Social Media and Mental Health in the News:

*When Social Media is Really Problematic for Adolescents*
*The New York Times*

*Doctor uses social media to raise mental health awareness -- and Beyonce approves*
*ABC News*

*Social Media Is Harming The Minds Of Our Youth, Right? Maybe Not.*
*Kaiser Health News*

*Why Netflix cut ‘13 Reasons Why’ suicide scene after years of controversy*
*New York Post*

*Social media linked to rise in mental health disorders in teens, survey finds*
*NBC News*

*Social Media (Again) Shown To Be Worse For Girls' Mental Health Than Boys’*
*Forbes*

*Does Your Kid Spend Too Much Time Online? Here’s When to Worry*
*The Wall Street Journal*
Experts Say 'How Much' Is the Wrong Way to Assess Screen Time

Time

Is 'Digital Addiction' a Real Threat to Kids?
The New York Times

Provider Resources:

- AAP Policy Statement: Children, Adolescents, and the Media
- AAP Policy Statement: Media Use in School-Aged Children and Adolescents
- AAP Technical Report: Children and Adolescents and Digital Media
- AAP Policy Statement: Media and Young Minds
- Article: Benefits and Costs of Social Media in Adolescence
- Article: Parenting and Digital Media
- Article: Digital Media, Anxiety, and Depression in Children
- Article: Digital Media and Sleep in Childhood and Adolescence
- Article: Digital Life and Youth Wellbeing, Social Connectedness, Empathy, and Narcissism
- Clinician Toolkit: 13 Reasons Why Clinician Toolkit
- Resource: Truth About Tech: A Road Map for Kids’ Digital Well-Being

Family Resources:

- Harvard Graduate School of Education: Social Media and Teen Anxiety
- AAP & Common Sense Media: Age-Based Media Use Advice
- Common Sense Media: Make Room for Healthy Media Choices
- AAP: Children and Media - Tips for Parents
- Parent Toolkit: 13 Reasons Why Parent Toolkit

The Common Sense Census

Babies and young children are accessing and viewing media in new ways now that the majority of American families have mobile and internet-connected devices at home. Smartphones, tablets, and other devices also present new challenges and opportunities for parents introducing media to their kids for the first time.

Common Sense Media's 2017 Zero to Eight study provides a clearer view of how young children's media use has evolved over time and provides a foundation for how we can use technology to support children's learning, play, and growth.

Watch the video below for highlights, and read the full report here.
JOIN TODAY!

“ARFID: Addressing extreme picky eating and co-morbid mental/behavioral health issues in primary care”
Wednesday, July 24, 2019, 1:00 to 2:00 PM

Presenter:
Jill Castle, MS, RDN
Childhood Nutrition & Feeding Expert

Objectives:
- Recognize and review the signs of ARFID, and determine optimal healthcare and mental/behavioral health services to benefit patients.
- Understand co-morbid mental/behavioral health conditions commonly associated with ARFID.
- Use current evidence and best practices to address ARFID in conjunction with co-morbid health conditions.
- Implement best practices for collaboration among healthcare and behavioral health providers to optimize patient success.

To learn more about Jill's work, please visit: [www.jillcastle.com](http://www.jillcastle.com)

Register Here

Upcoming Webinar: “FAQs of the PPC and MOC: How to integrate mental/behavioral health in your pediatric primary care or specialty practice”
Tuesday, August 20, 2019, 12:00 to 1:00 PM

Do you have any colleagues interested in joining the Pediatric Psychiatry
Collaborative (PPC)? Are you in need of MOC Part 4 points?

Join us for an interactive overview of the PPC and the optional Maintenance of Certification (MOC) Part 4 Program, presented by Program Director, Dr. Raymond Hanbury, as well as Kristine Lubas, a behavioral health clinician from the PPC Hub, along with Dr. Natalie Gengel, a participating pediatrician of the PPC.

Ample time will be provided for Q+A.

**Presenters:**
Raymond Hanbury, PhD, ABPP  
*Program Director, Pediatric Psychiatry Collaborative*

Kristine Lubas, MSW, LCSW  
*Clinical Program Manager, Pediatric Psychiatry Collaborative*

Natalie Gengel, MD  
*Participating Pediatrician, Pediatric Psychiatry Collaborative*

To learn more about the PPC, please visit: [http://njaap.org/programs/mental-health/ppc/](http://njaap.org/programs/mental-health/ppc/)

**Recent Webinars:**

**“The Impact of Sleep on Mental Health and Well-Being in Children and Adolescents”**  
Lewis Milrod, MD  
May 2019

**“Addressing the Mental Health Needs of LGBTQ Youth in Pediatric Primary Care”**  
Warren Seigel, MD  
June 2019

**What mental health-related topics would you like to learn more about?**

The NJAAP Mental Health Collaborative (MHC) team wants to know what content you find most valuable! Click on the button below to share your ideas for future newsletters, webinars, and other educational opportunities and events.

**The Mental Health Collaborative Team**

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