



Palm Beach County  
Board of County Commissioners

Palm Beach County  
Youth Services Department  
Residential Treatment and Family Counseling Division  
Education & Training Center



# Game Changer: Developing Healthy Video Game Habits in Youth

Presented by Steve Arcidiacono, Ph.D.

Wednesday, May 6, 2026

9:30 am - 11:30 am

**\*Location: Zoom Remote Video Conference\***

Once registration is confirmed, link to access the training will be provided

## Registration Fee:

There is no cost associated with this presentation

## Continuing Education:

2 CE credits will be offered

## Registration Link:

<https://www.surveymonkey.com/r/RLJWPYN>

*If you have trouble accessing the survey, please copy the link and paste it directly into your browser.*

Registration closes at 3:00 pm on May 5, 2026

In order to receive a certificate you must be present for the entire training. Zoom monitors attendance from the time each participant logs in and out of the training. Exceptions will not be granted.

## Description:

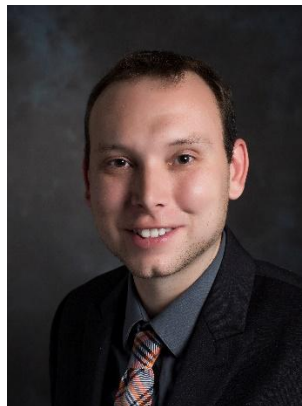
Most youth play video games for over an hour each day. The video game industry is in a period of rapid growth and evolution which creates challenges for researchers in understanding the impact on players. While there are positive and negative aspects of video game play, excessive play time is commonly associated with poor mental and physical health. Especially coming out of the pandemic when families relied heavily on technology for support, it is essential that caretakers learn to manage their children's gaming habits. Caretakers can utilize available resources to establish an evidence-based family media plan and make informed decisions regarding appropriateness of game content. Primary preventative principles include increased parent familiarity of games, improved communication, limits set on play times and zones, and earned game play by consistently meeting a set of family priorities.

## Learning Objectives:

After completion of this presentation, participants will be able to name the following:

- 1) Attendees will recite at least three facts regarding trends in youth gaming habits
- 2) Attendees will create a family media plan for screen time management
- 3) Attendees will list at least one strategy and one resource to help caretakers monitor content

## Presenter:



**Steve Arcidiacono, Ph.D.**, is a licensed clinical psychologist (PY10133) specializing in behavioral pediatrics and cognitive-behavioral therapy with youth and their families. Dr. Steve received his Ph.D. in clinical psychology from Nova Southeastern University. Dr. Steve has provided behavioral health services to families for over a decade, which regularly involves problems with sleep health and bedtime routines. He has given several community presentations on topics including sleep health, video games/screen time management, anxiety, ADHD, and parenting through the pandemic.

**Disclaimer:** The information presented in this program is based on methodological, theoretical, research, or practice knowledge base. The program is based on information from professional resources. Limitations of the content being taught are acknowledged, recognizing that there are additional resources available not referred to in this program. There is no commercial support for this program.

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### **Continuing Education Information:**

Youth Services Department, Palm Beach County is approved by the American Psychological Association to sponsor continuing education for psychologists. Youth Services Department, Palm Beach County maintains responsibility for this program and its content.

Youth Services Department, Palm Beach County is also approved to provide continuing education to LCSW's, LMFT's, and LMHC's by the Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling (Provider # 50-533, expires March 31, 2027).

In order to receive Continuing Education credits, you must complete an electronic form at the conclusion of the training verifying your name and professional license number. Certificates will be emailed once your information has been confirmed.

**All mental health professionals will receive two (2) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.**

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**Space is Limited:** Registration is accepted on a first-come, first-served basis. Only the first 200 registrants will be able to access the training link.

**What to Bring:** A pen and paper for taking notes. You may wish to use your personal headsets/earbuds for enhanced audio quality.

**Accommodations for the differently abled:** Individuals needing special accommodations, please contact [Cristal Montepeque](mailto:CMontepeque@pbcgov.org) at (561) 233-4460.

**Registration contact person:** Cristal Montepeque at (561) 233-4460 or [CMontepeque@pbcgov.org](mailto:CMontepeque@pbcgov.org)

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[www.pbcgov.com/youthservices/EducationCenter](http://www.pbcgov.com/youthservices/EducationCenter)

or call (561) 233-4460