



NATIONAL NETWORK *of* DEPRESSION CENTERS

MOOD DISORDER CHALLENGES: EMERGING SYSTEMS AND INDIVIDUAL SOLUTIONS

NNDC 2023 Annual Conference

co-host UTHHealth Houston 2023 Mood Disorders Conference

October 12-14, 2023

InterContinental Houston | Houston , TX

NNDC CONFERENCE SPEAKERS



Jennifer M. Coughlin, MD
Johns Hopkins University



Rebecca Feinstein, MPH, MSW, PhD
University of Illinois at Chicago



Heather Flynn, PhD
Florida State University



Benjamin R. Lewis, MD
University of Utah



Sagar V. Parikh, MD, FRCPC
University of Michigan



Joanna Quigley, MD
University of Michigan



Elizabeth K. Reynolds, PhD
Johns Hopkins University



Michelle B. Riba, MD, MS
University of Michigan



Isabelle Rosso, PhD
McLean Hospital - Harvard Medical School



Jair C. Soares, MD, PhD
UTHHealth Houston



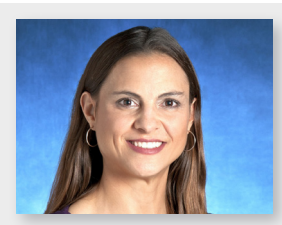
Michael E. Thase, MD
University of Pennsylvania



Nicholas T. Trapp, MD, MS
University of Iowa

Jennifer Coughlin, MD

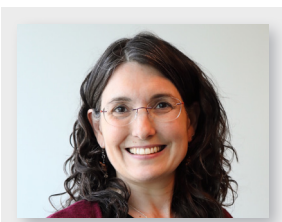
Johns Hopkins University



Dr. Coughlin has been a faculty member in the Johns Hopkins Department of Psychiatry and Behavioral Sciences since July 2012. She directs the Young Adult Affective Disorders Inpatient Service and the Young Adult Affective Disorders Consultation Clinic. Dr. Coughlin's research focuses on molecular neuroimaging with positron emission tomography (PET). She leads an interdepartmental initiative to apply new PET-based radiotracers to the study of altered immune signaling that may contribute to neurologic and psychiatric conditions. She has published first-author work in high-impact journals such as JAMA Neurology, Translational Psychiatry, and Molecular Psychiatry. Dr. Coughlin's recent work focuses on imaging markers relevant to the role of neuroimmunity in sports-related traumatic brain injury, Alzheimer's disease, Major Depressive Disorder, Bipolar Disorder and recent onset of psychosis. Her imaging work aims to inform the development and application of new therapies targeting neuroimmune signaling and inflammation to promote brain health.

Rebecca Feinstein, MPH, MSW, PhD

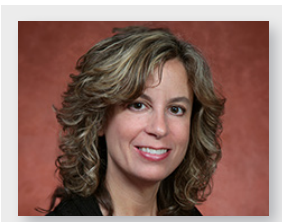
University of Illinois at Chicago



Dr. Feinstein is a Research Assistant Professor in the Department of Psychiatry at the University of Illinois at Chicago & the Director of the Health Equity and Innovative Technologies Program for the Center for Health Equity using Machine Learning and Artificial Intelligence (CHEMA). Dr. Feinstein's primary professional specialization is the administration and implementation of large-scale, multi-site, mixed-methods health care service research studies addressing health disparities and improving systems of health care services for vulnerable populations. Her background in public health practice and clinical social work experience enables her to creatively implement research within real-world clinical settings and community contexts.

