

# The Mole Hill that Became a Mountain: Addressing Child & Adolescent Mental Health Early

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## November 13, 2023



12:00 P.M. - 1:00 P.M.  
Virtual Meeting

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## Overview

Pediatricians and primary care providers (PCPs) are the first-line clinicians for children, adolescents, and young adults. The prevalence of psychiatric disorders within this population is high, with depression, anxiety and ADHD being most common. The morbidity and mortality of these disorders is significant; however, they remain under-treated. Given the limitations of referral to specialty care, PCPs are tasked with managing these illnesses. Both in our experience working in a consultation center and based on the literature, PCPs face many barriers to doing so, including limitations in knowledge about and comfort in prescribing psychiatric medications.

## Learning Objectives

At the end of this presentation, participants should have increased information to:

- Describe the prevalence of mental disorders in children/adolescents to understand the importance of addressing them early.
- Compare and contrast the different options to consider when addressing mental health in children/adolescents in the primary care setting to prevent development into more severe problems.
- List examples of screening tools that PCPs can use to help assess for mental disorders in children/adolescents.

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Nurses who attend the entire live educational activity and submit a completed evaluation will receive 1 contact hour.