



Stanford
Children's Health

Center for Adolescent Health

Individualized care for adolescents and young adults



An Expert Team

Packard Children’s internationally recognized team of adolescent medicine specialists, child psychiatrists, nurses, and social workers collaborate with teachers; recreational, occupational, and physical therapists; nurses; and nutritionists to ensure that all patients and their families receive the highest level of care. Our collaborative approach helps heal the whole child—mind, body, and spirit—and enables our patients to easily return to their regular lives.

The Adolescent Health Care Team

Neville H. Golden, MD

Chief, Division of Adolescent Medicine
The Marron and Mary Elizabeth Kendrick
Professor of Pediatrics, Division of
Adolescent Medicine

Arash Anoshiravani, MD, MPH

Medical Director, Teen Health Van;
Clinical Associate Professor of Pediatrics,
Division of Adolescent Medicine

Jonathan T. Avila, MD

Clinical Assistant Professor of Pediatrics,
Division of Adolescent Medicine

Jennifer L. Carlson, MD

Clinic Chief, Division of Adolescent
Medicine; Clinical Associate Professor
of Pediatrics, Division of Adolescent
Medicine

Rachel Goldstein, MD

Clinical Assistant Professor of Pediatrics,
Division of Adolescent Medicine

Bonnie Halpern-Felsher, PhD

Director of Research, Adolescent
Medicine; Professor of Pediatrics

Katherine B. Hill, MD

Clinical Instructor of Pediatrics, Division
of Adolescent Medicine

Paula J. Adams Hillard, MD

Chief, Gynecologic Specialties
Professor of Obstetrics & Gynecology

Cynthia J. Kappahn, MD, MPH

Medical Director, Comprehensive
Eating Disorders Program
Clinical Professor of Pediatrics, Division
of Adolescent Medicine

James D. Lock, MD, PhD

Psychiatric Director, Comprehensive
Eating Disorders Program; Professor,
Department of Psychiatry and Behavioral
Sciences and Pediatrics, Division of Child
and Adolescent Psychiatry

Megen Vo, MD

Clinical Assistant Professor of Pediatrics,
Division of Adolescent Medicine

Sophia Yen, MD, MPH

Clinical Associate Professor of Pediatrics,
Division of Adolescent Medicine

Diana Sherman, NP

Adolescent Medicine

Inna Patel, LVN

Adolescent Medicine

Lauren Davis, RN

Adolescent Medicine

Elizabeth Cotter, MPH, RDN

Clinical Dietitian

Allyson Sy, RD

Clinical Dietitian

Amy Valentine, LCSW

Clinical Social Worker

What About Patient Confidentiality?

Under California law, patients 18 years or older can consent for their own care; patients 12 to 17 years of age can receive confidential health care without their parents’ consent or presence for the following services:

- Sexually transmitted infections
- Contraception
- Pregnancy-related issues

Our Teen and Young Adult Clinic team keeps all visits confidential, except if the patient indicates an intention to hurt him/herself or others. Patients with financial need may qualify for “Family Pact,” a special program to help pay for services related to reproductive health care. General health care for patients under the age of 18, including sports physicals and illness treatment, requires consent of a parent or guardian. The parent or guardian needs to be present at the first visit; a note is required for subsequent visits.



Lucile Packard Children's Hospital Stanford's Center for Adolescent Health provides comprehensive health services for teens and young adults in a confidential and age-appropriate setting. Our services cover a complete range of health care needs from yearly checkups and immunizations to acne treatment, birth control, and urgent care. We also provide specialty clinics where teens and young adults can be treated for health problems common to their age group such as eating disorders, reproductive health, psychosocial issues, weight management, and sports-related injuries. In addition, our mobile medical clinic provides outreach services for traditionally underserved communities.

Teen and Young Adult Clinic

The Teen and Young Adult Clinic provides comprehensive medical services for young adults ages 12 to 21. Our clinic staff understands the unique health issues that teens and young adults face during this time in their lives. The clinic is a safe and inclusive space for LGBTQ youth and their families.

