

The HiTOPS Guardian

Helping adolescents make responsible decisions for brighter futures

Spring/Summer 2009

Healthcare in Motion

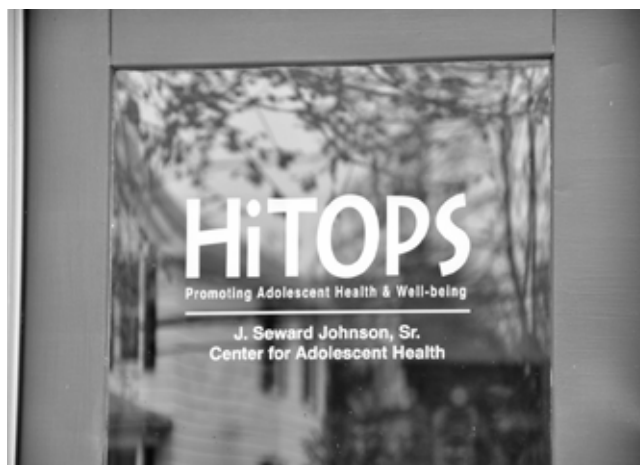
Here at the newly named J. Seward Johnson, Sr. Center for Adolescent Health, we fondly describe our Health Center clientele as young people who are “on the move.” They travel to us from 12 local communities and change jobs, cell phone numbers, emails, partners, friends, high schools and colleges at a mind-boggling pace. Yet for these young people, our Health Center staff still understands and meets their changing needs. This awareness of adolescent healthcare has grown slowly and organically from our day to day collaboration and conversations with our clients.

We have listened! Dovetailing with Healthy People 2010 National Initiative to Improve Adolescent Health, we have designed our programs to promote the health, safety, and well-being of adolescents in our community. This National Initiative has identified 21 Critical Health Objectives that represent the most serious health and safety issues facing this population including mortality, unintentional injury, violence, substance use and mental health, reproductive

health, and prevention of adult chronic diseases.

We are proud to be the recipients of the recent \$500,000 legacy gift from the J. Seward Johnson, Sr. 1963 Charitable Trust, an endowment gift to help ensure that

HiTOPS will continue to carry out its mission to support adolescent health and well-being. In addition, grant support from Church & Dwight Co. Employee Giving Fund has provided funding for expanded outreach to young male clients. Susan G. Komen For The Cure has provided funding for breast health and breast cancer education and screening for young women, and the Horizon Foundation has provided funding



The newly named J. Seward Johnson, Sr. Center for Adolescent Health welcomes young men and young women.

to initiate depression and eating disorder screening for all youth who visit the Health Center. In addition, our smoking cessation program, funded by the American

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See a copy of our annual report on our website, www.hitops.org
or call HiTOPS for a printed copy.

What's Inside

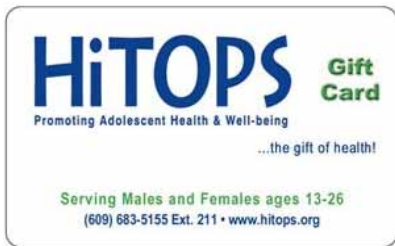
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Parent Place

Giving the Gift of Healthcare

Q: *I really support the work that HiTOPS does to provide healthcare to the youth of our community. Is there anything I can do to help kids who need these services?*

A: Thank you for your support of the Health Center. We have recently implemented a HiTOPS Gift Card system—a great way for adults to encourage teens to get healthcare they need. The HiTOPS card works like any other gift card. You buy a card at HiTOPS for any amount you choose (\$25, \$50, \$100, etc.) then give the card to your child or donate the card to HiTOPS to be used by a client who needs services, but cannot afford to pay. The card can be used for any service provided at the Health Center including physical exams, testing, and medications. The use of the card is completely confidential for both the provider of the funds and the recipient and funds go directly to pay for the health services provided. 🌟



Healthcare in Motion

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Legacy Foundation, can be accessed at our center or online at www.iqitathitops.com.

We are also proud to offer a HiTOPS Gift Card. Cards can be purchased by anyone and loaded with a set amount of money. When given to a teen to use as payment in the Health Center for ANY service, our young clients receive a consistent message that adults respect their need for confidentiality. Furthermore, we expect them to act responsibly, thoughtfully, ask questions and to seek healthcare when needed.

The J. Seward Johnson, Sr. Center for Adolescent Health is a progressive model and has the core foundation to become a model teen Health Center nationwide. We continue to thank our clients, their parents and caregivers, and our network of healthcare providers that support our efforts to heighten awareness of the importance of prevention and education for this often vulnerable and underserved population.

*Sandra Friedman C.N.M., MSN,
Director of Health Services* 🌟

Teen Spot

Guys Need Healthcare, Too

Q: *My girlfriend was told she needs regular healthcare. What do guys need?*

A: Guys need regular healthcare, too. Adolescent boys need the opportunity and space to ask questions about their health, communication and relationships, gender identity, mental and emotional concerns, substance use and abuse as well as physical health and normal body functioning. There is a huge amount of information on the internet regarding these topics but we at HiTOPS find that boys need a confidential face-to-face visit

to discuss their personal concerns in a caring, non-judgmental setting.

