



# Program Guide



April 11-14, 2024  
BOSTON, MA

## Anxiety & Depression

### Conference **ADAA 2024**

Sex and Gender: Navigating the Biological and Social  
Constructs in Depression and Anxiety Disorders



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# Reach out to the leader in anxiety and depression treatment

For more than 115 years, Rogers Behavioral Health has been fulfilling its not-for-profit mission of changing lives with gold standard mental health and addiction care. At Rogers, patients and their loved ones have access to one of the largest teams of nationally recognized psychiatric experts who draw on decades of experience and research to help people find their path to recovery.

If you know someone struggling with mental health or addiction, reach out to the leader in effective treatment and compassionate care. Reach out to Rogers Behavioral Health.

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McLean**



## From H. Blair Simpson, MD *ADAA President*

*Professor of Psychiatry at Columbia University Irving Medical Center (CUIMC)  
Irving Philips Professor, Vagelos College of Physicians and Surgeons (VP&S),  
Columbia University*

*Director of the Center for OCD and Related Disorders at the New York State  
Psychiatric Institute/CUIMC*

*Co-Research Director of the New York Presbyterian Center for Youth Mental  
Health*



Welcome to the 2024 Annual Conference of the Anxiety and Depression Association of America (ADAA)! We look forward to an excellent program that is designed to meet the education needs of our members—a multidisciplinary and diverse network of clinicians and researchers with backgrounds in medicine, psychology, social work, counseling, nursing, neuroscience, genetics, epidemiology, and other disciplines.

It is my privilege to be a part of such a diverse organization. I want to thank our members, program supporters, donors, and our wonderful [2024 conference committee](#) for making the conference possible. I especially want to thank our conference co-chairs Neill Epperson, MD, and Jeffrey Newport, MD, for their time and commitment.

I would also like to thank all of our outstanding speakers who are willing to share their expertise and time. I hope that each of our attendees will take part in as many conversations as possible with our speakers and with each other.

ADAA is a special organization: dedicated to improving the care of people suffering from anxiety and depression, committed to advancing science and evidence-based practice, and founded on the premise that connecting clinicians and scientists and translating their expertise directly to the public is a critical way to advance the field. The result is a collegial and multidisciplinary organization that stays true to its [mission](#). This is why I have been a member since 2003.

As a membership-driven organization, I encourage you to get involved! We are always looking for innovative ideas and talent, including ideas for how we can promote productive dialogue between our clinician and scientist members and provide more evidence-based content to our more than five million annual unique website visitors! I encourage you to introduce yourself to me, the other Board of Director members as well as the staff, committees, and special interest group members throughout the conference and beyond. [Here is the link](#) to our Board of Directors' page which includes our headshots. We hope to be able to meet as many of you, our guests, as possible.

We hope that you make ADAA [your professional home](#). Thank you for your support of ADAA's mission.

*Blair*



# WHO WE ARE AND WHAT MAKES US UNIQUE

## Advancing Science and Research

We advance global research leading us closer to a cure. Our open access scientific journal curates and disseminates innovative and groundbreaking research findings. With a diverse membership pool of professionals and a global reach, ADAA's impact is significant and far-reaching.

We know that collaboration leads to innovation and innovation leads to new therapies, medications and a cure. By investing in mental health, we are investing in the well-being of all humankind.

We waste no time. By supporting, sharing, and distributing this research in real-time, we allow professionals to implement cutting-edge findings and best practices immediately.

We invest in the future. Increased investments in science, interventions and preventions inspires the next generation of researchers and clinicians to continue this critical work.

## Developing and Expanding Evidence-Based Educational Tools and Resources

ADAA supports 5.5 million through our website annually. As a critical front-line educational resource, ADAA provides trustworthy and evidence-based information empowering individuals to connect to the help they need.

Through our community of expert professional members, ADAA develops and shares relevant, and accessible educational resources and intervention tools with the public. Our information can make a critical and life-saving difference.

## Investing in Minority and Underserved Community Specific Resources

Minority and underserved communities experience increased levels of mental health struggles due to limited access to care and resources, lack of representation within the mental health community, and for many, the impacts of racial trauma. ADAA is committed to partnering with and meeting the needs of minority and underserved communities by investing in our professional members supporting these communities and by developing specific and evidence-based educational resources.

