

The

HiTOPS Guardian

20 years of helping adolescents make responsible decisions for brighter futures

Health Edition
Winter 2007

The New HPV Vaccine: What you need to know

At the newly expanded HiTOPS Health Center, we care for our growing teen clientele with health promotion and wellness as our primary concern. We continue to reaffirm our commitment to help young people make healthy lifestyle choices. HiTOPS' "partners in healthcare" are our male and female clients ranging in age from 13 to 26 years. Our patients have commented positively on HiTOPS' teen-friendly atmosphere, the expertise and compassion of our clinicians, and our commitment to a nurse-practitioner model which embraces specialized visits for teens. These visits include longer appointment times, one-on-one care with a consistent provider, and time for discussion on prevention and health concerns.

Educating young people and their parents about the new HPV (Human Papilloma Virus) Vaccine is consistent with our emphasis on prevention and education. In an average year, 9,700 women in the USA acquire cervical cancer, and 3,700 women die. Almost every cervical cancer in the world begins with an infection of the cervix by HPV. While there are more than 100 strains of HPV, only certain strains affect the cervix. Two strains (HPV 16 and 18) account for 70 percent of the cervical cancer in the USA. In June 2006, a new vaccine became available in this country — Merck's Gardasil — that proved to be nearly 100 percent effective in preventing pre-cancerous changes by HPV 16 and 18. The Centers for Disease Control and Prevention recommends that all females between the ages of 9 and 26 years receive this vaccine, which will markedly decrease their risk of developing cervical cancer.



Members of HiTOPS Teen Council 2005-2006.

HPV is the most common sexually transmitted infection in the USA. More than 20 million men and women are currently infected with HPV, with 6.2 million new cases diagnosed each year, mostly in adolescents in their teens or early twenties. By age 50, 80 percent of women will have evidence of a prior HPV infection. Another common consequence of HPV infection is genital warts. Merck's Gardasil Vaccine is 95 percent effective in preventing genital warts from two HPV strains.

If you have any questions or are interested in obtaining the vaccine, please stop by and visit our new Health Center. To contact us, please call 609-683-5155 x211. See page 2 for appointment hours.

Sandra Friedman, CNM, MSN
Director of Health Services,
HiTOPS ☼

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See our annual report at: hitops.org/productspublications/reportsresources.shtml

Parent Place

Framework for Conflict Resolution

“Can I stay out an hour later?”

“Is it okay if Andrew’s brother gives us a ride?”

“Chris is babysitting and he wants me to come over.”

As teens get older and seek increased independence, conflict resolution is more and more important. They are learning how to plan ahead, state their case, work through conflict and follow through on agreements. Some rules might make it a little easier:

1. Get the facts:

Make sure your children have the facts about what they want to do, i.e., Who is driving? Where are they going? Who will be there? Parent chaperoned? etc. Check out the

information.

2. Set aside a time to discuss:

Do not discuss in the heat of the moment if possible. Teach your children that new rules must be discussed and decided upon. Tell them to bring all of the above information to the meeting.

3. State the case:

Allow your children to state their case: Why do they want to do this? Why should they be allowed to do this? Make sure they have answers to the important questions. Have them identify “Plan B.” Who will they call if something unexpected happens or they are uncomfortable in the situation? State your side of the case — what are your concerns?

4. Listen:

Be respectful of one another — listen to all sides. Identify possible points of negotiation and compromise. (There may not be any — you are the parent!)

5. Make/Accept decision:

Based on the information discussed, make your decision. Tell your children that the way they respect the decisions will influence more independence in the future.

6. Reward/Consequences:

When your children follow through appropriately, give them praise and reward. If they don’t, be sure they have a consequence. Follow through. 🌟

Teen Spot

Answered by HiTOPS Education Staff

QUESTION: “My boyfriend and I were having sex, and the condom broke. I am not on birth control pills. My friend told me I can get the morning after pill at the pharmacy without calling my doctor first. Is this true?”

ANSWER: Yes, if you are 18 years or older, you can go to any pharmacy that carries Plan B (Emergency Contraception or the “morning after pill”) and get it without a prescription. You will have to ask the pharmacist for it, since it is behind-the-counter and show proof of age (e.g., driver’s license).

