

**VCHIP CHAMP Network 2024 Learning Session**  
**Social Media and Youth Well-Being**  
**Wednesday, October 16, 2024, 8:30 AM – 3:30 PM**  
**The Davis Center at the University of Vermont & Virtual Option**

- 8:00-8:30      **Registration and Continental Breakfast**  
**Check-in Livak Fireplace Lounge; Breakfast in Silver Maple**
- 8:30-9:30      **Keynote and Pediatric Grand Rounds**  
**Social Media and Youth Well-Being: Considerations for Clinicians**  
***Introduction:*** Lewis First, MD, MS, Professor and Chair Pediatrics UVM LCOM,  
Chief of Pediatrics, UVMCH  
***Presenter:*** Jenny Radesky, MD, FAAP, Director of the Division of Developmental  
Behavioral Pediatrics and Associate Professor of Pediatrics at the University of  
Michigan Medical School, and Co-Medical Director for the AAP Center of Excellence  
on Social Media and Youth Mental Health
- 9:40-9:50      **Learning Session Welcome and Opening Remarks**  
***Presenter:*** Heidi Schumacher, MD, FAAP  
***Welcoming Remarks:***  
Rachel Garfield, PhD, Executive Director, VCHIP  
Ilisa Stalberg, MSS, MLSP, Director of Family and Child Health, VDH
- 9:50-10:00      **Break and Refreshments**
- 10:00-11:15      **Connecting with Youth: Strengths-Based Conversations in Practice**  
***Presenter:*** Jenny Radesky, MD, FAAP
- 11:15-11:45      **Social Media 101 for Adults**  
Review of popular social media platforms, what adults need to know about them,  
and safety settings  
***Presenter:*** Cassie Kearney, MPH, Research Area Specialist at the University of  
Michigan Medical School (Division of Developmental Behavioral Pediatrics) and the  
AAP Center of Excellence on Social Media and Youth Mental Health
- 11:45-12:45      **Lunch and Networking**
- 12:50-1:30      **Breakout Sessions (choose one)**  
**1. Unfiltered: Nutrition, Body Image, and the Weight of Social Media**  
Things to watch out for in the primary care setting and ways to change the  
conversation  
***Presenters:*** Haley McGowan, DO, MA; Colleen Victor, MD; Lizzy Pope, PhD,  
RDN; Kelsey Rose, MPH, RDN  
**Silver Maple Ballroom**

**2. Showing up for Parents and Caregivers: Engaging and Empowering Families**

**Presenters:** *Stan Weinberger, MD, MS, FAAP; Sara Guth, MD*

An interactive session on the challenges parents face supporting adolescents in the age of social media and how providers can be sources of guidance

**Sugar Maple Ballroom**

**3. A Novel Approach: Helping Teens Through Sharing Stories**

**Presenters:** *Anya S. Streeter, MD, FAAFP; Jeremiah Dickerson, MD*

**Williams Room \*in-person only**

1:40-2:30

**Youth Perspectives on Social Media**

Hear youth perspectives on navigating the world of social media

**Presenters:** *Erica Gibson, MD; Youth Panel*

2:30-2:40

**Social Media and Youth Well-Being: Using QI to Change the Conversation**

Shared learning and MOC/Quality Improvement Project Overview

2:40-3:20

**Team Time**

**Moderators:** *Stan Weinberger, MD, MS, FAAP; Chris Pellegrino, MS, ASQ CMQ/OE*

3:20-3:30

**Learning Session Wrap-Up and Closing Remarks**

**Presenter:** *Heidi Schumacher, MD, FAAP*