40%

of LGBTQ+ adults have experienced a mental illness.

16%

of BIPOC adults have experienced a mental illness.

# THANK YOU TO THE 2024 CONFERENCE COMMITTEE



**Co-Chair**  
**C. Neill Epperson, MD**  
University of Colorado  
Anschutz



**Co-Chair**  
**D. Jeffrey Newport, MD**  
University of Texas at Austin  
Dell Medical School

## **SUBCOMMITTEES**

### **Clinical & Practice Sub-Committee**

Julia Martin-Burch, PhD  
Andrew Schmidt, PhD, LCSW-R  
Jessica Stern, PhD

### **Depression Expert and Representative**

Diego Pizzagalli, PhD

### **Board Liaison**

Martin Paulus, MD

### **Early Career Representatives**

Rachel Lippin-Foster, LMSW  
Cecilia A. Hinojosa, PhD

### **Scientific Council Liaison**

Victoria Risbrough, PhD

### **Poster Award Representatives** **Research**

Abigail Powers Lott, PhD

### **Clinical**

Grace Berman, LCSW



# Vistagen

## Redefining What's Possible for Millions Struggling with Anxiety and Depression

Vistagen (Nasdaq: VTGN) is a biopharmaceutical company dedicated to innovating and delivering therapies to address psychiatric and neurological disorders. Our pipeline consists of six clinical-stage product candidates, five of which are pherines. These investigational neuroactive nasal sprays boast groundbreaking proposed mechanisms of action, activating neural circuitry connected to brain regions that impact multiple and diverse CNS disorders without systemic absorption or binding to receptors in the brain.

### OUR PIPELINE

Our robust neuroscience pipeline includes five clinical-stage investigational agents belonging to a new class of drugs known as pherines and one oral antagonist of the glycine site of the N-methyl-D-aspartate receptor (NMDAR).

Product Candidate	Lead Indication(s)	Preclinical	Phase I	Phase II	Phase III
 <b>Fasedienol (PH948)</b>	Social Anxiety Disorder				
 <b>Itruvone (PH10)</b>	Major Depressive Disorder (Monotherapy)				
 <b>PH80</b>	Vasomotor Symptoms (Hot Flashes) due to Menopause and Premenstrual Dysphoric Disorder <sup>†</sup>				
 <b>PH15</b>	Disorders related to cognitive impairment (e.g. Shift Work Disorder, Sleep Apnea) <sup>†</sup>				
 <b>PH284</b>	Disorders related to loss of appetite (e.g. Cachexia) <sup>†</sup>				
 <b>AV-101</b>	CNS Indications involving NMDAR				

<sup>†</sup> Indicates U.S. IND-enabling work necessary to facilitate further Phase 2 clinical development in the U.S.

We look forward to seeing you at the ADAA conference. Be sure to stop by booth #9 to meet our team and learn more about Vistagen

# THANK YOU TO OUR ADAA 2024 CONFERENCE SESSION REVIEWERS

Thomas Adams, PhD  
Anne Marie Albano, ABPP  
Grace Berman, LCSW  
Olivia Bogucki, PhD  
Karen Cassidy, PhD, ACT  
Jeremy Coplan, MD  
Joan Davidson, PhD  
Darius Dawson, PhD  
Marla Deibler, PsyD, ABPP  
Darin Dougherty, MD  
Jill Emanuele, PhD  
Cynthia Epperson, MD  
Kate Fitzgerald, MD  
Brandon Gibb, PhD  
Toby Goldsmith, MD  
Ken Goodman, LCSW  
Nathaniel Harnett, PhD  
Sarah Hayes-Skelton, PhD  
Mike Heady, LCPC  
John Hettema, MD, PhD  
Cecilia Hinojosa, PhD  
Dina Hirshfeld-Becker, PhD  
Elizabeth Hoge, MD  
Mbemba Jabbi, PhD  
Arash Javanbakht, MD