Heather Flynn, PhD

Florida State University

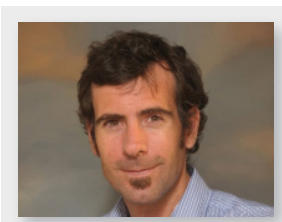


Dr. Flynn is a Professor at the Florida State University (FSU), College of Medicine and Chair of the Department of Behavioral Sciences and Social Medicine. She is Director of the FSU Center for Behavioral Health Integration. Dr. Flynn received her doctorate in clinical psychology from Florida State University, and completed a mental health and substance use fellowship at the University of Michigan Medical School in 1998. She served on the faculty at the UM Department of Psychiatry from 1998-2011, where she co-founded the UM Women and Infants Mental Health Program. Dr. Flynn's research is focused on improved identification, treatment and outcomes for behavioral health disorders, with a particular focus on women and children. As a clinical psychologist, she has

worked for over 25 years as a clinician, researcher and trainer in the behavioral health field. Her work is specifically aimed at developing and testing for behavioral health in medical and community settings. Dr. Flynn is also involved in statewide, national and international work on improving behavioral health approaches and outcomes. She is the Co-Chair of the Florida Maternal Mental Health Collaborative, and the Chair of the Women & Mood Disorders Task Group within the National Network of Depression Centers. She has worked with teams to develop international quality standards by implementing processes for practitioner and trainer / supervisor certifications in evidence-based behavioral health treatments including Motivational Interviewing and Interpersonal Psychotherapy. In 2018, Dr. Flynn was appointed to serve on the Florida Governors Mental Health Task Force. She also served as a member of the Florida Statewide Suicide Prevention Task Force, and in 2020 was appointed to the Florida Governors Opioid Task Force. Dr. Flynn is passionate about community-partnered, collaborative work aimed at improving mental health and substance use for families in the US and around the world.

Benjamin R. Lewis, MD

University of Utah



Dr. Lewis is an assistant professor of Psychiatry in the Department of Psychiatry at the University of Utah. He is the medical director of the Huntsman Mental Health Institute Ketamine-Assisted Psychotherapy Clinic and his clinical work also includes adult inpatient psychiatry. His research interests focus on psychedelic-assisted therapy with an emphasis on group-based interventions.

Sagar V. Parikh, MD, FRCPC

University of Michigan



Dr. Parikh is the John F. Greden Professor of Depression and Clinical Neuroscience at Michigan Medicine and also a Professor of Health Management and Policy in the School of Public Health at the University of Michigan. He is Medical Director of the National Network of Depression Centers (USA) and Education Chair of the Canadian Network of Mood and Anxiety Treatments. Dr. Parikh is the author / editor of three books and over 200 peer-reviewed articles and book chapters, and co-author of all 10 editions (1997-2021) of CANMAT treatment guidelines for Depression and for Bipolar Disorder. As medical director of Mensante, he helped create a novel internet system for recognition and management of mental disorders. He has a long history of consulting with companies for workplace mental health. He has won multiple awards for education and for research in psychiatry, including the Dave Davis CEPD Research Award in 2008, the R.O. Jones Award for Best Research Paper in 2011, and Paula Goering Collaborative Research and Knowledge Translation Award in 2018. The Michigan Depression Toolkit, a website tool that he leads, won the 2018 Bronze Digital Health Award. He was awarded the 2019 Academic Gold Award for the Psychiatric Services Achievement, from the American Psychiatric Association, (with Dr. John Greden and Ms. Stephanie Salazar) for the Michigan Peer-to-Peer Depression Awareness Program and the 2020 Mogens Schou Award for Education and Teaching by the International Society for Bipolar Disorders. His teaching has won him three local, three national, and two international awards, including the Paul Patterson Education Innovation Award from the CPA in 2018.

Joanna Quigley, MD

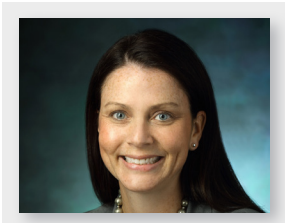
University of Michigan



Dr. Quigley is a Child and Adolescent Psychiatrist who works with the statewide psychiatry access program, MC3. She comes from a background of training in pediatrics as well as psychiatry and often works as the crossroads between general and subspecialty pediatrics, and child psychiatry. At the University of Michigan, Dr. Quigley is the Clinical Associate Professor of Psychiatry and Pediatrics, Department of Psychiatry & Associate Medical Director, Ambulatory Child and Adolescent Psychiatry and Adolescent (UMATS).

