



# AGENDA

*Screen Time and Mental Health  
in Youth: An Introduction to Current  
Research and Recommended Interventions*

**Wednesday, January 5, 2022 | 7:30pm - 9:00pm**

Remote via Zoom

7:30pm	Introductions
7:35pm	<b>Dr. Pine</b> Review of prospective longitudinal studies on screens and whether they contribute to mental illness. Address whether screens, in-and-of themselves are harmful.
7:55pm	<b>Dr. Pletter</b> Discuss what is clinical vs. problematic screen use and strategies for differentiating. Address parent tools for helping address problematic screen use and when to seek help.
8:15pm	<b>Dr. Sussman</b> Discuss clinical interventions for treating screen addiction. Describe confounding clinical issues associated with screen addiction.
8:35pm	Panel Q&A and case examples
9:00pm	Wrap up, conclusion of training



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Full attendance is required to receive continuing education credit.

Certificates of Attendance and Evaluation Forms will be emailed following the training.