Sohye Kim, PhD  
Morganne Kraines, PhD  
Krystal Lewis, PhD  
Rachel Lippin-Foster, MSW  
Annmarie MacNamara, PhD  
Jihan Mahmoud, PhD  
Amy Mariaskin, PhD  
Julia Martin Burch, PhD  
Karen Martinez-Gonzalez, MD  
Brian Martis, MD  
Sanjay Mathew, MD  
Patrick McGrath, PhD  
Alison McLeish, PhD  
Doug Mennin, PhD  
Alicia Meuret, PhD  
Vasiliki Michopoulos, PhD  
D Jeffrey Newport, MD  
Michelle Patriquin, PhD, ABPP  
Martin Paulus, MD  
Katharine Phillips, MD  
Daniel Pine, MD  
Diego Pizzagalli, PhD  
Mona Potter, MD  
Abigail Powers, PhD, ABPP  
Natalie Rasgon, MD

Sheila Rauch, PhD, ABPP  
Simon Rego, PsyD, ABPP  
Elizabeth Roemer, PhD  
Megan Rogers, PhD  
Barbara Rothbaum, PhD  
Alan Schatzberg, MD  
Andrew Schmidt, PhD, LCSW  
Franklin Schneier, MD  
Naomi Simon, MD  
Lynne Siqueland, PhD  
Colleen Sloan, PhD  
Jessica Stern, PhD  
Eric Storch, PhD  
Stephen Strakowski, MD  
Leah Susser, MD  
Michael Thase, FAPA  
Michael Van Ameringen, MD  
Sanne van Rooij, PhD  
Karen Dineen Wagner, MD  
Ricks Warren, PhD  
Risa Weisberg, PhD  
Zuzanna Wojcieszak, PhD  
Erika Wolf, PhD  
Lori Zoellner, PhD

## ADAA CONFERENCE APP

Navigate the event like a pro  
with the ADAA 2024 mobile app  
*sponsored by McLean Hospital*

Search for "ADAA Conference" and download the app to  
view the agenda.

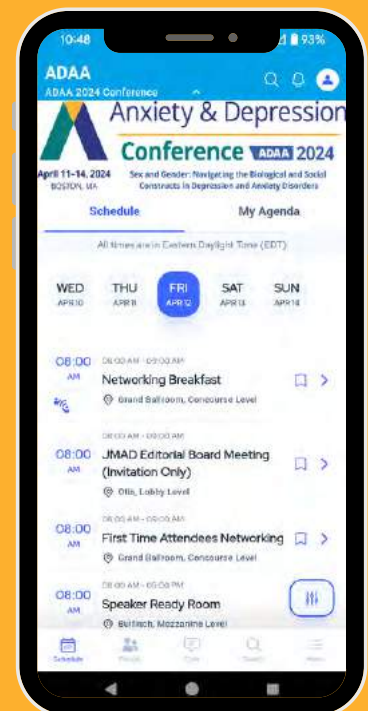
**Login with your registration email and password**  
to chat with attendees, customize your schedule, and  
view e-posters.



Apple App Store



Google Play Store



# THANK YOU TO OUR ADAA COMMITTEES

## CDLP COMMITTEE

The Alies Muskin Career Development Leadership Award Program (CDLP) is an intensive mentoring and professional development opportunity for early career clinicians and researchers that is offered at ADAA's Annual Conference.

### **Krystal Lewis, PhD, Clinical Track Co-Chair**

National Institute of Mental Health

### **Jamie Micco, PhD, ABPP, Clinical Track Co-Chair**

The Concord Center

### **Gregory Fonzo, PhD, Research Track Co-Chair**

University of Texas at Austin Dell Medical School

### **Vasiliki Michopoulos, PhD, MSc, Research Track Co-Chair**

Emory University School of Medicine

## MEMBERSHIP COMMITTEE

The membership committee builds and promotes ADAA membership and works to increase retention of current members. The committee creates new recruitment materials and outreach plans to promote the value of ADAA membership and works to encourage a diverse membership.

### **Stephanie Woodrow, LPC, LCPC, NCC, ADAA Membership Committee Chair**

National Anxiety and OCD Treatment Center

## PROFESSIONAL EDUCATION COMMITTEE

The Professional Education Committee (PrEC) promotes the investigation and implementation of empirically supported treatments and best practices across disciplines and career levels through the development of a cohesive ADAA professional education program for multi-multidisciplinary professionals.

