



# Upstate Mental Health REACH Intensive Workshop

Sunday, May 3<sup>rd</sup>, 2026, 9:30am-4:15pm

Virtual *via* Zoom

**SPONSORED BY:**

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

**UPSTATE**  
MEDICAL UNIVERSITY

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

# COURSE OBJECTIVES

## ADJUSTMENT DISORDERS IN PRIMARY PRACTICE

**Andrew Hao, MD**

**Description:** Adjustment disorders are among the most common, yet frequently misdiagnosed conditions encountered in primary care, making early recognition and appropriate management essential. This session equips clinicians with the skills to accurately differentiate adjustment disorders from other psychiatric conditions and apply evidence-based treatment strategies to support their patients effectively.

### Learning Objectives:

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

- Differentiate adjustment disorders from other psychiatric conditions such as major depression, anxiety disorders, and acute stress disorder using clinical criteria.
- Identify strategies to adequately support patients with adjustment disorders through appropriate counseling, follow-up, and psychosocial interventions in primary care.
- Apply evidence-based treatment approaches including psychotherapy, pharmacotherapy, and monitoring to effectively manage adjustment disorders in clinical practice.

## TRAUMA INFORMED CARE IN PRIMARY CARE SETTING

**Nayla Houry, 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:

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

- 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

## HOW TO CHOOSE THE RIGHT MEDICATION FOR DEPRESSION: PRACTICAL APPROACH

**Nevena Radonjic, MD, PhD**

**Description:** Selecting the right antidepressant is critical to improving patient outcomes, yet the growing number of available options can make this decision challenging for clinicians. This session provides an overview of current treatment options and a practical framework for selecting, initiating, and adjusting antidepressant therapy in everyday practice.

### Learning Objectives:

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

- Summarize the current antidepressant medications available, including their mechanisms of action, efficacy, and side-effect profiles.
- Identify a patient-specific factor such as symptom profile, comorbidities, and drug interactions that influence medication selection.
- Apply a practical framework for selecting, initiating, and adjusting antidepressant therapy in clinical practice.

## PSYCHOTHERAPY IN PRIMARY CARE PRACTICE: QUICK AND EASY TECHNIQUES

**Rachael Kuch-Cecconi, MD**

**Description:** This talk will cover psychotherapy basics and implementation of certain skills into a primary care visit. Participants will also have a chance to engage in active discussion around the importance and feasibility of psychotherapy in their practice.

### Learning Objectives:

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

- Recognize psychotherapeutic interventions that can be incorporated into primary care visits.
- Identify opportunities for using therapy skills with patients.
- Discuss potential ways to implement psychotherapy in your practice.

## TREATMENT OF BEHAVIORAL DISTURBANCES IN DEMENTIA

**Kristina Zdanys, MD**

**Description:** In this talk, Dr. Zdanys will describe neuropsychiatric symptoms that can emerge throughout the course of Alzheimer's disease and other dementias. Participants will understand how behavioral symptoms impact both patients and caregivers, and by the end of the talk will have a framework for basic pharmacological and non-pharmacological interventions to treat these symptoms.

### Learning Objectives:

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

- Identify types of behavioral disturbances in Alzheimer's disease and other dementias.
- Understand impact of behavioral disturbances on patients and caregivers.
- Describe non-pharmacological and pharmacological interventions for behavioral disturbances in dementia.

## THE LONG-TERM MONITORING OF PSYCHIATRIC MEDICATION IN PRIMARY CARE PRACTICE

**Nevena Radonjic, MD, PhD & Pratik Jain, MD**

**Description:** Many patients may be prescribed psychotropic medications for extended periods of time. To ensure their safety and minimize iatrogenic risks, we will review the current recommendations for monitoring the most commonly prescribed psychiatric medications.

### Learning Objectives:

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

- Identify psychotropic medications that require regular monitoring.
- Discuss recommendations on long-term monitoring of atypical antipsychotics.
- Describe recommendations for monitoring mood stabilizers.

## AGENDA

9:30 - 9:45am

### Welcome and Introduction

9:45 - 10:40am

### Adjustment Disorder in Primary Practice

Andrew Hao, MD

10:40 - 11:35am

### Trauma Informed Care

Nayla Khoury, MD

11:35 - 11:50am

### MORNING BREAK

11:50 - 12:45pm

### How to Choose the Right Medication for Depression: Practical Approach

Nevena Radonjic, MD, PhD

12:45 - 1:15pm

### LUNCH BREAK

1:15 - 2:10pm

### Psychotherapy in Primary Care Practice: Quick and Easy Techniques

Rachael Kuch-Cecconi, MD

2:10 - 3:05pm

### Treatment of Behavioral Disturbances in Dementia

Kristina Zdanys, MD

3:05 - 3:20pm

### AFTERNOON BREAK

3:20 - 4:15pm

### The Long-Term Monitoring of Psychiatric Medications in Primary Practice

Nevena Radonjic, MD, PhD & Pratik Jain, MD



## 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 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 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 **6.25 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/4gU7TvCZQf6uHokwuGKkTg>