

CHILDREN'S HOSPITAL COLORADO PRESENTS

Virtual Education Series: Breaking the Cycle of Screen-Driven Anxiety among Kids and Teens

Thursday, January 15, 2026 • 12 to 1 p.m.

Teleconference (Zoom link sent with registration)

Overview, Target Audience and Learner Outcome

This activity for the interdisciplinary healthcare team will include a review of current literature and clinical pathways followed by Children's Hospital Colorado for anxiety. In addition to a presentation from content experts, attendees will participate in case study review and discussion to provide direction on practice. As a result of this activity, learners will be able to report new knowledge related to anxiety in order to provide current, evidence-based care to pediatric patients.

Objectives

- Examine research findings linking screen usage with anxiety and depression among youth.
- Describe harmful patterns of screen usage among youth with anxiety.
- Discuss recommendations for families around screen time for children and adolescents.

Faculty from Children's Hospital Colorado / University of Colorado

Benjamin Mullin, PhD

Associate Professor of Psychiatry

University of Colorado

The Leslie and William Vollbracht Family Chair in Stress and Anxiety Disorders

Children's Hospital Colorado

Continuing Education Credit

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 program, are required for successful completion and receipt of the certificate of attendance. Claim only those hours you attend.

Nursing

Children's Hospital Colorado is approved with distinction as a provider of nursing continuing professional development by Colorado Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. This educational offering for 1 nursing contact hour is provided by Children's Hospital Colorado.

EMS

Children's Hospital Colorado is an approved provider of EMS continuing education through the Colorado Department of Public Health and Environment, Health Facilities and Emergency Medical Services Division. Children's Hospital Colorado is EMS Training Group #EO49. This education offering is good for 1 CE hour.

Disclosures Planners and faculty in control of content have no relevant financial relationships with ineligible companies.

Registration and Contact Information

There is no registration fee for this event. Please register here: [January VES](#)

For further information, contact nicole.shonka@childrenscolorado.org



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