

NJAAP's Adolescent Health Committee

NJAAP's Adolescent Health Committee (AHC) serves to bring together pediatric practitioners and professionals who work closely on the issues surrounding Adolescent Health to review and discuss emerging adolescent health topics, share resources, and support NJAAP's program work in this area. This committee is Chaired by Dr. Susan Brill Goldberg, MD, Chief of Adolescent Medicine at The Children's Hospital at Saint Peters Hospital and coordinated by Ariel Fuchs, NJAAP Sr. Program Manager.

Recently, the Adolescent Health Committee has focused on critical areas to enhance adolescent well-being, including suicide prevention, depression screening, and improving treatment protocols for eating disorders, which was the topic of a recent NJ Pediatrics article authored by AHC member and emerging medical student, Nicole Hindle. Additionally, the committee has worked to create awareness around policies impacting confidentiality in adolescent healthcare, ensuring that young patients receive the privacy and support they need to seek care without barriers. These efforts reflect the committee's commitment to addressing the most pressing health concerns affecting today's youth.

The AHC also provides strategic oversight for Task Force work that aims to address developing child health needs in New Jersey. By guiding these initiatives, the committee ensures that evidence-based practices and innovative solutions are applied to improve adolescent health outcomes and meet evolving challenges faced by adolescents throughout our state. Current priorities include:

- **Anti-Trafficking Task Force** partners with subject matter experts including those with lived experience to educate healthcare professionals and the lay public about the human trafficking of children and identify strategies to prevent human trafficking. A key component of our work is supporting survivors' voices and ensuring they are at the table during all phases of our work, making critical contributions to children's health in NJ and expanding our knowledge in this area.
- **Task Force on Adolescent Sleep & School Start Times** convenes school personnel and health professionals to raise awareness and educate about the importance of healthy school hours and their impact on physical and mental health, leading grassroots as well as legislative efforts to implement school schedule changes that prioritize student well-being in New Jersey. More information can be found at the [Task Force website](#).

"Chairing the Adolescent Health Committee has been extremely gratifying for me both personally and professionally. Our group has representation from several children's hospitals, school health nursing leaders, and Department of Health leaders who work with teens every day. We have been able to amplify our work by sponsoring two well attended Adolescent Health symposiums. This serves to further educate pediatric caregivers on issues important to teens and young adults. With our task force work we have had the opportunity to engage individuals all around the state who are committed to improving the health of teenagers. I am really proud of our accomplishments and hope to continue our advocacy for teen health going forward." – Dr. Brill Goldberg, MD, Chair, Adolescent Health Committee

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