

## SPONSORS

**CAPSGW** is a regional organization of the American Academy of Child and Adolescent Psychiatry. It is a not for profit 501(c)3 medical specialty organization representing 260 child and adolescent psychiatrists in the District of Columbia, Maryland and Virginia.



In support of improving patient care, this activity has been planned

and implemented by MedStar Health and CAPSGW. MedStar Health 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.

## CREDIT DESIGNATION STATEMENT

MedStar Health designates this live activity for a maximum of 1.5 AMA PRA Category 1 Credits™.

Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## MARYLAND BOARD

The Maryland Board of Social Work Examiners certifies that this program meets the criteria for 1.5 credit hours of Category 1 continuing education for social workers licensed in Maryland.

## Speaker Disclosure Information:

No relevant financial relationships to report.

## Impact of Pandemic on the Mental Health of Children

with Joyanna Silberg, MD



Dr. Joyanna Silberg is a trauma expert, specializing in developmental trauma and dissociation. The second edition of her book, *The Child Survivor Healing Developmental Trauma and Dissociation* will be published in May. Dr. Silberg previously served as Senior Trauma Consultant for Children and Adolescents at The Sheppard Pratt Health System. Her current practice focuses on sexual abuse, dissociation and forensic consultation.

This presentation will review current research and clinical observations about how the pandemic has effected the mental health of children. We will discuss anxiety, depression, hopelessness, somatic symptoms, separation anxiety, agoraphobia, sleep disorders, loneliness, family conflict, interpersonal violence and other mental health implications of our current environment. Emphasis will be placed on resiliency factors in children and families, and some therapeutic ideas that can be initiated on telehealth will be discussed.

## Learning Objectives:

1. Identify 5 disorders commonly seen in children who have lived through the pandemic
2. Compare 3 potential interventions that can provide skills or opportunities for self-expression for children coping with the pandemic
3. Review 3 resiliency factors that help families cope more successfully

# THE CHILD AND ADOLESCENT PSYCHIATRIC SOCIETY OF GREATER WASHINGTON

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**Date:** Wednesday, March 24, 2021

**Time:** 7:00pm

**Location:** Zoom Webinar

Pre-registration required at:

[https://us02web.zoom.us/webinar/register/WN\\_rSoo-JIVRJCTdSo2b3OPGg](https://us02web.zoom.us/webinar/register/WN_rSoo-JIVRJCTdSo2b3OPGg)

After registering, you will receive a confirmation email containing information about joining the webinar.

**Additional Details:**

Attendees are asked to pre-register by Friday, March 19, 2021.

Please be sure to register using the first & last name you want included on your CME transcript.

Please log into webinar with both audio and video.

Attendance is limited to CAPSGW and RoCap members only.