

Youth Mental Health: Risk Factors, Prevention, and Support



A Six-Hour Interprofessional Symposium
Sunday, June 14, 2026 | 8:45 am to 4:30 pm (ET)



OBJECTIVES

8:45am	PARTICIPANTS LOGIN
9:20am – 9:30am	Welcome and Introductory Remarks
9:30am – 10:30am	“Working with Youth with Severe and Intense Behavior: What Parents and Providers Should Know” Mackenzie Sommerhalder, PhD <u>Descriptive Summary</u> This presentation will focus on how providers and parents can understand and respond effectively to severe and intense behaviors in youth. It will address common underlying factors that contribute to high-risk behaviors, along with practical, evidence-based strategies for prevention and de-escalation while maintaining safety and preserving relationships. In addition, it will highlight the importance of collaboration between parents and providers and of supporting youth through compassionate, structured and skill-focused approaches that promote long-term stability and growth. <u>Learning Objectives</u> 1. Identify key factors that contribute to severe and intense behaviors in youth, including underlying mental health conditions, environmental influences and skill deficits; 2. Apply evidence-based strategies to prevent and de-escalate high-risk behaviors, including proactive planning, effective communication and crisis response techniques; and 3. Understand strategies for collaborating effectively with caregivers and multidisciplinary teams to develop consistent, trauma-informed behavioral-support plans that promote safety and long-term skill building.
10:30am – 11:30am	“Youth Suicide: What Every Health and Human Services Professional Should Know” Carmen Lopez-Arvizu, MD, DFAACAP, FAPA <u>Descriptive Summary</u> This presentation will focus on identifying early concerns regarding youth suicide, applying evidence-informed strategies to promote resilience, and working collaboratively across disciplines using trauma-informed and culturally responsive approaches to support youth and families. <u>Learning Objectives</u> 1. Identify key risk and protective factors affecting youth mental health across developmental and social contexts; 2. Recognize early signs of mental health concerns in children and adolescents and respond appropriately within their professional role; 3. Apply evidence based prevention and early support strategies that promote resilience in youth and families; and 4. Collaborate effectively across disciplines to support coordinated, trauma informed youth mental health care.
11:30am – 12:30pm	“Beyond Inpatient, Psychotherapeutics In the Management Of Psychosis” Jonathan Muniz, MD <u>Descriptive Summary</u> This presentation will provide an overview of the use of family-based cognitive behavioral therapy (CBT) to assist patients with psychosis, as well as a brief review of other types of therapy available for psychosis. It will include discussions on a formulation for treatment, implementation of interventions, key points to reduce relapse and the importance of reducing the duration of untreated psychosis. <u>Learning Objectives</u> 1. Use the basic skills of CBT for the treatment of psychosis; 2. Discuss interventions to reduce risk of relapse and adherence to outpatient care; 3. Understand the importance of the duration of untreated psychosis; and 4. Explain the types of therapy available for psychosis.
12:30pm	LUNCH BREAK
1:30pm – 2:30pm	“Assessment and Treatment of Childhood Anxiety” Joseph F. McGuire, PhD <u>Descriptive Summary</u> This presentation will provide an overview of evidence-based assessments to identify child anxiety in clinical practice and evidence-based treatments of childhood anxiety disorders, with a focus on the frontline treatment of cognitive behavioral therapy (CBT). It will also identify challenges with and emerging solutions to treating childhood anxiety. <u>Learning Objectives</u> 1. Discuss components of an evidence-based assessment for childhood anxiety; 2. Describe the cognitive behavioral model underlying CBT; and 3. Recognize the core therapeutic components of CBT and its application in addressing childhood anxiety and related disorders in clinical practice.
2:30pm – 3:30pm	“Somatic Symptom Disorder in Youth: From Recognition to Collaborative Care” Erika Chiappini, PhD <u>Descriptive Summary</u>

This presentation will focus on somatic symptom disorder in youth, including evidence-based strategies for recognizing, assessing and managing this complex condition. It will discuss the stepped-care approach, cognitive-behavioral interventions, and collaborative strategies to reduce disability and improve quality of life for youth and their families. In addition, it will address communication strategies that validate symptoms while avoiding unnecessary testing and ways that healthcare workers can understand their role within interdisciplinary care teams.

Learning Objectives

1. Recognize and assess persistent physical symptoms in youth using current diagnostic frameworks;
2. Apply biopsychosocial model to somatic symptom disorders;
3. Implement stepped-care management approaches appropriate to symptom severity and professional role; and
4. Collaborate effectively within interdisciplinary care teams to reduce symptom-related disability.

“Social Media and Adolescent Mental Health: Updates and Recommendations”

Carol Vidal, MD, PhD, MPH

Descriptive Summary

This presentation will focus on the effects of social media on children and adolescents, including debates about the link between recent changes in technology and worsening mental health outcomes among youth. It will include a review of information about adolescent depression, anxiety and self-harm behaviors, as well as research on problematic social media use and depression, eating disorders, sleep, self-harm, cognitive and academic effects, and safety concerns. In addition, it will provide recommendations for parents and health professionals on how to help children engage with digital media in healthy ways.

Learning Objectives

1. Describe trends of depression, anxiety and suicide in the adolescent population;
2. Identify at least 3 ways in which social media affects adolescent mental health; and
3. List at least 2 ways for clinicians to communicate effectively with parents and adolescents about the appropriate use of social media.

4:30pm

PROGRAM ENDS