### **Beth Salcedo, MD, Professional Education Committee Chair**

The Ross Center for Anxiety & Related Disorders

### **Joan Davidson, PhD, Professional Education Vice Chair**

San Francisco Bay Area Center for Cognitive Therapy

### **Melissa Hunt, PhD, Professional Education Vice Chair**

University of Pennsylvania

# THANK YOU TO OUR ADAA COMMITTEES

## PUBLIC EDUCATION COMMITTEE

The focus of the Public Education Committee (PEC) is to improve and expand public education and outreach about anxiety, depression, and co-occurring disorders through website content, webinars, blog posts, social media outreach, and other collaborative educational projects.

**Debra Kissen, PhD, MHSA, Public Education Committee Co-Chair**

Light on Anxiety Treatment Center of Chicago

**Neal Sideman, Public Education Committee Co-Chair**

Paniccure.com

## SCIENTIFIC COUNCIL

ADAA's Scientific Council (SC) is comprised of mid- and senior-level basic and clinical researchers committed to the organization. The SC shall consist of not less than 15 and not more than 75 members.

The SC contributes scientific expertise and mentorship, actively grows membership, and encourages participation among colleagues, students and fellows, and volunteers to participate in projects that maintain ADAA's leading edge in research, dissemination, and treatment.

**Scientific Council Chair (serves as an ex-officio ADAA board member)**

**Alicia E Meuret, PhD**

Southern Methodist University

**James Murrough, MD, PhD - Vice Chair**

Icahn School of Medicine at Mount Sinai

# THANK YOU TO OUR ADAA SPECIAL INTEREST GROUPS

## CHILD & ADOLESCENT

The SIG promotes networking between clinicians and researchers and helps combat isolation for therapists in private practice and offers opportunities for learning and connection between the annual conferences through online communication and CE.

**Kristy Benoit, PhD, Child & Adolescent SIG Co-Chair**

**Lynne Siqueland, PhD, Child & Adolescent SIG Co-Chair**

## EARLY CAREER PROFESSIONALS & STUDENTS

Unites students and early career professionals interested in the clinical treatment and research of anxiety and depression. The group develops ADAA conference activities organized around topics specifically relevant to students and early career professionals, and offers an initial avenue for students and early career professionals to become involved in ADAA. Early Career is typically defined as 5 years post degree attainment.

**Rachel Lippin-Foster, LMSW, Early Career Professionals & Students SIG Co-Chair**

**Ashley Howell, PhD, Early Career Professionals & Students SIG Co-Chair**

## GENETICS & NEUROSCIENCE

Brings together researchers who are broadly involved in the biological science of anxiety and depressive disorders. This includes clinical and basic neuroscience (electrophysiology, imaging, animal models, experimental paradigms) and genetics (twin and family studies, molecular genetics, endophenotypes).

The SIG provides ADAA members with opportunities to network, share ideas, form collaborations, and update one another and the broader ADAA community on the state of the genetics and neuroscience field. The group is comprised of a diverse array of clinicians, researchers, and clinician-researchers across the student, postdoctoral scholar/clinical trainee, and faculty/practitioner levels.



# THANK YOU TO OUR ADAA SPECIAL INTEREST GROUPS

## MULTICULTURAL ADVANCES

This SIG aims to facilitate increased attention on topics and issues concerning diversity and multiculturalism within ADAA and in the field in general, and encourages discussion, collaboration, and research among researchers, clinicians, and stakeholders interested in meeting the mental health needs of diverse underserved communities.

**Natalie Arbid, PhD, Harbor UCLA Medical Center, Multicultural Advances SIG Co-Chair**

**Amber Calloway, PhD, University of Pennsylvania, Multicultural Advances SIG Co-Chair**

## OCD & RELATED DISORDERS

Promotes collaboration, education/mentoring, research, and networking among ADAA members who have a specific interest in OCD and related conditions.

**Stephanie Woodrow, LPC, NCC, OCD & Related Disorders SIG Chair**

**Sharon Batista, MD, OCD & Related Disorders SIG Co-Vice Chair**

**Jesse Spiegel, PsyD, OCD & Related Disorders SIG Co-Vice Chair**

## PTSD

Focusing on all stages of career mentorship, dissemination of research, and advancement of quality patient care. The SIG provides a venue for professionals from all disciplines to network and create new connections in the field.

