



# TELE-BEHAVIORAL HEALTH CONSULTATION PRIMARY CARE WEBINAR SERIES

## EFFECTS OF COVID-19 ON CHILD OUTCOMES

THURSDAY, FEB. 18, 12 - 1 PM (CT)

### Target Audience

This webinar series is intended for primary care providers (physicians, physician assistants, nurse practitioners) in Nebraska.

### Series Description

This webinar series seeks to provide primary care providers with the tools they need to increase their confidence and competence in managing psychiatric and behavioral health concerns in primary care. This series will assist PCPs in managing depression, sleep concerns, and autism in the pediatric primary care setting, as well as understanding and addressing the effects of COVID-19 on children and adolescents.

### Series Learning Objectives

- Discuss best practices for managing common behavioral health issues in children and adolescents, including adjustment concerns due to COVID-19, depression, sleep concerns, and autism
- Describe behavioral strategies or resources (e.g., apps, books) that can be used in the primary care setting instead of, before, or in conjunction with medication
- List common medications for behavioral health issues in children and adolescents
- Discuss when to refer more complex cases outside of primary care to a higher level of care.

### Webinar Description

This webinar will focus on the impact of the COVID-19 pandemic on children and families, including identifying high risk groups, and assessing and assisting families in primary care.

### Presenter: Terri Mathews, Ph.D.

Dr. Mathews is an associate professor in the UNMC College of Nursing. Dr. Mathews received her bachelor's degree in nursing from University of Nebraska Medical Center in Omaha; her master's degree in nursing from the University of Missouri-Kansas City, and her doctoral degree in developmental and child psychology from the University of Kansas. Dr. Mathews' clinical specialty is child and adolescent psychiatric mental health nursing. She is a pediatric nurse practitioner, psychiatric mental health nurse practitioner and a licensed psychologist. Dr. Mathews joined the faculty at the University of Nebraska Medical Center College of Nursing in 2008.



### Webinar Objectives

At the conclusion of this webinar, the participant should be better able to:

- Identify short-term and long-term effects of COVID on mental and behavioral health of children and their families
- Identify population groups that are most at risk for COVID and those likely to experience behavioral health impacts
- Describe strategies for assessing impacts of COVID on children and their families in the primary care setting
- Describe ways to assist families in the primary care setting who have been affected by the COVID pandemic.

### To participate and register:

[https://unmc.zoom.us/webinar/register/WN\\_R-sZfhTkSEmQ50x5QKrc\\_w](https://unmc.zoom.us/webinar/register/WN_R-sZfhTkSEmQ50x5QKrc_w)

### Continuing Education Credits



In support of improving patient care, University of Nebraska Medical Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team. The University of Nebraska Medical Center designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



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# TELE-BEHAVIORAL HEALTH CONSULTATION **PRIMARY CARE** **WEBINAR SERIES**

## **DEPRESSION IN PEDIATRIC PRIMARY CARE**

### WEDNESDAY, MARCH 17, 12 - 1 PM (CT)

#### **Target Audience**

This webinar series is intended for primary care providers (physicians, physician assistants, nurse practitioners) in Nebraska.

#### **Series Description**

This webinar series seeks to provide primary care providers with the tools they need to increase their confidence and competence in managing psychiatric and behavioral health concerns in primary care. This series will assist PCPs in managing depression, sleep concerns, and autism in the pediatric primary care setting, as well as understanding and addressing the effects of COVID-19 on children and adolescents.

#### **Series Learning Objectives**

- Discuss best practices for managing common behavioral health issues in children and adolescents, including adjustment concerns due to COVID-19, depression, sleep concerns, and autism
- Describe behavioral strategies or resources (e.g., apps, books) that can be used in the primary care setting instead of, before, or in conjunction with medication
- List common medications for behavioral health issues in children and adolescents
- Discuss when to refer more complex cases outside of primary care to a higher level of care.

#### **Webinar Description**

This webinar will focus on the impact of depression on youths and families, including identifying signs and symptoms. Strategies for assessing and managing depression in primary care will be addressed.

#### **Presenter: Ryan Edwards, M.D.**

Dr. Ryan Edwards is a board-certified psychiatrist who subspecializes in child and adolescent psychiatry. Prior to his residency and fellowship at the University of Michigan, he earned his medical degree from the University of Nebraska Medical Center. As a native Nebraskan, his clinical interests include outpatient-based child and adolescent psychiatry, obsessive-compulsive disorder, complex anxiety disorders of childhood and integrative and collaborative care across health care disciplines.



#### **Webinar Objectives**

At the conclusion of this webinar, the participant should be better able to:

- Identify signs and symptoms of depression in youths
- Discuss the impact of depression in youths on individual, family, and community functioning
- Identify sources of research-based information on diagnosis and management of depression in pediatric primary care
- Describe strategies for assessing for depression in pediatric primary care
- Describe interventions and care management strategies that can be implemented in the primary care setting
- List approved psychopharmacological interventions for pediatric depression and conditions under which a referral (e.g., to psychiatry) might be appropriate.