At an annual exam boys can be screened for height, weight, BMI, blood pressure, vision, depression, eating disorders as well as STI screening for those who are sexually active. Physically, boys should learn to perform a testicular self exam because the American Cancer Society reports that the highest incidence of testicular cancer in men occurs between

the ages of 14 and 40. They should be aware that curiosity and interest in sexuality is part of normal development. Adolescence is a time in which boys are changing emotionally, physically, developmentally from year to year. An annual visit with a caring clinician at HiTOPS can help boys make healthy choices on their way to adulthood. 🌟

HiTOPS Happenings

2009 Guardian Award Gala

On May 8, HiTOPS held its 2009 Guardian Award Gala, *Nurture the Future*, which paid tribute to three individuals and one corporation who advocate for, and on behalf of adolescents. This year, HiTOPS honored Carolyn McQuade, Cherie Campbell, Shelby Knox, and Delaware Valley OBGYN & Infertility Group, P.C. and Princeton Midwifery Care. Event attendees heard stories of courage and strength, witnessed a performance by the HiTOPS Teen Council, and of course, danced the

night away!

The Gala was co-chaired by Karen Mineo, and board members Andrew Koontz and Nicole Martin. Mineo notes, "This event gave HiTOPS a chance to highlight those in our community who support teens and assist in the creation of healthy responsible adults." Martin adds, "In addition, it gave community partners and donors an opportunity to learn about the new and enhanced services being offered by the organization."

Thanks to an anonymous donor,

and the HiTOPS Board of Directors, the entire cost of the event was underwritten so that all funds raised at the Gala directly benefit youth. Koontz concludes, "Having the event underwritten allows HiTOPS to continue to positively impact the lives of teens and their families. It truly has made a huge difference for HiTOPS, and I am pleased to have been involved with the planning of this event."

To see more photos from the event, or to learn more, please visit www.hitops.org. 🌟



Gala honorees (from left to right): Grace Fimbel of Delaware Valley OBGYN & Infertility Group, P.C. and Princeton Midwifery Care, Shelby Knox, Carolyn McQuade and Cherie Campbell



Gala co-chairs (left to right) Nicole Martin, Andrew Koontz and Karen Mineo

HiTOPS and the Economic Downturn

HiTOPS is not immune to the effects of the nation's economic downturn. Like all other non-profits, we are competing for funding from ever-smaller pools of resources in all areas. The Board of Directors has been working closely with staff to monitor cash flows, reduce expenses and to seek alternative sources of revenue for the organization's most critical programs. We are being more strategic in our grant seeking and more creative in thinking about what we need and where we can get it. We plan to weather the storm and continue to provide a safe harbor for youth and the people who live with, teach, support and care about them. Unfortunately, we have had to make the hard decision to reduce staff. We also know we must take risks and launch new programs like the HiTOPS Gift Card program as well as send talented staff to speak at national conferences so that we continue to grow and connect with the wider world of adolescent health. We are exploring lean and green approaches in our communications by looking at paperless strategies to reach colleagues and donors. We ask that the community at-large keep HiTOPS in mind when making choices about charitable giving. We are counting on your support to keep our programs strong and thriving!

Paul Knodel, Board President & Elizabeth M. Casparian, Executive Director 🌟

Meet Our Staff

A Conversation with Elizabeth Walters

Q. What brought you to seek employment at HiTOPS? Why did you want to work at HiTOPS?

A. I moved to Princeton in 1988 after practicing midwifery in North Carolina for 7 years. While meeting with Dawn Durain, Director of Midwifery at Familyborn Birth Center, she told me about their new program called HiTOPS and took me to meet Bonnie Parker who was unpacking boxes in the newly renovated building next door. After about five minutes talking with Bonnie, she said, “Want to help start a teen center?” And the rest, as they say, is herstory.

We spent 10 years in the little building seeing female clients and along with Corrine O’Hara, started the Teen Council program. It is very gratifying to see how much we have grown in 20 years.

How do you spend your time at HiTOPS? What does your typical day look like?

As the Director of Educational Programs I have added some administrative duties to my schedule, primarily marketing our programs. I continue to see clients in our Health Center two afternoons a week,



Elizabeth Walters, Director of Educational Programs

run a weekly support group for young women who have experienced sexual assault (SASS) and work closely with Teen PEP – writing curriculum, training teachers, and providing technical assistance to schools.

What do you like doing most at HiTOPS?

What I like doing most at HiTOPS is some of everything. I don’t think I could have stayed in a job for 20 years if I did just one thing. I really like writing curricula and teaching teachers. I love collaborating with the other educators and coming up with new creative ways to reach kids and I value the one-on-one time I get to spend with young women in the clinic, helping them learn how to take care of themselves.

