

2026 Pediatric Mental Health Conference Agenda

Agenda subject to change

7:45 – 8:15 AM Registration & Continental Breakfast

8:15 – 8:30 AM Opening Remarks and Housekeeping

8:30 – 9:30 AM **Opening Plenary - A Generation at Risk: Trauma-Informed Care for Every Child**
1 hour CME/CE
Apply Adverse Childhood Experiences (ACEs) screening and trauma-informed care principles in pediatric clinical encounters.

Kristen Kenan, MD, MPH, FAAP

9:30 – 10:30 AM **Discomfort with Mental Health Issues in Younger Children (<11 yrs)**
1 hour CME/CE
Recognize early mental health presentations and implement evidence-based, culturally responsive approaches to pediatric anxiety.

Courtney Romba, MD

10:30 – 10:50 AM Morning Break (20 Minutes)

10:50 – 11:50 AM **Working with Schools**
1 hour CME/CE
Explore school-based mental health services, pediatrician-school collaboration, and Illinois universal screening requirements under Public Act 103-0885.

Ashley Fischer, MD, FAAP, WPATH and Gloria E. Barrera, MSN, RN, PEL-CSN, PLNC

11:50 – 12:45 PM Lunch & Networking (55 Minutes)

12:45 – 1:45 PM **Breakout 1**
ADHD Management – Part 1
1 hour CME/CE
Improve ADHD diagnostic accuracy and apply evidence-based medication selection, titration, and monitoring.

Janet Patterson, MD, FAAP

Breakout 2
Building Trust Before Treatment: Addressing Barriers to Pediatric Mental Health Care
Address cultural and systemic barriers to pediatric mental health care through trauma-informed communication.

Shweta Chawla, MD, FAAP, MBA in HCA

1:45 – 2:00 PM Afternoon Break (15 Minutes)

2:00 – 3:00 PM **Breakout 1**
Beyond the Diagnosis: ADHD Advocacy and Interventions (ADHD Management – Part 2)
1 hour CME/CE
Equip families with ADHD psychoeducation, school advocacy for 504 plans and IEPs, and evidence-based home behavior strategies.

Shawn Amador, LCSW, PEL and Amanda Myers, LCSW

Breakout 2
Adolescent Substance Use in 2026: Trends, Risks, and Responses
Explore current adolescent substance use trends and apply motivational interviewing to support behavior change.

Molly Perri, MD

3:05 – 4:05 PM **Closing Plenary - Legal Issues Pediatric Mental Health**
1 hour CME/CE

Amanda Klemas, JD

4:05 – 4:15 PM Wrap-Up, Evaluations & Adjourn



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Nurses, Nurse Practitioners, and Medical Assistants can submit Certificates of Attendance to their accrediting board to claim credit for participation in the live conference.