NNDC 13th Annual Conference

Transforming SCIENCE, Transforming SOCIETY.

Virtual Event!
Tuesday, September 21st & Wednesday, September 22nd
Thank you to all of our sponsors for your support of the 13th Annual National Network of Depression Centers Conference.

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All sponsorship levels provide general financial support for the conference; sponsors do not have any involvement with content development or delivery.
We would like to thank all of our speakers and moderators for their contributions both to this conference and their areas of study. We are proud to work with such highly respected and knowledgeable clinicians, researchers, and advocates and hope to continue developing these and other relationships with some of the world’s brightest minds.

We would also like to thank the NNDC Conference Program and Planning Committees for putting together another engaging and innovative Annual Conference program.

**PROGRAM COMMITTEE**

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Brigham & Women's Hospital  
Harvard Medical School

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Johns Hopkins University

Heather Flynn, PhD  
Florida State University

John Greden, MD  
University of Michigan

Cheryl McCullumsmith, MD, PhD  
University of Toledo

Leslie Miller, MD  
Johns Hopkins University

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Johns Hopkins University

Sagar Parikh, MD, FRCPC  
University of Michigan

Dane Larsen  
National Network of Depression Centers

Rachel Skylis  
National Network of Depression Centers

Alyssa Jane Slottke  
National Network of Depression Centers
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<td>11:30a ET</td>
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<td><strong>Industry Investigator-Initiated Grants 101</strong></td>
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<td>Industry Investigator Initiated Grant Opportunities Roundtable</td>
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<td><em>Facilitated by: Sagar Parikh, MD - University of Michigan</em></td>
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<td><strong>Welcome - Day 1</strong></td>
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<td>Sagar Parikh, MD - University of Michigan</td>
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<td>Dane Larsen - National Network of Depression Centers</td>
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<td><strong>Next Generation Strategies to Optimize DBS for Depression:</strong></td>
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<td>Leveraging Technological Advances towards Precision Care</td>
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<td><em>Helen Mayberg, MD - Icahn School of Medicine at Mount Sinai</em></td>
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<td><em>Moderated by: Sandra Weiss PhD, RN, FAAN – University of California</em></td>
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<td><strong>Break</strong></td>
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<td><strong>Youth Interventions for Bipolar Disorder</strong></td>
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<td><em>“Why Do Youth Interventions Matter for All Patient Care?”</em></td>
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<td>Christopher Schneck, MD – University of Colorado Anschutz Medical Campus</td>
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<td><strong>Family-Focused Therapy (FFT) for Youth with Bipolar Disorders</strong></td>
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<td>Aimee Sullivan, PhD – University of Colorado Anschutz Medical Campus</td>
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<td><strong>Dialectical Behavior Therapy (DBT) for Adolescents with Bipolar Disorder</strong></td>
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<td>Tina Goldstein, PhD – University of Pittsburgh</td>
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<td><strong>Break</strong></td>
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<td><strong>Mastering Multi-site Studies</strong></td>
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<td>Michael Thase, MD – University of Pennsylvania</td>
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<td>Panelists: Sandra Weiss PhD, RN, FAAN – University of California San Francisco</td>
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<td>Thomas Schulze, MD – Ludwig Maximilians University of Munich</td>
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<td>Sarah H. Lisanby, MD – National Institute of Mental Health</td>
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<td><em>Moderated by: Sagar Parikh, MD - University of Michigan</em></td>
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WEDNESDAY, SEPTEMBER 22, 2021

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<td>1:15p ET</td>
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<td>NIMH Perspective on Suicide Prevention Research</td>
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<td>Jane Pearson, PhD – National Institute of Mental Health</td>
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<td>Dismantling Structural Racism in Psychiatry: The Path to Mental Health Equity</td>
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<td>Ruth Shim, MD, MPH – University of California, Davis</td>
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<td>Stephen M. Strakowski, M.D. – Dell Medical School</td>
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<td>Monica Taylor-Desir, MD, MPH – Mayo Clinic</td>
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<td>Heather Flynn, PhD – Florida State University</td>
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<td>Andres Pumariega, MD – University of Florida</td>
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<td><em>Moderated by: Stephen Strakowski, MD - Dell Medical School, University of Texas at Austin</em></td>
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<td>“Hot Topics” in Psychiatry</td>
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<td>Stanford Accelerated Intelligent Neuromodulation Therapy</td>
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<td>Nolan Williams, MD – Stanford University</td>
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<td>Lessons Learned: How We can Turn Smartphones into Brain Fitness Trackers</td>
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<td>Alex Leow, PhD - University of Illinois at Chicago</td>
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<td>Psilocybin Therapy for Mood Disorders</td>
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<td>Fredrick Barrett, PhD – Johns Hopkins University</td>
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<td><em>Moderated by: Sagar Parikh, MD - University of Michigan</em></td>
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<td>Virtual Poster Session 2</td>
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<td>Awards Ceremony</td>
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<td>NNDC to host 2021 NNDC Annual Conference “Best Poster” Awards</td>
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<td>Depression and Bipolar Support Alliance (DBSA) to host 2021</td>
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SATISFACTORY COMPLETION
Learners must complete an evaluation form to receive a certificate of completion. You must attend the entire webinar as partial credit is not available. If you are seeking continuing education credit for a specialty not listed below, it is your responsibility to contact your licensing/certification board to determine course eligibility for your licensing/certification requirement.

