

## Panel 5 Speaker Bios

**Janet Cady**

**MN, ARNP**



### **Biography:**

Janet Cady is Senior Lecturer, UW Department of Family and Child Nursing and Assistant Medical Director at Neighborcare Health. Janet Cady is a Washington licensed Registered Nurse, an Advanced Registered Nurse Practitioner, and maintains Pediatric Nurse Practitioner certification with the ANCC in good standing. Ms Cady participates as a guest lecturer in seminars at the School of Nursing and has served on multiple scholarly project, thesis, and capstone committees for students in the Schools of Nursing and Public Health. She wrote the chapter on adolescent health for the Women's Health Care: A Comprehensive Handbook. She currently leads the School-Based Health Center (SBHC) program at Neighborcare Health (NH) in collaboration with a Program Manager and a Mental Health Lead. The SBHC program includes 3 high school and 3 middle school centers, along with 2 middle school sites focused solely on mental health and substance abuse prevention. In her current role at Neighborcare Health, Ms. Cady supports the development, implementation, and evaluation of quality school-based health services in several Seattle schools. She maintains a clinical practice in adolescent health at a NH SBHC where an interdisciplinary team collaborates to promote health, identify acute and common conditions, and reduce inequities in health. In addition, she facilitates SBHC clinical placements for nurse practitioner students, pediatric residents, and adolescent medicine fellows and is a clinical preceptor. Ms. Cady is a Member-at-Large for the Society for Adolescent Health and Medicine, and the National Assembly for School-Based Health Care. In collaboration with Andrea Landis, she is the co-lead the nursing component of the UW LEAH with a particular focus on clinical components of the curriculum.

## Aletha Akers



Dr. Akers is an expert in pediatric and adolescent gynecology who provides clinical care to children, adolescents and young women with complex gynecologic problems. She has expertise in providing routine, preventive care and addressing the contraception needs of adolescents with medical problems and those at risk for experiencing an unplanned pregnancy. Dr. Akers also specializes in managing common gynecologic problems such as menstrual disorders, breast diseases, sexually transmitted infections, abnormal pap smears, and complex problems requiring pelvic surgery. Her family-friendly approach balances respect for young women's need for confidential clinical and reproductive services, while fostering appropriate parental involvement in clinical decision-making. Dr. Akers is also an active researcher with more than twenty years of experience developing and evaluating programs to improve the reproductive health of adolescents and young adults. Her research examines the psychosocial determinants of sexual behaviors and reproductive decisions and she develops clinic and community-based interventions to improve adolescent reproductive health. Her methodological expertise is in the use of qualitative research methods with adolescents to explore health risk behaviors. She has established herself as a respected investigator pioneering research on parent-child communication to improve adolescent reproductive health outcomes. Her research has been funded by the National Institutes of Health (NIH) and private foundations, including the Robert Wood Johnson Foundation. Her work has been widely published in the fields of medicine, public health and the social sciences. Dr. Akers has worked as a consultant for The Johns Hopkins Center for American Indian Health and to the World Health Organization Quality of Care and Technologies Office. She has served on the Data Safety and Monitoring Board for NIH-funded studies (5R01MH074737) and has served on study sections for the NIH and the Veteran's Administration. She lectures extensively on adolescent sexual decision making and family communication about sexual health for community organizations and outreach programs for AA youth.



## Amanda Keifer



**M.A. Keifer, International Policy Analyst at Advocates for Youth**, specializes in global adolescent and youth sexual and reproductive health and rights (SRHR) advocacy. Keifer leads Advocates' U.S foreign policy work in Washington, D.C., advocating with Congress and the Administration to promote LGBTQ rights; young peoples' access to reproductive health care, including safe abortion and contraception; girls' empowerment; and HIV/AIDS prevention, care and treatment for young people. Managing the organization's policy initiatives at the United Nations, Keifer coordinates youth representation at the Commission on the Status of Women, the Commission on Population and Development, and the UN General Assembly, and works closely with partner organizations and US State Department representatives to advocate for youth SRHR in resolutions and political declarations. She is leading Advocates' work on promoting youth inclusion, especially the health and rights of girls and young women, in the post-2015 development agenda.

A card-carrying Millennial, Keifer enjoys leading Advocates' Policy Department's social media presence and helping to coordinate and facilitate online strategies related to policy advocacy. She also assists in development and grant management for the organization, building relationships with donors and helping to bring in over \$300,000 in new grants since coming to the organization.

For three years, Keifer has served on the Youth Health and Rights Coalition (YHRC), a coalition comprised of 28 advocacy and implementing organizations who, in collaboration with young people and adult allies, are advancing the sexual and reproductive rights and health of adolescents and youth around the world. While working in the Global Health Office at the Public Health Institute (PHI), Keifer supported the organization's adolescent and youth programs, including the Adolescent Girls' Advocacy & Leadership Initiative (AGALI), GOJoven, and the Global Youth Coalition on HIV/AIDS. In 2013, she served as a rapporteur during the ICPD Beyond 2014 Bali Global Youth Forum. There she was responsible for leading a team of young people in compiling recommendations from both virtual and onsite youth that ultimately comprise the Bali Declaration, the first document of its kind putting forward the needs of girls and young women, in particular, to inform the post-2015 agenda.

Keifer also holds a deep passion for opposition research. While consulting briefly with Ipas, she became hooked on investigating the anti-abortion rights movement. Keifer now leads Advocates' research on far-right opposition to sexual and reproductive rights both in the U.S. and at the international level. She works to identify current and emerging threats to comprehensive sexuality education, LGBTQ rights, access to safe abortion and contraception and identifies opposition tactics and messaging related to

“religious liberty,” contentious objections, and exemption clauses. Keifer is committed to training young people and adult allies on understanding far-right messaging and effectively combatting opposition.

Keifer hails from Cookeville, Tennessee. She currently lives in Washington, DC with her two beautiful dogs. She holds a Master of Public Health degree from The George Washington University with a focus on global health policy, and a Bachelor’s degree in International Development Studies from Hendrix College in Conway, Arkansas.