Elizabeth K. Reynolds, PhD

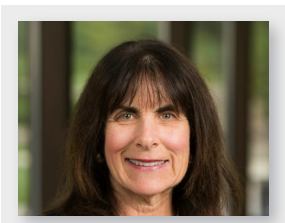
Johns Hopkins University



Dr. Reynolds is an associate professor in the Johns Hopkins School of Medicine, Department of Psychiatry and Behavioral Sciences, Division of Child and Adolescent Psychiatry. She serves as the Directors of the Pediatric Medical Psychology Program and Acute Psychological Services. Her research and clinical interests focus on 1) patient safety, quality, and behavioral programming within psychiatric acute care and 2) social-contextual and self-regulatory factors associated with adolescent health risk behaviors. She has led efforts to develop, implement, and disseminate Positive Behavioral Interventions and Supports (PBIS) to reduce the use of restrictive interventions within acute psychiatric care settings.

Michelle B. Riba, MD, MS, DFAPA, FAPM

University of Michigan



Dr. Riba is Professor of Psychiatry, University of Michigan Medical School, Director of the PsychOncology Program at the University of Michigan Rogel Cancer Center and Co-Director of the Workplace Mental Health Program at the University of Michigan Eisenberg Family Depression Center. Dr. Riba is a board certified consultation-liaison psychiatrist. She formerly served as Associate Chair for Education and Academic Affairs; Associate Chair for Integrated Medical and Psychiatric Services; Director of Residency Training and Director of the Consultation Liaison Fellowship in the University of Michigan Department of Psychiatry; as well as Associate Chair in the University of Michigan Comprehensive Depression Center.

Isabelle Rosso, PhD Brigham and Women's Hospital - Harvard Medical School



Dr. Rosso is a psychologist and neuroscientist who employs multidisciplinary research methods to neural and behavioral underpinnings of trauma- and stress-related illnesses, and to translate that knowledge into clinical applications. She is the Associate Professor of Psychology, Department of Psychiatry, Harvard Medical School & Director, Anxiety and Traumatic Stress Disorders Laboratory, Center for Depression, Anxiety and Stress Research, McLean Hospital.

Jair C. Soares, MD, PhD UTHealth Houston



Dr. Soares is Pat Rutherford Professor and Chair of the Faillace Department of Psychiatry and Behavioral Sciences at the McGovern Medical School, UTHealth Houston. He also is Executive Director of the John S. Dunn Behavioral Sciences Center, as well as Vice-President for Behavioral Sciences at UTHealth Houston. A Board-certified psychiatrist, he directs the UTHealth Center of Excellence on Mood Disorders, which focuses on the search for causes and the development of new treatments for mood disorders. Dr. Soares has published more than 350 peer-reviewed articles and book chapters in the psychiatric literature and has held editorial positions on a number of national and international medical journals. His research has been funded over the years by

multiple grants from NIH, VA, private foundations and the pharmaceutical industry. Dr. Soares is a past President for the American Association for Chairs of Departments of Psychiatry, and the International Society on Affective Disorders. He currently serves as Vice-President for the National Network of Depression Centers (NNDC). Since April 2015, he has been the co-editor in chief for the Journal of Affective Disorders. He also is co-editor in chief for Journal of Affective Disorders Reports, which was launched in 2020. He also serves in the executive council, finance committee and in the travel award committee for the International Society for Clinical Trials Methodology (ISCTM).

