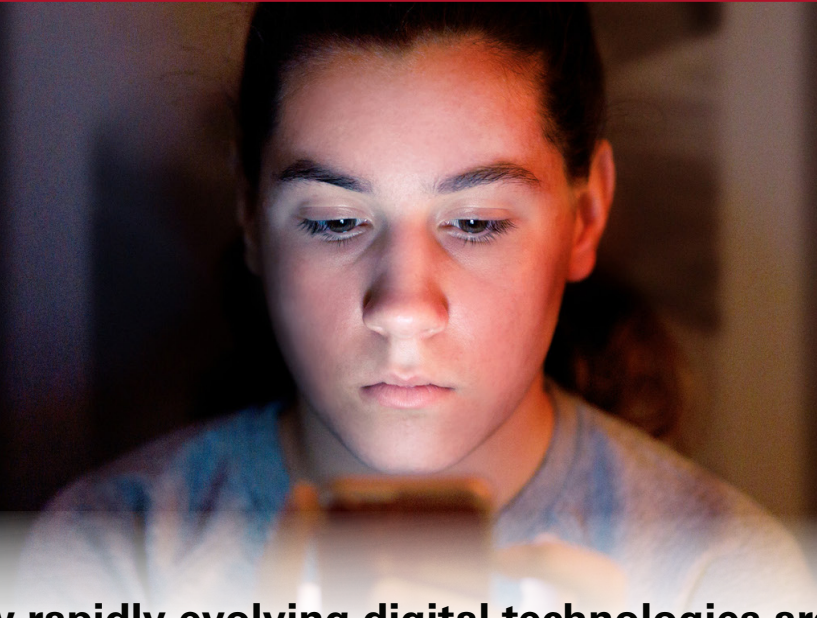


Brains, Bots and Boundaries

Youth Mental Health in a Digital World

Four-Part Webinar Series | March-April 2026



Examining how rapidly evolving digital technologies are shaping mental health, identity development and help-seeking behaviors of adolescents and young adults.

From social connection and vulnerability to artificial intelligence and social media-driven self-diagnosis, this free webinar series brings together clinicians and experts to explore both the risks and opportunities technology presents for youth mental health.

Across **four free, interactive sessions**, presenters will examine the psychological impact of digital environments, including social media platforms and AI tools, on adolescent and young adult mental health. The series will highlight current research, clinical observations, and real-world examples to help participants better understand how technology influences emotional well-being, symptom presentation, self-concept, and clinical care. Emphasis will be placed on practical strategies that caregivers, educators, and clinicians can use to support healthy digital engagement, promote critical thinking, and set developmentally appropriate boundaries across home, school, and clinical settings.



Visit the website
for more info.

BHECN | BEHAVIORAL HEALTH
EDUCATION CENTER
OF NEBRASKA

unmc.edu/bhec

Target Audience

This accredited continuing education activity is designed for behavioral health professions to include nurses, social workers, clinical mental health therapists, school counselors, and psychologists.

Global Objectives

- Describe how digital technologies—including social media platforms and artificial intelligence tools—impact adolescent and young adult mental health, identity development, and help-seeking behaviors.
- Evaluate the potential risks and benefits of technology use for AYA populations, including issues related to social connection, misinformation, self-diagnosis, and vulnerability.
- Identify evidence-informed and developmentally appropriate strategies that promote healthy technology use in home, school, and clinical settings.
- Apply selected strategies to address digital-related mental health challenges across home, school, and clinical environments.
- Integrate insights from research and clinical practice to foster balanced boundaries, promote resilience, and enhance youth mental health in an increasingly digital world.



Youth Mental Health at the Crossroads: Technology, Connection and Vulnerability

Program number: 26CE00108 | March 20 from 12-1 PM CT

Presenters: Thang Tran, PhD and Becca Moore, LIMHP, LADC

Zoom registration link: https://unmc.zoom.us/webinar/register/WN_MwIFBhL3TwaSC36dJxGN7w

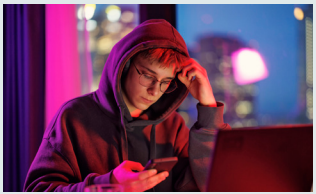


Teens and ChatGPT: Low-Key Helpful or Major Red Flag?

Program number: 26CE00105 | March 27 from 12-1 PM CT

Presenters: Mina Nguyen-Driver, PsyD and Darren Janzen, PsyD

Zoom registration link: https://unmc.zoom.us/webinar/register/WN_gqSHwWiXS-KchQ07TuKBjQ



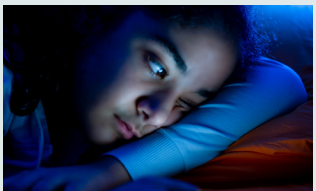
TikTok and Self-Diagnosis:

The Influence of Social Media on Adolescent and Young Adult Mental Health

Program number: 26CE00106 | April 3 from 12-1 PM CT

Presenters: Mina Nguyen-Driver, PsyD; Amy Seay, PhD; Mara Whiteside, PhD

Zoom registration link: https://unmc.zoom.us/webinar/register/WN_45bp5DeyQj-XF-WXh8RKiA



Teens and Screens: The Unabating Scourge of Social Media

Program number: 26CE00107 | April 10 from 12-1 PM CT

Presenter: Mitch Prinstein, PhD, ABPP

Zoom registration link: https://unmc.zoom.us/webinar/register/WN_YiavpL9WQYWynLtHczVYRg

ACCREDITED CONTINUING EDUCATION



In support of improving patient care, University of Nebraska Medical Center 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.

The University of Nebraska Medical Center designates this activity for up to 4.0 ANCC contact hours. Nurses should only claim credit for the actual time spent participating in the activity.



Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs. This activity has been approved for up to 4.0 credit hours of continuing education credit.



As a Jointly Accredited Organization, University of Nebraska Medical Center 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 up to 4.0 general continuing education credits. The content level of this activity is basic.



This activity was planned by and for the healthcare team, and learners will receive up to 4.0 Interprofessional Continuing Education (IPCE) credit for learning and change. The content level of this activity is basic.

This event is being hosted by the Behavioral Health Education Center of Nebraska (BHECN) and is funded by the Nebraska Department of Health & Human Services (DHHS).