

TARGET AUDIENCE: Physicians, Psychologists, Psychiatric Nurse Specialists, Nurses, Social Workers, Residents & Fellows, Medical Students, Allied Mental Health Providers, and all other Healthcare providers. Grand Rounds course content is at the intermediate level.

DATE: Thursday, January 1st, 2026

NO GRAND ROUNDS – Happy New Year!

DATE: Thursday, January 8th, 2026

NO GRAND ROUNDS – Department Faculty Meeting (open only to faculty members)

APPROVED PSYCHOLOGIST CEs

APPROVED LMHC CEs

APPROVED SOCIAL WORK CEs (Upstate Employees Only)

DATE: Thursday, January 15th, 2026

*** HYBRID – IN PERSON @ 713 Harrison St. (TU3 2nd Floor) ***

TIME: 12:30- 2:00 PM

TITLE: *Artificial Intelligence and the Future of Mental Health Care*

SPEAKER: **Serife Tekin, PhD**, Associate Professor, Center for Bioethics and Humanities, SUNY Upstate Medical University

DESCRIPTION: Artificial intelligence (AI) is rapidly transforming mental health care through the rise of psychotherapy chatbots that promise affordable, scalable, and stigma-free support. Their adoption- accelerated by governmental regulatory approvals and optimism about precision psychiatry- suggests a future in which mental health interventions are increasingly automated. This talk critically examines that future.

LEARNING OBJECTIVES: Following this activity, the participants should be able to:

1. Describe the emerging role of artificial intelligence in mental healthcare and its potential to address (or exacerbate) disparities in access and quality of care.
2. Critically assess the assumptions underlying AI-powered care and their implications for global and cross-cultural applicability.
3. Evaluate the ethical and regulatory challenges surrounding the rapid integration of AI into mental healthcare, including issues of safety, bias, and the need for interdisciplinary oversight.

Faculty disclosure: Dr. Tekin has no relevant financial relationships with ineligible companies.

Link to join Zoom session: <https://upstate.zoom.us/j/824931563>

Link for CME & CE credits Registration: (opens 10am day of Grand Rounds through following Monday) <https://www.upstate.edu/cme/online-register.php>

JOURNAL CLUB

*** Virtual Only ***

DATE: Thursday, January 22nd, 2026

TIME: 12:30- 2:00 PM

TITLE: *Esketamine Monotherapy in Adults with Treatment-Resistant Depression A Randomized Clinical Trial*

SPEAKERS: **Nicholas Snyder, MD, Saeed Shaaban, MBBS, and Barbara Armendariz, MD**, PGY III Residents, SUNY Upstate Medical University

ATTENDING: **Stephen Faraone, PhD**, Distinguished Professor of Psychiatry and Behavioral Sciences and Neuroscience and Physiology, SUNY Upstate Medical University

LEARNING OBJECTIVES: Following this activity, the participants should be able to:

1. Review clinical application of esketamine in psychiatry and its role in treatment-resistant depression (TRD)
2. Discuss the efficacy and safety results of esketamine in TRD compared to placebo.
3. Summarize the clinical implications and limitations of esketamine use in TRD

Faculty disclosure: Drs. Snyder, Shaaban, and Armendariz have no relevant financial relationships with ineligible companies. Dr. Stephen Faraone has reported receiving research grants from Massachusetts General Hospital, Otsuka Pharmaceuticals, Oregon Health & Science University, Supernus Pharmaceuticals, the European Commission, and NIH/NIMH. He has received educational grants and support for continuing medical education programs from Collegium Pharmaceuticals, Corium Pharmaceuticals, TRIS Pharmaceuticals, and The Upstate Foundation. His consulting activities include work with Aardvark, Ardwolf, Mentavi/ADHD Online, Ironshore/Collegium, Johnson & Johnson/Kenvue, Medice, Otsuka, and Supernus, with honoraria received for the last two listed. He receives royalties from Elsevier, Guilford Press, and Oxford Press and is an inventor on U.S. Patent US20230217707 A1. He has received travel, accommodations, and expense support from Otsuka and Medicine, and holds stock options in Aardvark and Ardwolf.