If you are under the age of 18, you must see a healthcare professional to get a prescription for Plan B. You can contact your private physician or you can go to a clinic, such as the HiTOPS Health Center. Emergency Contraception is a safe, effective way to reduce your risk of getting pregnant if taken within 5 days of unprotected intercourse. Although you have up to 5 days to get Plan B, it is most effective (as high as 89%) if taken within the first 48 hours. If you are already pregnant, it will have no effect and therefore is different from RU486 (the “abortion pill”). It is also important to note that

Emergency Contraception should not be used as a regular form of birth control. It is a back-up method to be used only if you were not using any birth control method, have experienced sexual assault, or your regular method fails (condom breakage, missed pills, etc.). It is important to talk to your healthcare professional about what birth control method is right for you, and to discuss testing for sexually transmitted diseases (STDs). Plan B, as well as many forms of birth control, is effective in preventing pregnancy, but does not protect against STDs. Consistent and correct condom use is highly effective in preventing unwanted pregnancies as well as STDs and can be used in addition to most other birth control methods to increase their effectiveness. 🌟

TEEN HEALTH CENTER

Hours for appointments:

Mon, Tue, Wed, Fri 1–5pm
Thurs 10am–Noon & 1–7pm
Two Sats/month 9am–Noon

Tel: 609-683-5155 x211

What HiTOPS Has Been Up To

HiTOPS 20th Birthday Party

HiTOPS celebrated our 20th birthday on Wednesday, October 18th at our headquarters. Part health fair, part festival — this celebration high-



HiTOPS Staff Members Connie Poor and Elizabeth Walters at HiTOPS 20th Birthday Celebration on October 18, 2006.

lighted HiTOPS' programs and honored our two decades of service to the community. By all accounts, the event was a great success.

The event would not have been possible without the tremendous backing of our supporters and sponsors. Event Underwriters included Ortho Women's Health & Urology: a division of Ortho-McNeill Pharmaceutical Inc.; Janssen, L.P; Church & Dwight Company, Inc.; the HiTOPS Staff and Board of Directors; and Mr. and Mrs. Arthur J. Ferrara. Mr. Ferrara was not only an event underwriter; he also serves as the Chair of the 20th Anniversary activities and is a member of our Board of Directors. We were also tremendously grateful to receive additional in-kind support from Bent Spoon, Blue Tulip, Church & Dwight Company, Inc., Ferrara & Company Advertising, Johnson & Johnson, joyCards,

Heather Parker, and Wegman's.

We are encouraging support of HiTOPS as we continue our 20th Birthday celebrations, and would love to meet anyone who would like to learn more about the services we provide or the lives we touch.

The Third Annual 2006 NJ Gay Straight Alliance Forum

Students, advisors and supporters from over 35 schools and community organizations across the state came together on Saturday, October 21st for a day of learning, sharing, and networking. The theme was Making Connections, Building Bridges, Taking Action. The NJ GSA Forum is committed to making schools safe and respectful for all, regardless of sexual orientation and gender identity/expression. For more information please visit: www.njgsaforum.com. ☼

Many thanks to Diana Quick for designing the newsletter.

Thank you to Church & Dwight for their support of the newsletter.

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Meet Our Staff

Ivy Pearlstein: Helping Teens Quit Smoking

Ivy Pearlstein, RN, MSN, APN joined the HiTOPS Health Center staff in 2003 to create and run a smoking cessation program. Ivy is a Nurse Practitioner and certified Tobacco Dependence Treatment Specialist. She has practiced nursing for 26 years and holds a Bachelors degree, a Masters degree and a post-masters certificate.

Ivy became interested in adolescent healthcare when she became a camp nurse; she has a unique perspective regarding the physical, emotional, and spiritual health needs of adolescents. Ivy feels that the most important thing about providing health care to adolescents is to listen to their needs and to provide information in a respectful manner. Teens know that when they come to HiTOPS they have come to a safe, trusted place.

Ivy sees both young women and young men for general and reproductive health concerns, testing and treatment for sexually transmitted infections, HIV testing and counseling, and smoking cessation counseling. Clients who smoke benefit



Ivy Pearlstein advising a teen at HiTOPS.

from having Ivy on site and can be immediately referred to her for individual counseling. Ivy has also seen small groups of clients who are friends and wish to quit together, using the principle of social support. Ivy uses carbon monoxide monitoring to give feedback to clients about their status and provides them with measurable progress while they quit. Teens say that they have never had conversations about quitting smoking in this way before and many have become successful non-smokers. Ivy lives in Bucks County, PA with her husband Larry, daughter Erina, son Josh, two cats, Sandy and Hope, and two parakeets, Happy and Buddy. Ivy can be reached at HiTOPS by phone at 609-683-5155 x 211 or by email at ivy@hitops.org.

In My Own Words

I strongly believe that the quality of healthcare provided at a health center is based on the people who work inside of it. The most valuable feeling I receive at HiTOPS is unconditional support. The staff treats me with compassion and understanding. They never look down at me, even when I make unhealthy decisions. HiTOPS is a place where I feel safe to tell the truth about my life regardless of what it is. Every time I visit HiTOPS, I am given the gift of being listened to. Along with the loving care the staff provides, I get honest information that helps me make positive decisions for my health and

body. I know I have become a healthier person because of my relationships with the staff at HiTOPS. Asking for their help has been a wonderful investment in my life. Do yourself a favor, allow HiTOPS to help you.

