

## Case Studies on Sleep Disorder Treatments

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**January 27, 2026**

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

Virtual Meeting

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Sciences Center

### 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

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