

Understanding Adolescent Self-Harm and School-Based Interventions

Thursday, August 6, 2026 12:00pm-1:00pm

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After participating in this activity, learners should be able to:

- ✓ Learn common functions of self-harm behavior.
- ✓ Increase knowledge of distress tolerance skills.
- ✓ Gain knowledge of mindfulness skills and enhance validation skills.

To register-https://uiowa.zoom.us/webinar/register/WN_AdKAoNWvQzWOZdu8iOveYQ

Accreditation Statements



In support of improving patient care, the University of Iowa Roy J. and Lucille A. Carver College of Medicine is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Credit Designation Statements

Physician: The University of Iowa Roy J. and Lucille A. Carver College of Medicine designates this live activity for a maximum of 1.0 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurse: The University of Iowa Roy J. and Lucille A. Carver College of Medicine designates this activity for a maximum of 1.0 ANCC contact hours.

Social Worker: As a Jointly Accredited Organization, the University of Iowa Roy J. and Lucille A. Carver College of Medicine is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 1.0 clinical continuing education credit(s).



Physician Associate: The University of Iowa Roy J. and Lucille A. Carver College of Medicine has been authorized by the American Academy of Physician Associates (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 1.0 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

Other Health Care Providers: A certificate of participation will be available after successful completion of the course. (It is the responsibility of licensees to determine if this continuing education activity meets the requirements of their professional licensure board.)

Statement of Purpose:

This series is hosted by the Iowa Pediatric Mental Health Collaborative. This activity provides continuing education on common pediatric mental health conditions for primary care providers and other mental health professionals to support identification and treatment of mild to moderate mental health conditions within the clinic setting.

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