



# VMAP ECHO

## — 2026 —

Mental Health  
of Adolescents  
& Young Adults

This VMAP ECHO cohort is focused on exploring the 4 Rs—**Recognize, Respond, Refer, Resources**—of many top mental health concerns faced by adolescents and young adults.



Register at [vmap.org/ECHO](https://vmap.org/ECHO)  
or scan the QR Code to the left!  
Questions? [echo@vmap.org](mailto:echo@vmap.org)

### Topics Include:

- Confidentiality issues with minors
- Mild & moderate depression
- Suicidality & safety planning
- Anxiety disorders
- Impulsivity & aggression
- Treatment reluctance
- Substance use disorder
- Psychosis
- Eating disorders
- Cyber safety for teens

### CME Opportunity:

Earn up to 20 CME & MOC-2  
and 25 MOC-4 points!

### WHO:

Virginia PCPs Treating  
Adolescents & Young Adults

### WHEN:

Jan - Dec 2026  
4<sup>th</sup> Fridays, 12-1 PM



**Accreditation Information:** this program is approved as a Continuing Medical Education (CME) Maintenance of Certification Performance Improvement Project, which qualifies participants to receive up to the following credits: **20 AMA PRA Category 1 credits™**; 20 ABMS (Maintenance of Certification) MOC Part 2 or Self-Assessment credits\*; 25 MOC Part 4 or Performance Improvement credits.\* In order to be awarded credits for participation, all project requirements must be met. The University of Virginia School of Medicine is accredited by the ACCME to provide continuing medical education for physicians. The UVA Office of Continuing Medical Education is an ABMS Multi-Specialty Portfolio Sponsor. \*for participating boards.

University School of Medicine designates this live activity for a maximum of **20 AMA PRA Category 1 credits™**. Physicians should only claim the credit commensurate with the extent of their participation in the activity.