

2026 Best Practices for Mood Disorders		
Westin Denver Downtown		
October 8-10, 2026		
Mountain Time Zone		
Day 1		Thursday, October 8, 2026
4:00 PM	4:45 PM	Registration and Exhibits
4:45 PM	5:00 PM	Welcome Announcements Sarah Schwenk, Mark Frye and Nicky Mather-Brooks
5:00 PM	5:50 PM	Treatment Resistant Depression Michael Thase and Craig Sawchuk
5:50 PM	6:20 PM	An episode of depression – diagnostic precision and treatment implications Erika Saunders
6:20 PM	6:40 PM	Treatment Guidelines vs Individualized Targeted Approach – when to go offline? Erika Saunders
6:40 PM	7:00 PM	Question and Answer Panel – Moderator Schwenk & Mather-Brooks Saunders, and Sawchuk
7:00 PM	8:00 PM	Welcome Reception
Day 2		Friday, October 9, 2026
7:00 AM	7:45 AM	Registration, Breakfast and Exhibits
7:15 AM	7:45 AM	Breakfast with the Professors Saunders & Flynn – Gender and Depression Sawchuk – Depression Treatment Schneck - Bipolar Novick – Psilocybin Robles & Singh - Ketamine
7:45 AM	8:00 AM	Announcements Sarah Schwenk, Mark Frye and Nicky Mather-Brooks
8:00 AM	8:20 AM	Cognitive Behavioral Therapy for Mood Craig Sawchuk

8:20 AM	8:40 AM	Digital Therapy for Depression Balwinder Singh and Heather Flynn
8:40 AM	9:00 AM	Gender Considerations in Depression Treatment Mark Frye, Erika Saunders, Heather Flynn
9:00 AM	9:20 AM	Pharmacogenomic testing Mark Frye and Melissa DelBello
9:20 AM	9:50 AM	Question and Answer Panel Moderator - Mather-Brooks Sawchuk, Singh, Flynn, Frye, Saunders, DelBello
9:50 AM	10:05 AM	Break and Exhibitors
10:05 AM	10:25 AM	When to refer to ECT and TMS Eliz Fenstermacher
10:25 AM	11:05 AM	Ketamine Jennifer Vande Voort, Andrew Novik, Balwinder Singh, Tiffany Robles
11:05 AM	11:30 AM	Psilocybin Andrew Novick
11:30 AM	12:00 PM	Question and Answer Panel Moderator: Frye Fenstermacher, Novick, Vande Voort, Singh, and Robles
12:00 PM	1:00 PM	Lunch and Product Theatre – Axsome Therapeutics (No CME)
1:00 PM	1:20 PM	Mania Balwinder Singh and Chris Schneck
1:20 PM	1:40 PM	Bipolar Depression Bill Bobo and Sarah Schwenk
1:40 PM	2:00 PM	Pediatric Bipolar Melissa DelBello and Manpreet Singh
2:00 PM	2:30 PM	Bipolar Comorbidity (Anxiety, Addiction, Attention) Chris Schneck, Melissa DelBello and Balwinder Singh
2:30 PM	3:00 PM	Question and Answer Panel Moderator: Mather-Brooks B Singh, Schneck, Bobo, Schwenk, DelBello, M Singh
3:00 PM	3:15 PM	Break and Exhibitors

3:15 PM	3:35 PM	Managing Cardiometabolic Burden in Mood Balwinder Singh
3:35 PM	4:10 PM	Promoting Health Behaviors in Mood & Weight as a Target Dana Beall-Brown and Nicky Mather-Brooks
4:10 PM	4:30 PM	Ketogenic consideration Mark Frye and Chris Schneck
4:30 PM	4:55 PM	Question and Answer Panel Moderator: Erin Richardson Singh, Frye, Schneck, Mather-Brooks and Beall- Brown
4:55 PM	5:00 PM	Wrap Up
Day 3		Saturday, October 10, 2026
7:00 AM	7:50 AM	Breakfast and Exhibitors
7:15 AM	7:50 AM	Breakfast with the Professors Ketamine – Vande Voort, Novick Keto – Frye, Schneck Bipolar – Schwenk, M Singh Women’s Health – Epperson/Nagle-Yang, Bobo Cardio/Wellness – B Singh, Beall-Brown
7:50 AM	8:00 AM	Announcements Sarah Schwenk, Mark Frye and Nicky Mather- Brooks
8:00 AM	8:40 AM	PMDD, Peripartum, Perimenopause Bill Bobo, Neill Epperson and Sarah Nagle-Yang
8:40 AM	9:10 AM	Pregnancy Mood & Breast Feeding Erin Richardson and Sarah Nagle-Yang
9:10 AM	9:40 AM	Question and Answer Panel Moderator: Mather-Brooks Bobo, Epperson, Nagle-Yang and Richardson
9:40 AM	9:55 AM	Break and Exhibitors
9:55 AM	10:20 AM	Adolescent Depression Manpreet Singh and Melissa DelBello
10:20 AM	10:45 AM	Irritability, Inattention, Impulsivity Manpreet Singh and Jennifer Vande Voort
10:45 AM	11:25 AM	Geriatric Depression & Bipolar Helen Kales
11:25 AM	11:55 AM	Question and Answer Panel Moderator: Richardson Singh, Del Bello, Vande Voort and Kales

11:55 AM	1:00 PM	Lunch and Product Theatre Myriad Genetics (Non-CME)
1:00 PM	1:30 PM	Sleep as a Target Andrew Novik and Craig Sawchuk
1:30 PM	2:15 PM	Deprescribing Frye, Schwenk
2:15 PM	2:45 PM	Question and Answer Panel Moderator: Richardson Novik, Sawchuk, Frye, Schwenk
2:45 PM	3:00 PM	Wrap-Up Sarah Schwenk, Mark Frye and Nicky Mather-Brooks
3:00 PM	3:00 PM	Adjourn

Program Subject to Change