PHYSICIANS
In support of improving patient care, this activity has been planned and implemented by Amedco LLC and National Network of Depression Centers. Amedco LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Amedco LLC designates this live activity for a maximum of 5.50 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS
Amedco LLC designates this activity for a maximum of 5.50 psychologist contact hours.

SOCIAL WORKERS
As a Jointly Accredited Organization, Amedco is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Amedco maintains responsibility for this course. Social workers completing this course receive 5.50 GENERAL continuing education credits.

TO CLAIM YOUR CREDITS
1. Go to http://nndc.cmecertificateonline.com
2. Click on the "13th Annual Conference" link
3. Complete the evaluation
4. Print all pages of the certificate for your records

QUESTIONS?
Contact Amedco at Certificate@AmedcoEmail.com
**11:30a**  INDUSTRY INVESTIGATOR-INITIATED GRANTS 101  
**FACILITATED BY:**  
SAGAR PARIKH, MD  
Medical Director, National Network of Depression Centers  
John F. Greden Professor of Depression and Clinical Neuroscience  
University of Michigan Frances and Kenneth Eisenberg and Family Depression Center  
**SESSION OBJECTIVES**  
A pre-conference session opportunity for new and seasoned grant writers and researchers to ask questions and learn about industry grant funding. NNDC members and conference sponsors will discuss funding opportunities and tips on how to prepare applications. They’ll also answer questions from the audience.

**1:00p**  13th ANNUAL NNDC CONFERENCE WELCOME  
**WELCOME & OPENING REMARKS BY:**  
SAGAR PARIKH, MD  
Medical Director, National Network of Depression Centers  
John F. Greden Professor of Depression and Clinical Neuroscience  
Professor of Psychiatry  
University of Michigan  
J. RAYMOND DEPAULO, JR MD  
Chair, Board of Directors, National Network of Depression Centers  
Director, Department of Psychiatry and Behavioral Sciences  
Johns Hopkins University  
DANE LARSEN  
Executive Director, National Network of Depression Centers

**1:15p**  NEXT GENERATION STRATEGIES TO OPTIMIZE DBS FOR DEPRESSION: Leveraging Technological Advances towards Precision Care  
**PRESENTED BY:**  
HELEN S. MAYBERG, MD  
Professor Neurology, Neurosurgery, Psychiatry and Neuroscience  
Director, Center for Advanced Circuit Therapeutics  
Icahn School of Medicine at Mount Sinai  
**LEARNING OBJECTIVES**  
1. State the sources of variance that might impact clinical outcome in patients receiving DBS for treatment resistant depression  
2. Critique the use of novel objective biometrics to define and track clinical outcomes beyond patient self report and rating scales  
3. Appreciate the need for adjunctive rehabilitative strategies to maximize recovery and resilience in implanted patients  
**MODERATED BY:**  
SANDRA WEISS, PHD, RN, FAAN  
Professor & Eschbach Endowed Chair; Co-Director, UCSF Depression Center; Director, Stress & Depression Lab; Director, Biobehavioral Research Training Program in Symptom Science  
University of California, San Francisco
2:30p  YOUTH INTERVENTIONS FOR BIPOLAR DISORDER
PRE-RECORDED TALK “WHY DO YOUTH INTERVENTIONS MATTER FOR ALL PATIENT CARE?”

