



# Leadership Education in Adolescent Health (LEAH) Transitions in Care: Guiding Adolescents into Adulthood

Friday, February 13, 2026

VIRTUAL CONFERENCE

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## Course Overview

This conference is intended for local and regional adolescent medicine and primary care physicians, psychologists, physician assistants, nurses, nurse practitioners, social workers, dietitians, and other healthcare providers specializing in family medicine, internal medicine, gynecology, pediatrics, and psychiatry. The program's aim is to increase the overall knowledge, understanding and competencies of multidisciplinary providers in areas of transition from pediatric healthcare to adult healthcare. The learning format will be virtual and will include didactic lectures with interactive question-and-answer sessions and expert hot-topic panels.

## General Information

The registration fee includes access to the conference live stream, online presentations, and CME credits. The registration fee is \$50.00.

## Course Objectives

Participants will be able to:

- Identify core challenges and opportunities in transitioning adolescents and young adults (AYA) from pediatric to adult health care systems
- Explore the role of technology and digital literacy in fostering independence and self-management during health care transition
- Share strategies and models that promote equity, continuity and patient-centered approaches to transition
- Build cross-disciplinary collaboration to strengthen systems of care supporting youth and families

## Joint Accreditation Statement



JOINTLY ACCREDITED PROVIDER™  
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, Children's Hospital of Philadelphia is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

## Designation of Credit

**Physicians:** Children's Hospital of Philadelphia designates this live activity for a maximum of 2.25 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Nurses:** This program provides 2.25 ANCC contact hours.

## Social Work Accreditation Statement

CHOP is a pre-approved provider of continuing education credits for Pennsylvania Licensed Social Workers, Marriage and Family Therapists, and Professional Counselors. Participants licensed in Pennsylvania who attend the full workshop and complete the required evaluation are eligible for 2.5 Continuing Education Credits. Participants licensed in other states should check with local licensing boards to determine continuing education approval.

## Cancellation and Refund Policy

Children's Hospital of Philadelphia reserves the right to cancel or postpone any course due to any unforeseen circumstances. Cancellations must be received in writing by Wednesday, February 4, 2026.



# PROGRAM

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### Friday, February 13, 2026

- 9:00 a.m.     **Welcome and Introduction**  
*Shelby Davies, MD; Rashi Kabra, MD, MSED; Carol A. Ford, MD*
- 9:15 a.m.     **Keynote Address: Health Care Transition from Pediatric to Adult Health Care: Role of the Adolescent Clinician**  
*Patience White, MD, MA*
- 10:00 a.m.    **Digital Health to Support Self-Management and Transition to Adult Care**  
*Lisa Schwartz, PhD*
- 10:30 a.m.    **Break**
- 10:45 a.m.    **No Man's Land: Treatment Strategies for Emerging Adults with Eating Disorders**  
*Nicole Cifra, MD, MPH, MHPEd; Rebecka Peebles, MD; Laurel Weaver, MD, PhD*
- 11:45 a.m.    **Closing Remarks**  
*Shelby Davies, MD; Rashi Kabra, MD, MSED*

Unless otherwise noted, faculty is from Children's Hospital of Philadelphia. Academic affiliation is with the Perelman School of Medicine at the University of Pennsylvania.

## Course Directors

**Shelby Davies, MD**

*Attending Physician*

*Assistant Professor, Division of Adolescent Medicine*

**Carol A. Ford, MD**

*Director, CHOP Leadership Education in Adolescent Health (LEAH)*

*Professor, Division of Adolescent Medicine*

**Rashi Kabra, MD, MSED**

*Attending Physician*

*Assistant Professor, Division of Adolescent Medicine*

## Course Faculty

**Nicole Cifra, MD, MPH, MHPed**

*Division of Adolescent Medicine*

**Rebecka Peebles, MD**

*Vice President of Adolescent Medicine, Monte Nido*

**Lisa Schwartz, PhD**

*Co-Director and Co-Founder, Digital and Personalized Health Research Affinity Group  
Associate Professor of Clinical Psychology in Pediatrics*

**Laurel Weaver, MD, PhD**

*Director of Psychiatric Clinical Care, Eating Disorder Assessment and Treatment Program*

**Patience White, MD, MA**

*Co-Director, Got Transition®*

## Planning Committee

**Bea Chestnut**

*Division of Adolescent Medicine*

**Richard Chung, MD**

*Division of Adolescent Medicine*

**Adam Greenberg, MSN, CRNP**

*Co-Director, Adult Care and Transition Team*

**Kusuma Schofield, PhD, MPH, MSED**

*Nutrition Fellow, CHOP LEAH Program*

**Dava Szalda, MD, MSPH**

*Co-Director, Transition to Adulthood Program*

**Joey Tan, LMSW-C**

*Social Work Fellow, CHOP LEAH Program*

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