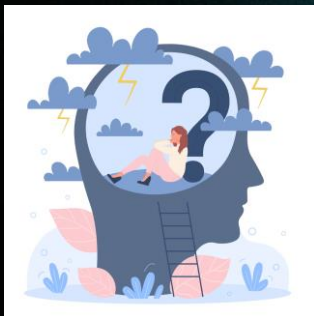


Current Challenges and Strategies in Primary Care:

A Fireside Chat with Community Pediatricians



10.23.25
OHSU 19th Annual Pediatric Review and Update

PRESENTATORS: Dr. Emily Pratt, Dr. Jaci Groshong, Dr. Stacy Drasen
Facilitator: Dr. Jaime Peterson

MEET OUR EXPERTS!



Dr. Emily Pratt

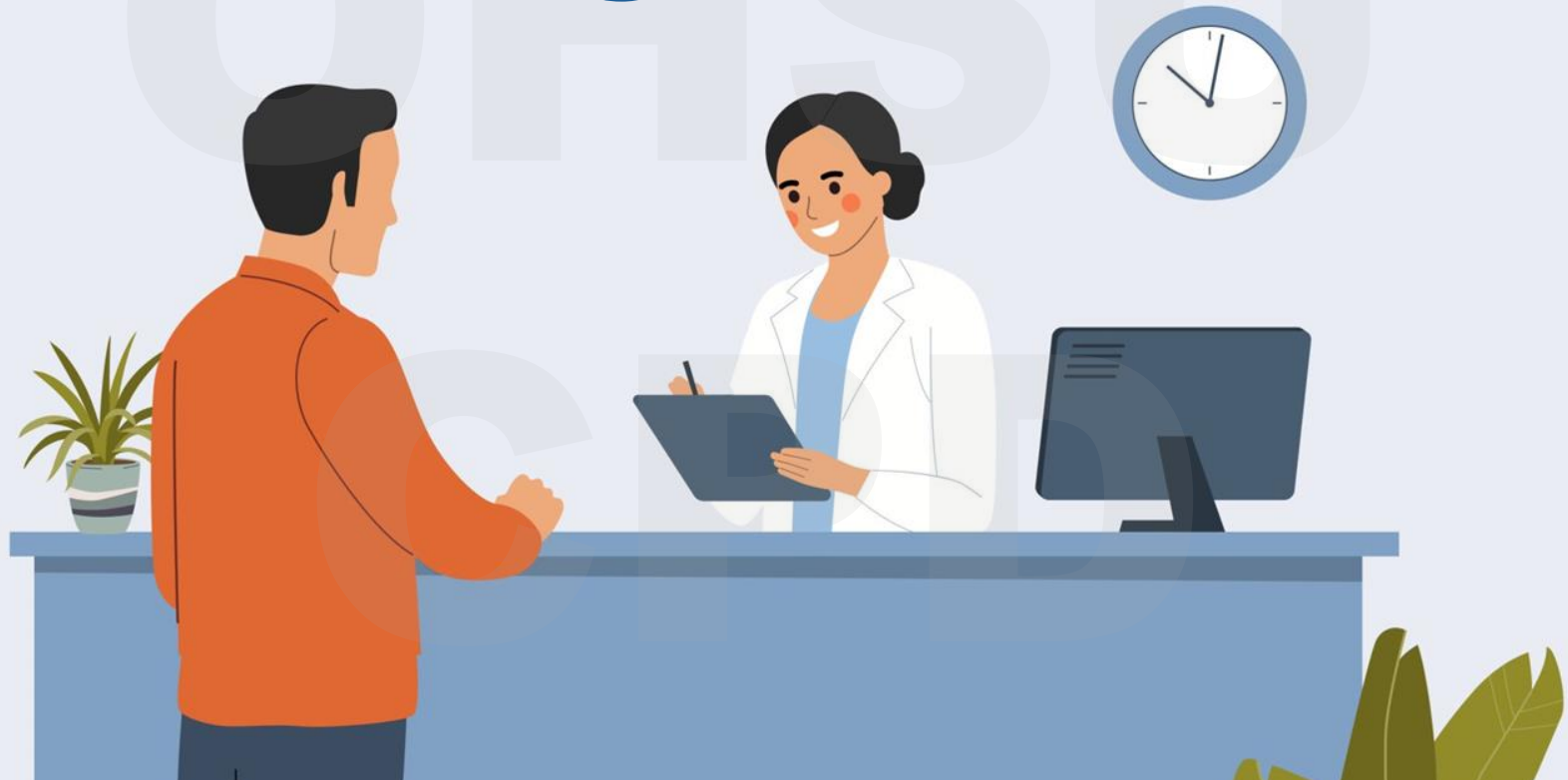


Dr. Jaci Groshong

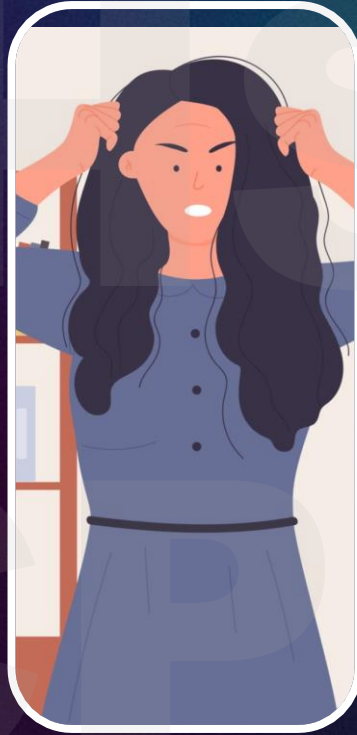


Dr. Stacy Drasen

Challenges



CHALLENGES



Child Anxiety

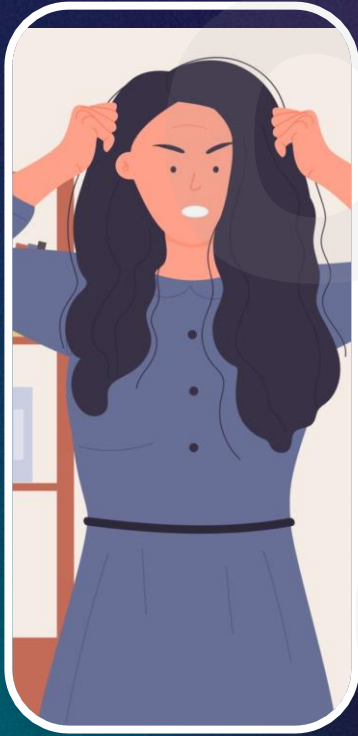


What new challenges are you seeing with younger children related to anxiety?

How do you handle it? Any new approaches?

What resources do you have for other clinicians?

Parent Anxiety



What challenges are you seeing for parents related to anxiety?

How do you support families when parents themselves have anxiety?

What resources do you have for other clinicians?



Access to Mental Health Resources



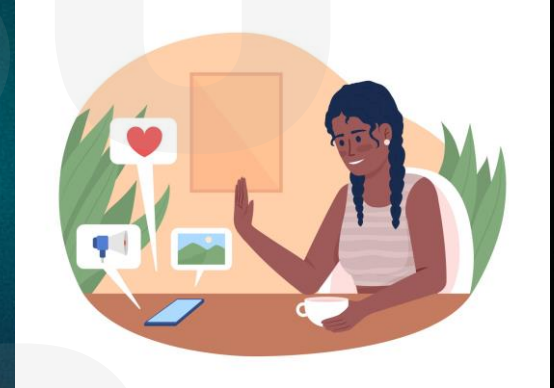
Child anxiety

Access

Parent stress
and anxiety

How has your clinic responded to long wait times and limited mental health services in your community?

Screens, social media, and smartphones



How do you handle or approach screens in your visits?

What resources do you have for other clinicians?

Resources





thegreatest8.org

The Oregon Psychiatric Access Line (OPAL)

Offering curbside psychiatric and pediatric developmental phone consultation for patients of all ages. Staffed by board certified child and adult psychiatrists & developmental behavioral pediatricians, this service is funded by the state of Oregon.

503-346-1000
855-966-7255