What has been different about working at HiTOPS than at other places where you have been employed?

HiTOPS is a very professional organization with exceptionally high standards –

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In My Own Words

Starting my internship at HiTOPS, I vaguely knew what they were about, but soon realized how much this organization does on a daily basis. Every staff member has unique talents and a brilliance that they bring to their jobs and the adolescents they serve. Their enthusiasm for health education is truly contagious. Whether via Health Center visits, classes at the middle or high schools, groups like First and Third, or even through volunteer opportunities like mine, each adolescent they reach is positively impacted and will forever remember the lessons learned and the kindness and attention they received from staff members. I feel truly privileged to have had this experience and to have been able to see first hand what wonderful things can happen when people with true passion join together to make their goal a reality. I find myself singing their praises to each friend and stranger I encounter. I wish that everyone was aware of the tremendous work that HiTOPS does, and the extent to which they are truly influential in these adolescents’ lives because then I know donations would be pouring in and we could ensure that HiTOPS will be around to serve the community for a long, long time.



Michelle Spiegel, Senior, The College of New Jersey & HiTOPS Intern

Support Youth Through HiTOPS

HiTOPS Wishlist

HiTOPS wishes for donations of the following items:

- A white noise machine to help our Health Center maintain confidentiality while talking with clients;
- An original Wii, the Wii Fit system, and a Wii Fit Balance Board to promote fitness at our 'HiTOPS at the Library' program;
- A heavy-duty, crosscut shredder for our Operations Department to enable us to properly dispose of confidential documents;
- A gift card for healthful snacks to be distributed at our events;
- Professional painting services to clean up the exterior of our main building.

In addition, we are always grateful for cash donations, gifts of stock, gifts to HiTOPS in honor or memory of loved ones, endowment campaign support, and legacy gifts.

Thank you to Allison Craigie for donating a radio/iPod player to our Health Center, and Diana Conway for the donation of a rolling suitcase for health fairs. Your gifts are very much appreciated!

Join the HiTOPS Cause

If you're on Facebook, be sure to join the HiTOPS cause! Once you join, you can see event photos, connect with other HiTOPS supporters, receive monthly updates, make a donation to the organization, and much more. See you on Facebook!

Going Green

HiTOPS will soon be "going green" by sending out electronic updates to our supporters. If you would like to receive regular updates from us in our new electronic format, please send your email address to anita@hitops.org. 🌱

TEEN HEALTH CENTER

Hours for appointments:

Mon: 10-Noon & 1-6pm
Tues/Fri: 9-Noon & 1-5pm
Wed: 10-Noon & 1-6pm
Thurs: 10-Noon & 1-7pm
Two Sats/month: 1-5pm
Tel: 609-683-5155 ext. 211

CENTRO DE SALUD

Horarios para las citas:

Lunes: 10am-12pm y 1-6pm
Martes/Viernes: 9am-12pm y 1-5pm
Miercoles: 10am-12pm y 1-6pm
Jueves: 10am-12pm y 1-7pm
Sabado: Dos por mes 1-5pm
Tel: 609-683-5155 ext. 211
Hablamos Español

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Gary R. Snyder
Maria Sophocles, MD

Many thanks to Diana Quick for designing the newsletter.
Thank you to Church & Dwight for its support of the newsletter.

Calendar

June 2009

- 5 HiTOPS and Corner House Teen Event –
Community Park Pool
- 7 NJ Pride Day – Asbury Park
- 9 Teen Council's *Passing the Torch*

July 2009

- 3 HiTOPS Closed – Holiday

August 2009

- 5-7 Teen Council Retreat
- 12-14 Teen PEP Residential Training
- 17-21 Teen Council Training

Meet Our Staff

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and still retains its heart and soul. Every single person at HiTOPS is there because he or she believes that adolescents deserve accurate information, access to healthcare, and to be treated with dignity and respect. Within this framework, teens are perfectly capable of making healthy decisions. ☪



HiTOPS, Inc.
Teen Health and Education Center
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Special Thanks

We thank the following for their financial contributions in late 2008/early 2009:

Albin Family Foundation

LGBTQ support

Church & Dwight Co. Employee Giving Fund

Expansion of services for male clients

The Curtis W. McGraw Foundation

General operating support

Horizon Foundation for New Jersey

Depression, mental health and eating disorder screenings

Johnson & Johnson Consumer Products

Educational programs

Johnson & Johnson Family of Companies

General operating support

J. Seward Johnson, Sr. 1963 Charitable Trust

General operating support

Ortho-McNeil-Janssen Pharmaceuticals, Inc.

Community programs and services

Susan G. Komen For The Cure

Breast health education

Unitarian Universalist Congregation of Princeton

LGBTQ support

Nonprofit Org.
U.S. Postage
PAID
Permit No. 122
Trenton, NJ