Michael E. Thase, MD University of Pennsylvania



Dr. Thase is a professor of psychiatry and director of the Department of Psychiatry's Mood and Anxiety Section at the Perelman School of Medicine at the University of Pennsylvania School of Medicine in Philadelphia, PA. Professor Thase also directs the Mood Disorders Research studies at the Philadelphia VAMC. Dr. Thase obtained his medical degree at Ohio State University in Columbus, OH. He served as an intern, resident, and fellow at the Western Psychiatric Institute and Clinic in Pittsburgh, PA before joining the University of Pittsburgh School of Medicine faculty in 1983. Dr. Thase founded the Depression Treatment and Research Program at Western Psychiatric Institute and Clinic and was its director until his departure in 2007. Dr. Thase is board certified in psychiatry

and neurology. Dr Thase's research focuses on the assessment and treatment of mood disorders, including studies of the differential therapeutics of both depression and bipolar affective disorder. Recent research projects have included studies of novel ketamine-like compounds, a multicenter study of the efficacy of rTMS for depressed veterans, a multicenter trial comparing the effectiveness and tolerability of lithium and quetiapine for bipolar depression, and a large scale noninferiority trial comparing a novel computer-administered form of cognitive therapy versus the conventional 20 session/16-week model of treatment. Dr. Thase is a Distinguished Fellow of the American Psychiatric Association, a Founding Fellow of the Academy of Cognitive Therapy, a member of the American Society of Clinical Psychopharmacology, and Vice Chairman of the Scientific Advisory Board of the National Depression and Bipolar Support Alliance. Dr Thase has been elected to the membership of the American College of Psychiatrists and the American College of Neuropsychopharmacology. Dr. Thase has authored or co-authored more than 900 scientific articles and book chapters and has co-authored or co-edited 17 books.

Nicholas T. Trapp, MD, MS University of Iowa



Dr. Trapp is a neuropsychiatrist and neuroscientist at the University of Iowa. Clinically, he is the director of interventional psychiatry and psychiatric neuromodulation. He sees patients for TMS, ketamine, esketamine, ECT, and DBS. His research is focused on finding methods to optimize neuromodulation treatments in neuropsychiatry, including developing a better understanding of TMS mechanisms.

7:30-8:30am Registration/Check-In/Breakfast

8:30-9:00am Welcome Address and NNDC Administrative Updates

9:00-10:30am Symposium: Improving Access for Children

■ 9:00-9:30am

WE WILL BOARD YOU NOW: KEEPING KIDS IN CRISIS IN THE ER

Elizabeth K. Reynolds, PhD, Johns Hopkins University

Learning Objectives:

1. Understand the current status of youth mental health and need for timely access to care.
2. Describe the pediatric psychiatry ER boarding crisis.
3. Consider solutions to the access and resource problems in child mental health.

■ 9:30-10:00am

MC3 AND MI: ACCESSING CHILD PSYCHIATRY ACROSS AN ENTIRE STATE

Joanna Quigley, MD, University of Michigan

Learning Objectives:

1. Discuss the demands on access for child and adolescent psychiatric expertise both nationally, and locally.
2. Review the history and implementation of the MC3 statewide access program.
3. Review data from this program and discuss opportunities for improving access to care, and having greater impacts at the local level.

■ 10:00-10:30am

SOLUTIONS: PANEL DISCUSSION WITH AUDIENCE FEEDBACK

Moderator: Sagar V. Parikh, MD, FRCPC, University of Michigan

Session Chair: Heather Flynn, PhD, Florida State University

Learning Objectives:

1. Identify challenges in pediatric psychiatry access.
2. Clarify Michigan approach to child psychiatry outreach.
3. Identify broad systems solutions to access issues.

10:30-11:00am Break

11:00am-12:00pm Plenary Talk

■ **NOVEL AND EMERGING ANTIDEPRESSANT MEDICATIONS**

Michael E. Thase, MD, University of Pennsylvania

Learning Objectives:

1. Articulate the major unmet needs in the pharmacotherapy of depression, which serve as potential targets for novel medication development.
2. Describe the discovery of the antidepressant effects of intravenous ketamine and subsequent efforts to develop other drugs that target glutamatergic neurotransmission.
3. Discuss the novel neurotransmitter effects of selected neurosteroid and their promise as antidepressants.
4. Summarize the state of the art of so called psychedelic compounds that have antidepressant effects, including important unresolved questions and potential challenges.

