine (Nicole Sroufe, MD and Elaine Pomeranz, MD), neurology (Steve Leber, MD), and physical therapy (Katie Parcham, DPT). The SSRD workgroup is committed to the education of the new generation of pediatric providers and provide annual didactics and trainings on SSRD evaluation and management. Members have presented locally, regionally, and nationally to pediatric providers, received awards for their work, and received grant funding for aspects of the research and clinical program; however, the workgroup has achieved clinical and research success without any dedicated protected time. Currently, the SSRD workgroup is working on publications highlighting their protocol development and program outcomes.



The workgroup will also be presenting a poster titled, *Simplifying Somatization: Reducing Healthcare Utilization with a Clinical Pathway for Pediatric Somatic Symptom and Related Disorders* at SPPAC 2020!

**Please submit your nominations for AYA SIG Student/Trainee and Clinical/Research Program Spotlight including a brief description of your program or student's/trainee's contribution to pediatric psychology in adolescents and young adults, to Jill Plevinsky, PhD: [jill.plevinsky@cchmc.org](mailto:jill.plevinsky@cchmc.org)**

# SPPAC 2020: AYA SIG Presentations

## Thursday, March 19th

- ◆ Pre-Conference Workshop 8-11AM: Siddika Mulchan, PsyD et al.—Navigating Ethical Challenges for Pediatric Sickle Cell Pain Management in the Context of the Opioid Epidemic: Where Do Pediatric Psychologists Fit In?

## Saturday, March 21st

- ◆ Plenary Address 9:15-10:15AM: Jennifer Stinson, PhD—Harnessing Digital Health Technologies to Promote Pain Self-Management in Young People

## Symposia

- ◆ *Substance Use Among Patients with Pediatric Chronic Illnesses: Ethical Concerns and Interplay with Health*

*Substance Misuse in Undergraduates With and Without Chronic Health Conditions: Do Daily Physical Health Complaints and Daily Hassles Matter?*, Lindsey Bugno, MS et al.

*Examining Associations Between Substance Use, Self-Management, and Health Outcomes in Adolescents and Young Adults with IBD*, Jill Plevinsky, PhD et al.

- ◆ *Young Adults with Pediatric-Onset Chronic Pain—Healthcare Transition Needs, Treatment Options and Potential Models for Transition Services from the Literature on Young Adults with Diabetes*, Jessica Pierce, PhD et al.

## Poster Presentations

- ◆ Depression and Religious Coping Among Youth with Asthma: A Longitudinal Examination, Nicole Ruppe, BS et al.
- ◆ Simplifying Somatization: Reducing Healthcare Utilization with a Clinical Pathway for Pediatric Somatic Symptom and Related Disorders, Kristin Kullgren, PhD et al.
- ◆ Coping Among Hospitalized Teens: Impact of Prior Mental Health Diagnosis, Shannon Brothers et al.
- ◆ Associations Among Perceived Parent and Peer Support, Self-Esteem, and Cancer-Related Worry in Adolescent and Young Adult Cancer Survivors, Glynnis McDonnell, PhD et al.
- ◆ Transition Readiness and Healthcare Responsibility Among Adolescents with Tourette Syndrome, Lauren Quast, MS et al.
- ◆ Anxiety and Depression in Adolescents with Epilepsy: Associations with Medical, Cognitive, and Social Factors, Melissa Engel, MA et al.
- ◆ Pain in Youth with Spina Bifida: Examining Longitudinal Bi-Directional Associations Between Pain and Psychosocial Adjustment, Diana Ohanian, MA et al.
- ◆ Experiences of Symptom Dismissal Among Emerging Adults with Chronic Health Conditions, Amy Lang, MS et al.



Big Moon Night in Big D

DALLAS

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## ***AYA SIG Recent Accomplishments***

**Amy Lang** was recently awarded a Division 54 Student Travel Award (\$500) to attend SPPAC 2020 in Dallas, TX this March. She will be presenting a poster on her recent research related to *Experiences of Symptom Dismissal Among Emerging Adults with Chronic Health Conditions*. This study found that past experiences of symptom dismissal were associated with lower health-related quality of life, lower health competence, and poorer preparedness for transition among a community sample of emerging adults with chronic health conditions. Future research will focus on ways to decrease experiences of symptom dismissal, more effective coping strategies for addressing symptom dismissal, and generally supporting a more successful transition to adulthood for these individuals.

**Lang, A. C.**, Greenley, R. N., & Davies, W. H. (2020, March). *Experiences of symptoms dismissal among emerging adults with chronic health conditions*. Poster accepted for presentation at the Society of Pediatric Psychology Annual Conference, Dallas, TX.

**Nicole Ruppe** was awarded the APA Scholars Award (\$1,000) to travel to the APA Annual Convention in Washington, D. C. this August. Her poster is titled, *A Longitudinal Examination of Depressive Symptoms and Specific Aspects of Religious Coping Among Youth With Asthma*. This poster examines the stability of depressive symptoms and specific aspects of religious coping (e.g., frequency of prayer, church attendance, religious affiliation, and importance of religion) for youth with asthma across multiple developmental periods. Additionally, I sought to examine the longitudinal relationship between depressive symptoms and each specific aspect of religious coping across two decades. Results suggest significant associations between depressive symptoms and importance of religion and church attendance, respectively, for youth with asthma.

**Ruppe, N. M.**, Clawson, A. H., \*Nwankwo, C. N., & \*Blair, A. (2020, August). *A longitudinal examination of depressive symptoms and specific aspects of religious coping among youth with asthma*. Poster accepted for presentation at the American Psychological Association Annual Convention, Washington, D. C.

## ***AYA SIG Open Board Positions***

**We will have several board positions opening up this year!**

Chairs complete their two-year term of service in June while all others complete their two-year terms in August with new members starting in September. Open positions include:

- ◆ Chair Elect
- ◆ Measurement Co-Chair
- ◆ Intervention Co-Chairs (two available positions)
  - ◆ Policy Co-Chairs (two available positions)
  - ◆ Communications Chair

## ***AYA SIG Upcoming Events***

### **AYA SIG Meeting at SPPAC : Thursday, March 21 at 4:45PM**

The SIG meeting will feature:

- ◆ A meet and greet
- ◆ Presentations from our SPPAC 2020 Student Poster Award Winners
- ◆ Table discussions of relevant AYA topics

**See you in Dallas!**



For more information about the SPP AYA SIG, please visit:  
<http://www.societyofpediatricpsychology.org/adolescent>

To receive information about joining the AYA SIG or contributing to SIG activities, please contact the current SIG Chair:

**Lila Pereira, PhD** [lpereira2@nymc.edu](mailto:lpereira2@nymc.edu)