



Transition to Adulthood Quarterly CEU Series - Session #4: Addressing Mental Health Needs of Young Adults and Caregivers During the Health Care Transition Process

When: 8/11/2026 12:00:00 PM - 8/11/2026 1:00:00 PM

Activity ID: 8520

Location: Online

Faculty:

Benjamin Yerys, PhD

Psychologist in the Department of Child and Adolescent Psychiatry and Behavioral Sciences

Children's Hospital of Philadelphia

Event Description:

There is an organizational gap regarding Transition to Adulthood topics/competencies which can greatly impact patient and caregivers' ability to successfully transition to an adult health care setting. These topics include but are not limited to: care coordination/medical complexity, financial planning supports, guardianship/supported decision making, employment/job placement, school transition planning.

Session #4: Addressing Mental Health Needs of Young Adults and Caregivers During the Health Care Transition Process.

Comprehensive review of the potential mental health needs that impact young adults and caregivers at the time of transition. Review of how mental health needs can emerge during the transition process and potential warning signs for intervention. Discuss how interdisciplinary teams can collaborate to ensure adequate services are provided prior to transition.

OBJECTIVES:

At the conclusion of this activity, the participant will be able to:

- 1 Explain the basic principals of Health Care Transition as evidenced by a short answer written reflection or quiz.
- 1 Describe AYA/Autism patient population and emerging transition needs
- 2 Explain the creation/history of passages program, how they incorporated clinicians into program development
- 2 Describe the steps in Supporting Guardianship/Medical Decision Making for AYA with medical complexity as demonstrated through case studies.
- 3 Define potential mental health needs and barriers of the AYA patient population as evidenced by a knowledge quiz check.
- 3 Discuss the Passage Program and how they support Psychosocial Health Care Transition
- 4 Describe the interdisciplinary approach to care and the role of psychologist/psychiatrist and how they coordinate with SW.

CRITERIA FOR SUCCESSFUL COMPLETION:

- Record attendance as directed
- Fully participate in the activity
- Complete the evaluation by the deadline shared at the activity

ACCREDITATION:

Continuing Medical Education (CME)

The Children's Mercy Hospital is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Children's Mercy Hospital designates this Live Activity for a maximum of 1.00 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nursing Contact Hours

Participants who meet the criteria for successful completion will receive 1.00 contact hours.

Children's Mercy Kansas City is approved as a provider of nursing continuing professional development by VTL Center for Professional Development, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Social Work

1.00 Social Work CEU's will be provided to licensed social workers. Children's Mercy Hospital's Department of Social Work and Community Service has been approved as a Continuing Education Provider by the State of Kansas Behavioral Sciences Regulatory Board.

Other Healthcare Professionals

Other healthcare professionals who participate in this activity may submit their attendance certificate to their appropriate accrediting organizations or state boards for consideration of credit. Participants are responsible for determining whether this activity meets the requirements for acceptable continuing education.

DISCLOSURES:

Children's Mercy 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 CE activity, including faculty, planners, reviewers or others are required to disclose all relevant financial relationships with ineligible entities (commercial interests). All relevant conflicts of interest have been mitigated prior to the commencement of the activity.

The planners and faculty of this series have disclosed the following financial relationship(s) with ineligible companies/commercial interests:

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of
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		Ineligible Company(s)
Shabnam Arsiwala, MD	Physician Planner	Nothing to disclose - 05/19/2026
Katie Foote, LSCSW, LCSW	Other Planning Committee Member	Nothing to disclose - 03/03/2026
Tara Shores, RN, BSN	Nurse Planner	
Benjamin Yerys, PhD	Faculty	Nothing to disclose - 07/28/2026