

Upstate Mental Health REACH Intensive Workshop

Meeting Information:

- Date: Friday, September 25th, 2026
- Time: 9:00am-4:30pm
- Location: CNY Biotech Accelerator (841 East Fayette Street, Syracuse, NY 13210)
- Sponsored By: Department of Psychiatry, SUNY Upstate Medical University, Office of Continuing Medical Education, Mother Cabrini Foundation

Agenda:

8:30am-9:00am: **Registration and Breakfast**

9:00am-9:15am: **Welcome and Introductions**

Nevena Radonjic, MD, PhD

9:15am-10:10am: **Brain Chemistry and Psychiatric Symptoms...Made Simple**

Thomas Schwartz, MD

10:10am-11:05am: **Suicide Prevention in the Elderly**

Rebecca Shields, DO

11:05am-11:20am: **MORNING BREAK**

11:20am-12:15pm: **The Aging Brain: Neurobiology of Normal Aging and Vulnerability to Disease**

Nevena Radonjic, MD, PhD & Stephen Glatt, PhD

12:15pm-12:45pm: **LUNCH BREAK**

12:45pm-1:40pm: **Depression and Anxiety in Older Adults**

Kristina Zdanys, MD

1:40pm-2:35pm: **Redefining Dementia Care**

Andrea Berg, MD

2:35pm-2:50pm: **AFTERNOON BREAK**

2:50pm-3:45pm: **Delirium: Recognition and Management in Primary Care**

Gerson Nunes, MD

3:45pm-4:15pm: **Q&A All Speakers**

Course Objectives

Thomas Schwartz, MD

Title of Talk: **Brain Chemistry and Psychiatric Symptoms...Made Simple**

Learning Objectives:

At the end of this lecture the participants will be able to:

1. Describe typical neurotransmitters and their brain pathways.
2. Explain how these circuits, if faulty, create psychiatric symptoms.
3. Discuss how psychiatric medications alter these pathways and improve patient symptoms.

Rebecca Shields, DO

Title of Talk: **Suicide Prevention in the Elderly**

Learning Objectives:

At the end of this lecture the participants will be able to:

1. Discuss the need to evaluate suicidality in the elderly population.
2. Discuss strategies to evaluate for suicidality in the elderly.
3. Demonstrate strategies for managing suicidality in the elderly.

Nevena Radonjic, MD, PhD & Stephen Glatt, PhD

Title of Talk: **The Aging Brain: Neurobiology of Normal Aging and Vulnerability to Disease**

Learning Objectives:

At the end of this lecture the participants will be able to:

1. Review the key neurobiological changes of normal brain aging.
2. Distinguish normal aging from pathological neurodegeneration at the cellular and molecular level.
3. Summarize how aging and known risk factors increase the brain's vulnerability to neurodegenerative diseases.

Kristina Zdanys, MD

Title of Talk: **Depression and Anxiety in Older Adults**

Learning Objectives:

At the end of this lecture the participants will be able to:

1. Describe the clinical presentations of depression and anxiety in older adults.
2. Understand the relationship among depression, anxiety, and medical illness in older adults.
3. Identify pharmacological and non-pharmacological treatment strategies for treatment of depression and anxiety in older adults.

Andrea Berg, MD

Title of Talk: **Redefining Dementia Care**

Learning Objectives:

At the end of this lecture the participants will be able to:

1. Distinguish neurodegenerative cognitive impairment, Alzheimer's Disease (AD), and related dementias from age-related cognitive changes.
2. Identify basic and advanced clinical approaches to the evaluation of cognitive impairment, AD, and dementia.
3. Describe available treatment options and components of care for patients with cognitive impairment, AD, and dementia.

Gerson Nunes, MD

Title of Talk: **Delirium: Recognition and Management in Primary Care**

Learning Objectives:

At the end of this lecture the participants will be able to:

1. Conceptualize delirium and recognize its core clinical features and presentations.
2. Describe the epidemiology and risk factors, and differentiate delirium from other neurocognitive and psychiatric conditions.
3. Review pharmacological and non-pharmacological approaches to management of delirium.

Disclosures

With the exception of Thomas Schwartz, MD, who serves as a consultant for Johnson & Johnson, no planners or faculty have relevant financial relationships with ineligible companies. All relevant financial relationships have been mitigated.

Registration

- Program Director: Nevena Radonjic, MD, PhD. Associate Professor of Psychiatry, SUNY Upstate Medical University
- Recommended Audience: MDs, PhDs, RNs, DOs, NPs, PAs, Psychologists, Social Work, LMHCs, Medical Trainees, Midwives
- Course Description: Upstate Mental Health REACH Initiative funded by Patrick Lee Foundation and Mother Cabrini Foundation aims to increase the capacity of primary and family medicine providers of all profiles (MD, DO, NP, PA) in New York to systemically screen, identify, treat, and refer patients suffering from mental health disorders.
- Course Content Level: Intermediate
- Registration Deadline: Given the format of workshop, number of participants is limited, and registration will be closed when target number of participants is reached.
- Registration Fee: FREE
- Conference Info: For further information, please contact Pamela Le at (315) 464-7185 or LEP@upstate.edu
- Accreditation: SUNY Upstate Medical University is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.
- Credit Designation: SUNY Upstate Medical University designates this live activity for a maximum of **6.0 AMA PRA Category 1 Credit(s)TM**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
- Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

Online Registration

To register, please click this [registration link](#)