

Case Studies on Sleep Disorder Treatments

Register Here



Register using this [link](#)



January 27, 2026

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

Virtual Meeting

Jamon Blood, DO

The University of Texas at Tyler

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:

- Educate parents on how to implement behavioral strategies for common sleep disorders
- Provide up-to-date information regarding pharmacologic intervention for various sleep disorders
- Identify and treat common secondary causes of insomnia in the pediatric population

Baylor College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Baylor College of Medicine designates this live activity for a maximum of 1.00 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



tcmhcc
Texas Child Mental
Health Care Consortium

CPAN
Child Psychiatry
Access Network

PeriPAN
Perinatal Psychiatry
Access Network

Baylor
College of
Medicine