

AMERICAN ACADEMY OF
CHILD & ADOLESCENT
PSYCHIATRY

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

Clinical Essentials on Climate Anxiety in Youth and Strategies for Clinical Intervention

Course Design: 1 module with 3 hours of video tailored to the course learning objectives, followed by a 15-question post-test. The materials for this course were reviewed and selected by AACAP's Clinical Essentials Committee in December 2024.

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

1. Describe how climate messaging can trigger intense fear and paralysis in children, whereas positive climate messaging increases hope and agency.
2. Apply age-appropriate explanations of climate change to children and adolescents, implement strategies to process their feelings, and engage in fun and empowering pro-environmental activities.
3. Identify strategies for patients to develop climate resilience.

Lectures, Titles, and Speakers from AACAP's 2023 and 2024 Annual Meeting:

Climate Change and Youth Wellbeing

Susan Clayton, PhD

Child and Adolescent Psychiatrists as Climate Advocates: A Toolkit for Using Our Trusted Voices to Foster Hope and Galvanize Action

Elizabeth G. Pinsky, MD

Ways to Address the Clinical Impacts of Climate on Children's Mental Health: A Toolkit

Laelia Benoit, MD, PhD

Factors Affecting Children's Mental Health During the 2023 Maui Wildfires: Cross-cultural and Indigenous Health Perspectives

Megan Araujo, MD

The Psychological Consequences of Climate Change on Youth Mental Health

Amber Acquaye, BS

Helping Youth Manage Eco-Anxiety and Grief

Jennifer Atkinson, PhD