*-- Joanna Valera
HiTOPS Health Center
Client, Age 21*



Support Youth Through HiTOPS!

HiTOPS envisions a world where youth have the resources they need to live healthy and responsible lives.

Your ongoing support is crucial to maintaining and expanding the important services and programs we provide for adolescents and their parents.

Many, many thanks to those of you who are already donors to HiTOPS! Your generous support of HiTOPS is greatly appreciated — without you our work would not be possible!

Mark Your Calendars!

The 20th Anniversary HiTOPS Guardian Award Gala will be held on **Friday, April 27th, 2007** at the Trenton Country Club. The event will honor HiTOPS' founder and former Executive Director, **Bonnie Parker**, and youth honoree, **Erin Kenny**.

We're Here For You!

Should you want additional information on purchasing gala tickets, volunteering at HiTOPS, remembering HiTOPS in your estate plans, or joining the HiTOPS Campaign — please call us at 609-683-5155 x 241.

Step into the HiTOPS Spotlight!

Edith Wharton once said, "There are two ways of spreading light; to be the candle or the mirror that reflects it."

What is a HiTOPS Spotlight event?

HiTOPS Spotlights are fundraising activities that build awareness of HiTOPS and our services and, hopefully, allow us to meet new people and touch new lives. A HiTOPS Spotlight is any activity which is planned, hosted, and staged by someone other than HiTOPS. A HiTOPS Spotlight can be as complex and formal as a golf tournament or as fun and informal as a lemonade stand or even a dress down day at work.

Why step into the HiTOPS Spotlight?

A HiTOPS Spotlight event is a creative, individualized, and fun way to help HiTOPS! And, it's easy to make a difference and have a great time! In fact, all you need to do is simply gather some new and old friends or reach out to colleagues and/or your community! Working creatively means we can each raise money and awareness of HiTOPS in our own unique way.

How will a HiTOPS Spotlight event work?

Once you let us know that you're interested, we will provide you with the materials that you need to start! (You can call us at 609-683-5155 x 241 or email us at amy@hitops.org. We will then send you all of the materials you'll need to become an official HiTOPS Spotlighter!

Once you've stepped into the Spotlight, excellent communication with the HiTOPS Development staff will ensure that your activity is included as an official "HiTOPS Spotlight" and that all materials and funds raised are done so in a manner consistent with our mission and core values.

Thank you for shining and stepping into the Spotlight!

HiTOPS Educational Programs: Responding to Our Community for 20 Years!

Parent Programs

Wednesdays 7-9pm at HiTOPS

February 7, 2007 – It Ain't Easy Being a Teen: Helping Your Child Deal with Stress

February 28, 2007 – Mirror, Mirror on the Wall: (Body Image)

March 14, 2007 – Teens on the Rocks: Talking with Teens about Alcohol and Drugs

April 18, 2007 – Boys will be Boys?: Tips for Raising Confident, Responsible Men

May 9, 2007 – It's Cool to be Kind: (Bullying, Meanness, and Harassment)

June 6, 2007 – Off to College: Protecting our Daughters

To REGISTER, call 609-683-5155 x 234, or e-mail ecasparian@HiTOPS.org
Suggested donation \$12.00

Active Families, Healthy Kids

In response to the national concern about childhood obesity, HiTOPS has created a workshop series in which families can look at their own values and behaviors around fitness and nutrition in order to create a supportive and healthful home environment. Active Families, Healthy Kids consists of five 90-minute sessions in the afternoons or evenings; the first three sessions are for parents only, the last two sessions are for parents and their children. HiTOPS has created activities, strategies and lectures that teach healthful habits, provide a space for communication about nutrition and fitness needs and concerns, and show how much fun cooking, shopping and exercising together can be.

HiTOPS and the Princeton YWCA will be offering this 5-session educational series for parents/guardians of middle school children (ages 11-14) concerning health, nutrition and fitness.

Thursdays, Feb. 8–March 8, 7-8:30pm

YWCA Princeton
59 Paul Robeson Place

For more information contact:
carolyn@hitops.org 609-683-5155 x232

To REGISTER, contact the YWCA Princeton, 609-497-2100, ext. 0
www.ywcaprinceton.org

Family Night

Tues. Feb 27, 2007 at the Princeton Public Library

“Talk to Me: A Family Night Event”: a workshop on Parent/Teen Communication led by the HiTOPS Teen Council.

Parents and teens (age 13 and up) are invited. For more information and to register, contact Carolyn Santoro at 609.683.5155 x 232 or carolyn@hitops.org

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