



VMAP ECHO

— 2025 —

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
or scan the QR Code to the left!
Questions? 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:
Qualify for up to 75 CE/CME points,
including MOC-2 and optional MOC-4!



WHO:

Virginia PCPs Treating
Adolescents &
Young Adults



WHEN:

Jan - Dec 2025
4th 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: 25 AMA PRA Category 1 credits™; 25 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