**Lauren Sippel, PhD, PTSD SIG Co-Chair**

National Center for PTSD Executive Division

**Michelle Bovin, PhD, PTSD SIG Co-Chair**

National Center for PTSD at VA Boston Healthcare System



# THANK YOU TO OUR ADAA SPECIAL INTEREST GROUPS

## SOCIAL ANXIETY

Promoting collaboration, case consultation, clinical work, and networking around evidence-based treatment of social anxiety disorder.

**Celeste Conlon, PhD, Social Anxiety SIG Co-Chair**

National Social Anxiety Center - Houston/Sugar Land Clinic

**Michelle Dexter, PhD, Social Anxiety SIG Co-Chair**

**Andrew Rosen, PhD, ABPP, Social Anxiety SIG Vice-Chair**

Center for Anxiety Disorders

**Suma Chand, PhD, ACT, Social Anxiety SIG Vice-Chair**

SLUCare Physician Group

## SUICIDE AND SELF-INJURY

Promoting research and clinical collaboration among psychologists, psychiatrists, social workers, and other mental health professionals who are interested in the assessment and treatment of self-injurious thoughts and behaviors across the lifespan. This SIG seeks to bring together ADAA members with all levels of interest and expertise in STB research and clinical services.

**Rachel Siciliano, PhD, Suicide and Self-Injury SIG Co-Chair**

**Ewa Czyz, PhD, Social Anxiety SIG Co-Chair**

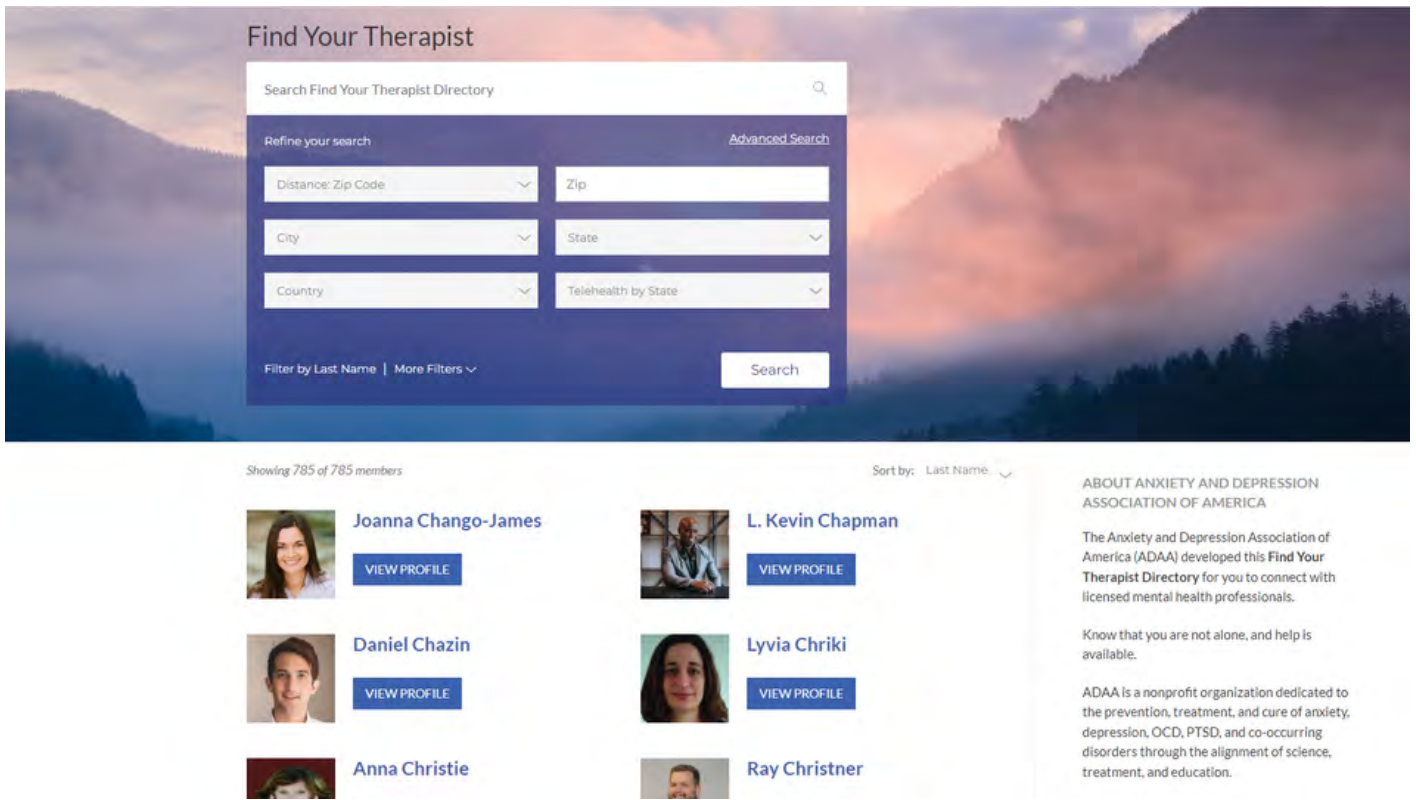
## WOMENS MENTAL HEALTH

Creating a place for clinicians and researchers to discuss, debate, and address issues relevant to the understanding and treatment of women suffering from anxiety and depression and related disorders. The SIG develops specific education presentations at the ADAA annual conference, such as workshops, roundtables, and poster sessions to increase the understanding and overall awareness of how the treatment of women suffering from anxiety and depression may be different than others in the population.

**Karen Martinez, MD, MSc, Women's Mental Health SIG Chair**

**Sohye Kim, PhD, Women's Mental Health SIG Vice Chair**





The [Find Your Therapist Directory](#) – free for ADAA members – provides nationwide access to your practice for those seeking mental health care. The directory allows members to promote their practice and make referrals through a personalized directory listing. Directory listings are available only for ADAA members.

