



CHILDREN'S HOSPITAL COLORADO

Southwest Colorado Pediatric Mental Health Symposium

September 8-9, 2025

8:00 a.m. to 4:00 p.m. (2:00 p.m. on 9/9)

Fort Lewis College | 1000 Rim Drive, Durango, CO 81301 | Student Union 212, Ballroom

CME and NCPD (Nursing) continuing education credits available

Provided by

Children's Hospital Colorado, Pediatric Mental Health Institute and Outreach Education



Children's Hospital Colorado



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Southwest Colorado Pediatric Mental Health Symposium

Overview and Target Audience

This symposium is for primary care physicians, school administrators, school nurses, mental health educators, pediatric therapists, mental health clinicians, care coordinators and other interested health care professionals in Southwest Colorado. We will provide clinical updates and address current topics relevant to the care of pediatric patients with mental health concerns.

Learner Outcome

After attending this education, learners will report new knowledge and intent to change practice to provide current, evidence-based mental health care to pediatric patients.

Agenda

Monday, September 8, 2025

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| 7:30 a.m. | Check-in and breakfast |
| 8:00 | Welcome and opening remarks |
| 8:30 | Identifying Common Mental Health Concerns in Youth Jessica Hawks, PhD |
| 9:15 | Assessment and Treatment of Depression in Pediatric Primary Care Cassidy McNitt, MD |
| 10:00 | Break |
| 10:15 | Putting Evidence into Practice: Proven Approaches for Pediatric Anxiety and Trauma Related Disorders Jessica Hawks, PhD |
| 11:00 | Multidisciplinary Solutions for School Attendance Lauren Henry, PhD, LP, NCSP |
| 11:45 | Lunch – provided |
| 12:30 p.m. | Crisis Response: Effective Screening, Triage and Intervention Strategies Cassidy McNitt, MD |
| 1:30 | Breakout Activity: Pediatric Crisis Response Strategies Children’s Colorado Faculty |
| 2:00 | Break |
| 2:15 | Screen, Refer, Support: Best Practices for Autism Identification in Children and Adolescents Lauren Henry, PhD, LP, NCSP |
| 3:00 | Breakout Activity: Youth on Your Mind: Case Discussions with your Partners at Children’s Children’s Colorado Faculty |
| 3:30 | Closing comments and evaluation |
| 3:45 | Adjourn |
| 4:00 | Optional: Happy Hour and Networking Event |

Tuesday, September 9, 2025

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| 7:30 a.m. | Check-in and Breakfast |
| 8:00 | Welcome and connection activity |
| 8:30 | Supporting Youth Emotional Well-Being and Resiliency: The Critical Role of Parents Jessica Hawks, PhD |
| 9:15 | Promoting Mental Wellness in Digitally Connected Kids Lauren Henry, PhD, LP, NCSP |
| 10:00 | Break |
| 10:15 | Breakout Activity: Case Study Roundtable & Resource Connections Children’s Colorado Faculty |
| 10:45 | Evidence-Based Practices for the Assessment and Treatment of ADHD and Disruptive Behaviors Jessica Hawks, PhD |
| 11:30 | Lunch – provided |
| 12:15 p.m. | Breakout Activity: Bridging the Gaps: What's Missing, What's Next, and How Can We Help? Katie Denman, MBA |
| 12:45 | Meeting Kids Where They Are: Trauma-Informed Approaches for Child Serving Professionals Lauren Henry, PhD, LP, NCSP |
| 1:45 | Closing remarks and evaluation |
| 2:00 | Adjourn |

Registration

Registration fee: no cost



Although there is no registration fee, registration is still required. Register [here](#) or scan the QR code.

Thanks to the generosity of an anonymous community donor, this educational activity is being provided at no cost to professional clinicians in Southwest Colorado.

Cancellation Policy

Children's Hospital Colorado reserves the right to modify the agenda or cancel the activity due to unforeseen circumstances or if minimum registration is not met by August 26, 2025.

Continuing Education Credits

Registration, attendance, sign-in and submission of the **evaluation**, including a written response to questions related to any change in practice that you may make as a result of learning that took place at this activity, are required for successful completion and receipt of the certificate of attendance. Claim only those hours you attend.