#### **To participate and register:**

[https://unmc.zoom.us/webinar/register/WN\\_P5oFVDlxSLCrzQ86PCFAXw](https://unmc.zoom.us/webinar/register/WN_P5oFVDlxSLCrzQ86PCFAXw)

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# TELE-BEHAVIORAL HEALTH CONSULTATION **PRIMARY CARE** **WEBINAR SERIES**

## SLEEP IN PEDIATRIC PRIMARY CARE

### THURSDAY, APRIL 15, 12 - 1 PM (CT)

#### Target Audience

This webinar series is intended for primary care providers (physicians, physician assistants, nurse practitioners) in Nebraska.

#### Series Description

This webinar series seeks to provide primary care providers with the tools they need to increase their confidence and competence in managing psychiatric and behavioral health concerns in primary care. This series will assist PCPs in managing depression, sleep concerns, and autism in the pediatric primary care setting, as well as understanding and addressing the effects of COVID-19 on children and adolescents.

#### Series Learning Objectives

- Discuss best practices for managing common behavioral health issues in children and adolescents, including adjustment concerns due to COVID-19, depression, sleep concerns, and autism
- Describe behavioral strategies or resources (e.g., apps, books) that can be used in the primary care setting instead of, before, or in conjunction with medication
- List common medications for behavioral health issues in children and adolescents
- Discuss when to refer more complex cases outside of primary care to a higher level of care.

#### Webinar Description

This webinar will focus on sleep issues common among children and adolescents. Strategies for assessing and managing sleep problems in primary care will be addressed.

#### Presenter: Kati Cordts, Ph.D.

Dr. Cordts is trained as a pediatric psychologist and specializes in behavioral health care of kids, working with children with and without special health care needs. She is particularly interested in working with parents of young children to promote healthy behaviors and prevent disruptive behavior in early childhood. Dr. Cordts emphasizes evidence-based, goal-oriented approaches designed to address presenting problems. Dr. Cordts' research focuses on the intersection of key health behaviors and children's outcomes with a specific emphasis on sleep and chronic pain. She has presented at national and international conferences and has been the recipient of several research grants. Dr. Cordts has published more than 15 peer-reviewed publications spanning childhood obesity, physical activity promotion, emotion reactivity, intergenerational transmission of chronic pain, and pediatric sleep behaviors.



#### Webinar Objectives

At the conclusion of this webinar, the participant should be better able to:

- List common pediatric sleep concerns
- Discuss questions to ask youth and their families when identifying a sleep concern
- Discuss assessment strategies for various sleep concerns, including those that are appropriate in the primary care setting
- Discuss interventions for sleep concerns, including pharmacological and behavioral strategies
- Identify sources of information that are based on research for obtaining more information about pediatric sleep concerns and their management in primary care.

#### To participate and register:

[https://unmc.zoom.us/webinar/register/WN\\_ojV9R923QiO2Qjf6rkwdq4A](https://unmc.zoom.us/webinar/register/WN_ojV9R923QiO2Qjf6rkwdq4A)

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# TELE-BEHAVIORAL HEALTH CONSULTATION **PRIMARY CARE** **WEBINAR SERIES**

## **MANAGING AUTISM IN PRIMARY CARE**

### WEDNESDAY, MAY 19, 12 - 1 PM (CT)

#### **Target Audience**

This webinar series is intended for primary care providers (physicians, physician assistants, nurse practitioners) in Nebraska.

#### **Series Description**

This webinar series seeks to provide primary care providers with the tools they need to increase their confidence and competence in managing psychiatric and behavioral health concerns in primary care. This series will assist PCPs in managing depression, sleep concerns, and autism in the pediatric primary care setting, as well as understanding and addressing the effects of COVID-19 on children and adolescents.

#### **Series Learning Objectives**

- Discuss best practices for managing common behavioral health issues in children and adolescents, including adjustment concerns due to COVID-19, depression, sleep concerns, and autism
- Describe behavioral strategies or resources (e.g., apps, books) that can be used in the primary care setting instead of, before, or in conjunction with medication
- List common medications for behavioral health issues in children and adolescents
- Discuss when to refer more complex cases outside of primary care to a higher level of care.

#### **Webinar Description**

This webinar will focus on addressing concerns related to autism in primary care, including recognizing signs and symptoms. Strategies for screening, assessment, and management of these concerns will be addressed.

#### **Presenter: Cynthia Ellis, M.D.**

Dr. Cynthia Ellis is a professor of pediatrics and psychiatry at UNMC and Director of Developmental Medicine at the Munroe-Meyer Institute for Genetics and Rehabilitation. She is board certified in pediatrics, developmental/behavioral pediatrics and neurodevelopmental disabilities. Dr. Ellis received her medical degree from UNMC and completed residency training in pediatrics and fellowship training in child and adolescent psychiatry at the Medical College of Virginia/VCU. Dr. Ellis has served as the medical director for numerous public school and interdisciplinary community-based programs and as a research consultant in the field of developmental disabilities.



#### **Webinar Objectives**

At the conclusion of this webinar, the participant should be better able to:

- Identify core symptoms of autism
- Identify early signs and symptoms of autism
- Describe autism screening and identification strategies available in primary care
- Identify appropriate referrals for children with autism or suspected autism
- Discuss evidence-based interventions for autism.

#### **To participate and register:**

[https://unmc.zoom.us/webinar/register/WN\\_yjfH59WkQmG5\\_F6GRvTGiQ](https://unmc.zoom.us/webinar/register/WN_yjfH59WkQmG5_F6GRvTGiQ)

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