

Sleep Disorders and Mental Health: What Every PCP Should Know

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January 13, 2026

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

Virtual Meeting

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Science Center at Houston

Overview

Primary Care Physicians currently demonstrate a significant gap in knowledge and clinical competence regarding the identification and management of mental health disorders in youth. This professional practice gap is primarily attributed to insufficient training and limited access to mental health resources. As a result, PCPs often serve as the first point of contact for families dealing with adolescent mental and behavioral health issues, yet they report lacking the necessary skills to effectively screen, assess, and treat conditions such as depression, anxiety, suicidal ideation, and behavioral disorders. This series aims to enhance PCPs' capabilities in recognizing and managing mental health conditions to improve outcomes for youth within their clinical practice.

Learning Objectives

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

- Enhance PCPs' understanding of sleep disorders
- Understand sleep disorder connection with mental health
- Implement effective screening and assessment strategies
- Discuss first-line treatment options, behavioral interventions, and referral resources

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