Medical: Children's Hospital Colorado is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Children's Hospital Colorado designates this live activity for a maximum of 10.5 *AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Nursing: Children's Hospital Colorado is approved with distinction as a provider of nursing continuing professional development by the Colorado Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. This educational activity for 10.5 nursing contact hours is provided by Children's Hospital Colorado.

Other: A general certificate of attendance will be available.

Financial Disclosure

Planners, faculty, and others in control of content (either individually or as a group) have no relevant financial relationships with ineligible companies.

Objectives

- Outline validated screening measures that can be used to identify mental health concerns in youth.
- Identify evidence-based tools and strategies for screening, assessing, and treating depression in children and adolescents.
- Identify two key evidence-based practices for treating anxiety and trauma related disorders in children.
- Describe a systems-level framework that includes schools, families, and community partners to support prevention, early intervention, and reintegration for students experiencing difficulties with school attendance.
- Examine effective screening, triage, and intervention strategies for addressing mental health crises in children and adolescents.
- Identify practical strategies to manage pediatric mental health crises where immediate transfer is not possible.
- Review evidence-based screening tools and referral pathways that support early and accurate identification of autism in diverse school-aged populations.
- Discuss strategies to better support pediatric patients with mental health needs.
- Summarize strategies that parents can use to promote emotional well-being and resiliency in their children.
- Discuss practical, developmentally appropriate strategies to support families and educators navigating screen time, social media, and online interactions with kids.
- Summarize resources available for pediatric mental health through case study discussions.
- Describe non-pharmacological evidence-based treatments for ADHD and/or disruptive behaviors in youth.
- Discuss current gaps and opportunities for improvement to enhance pediatric mental health support.
- Identify two practical trauma informed strategies for recognizing and responding to the needs of children impacted by trauma.

Additional Information

For additional information, please contact Ray Cuellar at ray.cuellar@childrenscolorado.org. If you require special assistance or accommodations to fully participate, please notify us at least four weeks in advance of the activity.

Faculty and Planning Committee

Haley Bierk, MEd LSC

Schools Program Manager
Pediatric Mental Health Institute
Children's Hospital Colorado

Ray Cuellar

Operations Coordinator
Professional Development
Children's Hospital Colorado

Christy De la Garza-Gilbert, PMHNP

Psychiatric Nurse practitioner
Owner
Durango Family Psychiatry

Katie Denman, MBA

Vice President, Pediatric Mental Health Service Line
Children's Hospital Colorado

Lauren Eckhart, PsyD

Associate Professor of Clinical Practice
University of Colorado School of Medicine
Clinical Director, Colorado Springs Division, PMHI
Children's Hospital Colorado

Cecile Fraley, MD

Pediatrician and CEO
Pediatric Partners of the Southwest

Jessica Hawks, PhD

Associate Professor, Dept of Psychiatry
University of Colorado School of Medicine
Dale and Cindy Francescon Family Endowed Chair for Mood Disorders
Chief of Psychology, Pediatric Mental Health Institute
Children's Hospital Colorado

Natalie Hazemi, MBA

Program Manager
Pediatric Mental Health Institute
Children's Hospital Colorado

Lauren Henry, PhD, LP, NCSP

Assistant Professor
University of Colorado School of Medicine
Licensed Child Psychologist
Children's Hospital Colorado

Jennifer Knotts

Vice President
Partnerships and Business Development
Children's Hospital Colorado

Michele Lueck, MA

Senior Clinical Instructor
University of Colorado School of Medicine
Executive Director, Pediatric Mental Health Institute
Children's Hospital Colorado

Heidi McMillan, MD

Pediatrician
Durango Integrated Care
Pagosa Integrated Care

Cassidy McNitt, MD

Assistant Professor of Psychiatry
University of Colorado School of Medicine
Child and Adolescent Psychiatrist
Children's Hospital Colorado

Kelly Reichert, MS, RN, CCRN, NPD-BC

Professional Development Specialist
Outreach Education
Children's Hospital Colorado

Amber Richardson, LPCC

Play Therapist
Southern Ute Behavioral Health Team

Nicki Shonka, MS, RN, NPD-BC, CPN

Clinical Education Outreach Program Director
Children's Hospital Colorado

Jason St. Mary, PhD, MSW

Executive Director, La Plata Youth Services
Program Director, The Hub Therapeutic Program
Adjunct Faculty, University of Denver

Candiss Wolle, SWC

Clinical Social Worker, School Based Health Center
Southwest Health