Check out videos on preteen and teen health at onlinevideolibrary.stanfordchildrens.org

General Health Services:

- General health checkups for school sports or employment
- Immunizations
- Urgent health care
- Evaluation and treatment of menstrual disorders, including:
 - Absent periods (amenorrhea)
 - Irregular periods
 - Excessive bleeding
 - Menstrual cramps
- Primary care for the young athlete
- Acne treatment
- Growth and development concerns
- Referrals for counseling for school, family, social, and emotional issues

We also provide confidential reproductive health services, including:

- Birth control (condoms, pills, shots, patches, or vaginal rings)
- Pregnancy counseling and testing
- Sexually transmitted infection testing and treatment
- HIV testing and counseling

Eating Disorders Program

The Comprehensive Eating Disorders Program at Lucile Packard Children's Hospital Stanford is the only comprehensive program in Northern California that provides inpatient interdisciplinary specialty care in addition to outpatient services for medically compromised children and adolescents with anorexia nervosa, bulimia nervosa, ARFID, and other eating disorders. Our multidisciplinary program, which has been treating patients successfully for more than 35 years, is directed jointly by the Stanford University School of Medicine's Division of Adolescent Medicine and the Division of Child and Adolescent Psychiatry. Patients access care through the program's eating disorders outpatient services or, if they are in need of medical stabilization, through the inpatient Comprehensive Care Program. The combination of both inpatient and outpatient services in one program makes our eating disorders program truly unique.

Multidisciplinary Inpatient Treatment

When a young patient's eating disorder is severe enough to require hospitalization, he or she may be admitted to Packard Children's Comprehensive Care Program (CCP), a specialized, 15-bed inpatient eating disorders clinic located at El Camino Hospital in Mountain View. CCP is designed to treat medical complications resulting from abnormal eating that may affect a patient's heart, brain, bones, liver, or kidneys. Our goal is to prevent long-term complications. Inpatient treatments include:

- Diagnostic evaluation (both medical and psychiatric)
- Medical management to prevent or detect complications
- Nutritional assessment and management
- Evaluation of growth

- Family-based treatment
- Coordination with school
- Group and milieu treatment
- Psychiatric medication evaluation and monitoring
- Individual therapy (cognitive, interpersonal, and psychodynamic)
- Evaluation of psychiatric conditions related to eating disorders, such as depression, obsessive-compulsive disorder, and anxiety

Patients usually stay at the CCP for a relatively brief period (seven to 14 days) and upon discharge continue treatment at our eating disorders outpatient services program.

Pediatric Weight Clinic

Our Pediatric Weight Clinic provides comprehensive medical and nutritional evaluations for overweight children and adolescents. The clinic focuses on the evaluation and management of patients with a significant degree of overweight and related conditions, including sleep apnea, diabetes, and orthopedic problems. The clinic is supported by ancillary services at Lucile Packard Children's Hospital Stanford, such as nutrition, social work, occupational therapy, and physical therapy.

Mobile Health Program

Also known as the Teen Health Van, Packard Children's Mobile Health program provides care to uninsured and homeless youth by regularly visiting homeless shelters and continuation schools in San Francisco, San Mateo, and Santa Clara counties. In operation since 1996, our mobile clinic provides comprehensive primary health care services to about 1,800 teens and young adults,



many of whom would otherwise go untreated or seek care only at emergency rooms. Staff members include a physician specializing in adolescent medicine, a pediatric nurse practitioner, a pediatric registered nurse, two social workers, a dietitian, a driver, and an administrative assistant. The Teen Health Van operates two days a week, providing one-stop medical care, including medications.

Outreach Clinic

Our Adolescent Outreach Clinic serves a diverse patient population on Monday afternoons at the Mission Neighborhood Health Center in San Francisco. Comprehensive primary care services are offered, as well as help for special adolescent needs such as eating disorders, family planning, and smoking-cessation counseling. A dietitian is available by referral. HIV testing and counseling are also available. All insurance plans are accepted. Patients without insurance are charged on a sliding scale. All uninsured patients are considered for eligibility for Medi-Cal, Healthy Kids, or Healthy Families.



Lucile Packard Children's Hospital Stanford

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(650) 497-8000

stanfordchildrens.org



The Center for Adolescent Health

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Sunnyvale, CA 94087

Tel (408) 637-5959

Fax (669) 233-2872

Administrative Office/Non-clinical:

Tel (650) 736-9557

Fax (650) 736-7706

Days and Hours:

Monday – Friday: noon – 5 p.m.

Teen Health Van

teenvan.stanfordchildrens.org

Comprehensive Care Program Inpatient Unit

Packard Children's at El Camino
Hospital, Unit 4C

2500 Grant Rd.

Mountain View, CA 94040

Tel (650) 988-8381

Child and Adolescent Psychiatry Outpatient Clinic

401 Quarry Rd.

Palo Alto, CA 94305

Tel (650) 498-4468

Teen and Young Adult Clinic

1195 West Fremont Ave., 2nd Floor
Sunnyvale, CA 94087

Tel (408) 637-5959

Mission Neighborhood Health Center

240 Shotwell St.

San Francisco, CA 94110

Tel (415) 552-3870, x339

Eating Disorders Outpatient Clinic (San Francisco)

1100 Van Ness Ave., 7th Floor

San Francisco, CA 94109

Tel (415) 600-0770