

AMERICAN ACADEMY OF
CHILD & ADOLESCENT
PSYCHIATRY

W W W . A A C A P . O R G

**Clinical Essentials on Pediatric Psychopharmacology:
Evidence-Based Decision Making in Clinical Practice**

Course Design: 3 modules with a total of 7 hours of video tailored to the course learning objectives, with each module followed by a post- test (27 questions total). The materials for this course were reviewed and selected from previous AACAP meetings by AACAP's Clinical Essentials Committee and AACAP's Psychopharmacology and Neurotherapeutics Committee in January 2026.

Learning Objectives: At the conclusion of this continuing medical educational activity, the participant will be able to:

1. Examine the psychopharmacological evidence base for the treatment of anxiety disorders, autism spectrum disorder, bipolar disorder, depression, schizophrenia, sleep disorders, and substance use disorders.
2. Discuss the limitations of the evidence base while optimizing outcomes by optimizing treatments.
3. Describe target symptoms associated with these disorders that may be responsive to pharmacotherapy.
4. Discuss potential side effects associated with medications used to treat target symptoms, weighing out the benefits and risks, including cardiovascular and metabolic comorbidity.

Module 1 - Neurodevelopmental Disorders

Pharmacological Strategies in ADHD: Focus on Pragmatic Management
Timothy E. Wilens, MD; Massachusetts General Hospital, Boston, MA

Autism Spectrum Disorder: Management of Common Comorbidities
Robyn P. Thom, MD; Massachusetts General Hospital, Boston, MA

Module 2 - Mood Disorders

Grading the Evidence - Bipolar Disorder and Schizophrenia
Adelaide S. Robb, MD; Children's National Hospital, Washington, DC

Depression and the Effect of Comorbid Disorder in the Management of Depression
Boris Birmaher, MD; UPMC Western Psychiatric Hospital, Pittsburg, PA

Integrating Quality of Psychopharmacological Evidence Into the Treatment of Anxiety Disorders

Jeffrey R. Strawn, MD; University of Cincinnati, Cincinnati, OH

Module 3 - Associated Clinical Issues

Psychopharmacologic Treatment of Substance Use Disorders in Youth

Amy M. Yule, MD; Boston Medical Center, Boston, MA

Sleep Matters: Improving Psychiatric Outcomes by Improving Sleep

Jess P. Shatkin, MD; NYU Grossman School of Medicine, New York, NY

Cardiovascular and Metabolic Comorbidity in Relation to Pediatric Psychopharmacology

Benjamin I. Goldstein, MD, PhD, FRCPC; Centre for Addiction and Mental Health, Toronto, ON