12:00-12:45pm Lunch

12:45-2:00pm Poster Session

2:00-3:00pm Mini-Symposia 1: Non-Traditional Treatments

■ 2:00-2:30pm

OPTIMIZING TMS FOR PSYCHIATRY: TARGETING, MECHANISMS, AND BEYOND

Nicholas T. Trapp, MD, MS, University of Iowa

Learning Objectives:

1. Discuss current psychiatric indications of transcranial magnetic stimulation.
2. Explain the state of evidence for various TMS targeting methods for treating major depressive disorder.
3. Develop an understanding of new methods for exploring the mechanisms underlying repetitive TMS protocols.

■ 2:30-3:00pm

THE PROMISE AND PERILS OF PSYCHEDELIC-ASSISTED THERAPY

Benjamin R. Lewis, MD, University of Utah

Learning Objectives:

1. Attendees will develop working knowledge of the current evidence base for psychedelic-assisted therapies.
2. Attendees will be introduced to some of the major challenges and limitations regarding studies with psychedelic compounds.
3. Attendees will develop working knowledge of some of the ethical issues presented by psychedelic-assisted therapies.

3:00-3:30pm Break

3:30-4:30pm Mini-Symposia 2: Technology and Depression

■ 3:30-4:00pm

INTERNET CBT: THE COMPUTER WILL SEE YOU NOW

Isabelle Rosso, PhD, McLean Hospital - Harvard Medical School

Learning Objectives:

1. Learn about the translation of cognitive behavioral therapy to internet-based delivery.
2. Learn about the advantage of internet-based CBT.
3. Understand the current evidence-based for internet-based CBT's efficacy and effectiveness.

■ 4:00-4:30pm

DIGITAL MENTAL HEALTH INTERVENTIONS: PROMOTING OR DIMINISHING HEALTH EQUITY?

Rebecca Feinstein, MPH, MSW, PhD, University of Illinois at Chicago

Learning Objectives:

1. Define health equity within the digital mental health intervention space.
2. Identify evidence-based models and frameworks to promote health equity.
3. Illustrate barriers and facilitators to implementing digital mental health interventions.

4:30-5:30pm Hot Topics

■ 4:30-4:50pm

PRECISION PSYCHIATRY: IMAGING NEUROIMMUNE MARKERS IN MAJOR DEPRESSION

Jennifer M. Coughlin, MD, Johns Hopkins University

Learning Objectives:

1. Share emerging imaging data that may forward our understanding of the role of microglia in Major Depressive Disorder.
2. Present recent imaging findings in the context of precision psychiatry strategies for care of individuals with Major Depressive Disorder.

■ 4:50-5:10pm

COLLEGE MENTAL HEALTH: PUTTING THE OXYGEN MASK ON FIRST FOR FACULTY AND STAFF

Michelle B. Riba, MD, MS, University of Michigan

Learning Objectives:

1. Provide a brief history and current issues in college mental health.
2. Review models of care.
3. Present the Michigan pilot training faculty and staff.

■ 5:10-5:30pm

DEVELOPING A POTENTIAL NEW TREATMENT ALTERNATIVE FOR TRD PATIENTS: PSILOCYBIN ASSISTED THERAPY

Jair C. Soares, MD, PhD, UTHealth Houston

Learning Objectives:

1. Learn about recent research involving psychedelic drugs to treat major depression.
2. Review recent phase II studies of psilocybin in TRD.
3. Discuss new research avenues with psychedelic agents.

5:30-6:30pm Networking Happy Hour

6:30-8:30pm Dinner and Awards Ceremony
