

PROJECT ECHO

**Psychological Assessments:  
What Every PCP Should Know**

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**November 25, 2025**

12:00 - 1:00 P.M. CT

Virtual Meeting

**Dr. Nithya Mani**

Dell Medical School at The University of  
Texas at Austin

**Overview**

Primary care providers (PCPs) have been tasked with managing the mental health needs of youth in Texas due to the severe shortage of child psychiatrists. However, many PCPs have had little training in screening, assessment, and care provision for youth with mental health disorders. This professional gap is largely due to limited exposure in medical school and compounded by inadequate mental health resources. The lack of mental health resources has resulted in primary care providers being the first and only source of assistance for youth and families that are suffering from mental or behavioral health concerns. This series is aimed to educate primary care physicians on how to recognize and diagnose mental health conditions in children and adolescents within their clinical practice.

**Learning Objectives**

At the conclusion of this activity, participants should be able to:

- Demonstrate knowledge of various types of formal assessments.
- Define the purpose and uses of psychological evaluations.
- Define the purpose and uses of neuropsychological evaluations.
- Define the purpose and uses of psychoeducational assessments.

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