

Upstate Mental Health REACH Spring ECHO series

Cycle 8 – April– Jun 2026

Wednesday's at 12 pm



4/1/2026	When SSRI's Fail to Treat Depression and Anxiety: Treatment Resistant Strategies in Anxiety and Depressive Disorders Thomas Schwartz, MD, Distinguished Teaching Professor, SUNY Upstate Medical University
4/15/2026	Prescribing and Monitoring Psychiatric Medications: A Guide for Primary Care Cecilia Zemanek, MD, Assistant Professor, SUNY Upstate Medical University
4/22/2026	Integrating Psychiatric Rating Scales into Primary Care Practice Nevena Radonjic, MD, PhD, Associate Professor, SUNY Upstate Medical University
4/29/2026	Managing Side Effects of Psychiatric Medications in Primary Practice Christopher Lucas, MD MPH, Professor, SUNY Upstate Medical University
5/6/2026	Recognizing and Responding to Suicide Risk in Primary Care Rebecca Shields, DO, Assistant Professor, SUNY Upstate Medical University
5/20/26	Genetic Myths and Misconceptions About ADHD Stephen Faraone, PhD, Distinguished Professor of Psychiatry and Behavioral Sciences and Neuroscience and Physiology, SUNY Upstate Medical University
5/27/2026	Managing Insomnia in Primary Care Thomas Schwartz, MD, Distinguished Teaching Professor, SUNY Upstate Medical University
6/3/2026	Culturally Sensitive Psychiatric Interviewing for the Primary Care Setting Nayla Khoury, MD, Associate Professor, SUNY Upstate Medical University
6/17/2026	The Psychiatric Review of Systems: What Primary Care Providers Need to Know Ismet Yesilada, MD, Assistant Professor, SUNY Upstate Medical University
6/24/2026	Psychotropic Medications in Older Adults: Practical Guidance for Primary Care Provider Kristina Zdanys, MD, Associate Professor, UCONN Health

Link to join:

<https://echo.zoom.us/j/735931981?pwd=Tk5VYmNyMndOZmM2V1NlQkpSdFMxZz09>