

Risky Behaviors in Adolescents

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March 24, 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.

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.

Learning Objectives

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

- Assist PCPs in recognizing and diagnosing mental health conditions within their practice
- Identify first line treatments for a variety of mental health conditions associated with risky behaviors in adolescents
- Identify intervention techniques for families of adolescents with risky behaviors
- Identify and apply mental health screening tools in clinical practice