

# Pregnancy, Parenthood, and Pediatrics: Advancing Mental Health for Women & Children

Saturday, Jan. 17, 2026 @ 8 a.m. – 3:30 p.m.

Details & register at [Psychiatry.arizona.edu/PPP](https://Psychiatry.arizona.edu/PPP)

Approved for 5.5 AMA/PRA Category 1 Credits™\*

## Outcome Objectives

- Effectively screen for peripartum psychiatric conditions.
- Safely treat to remission pediatric depression and anxiety.
- Incorporate into practice knowledge of how maternal stress affects emotional/cognitive development in youth.
- Apply best practices in the care of pediatric addiction.
- Incorporate into practice knowledge of the emerging role of neuroactive steroids in postpartum depression.

## Accreditation / Credit Designation Statement

The University of Arizona College of Medicine - Tucson is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The University of Arizona College of Medicine - Tucson designates this live activity for a maximum of 5.5 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## Relevant Financial Relationships Statement

University of Arizona College of Medicine - Tucson Office of Continuing Medical Education adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of a CME activity, including faculty, planners, reviewers or others are required to disclose all financial relationships with ineligible companies (commercial interests). The CME office reviewers have nothing to disclose. All relevant financial relationships have been mitigated prior to the commencement of the activity.

Dr. Karp has disclosed: Grant or research support-Janssen (Any division)|Advisor-AifredHealth (Relationship has ended)|Membership on Advisory Committees or Review Panels, Board Membership, etc.-Biogen (Relationship has ended)|Advisor-Otsuka America Pharmaceutical, Inc.|Advisor-Janssen (Any division) (Relationship has ended)|Advisor-Otsuka America Pharmaceutical, Inc. (Relationship has ended).

Dr. Welsh has disclosed: Consulting Fee-WCG Clinical (Relationship has ended).

All other individuals in a position to control the content of this CME activity have disclosed that they have no relevant financial relationships with ineligible companies that would constitute a conflict of interest concerning this CME activity.



## The Pregnant Adolescent Patient

Kathryn Emerick, MD  
University of Arizona

and



Jacquelin Esque, MD  
University of Arizona



## Scaling Perinatal & Pediatric Mental Health

Saira Kalia, MD  
University of Arizona



## Approaches to Perinatal Mental Health Care

Emily S. Miller, MD, MPH  
Brown University



## Neuroactive Steroids and Perinatal Mental Health

Lauren Osborne, MD  
Weill Cornell  
Medical College



## Untangling Anxiety in Children and Adolescents

Kathy W. Smith, MD  
University of Arizona



## Treating Adolescent Substance Use

Justine W. Welsh, MD  
Emory University  
School of Medicine

Sponsored by



\*The Arizona Board of Behavioral Health Examiners accepts AMA/PRA Category 1 Credits™ for CEU requirements.