CHRISTOPHER SCHNECK, MD
Medical Director, Helen and Arthur E Johnson Depression Center
Behavioral Health Director, UCH IDGP/HIV Clinic
University of Colorado Anschutz Medical Campus

LESLIE RACHEL MILLER, M.D
Associate Professor of Psychiatry and Behavioral Sciences Director, Mood Disorders in Adolescents and Young Adults Program
Johns Hopkins University

FAMILY-FOCUSED THERAPY (FFT) FOR YOUTH WITH BIPOLAR DISORDERS
PRESENTED BY:
AIMEE SULLIVAN, PHD
Clinical Psychologist; Senior Instructor
University of Colorado Helen and Arthur E Johnson Depression Center

LEARNING OBJECTIVES
1. Recognize the role of the family environment in the development and course of bipolar disorder, as well as the rationale for use of family treatment in working with this population
2. Learn about specific skills and materials used in the three modules of FFT: Psychoeducation, Communication Enhancement Training, and Problem Solving
3. Describe potential preventative use of FFT with youth who are at elevated risk for developing bipolar disorder.
4. Review data supporting use of FFT with youth diagnosed with bipolar disorder and those at elevated risk for developing bipolar disorder

DIALECTICAL BEHAVIOR THERAPY (DBT) FOR ADOLESCENTS WITH BIPOLAR DISORDER
PRESENTED BY:
TINA GOLDSTEIN, PHD
Associate Professor, Psychiatry and Psychology
Western Psychiatric Hospital, University of Pittsburgh Medical Center

LEARNING OBJECTIVES
1. Understand clinical rationale for DBT approach for adolescents with bipolar disorder
2. Become familiar with structure and function of DBT for adolescents with bipolar disorder
3. Understand data from research studies on DBT for adolescents with bipolar disorder
4. Identify barriers and facilitators to DBT implementation with youth with bipolar disorder

MODERATED BY:
CHRISTOPHER SCHNECK, MD
Medical Director, Helen and Arthur E Johnson Depression Center
Behavioral Health Director, UCH IDGP/HIV Clinic

4:00p  MASTERING MULTI-SITE STUDIES

PRESENTED BY:
MICHAEL E. THASE, MD
Professor of Psychiatry
Perelman School of Medicine of the University of Pennsylvania and Corporal Michael J Crescenz VA Medical Center

LEARNING OBJECTIVES
1. The participant will be able to describe the two key reasons for conducting multi-site studies
2. The participant will be able to articulate the major challenges to identifying participating sites and the recommended strategies for ongoing monitoring to ensure adequate site participation
3. The participant will be able to identify two important lessons learned from earlier attempts to conduct multicenter studies and describe recommended strategies to minimize these risks

PANELIST INFORMATION CONTINUED ON NEXT PAGE
PANEL FOLLOWING LECTURE FEATURING:

SANDRA WEISS, PHD, RN, FAAN
Professor & Eschbach Endowed Chair; Co-Director, UCSF Depression Center; Director, Stress & Depression Lab; Director, Biobehavioral Research Training Program in Symptom Science University of California, San Francisco

SARAH H. LISANBY, MD
Director, Division of Translational Research, NIMH Professor Emeritus, Duke

THOMAS SCHULZE, MD
Chair and Director of the Institute of Psychiatric Phenomics and Genomics Ludwig Maximilian University of Munich

MODERATED BY:

SAGAR PARIKH, MD
Medical Director, National Network of Depression Centers John F. Greden Professor of Depression and Clinical Neuroscience Professor of Psychiatry, University of Michigan

4:45p  POSTER PRESENTATIONS | CLINICAL PROGRAMS
SESSION CONTENT:
Research, studies, and findings that showcase multidisciplinary programs, demonstrate the efficacy of collaborations beyond academic boundaries, or deal with clinical assessments like patient questionnaires, clinical diagnoses, or clinical interviews

WEDNESDAY, SEPTEMBER 22, 2021

1:00p  DAY 2 WELCOME
WELCOME & OPENING REMARKS BY:

SAGAR PARIKH, MD
Medical Director, National Network of Depression Centers John F. Greden Professor of Depression and Clinical Neuroscience Professor of Psychiatry University of Michigan

J. RAYMOND DEPAULO, JR MD
Chair, Board of Directors, National Network of Depression Centers Director, Department of Psychiatry and Behavioral Sciences Johns Hopkins University

DANE LARSEN
Executive Director, National Network of Depression Centers

1:15p  NIMH PERSPECTIVE ON SUICIDE PREVENTION RESEARCH
PRESENTED BY:

JANE PEARSON, PHD
Special Advisor to the Director of Suicide Research Chair, NIMH Suicide Research Consortium National Institute of Mental Health

STEPHEN O’CONNOR, PHD
Chief, Suicide Prevention Research Program Division of Services and Intervention Research National Institute of Mental Health, NIH

LEARNING OBJECTIVES
1. Communicate NIMH priorities on suicide prevention research, including active funding opportunity announcements

MODERATED BY:

CHERYL MCCULLUMSMITH, M.D., PH.D.
Professor and Chair, Department of Psychiatry Director, Consultation Liaison Service University of Toledo
2:15p DISMANTLING STRUCTURAL RACISM IN PSYCHIATRY: THE PATH TO MENTAL HEALTH EQUITY

