

RCHSD Child & Adolescent Psychiatry Grand Rounds

Is it Psychosis? Distinguishing Psychotic-Like Experiences from Psychosis in Children and Adolescents-Abram Estafanous, DO

**Rady Children's Health
March 31, 2026 – 1:00 PM**

Learning Objectives

Upon completion of this session, learners should be able to:

- 1 Integrate clinical knowledge of mental health professionals by providing up-to-date research findings and best practices tailored to pediatric and adolescent psychiatry.
- 2 Apply psychopharmacology, psychopathology, psychotherapy, and psychosocial treatments to clinical situations. - REWRITE TO BE COMP
- 3 Describe the latest psychiatric literature and evidence base to the care of patients.

Target Audience

Specialties – Academic/Research, Addiction Medicine, Allergy, Immunology, Rheumatology, Anatomy-Clinical Pathology, Anesthesiology, Basic Science, Biomedical Informatics, Blood And Marrow Transplantation, Cardiovascular Medicine, Colon-Rectal Surgery, Critical Care, Dermatology, Emergency Medicine, Endocrinology & Metabolism, Epidemiology, Faculty Teaching Development, Family Medicine-Family Practice, Gastroenterology/Hepatology, General Surgery, Geriatric Medicine, Hematology, Hospice-Palliative Medicine, Hospital Medicine, Infectious Diseases, Integrative Medicine, Internal Medicine, Leadership, Medical Genetics, Nephrology-Hypertension, Neurological Surgery, Neurology, Nuclear Medicine, Obstetrics-Gynecology, Occupational Therapy, Oncology, Ophthalmology, Orthopaedic Surgery, Osteopathic Medicine, Otolaryngology-Head & Neck Surgery, Pain Management, Pediatrics, Pharmaceutical Science, Physical Medicine-Rehabilitation, Plastic Surgery, Population Health, Preventive Medicine, Psychiatry, Psychology, Public Health, Pulmonary Medicine, Radiation Oncology, Radiology, Regenerative Medicine, Sleep Medicine, Sports Medicine, Thoracic Surgery, Translational Medicine, Urology, Vascular Surgery, Rheumatology, Primary Care, Gender Health, Metabolic Disease, Bariatric Medicine, Obesity Medicine, Transfusion Medicine, Genomics, Precision Medicine, Health & Lifestyle Medicine, Functional Medicine, Speech Language Pathology, Reproductive Medicine

Professions – Non-Physician, Administrator, Behavioral Therapist, Counselor, Fellow/Resident, Marriage & Family Therapist, Medical Student, Nurse Assistant, Nurse, Other, Psychologist, Quality Improvement Professional, Scientist / Researcher, Social Worker, Speech Language Therapist, Educators

Accreditation

The University of California San Diego School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of California San Diego School of Medicine designates this live activity for a maximum of 1.00 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Physician Assistants: AAPA accepts certificates of participation for educational activities certified for *AMA PRA Category 1 Credit*[™] from organizations accredited by ACCME or a recognized state medical society.

Nurses: For the purpose of recertification, the American Nurses Credentialing Center accepts *AMA PRA Category 1 Credits™* issued by organizations accredited by the ACCME. For relicensure, the California Board of Registered Nursing accepts *AMA PRA Category 1 Credits™*.

Successful completion of this CME activity, which includes participation in the evaluation component, enables the learner to earn credit toward the CME requirement of the American Board of Surgery's Continuous Certification program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABS credit.

Disclosure Statement

All relevant financial relationships and the nature of those relationships are noted below. All relevant financial relationships have been mitigated.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
E. Joan Diccianni, MHA	Planning Committee Member	Nothing to disclose - 10/17/2025
Rocio N Duenas, MA, AMFT, PCC	Activity Coordinator	Nothing to disclose - 02/18/2026
Abram Estafanous, DO	Faculty	Nothing to disclose - 02/11/2026
Sabina Perez	Planning Committee Member	Nothing to disclose - 09/10/2025
Shawn S Sidhu, MD	Course Director	Nothing to disclose - 10/17/2025

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