www.ohsu.edu/opal

Oregon Health Authority

OHsu

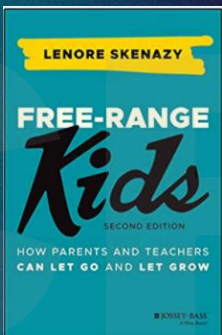
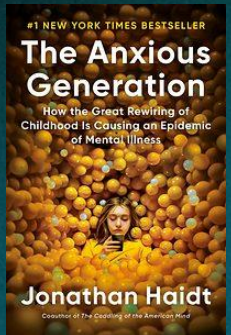
OPAL-K



waituntil8th.org



AAP Media Plan



<https://letgrow.org/>

RESOURCES YOU RECOMMEND?

Create or Update Your Family Profile

To get started, create a profile for each member of your family. Add as many family members as you need.



We will create some screen-free zones for our family by:



Keeping meals screen-free.

Close

Unselect All

Why?

Kids and parents alike may want to use screens for entertainment or distraction. However, screen use during meals can really get in the way of conversation and healthy eating.



+ Add Another Family Member

<https://www.familymedia.org>

The My Family Family Media Plan

We will help balance tech with online and offline activities by:

- Planning a screen-free activity to do together as a family every day.
- Participating in other activities available in our community.
- Setting lock-screen reminders.
- Filling our child's days with more play than media.
- Making sure screen time doesn't interfere with physical activity and healthy eating.
- Realizing when we turn to media to dull our own emotions, and finding healthier ways to cope.

We will communicate about media by:

- Talking about media on a regular basis.

We will create some screen-free zones for our family by:

- Keeping meals screen-free.
- Keeping bedrooms screen-free at night.
- Not texting (or emailing, web searching, live streaming, etc.) while driving.
- Keeping strollers and shopping carts screen-free.

Questions?



Dr. Emily Pratt



Dr. Jaci Groshong



Dr. Stacy Drasen