

# Identification and Management of Pediatric Anxiety

Presented by Roshni Koli, M.D.  
Medical Director of Pediatric Mental Health Services



Join us for this opportunity to learn more about the Child Psychiatry Access Network (CPAN) and how it can help you.

## CME Information

By the end of this presentation, the audience participant should be able to:

1. Review the prevalence of anxiety symptoms in children and adolescents.
2. Recognize common symptoms of Generalized Anxiety Disorder and Social Anxiety Disorder.
3. Identify and use common screening tools for pediatric and adolescent anxiety.
4. Discuss management and treatment options for pediatric anxiety disorders.
5. Locate available pediatric psychiatric consults and other resources for pediatric patients.

## Target Audience:

Pediatricians, Nurse Practitioners, Physician Assistants, Nurses, Medical Assistants

**This activity has been designed to promote some of the following desired physician attributes and competencies:**

**ACGME:** Patient Care; Medical Knowledge; Interpersonal and Communication Skills; Systems-Based Practice

**IOM:** Employ Evidence-Based Practice; Patient-Centered Care; Work w/Interdisciplinary Teams

**IECC:** Interprofessional Communication; Roles and Responsibilities

**Thursday**  
**January 30, 2020**  
**6:30 - 7:45 pm**

Dell Children's Medical Center  
Signe Auditorium

4900 Mueller Blvd., Austin, TX, 78723

## Speaker's Disclosure

*Dr. Roshni Koli did not report relevant financial relationships or disclose conflicts of interest relating to the educational content of this presentation.*

## Planner's Disclosure

*Jim Baker, M.D., Roshni Koli, M.D., Lloyd Berg, Ph.D., Hani Talebi, Ph.D., Cathy Stacy, Ph.D., Nick Vache, Melissa Rowan and Monica Thyssen. The members of the planning committee have no financial conflicts of interest to disclose relating to the educational content of this series.*

*The University of Texas at Austin Dell Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.*

*The University of Texas at Austin Dell Medical School designates this live activity for a maximum of 1 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.*



The University of Texas at Austin  
Dell Medical School



## QUESTIONS

Contact  
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for more information

# Partnership with Child Psychiatry Access Network (CPAN)

The Texas Legislature has expanded access to consultation and telehealth supports for children and youth with mental health needs, and their families, statewide through the Child Psychiatry Access Network (CPAN) (through Senate Bill 11 which passed in the most recent 86th Legislative Session).

CPAN is a statewide network of behavioral health consultation hubs located at Texas medical schools; Dell Medical School (Dell Med) is your region's hub. Each hub will provide pediatric/family medicine providers with the following services: telephonic clinical consultation during business hours with a child psychiatrist or behavioral health clinician; care coordination for assistance with referrals to community mental health services; and continuing professional education designed for primary care providers.

With support from the Michael and Susan Dell Foundation (MSDF), The University of Texas Dell Medical School (Dell Med) and the Meadows Mental Health Policy Institute (MMHPI) are working to engage and educate pediatric primary care providers in the Dell Medical School CPAN region about the opportunities available through the local CPAN model.