PRESENTED BY:
RUTH SHIM, MD, MPH
Luke & Grace Kim Professor in Cultural Psychiatry
Associate Dean, Diverse and Inclusive Education
University of California, Davis

LEARNING OBJECTIVES
1. Define key concepts associated with structural racism and psychiatry
2. Evaluate the evidence base of the impact of structural racism on mental health outcomes
3. Identify solutions to dismantle structural racism in psychiatry

PANEL FEATURING:
MONICA TAYLOR-DESIR, MD, MPH
Co-Chair, Department Equity, Inclusion, Diversity Committee
Mayo Clinic

HEATHER FLYNN, PHD
Professor and Chair
Department of Behavioral Sciences and Social Medicine
Director, FSU Center for Behavioral Health Integration

ANDRES PUMARIEGA, MD
Professor and Chief, Division of Child and Adolescent Psychiatry,
Department of Psychiatry
University of Florida College of Medicine

MODERATED BY:
STEPHEN STRAKOWSKI, MD
Vice Dean of Research, Dell Medical School
Associate Vice President for Regional Mental Health and Professor of Psychiatry
Dell Medical School, University of Texas at Austin

3:45p “HOT TOPICS” IN PSYCHIATRY
STANFORD ACCELERATED INTELLIGENT NEUROMODULATION THERAPY

PRESENTED BY:
NOLAN WILLIAMS, MD
Assistant Professor
Director, Interventional Psychiatry Clinical Research
Director, Brain Stimulation Laboratory
Department of Psychiatry and Behavioral Sciences
Stanford University Medical Center

LEARNING OBJECTIVES
1. To discuss results of novel neuromodulation approach

LESSONS LEARNED: HOW CAN WE TURN SMARTPHONES INTO BRAIN FITNESS TRACKERS

PRESENTED BY:
ALEX LEOW, MD, PHD
Professor, Psychiatry and Biomedical Engineering
Attending Psychiatrist, University of Illinois Hospital
University of Illinois at Chicago

LEARNING OBJECTIVES
1. Discuss how digital technology can potentially transform brain health and mental health research
2. Understand the promise and potential pitfall of digital health in the practice of psychiatry

SESSION INFORMATION CONTINUED ON NEXT PAGE
PSILOCYBIN THERAPY FOR MOOD DISORDERS

PRESENTED BY:

FREDRICK BARRETT, PHD
Associate Professor of Psychiatry and Behavioral Sciences
Director, Neuropysiology and Biomarker Assessment Center for Psychedelic and Consciousness Research
Johns Hopkins University School of Medicine

LEARNING OBJECTIVES

1. Describe the preliminary evidence for therapeutic efficacy of psychedelic drugs in patients experiencing mood disorders
2. Discuss potential mechanisms underlying therapeutic efficacy of psychedelic drugs

MODERATED BY:

SAGAR PARIKH, MD
Medical Director, National Network of Depression Centers
John F. Greden Professor of Depression and Clinical Neuroscience
Professor of Psychiatry, University of Michigan

4:45p  POSTER PRESENTATIONS | BASIC SCIENCE & COVID-19

SESSION CONTENT:

Basic Science: Approaches (both biological and psychosocial) to understanding mood disorders, new or repurposed treatments and technologies, monitoring strategies with the potential to improve patient outcomes, or objective measures like biometrics, neuroimaging, bloodwork, or genetics.
COVID-19 Research: Research, studies, and findings on the profound effects of COVID-19 on mood and psychological health.

POST-CONFERENCE PROGRAMMING

5:30p  AWARDS CEREMONY

NNDC AWARDS FACILITATED BY:

J. RAYMOND DEPAULO, JR MD
Chair, Board of Directors, National Network of Depression Centers
Director, Department of Psychiatry and Behavioral Sciences
Johns Hopkins University

NNDC POSTER AWARDS:
The NNDC awards a $500 prize to one poster submission from each submission category; Basic Science, Clinical Programs, and COVID-19 Research. Awards are selected by the NNDC Conference Program Committee members.

DBSA AWARDS FACILITATED BY:

ROGER S. MCINTYRE, MD, FRCPC
Professor of Psychiatry and Pharmacology
University of Toronto
Head, Mood Disorders Psychopharmacology Unit
University Health Network Toronto, Canada
Chair, DBSA Scientific Advisory Board

MICHAEL POLLOCK
Chief Executive Officer, Depression and Bipolar Support Alliance (DBSA)

GERALD L. KLERMAN AWARDS:
The Gerald L. Klerman Award is the highest honor DBSA gives to members of the scientific community. This award recognizes researchers whose work expands our knowledge of the causes, diagnosis, and treatment of depression and bipolar disorder. Winners are selected by DBSA's Scientific Advisory Board.