Link to join Zoom session: <https://upstate.zoom.us/j/824931563>

Link for CME & CE credits Registration: (opens 10am day of Grand Rounds through following Monday) <https://www.upstate.edu/cme/online-register.php>

APPROVED PSYCHOLOGIST CEs

APPROVED LMHC CEs

DATE: Thursday, January 29th, 2026

VIRTUAL ONLY

TIME: 12:30- 2:00 PM

TITLE: *Loneliness: Implications for Mental Health and Treatment Applications*

SPEAKER: **Roger McIntyre, MD**, Professor of Psychiatry and Pharmacology, University of Toronto

DESCRIPTION: During the last decade, increasing attention has been paid to the pandemic of loneliness and its implications for human health, civic engagement, and measures of trust. Emerging during this time is a confluence of literature also indicating that loneliness, triggers neural biological systems, relevant to mental health and resiliency practitioners providing care to persons, living with mental health disorders encountered disorders that exist with larger macro environment, which includes loneliness, social isolation, and other aspects of precariousness. This presentation will focus on the impact of loneliness across many aspects of health outcome, both mental and physical review, the neural biological consequence of illness and discuss implications for the presentation of mental illness, choosing treatments, and integrating healthcare.

LEARNING OBJECTIVES: Following this activity, the participants should be able to:

1. Define and operationalize the term 'loneliness'.
2. Discuss the health implications of loneliness at a population level.
3. Review the neurobiology of loneliness and its implications for mental health and its treatment.

Faculty disclosure: Dr. Roger S. McIntyre has received research grant support from CIHR/GACD/National Natural Science Foundation of China (NSFC) and the Milken Institute; speaker/consultation fees from Lundbeck, Janssen, Alkermes, Neumora Therapeutics, Boehringer Ingelheim, Sage, Biogen, Mitsubishi Tanabe, Purdue, Pfizer, Otsuka, Takeda, Neurocrine, Neurawell, Sunovion, Bausch Health, Axsome, Novo Nordisk, Kris, Sanofi, Eisai, Intra-Cellular, NewBridge Pharmaceuticals, Viatrix, Abbvie, Bristol Myers Squibb (BMS) and Atai Life Sciences.

Link to join Zoom session: <https://upstate.zoom.us/j/824931563>

Link for CME & CE credits Registration: (opens 10am day of Grand Rounds through following Monday) <https://www.upstate.edu/cme/online-register.php>

Please email Pamela Le to be added to our email distribution list: lep@upstate.edu

****SCHEDULES can also be found online:** <https://www.upstate.edu/psych/education/grandrounds-calendar.php>

Grand Rounds Videos can also be found online: <https://upstate.video.yuja.com/V/Playlist?node=58154010&a=775776232>

Grand Rounds Committee members: Melissa Button, LMHC-D, NCC, Theresa Flynn, MD, Carmen Nichita, MD, Nevena Radonjic, MD, PhD, Thomas Schwartz, MD, and Susan Sperry, PhD.

Planner Disclosures

None of the planners have financial relationships with ineligible companies with the exception of Thomas Schwartz who is a consultant for J&J.

Accreditation

SUNY Upstate Medical University is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Credit Designation

SUNY Upstate Medical University designates this live activity for a maximum of 1.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Commercial Support: No commercial support was received for any of the above sessions.

Mitigation

All relevant financial relationships with ineligible companies have been mitigated.

Commercial Support

No commercial support was received for any of the above sessions.

Continuing Education

SUNY Upstate Medical University, Department of Psychiatry is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists PSY 0285

Psychiatry Faculty Practice Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0336

Instructions to join Grand Rounds via Zoom:

SUNY Upstate Medical Psychiatry Grand Rounds

is inviting you to a scheduled Zoom meeting:

Join from a PC, Mac, iPad, iPhone or Android device:

Please click this URL to start or **join.** <https://upstate.zoom.us/j/824931563>

Or,

Go to <https://upstate.zoom.us/join> and enter **meeting ID: 824 931 563**

Join from dial-in phone line:

Dial: [+1 646 558 8656](tel:+16465588656) or [+1 408 638 0968](tel:+14086380968)

Meeting ID: 824 931 563

Participant ID: Shown after joining the meeting

Participants: This meeting automatically begins recording as soon as anyone joins it, so **please mute your microphone.**

