



Youth Mental Health: Trends, State-Level Strategies & the Role of Digital Technology

Webinar Agenda
April 23, 2026

2 pm – 3 pm ET
1 pm – 2 pm CT
12 pm – 1 pm MT
11 am – 12 pm PT

2:00 – 2:05 Welcome

- *Cait Ellis, MPA, Vice President, NIHCM Foundation*

2:05 – 2:20 Addressing the Crisis of Children’s Mental Health

- *Tami D Benton, MD, Psychiatrist-in-Chief & Chair, Department of Child and Adolescent Psychiatry and Behavioral Sciences, Children’s Hospital of Philadelphia*

2:20 – 2:35 Turning the Tide: Addressing Youth Mental Health in North Carolina

- *Brian Brooks, Vice President, Behavioral Health, Blue Cross NC*

2:35 – 2:50 The Role of Social Media and AI: Challenges and Opportunities

- *Megan Moreno, MD, MPH, MEd, FAAP, Professor, Department of Pediatrics, University of Wisconsin School of Medicine and Public Health & Co-Medical Director, Center of Excellence on Social Media and Youth Mental Health, American Academy of Pediatrics*

2:50 – 3:00 Questions & Answers