

Youth and Trauma Exposure: The Effects on Mental Health

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June 23, 2026

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

Virtual Meeting

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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:

- Recognize the prevalence and clinical impact of childhood trauma in pediatric and adolescent populations
- Identify trauma-related symptoms beyond PTSD, including mood, behavioral, and sleep disturbances
- Select appropriate first-line treatment options including trauma-focused therapy, pharmacologic supports, and referral pathways

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