



Upstate Mental Health REACH Intensive Workshop

Thursday, April 10th, 2025, 8:30am-3:30pm

Virtual via Zoom

SPONSORED BY:

Department of Psychiatry • SUNY Upstate Medical University
SUNY Upstate Medical University • Office of Continuing Medical Education
Patrick Lee Foundation • Mother Cabrini Foundation

UPSTATE
MEDICAL UNIVERSITY

SUNY UPSTATE MEDICAL UNIVERSITY, DEPARTMENT OF PSYCHIATRY
750 EAST ADAMS STREET, SYRACUSE, NY 13210

COURSE OBJECTIVES

NEUROANATOMY OF PSYCHIATRIC SYMPTOMS AND IMPLICATIONS FOR TREATMENT

Thomas Schwartz, MD

Description: This talk will, in simplistic terms, define specific brain areas that, when compromised or altered in function, may create the psychiatric symptoms that providers see in their patients. With this knowledge, prescribers should be able to better understand why psychopharmacologic interventions work to lower patients' symptoms.

Learning Objectives:

- Define at least seven distinct brain areas that when compromised may create external psychiatric symptoms
- Describe how these areas interact with each other to allow for normal mental health
- Summarize how the imbalance in activity between cortical and limbic areas may allow psychiatric symptoms to occur

UNIPOLAR OR BIPOLAR DEPRESSION: DIAGNOSTIC CONSIDERATIONS AND TREATMENT MODALITIES

Nevena Radonjic, MD, PhD

Description: This talk will summarize the key differences between major depressive disorder and bipolar depression. With the provided information, the providers will be able to understand the approach to treatment of unipolar vs. bipolar depression and appreciate differences in treatment modalities.

Learning Objectives:

- Identify the risk factors for unipolar and bipolar depression
- Discuss rating scales useful for screening of unipolar and bipolar depression
- Summarize evidence-based treatments for different types of depression in primary care setting

ANXIETY DISORDERS IN PRIMARY CARE

Chris Lucas, MD

Description: This presentation will help providers understand how anxiety may present in primary care settings, introduce anxiety screening and assessment tools that can be used to identify and monitor response to treatment. It will also describe safe and effective treatments that can be used to manage anxiety in the primary care setting.

Learning Objectives:

- Describe anxiety as it may present in patients in primary care settings
- Summarize DSM5 criteria for anxiety disorders
- Become aware of screening and assessment tools that can be used to evaluate anxiety symptoms by primary care providers
- Identify safe and effective treatments for managing anxiety in the primary care setting

Disclosure: Dr. Schwartz is a consultant for Johnson and Johnson. All financial relationships have been mitigated. All other planners and speakers have no relevant financial relationships with ineligible companies.

A BRIEF GUIDE TO DIFFERENT PSYCHOTHERAPEUTIC MODALITIES

Justin Meyer, MD and Dr. Sutanaya Pal, MD

Description: A Brief Guide to Different Psychotherapeutic Modalities lecture will aim to identify central tenets of psychotherapy, including supportive psychotherapy, motivational interviewing, cognitive behavioral therapy and psychodynamic psychotherapy that can be used by primary care providers to help improve medical and psychiatric outcomes in their practice. It will help empower the providers be able to apply these concepts in real time, while also helping them feel comfortable seeking appropriate referrals in the community.

Learning Objectives:

- Discuss the basic concepts and application of supportive psychotherapy, motivational interviewing, cognitive behavioral therapy and psychodynamic psychotherapy
- Appreciate how to apply different forms of psychotherapy in the primary care setting
- Identify when it is appropriate to seek additional resources and what is available in the community

TRAUMA INFORMED CARE IN PRIMARY CARE SETTING

Nayla Khoury, MD

Description: This talk will use case examples to discuss clinical applications of trauma-informed principles and explore strategies to support resilient patients.

Learning Objectives:

- Summarize how trauma-informed care principles can support patients regardless of chief complaint
- Discuss clinical applications of trauma-informed care in primary care
- Explore trauma-informed care strategies to support resilience in patients and staff

POST TRAUMATIC STRESS DISORDER: INTRODUCTION TO DIAGNOSIS, MEDICATION MANAGEMENT AND BRIEF PSYCHOTHERAPY INTERVENTIONS

Kevin O'Connor, MD

Description: This presentation is an overview of PTSD diagnosis and early treatment options. Using example patient cases/vignettes, we will discuss first-line medication management and psychotherapy interventions which can be utilized in primary care and mental health clinics. Brief treatments have the potential for immediate and significant impacts on patients' recovery from PTSD and improved functioning in life activities – including improved engagement in general medical care and improved medical outcomes.

Learning Objectives:

- Diagnostically identify patients with acute and/or chronic post-traumatic stress disorder
- Provide basic psychiatric medication management to patients presenting with anxiety disorders including PTSD
- Discuss basic/brief psychotherapy interventions that are helpful in treating patients with PTSD

AGENDA

8:30 - 8:45am

Welcome and Introduction

8:45 - 9:40am

**Neuroanatomy of Psychiatric Symptoms
and Implications for Treatment**

Thomas Schwartz, MD

9:40 - 10:35am

**Unipolar or Bipolar Depression:
How to Diagnose and Treat**

Nevena Radonjic, MD, PhD

10:35 - 10:45am

Break

10:45 - 11:40am

Anxiety Disorders in Primary Care

Christopher Lucas, MD

11:40 - 12:10pm

Lunch

12:10 - 1:05pm

**A Brief Guide to Different
Psychotherapeutic Modalities**
Justin Meyer, MD and Sutanaya Pal, MD

1:05 - 2:00pm

**Trauma Informed Care in
Primary Care Setting**

Nayla Khoury, MD

2:00 - 2:10pm

Break

2:10 - 3:05pm

**Post Traumatic Stress Disorder: Introduction
to Diagnosis, Medication Management
and Brief Psychotherapy Interventions**

Kevin O'Connor, MD

3:05 - 3:30pm

Q & A

All Speakers



REGISTRATION

PROGRAM DIRECTOR

Nevena Radonjic, MD, PhD, Associate Professor of Psychiatry,
SUNY Upstate Medical University

RECOMMENDED AUDIENCE

MDs, DO's, PAs, & NPs

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 systematically 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 reached.

REGISTRATION FEE

FREE

CONFERENCE INFO

For further information, please contact Rosemarie Earle
at (315) 464-4464 or EARLER@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 **6.25 AMA PRA Category 1 Credit(s)™**.

Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ONLINE REGISTRATION

To register, please use the following link:

<https://upstate.zoom.us/meeting/register/tJlqd--opzkrGNxF0dXaN72pvZgBNyLxUEPo>