*Thank You!*

**ROGERS**  
Behavioral Health

A special thank you to Rogers Behavioral Health for sponsoring the #ADAA2024 Welcome Reception, and the Early Career and Student Reception.

We are grateful for your ongoing support and collaboration.

## GENERAL INFORMATION

### Badges

Your conference badge is required for admission to all sessions, meals, posters, and receptions. Please wear it during the conference and remove it whenever you leave the hotel. Those without a badge may be asked to leave the conference space.

### Breakfast and Breaks

Refreshments are available daily throughout the conference. Please refer to the Schedule at a Glance for specific time and location information each day.

First Time Attendees are welcomed to enjoy networking and coffee on Friday, April 12, from 8:30 am-9:00 am in the Grand Ballroom foyer.

### Business Center

Located on the Lobby Level, the FedEx Office Business Center hours are 7:30 am-6:30 pm, Monday - Friday, Saturday 8:00 am-12:00 pm, and closed on Sunday. Services include printing, copying, and shipping. Phone (857) 338-2258.

### Cell Phones

Please set your phones and other mobile devices to silent when entering all sessions.

### Registration

Located on the Concourse Level, one level below the lobby, Registration is open:

Thursday, April 11	8:00 am-6:30 pm
Friday, April 12	8:00 am-6:00 pm
Saturday, April 13	8:00 am-6:00 pm
Sunday, April 14	8:00 am-12:00 pm

### Poster Sessions

Poster sessions will take place in the Grand Ballroom, Concourse Level:

Friday, April 12	5:00-6:30 pm
Saturday, April 13	3:45-5:15 pm

### Emergency Information

In case of emergency, please use any house phone and dial 0 for assistance. Hotel operators will send security to attend. Please do not call 9-1-1 unless hotel has already been contacted.

### Internet Access

All ADAA hotel guests at the Westin Boston Seaport District receive complimentary wireless internet in their guestrooms with a Marriott Bonvoy account.

Wireless internet is available throughout the meeting space, thanks to our Diamond Sponsor, Otsuka:

**Network: Westin\_Conference**

**Password: Otsuka24**

### Lunch

Attendees are on their own for lunch each day, but check the Schedule at a Glance for lunchtime programming.

A list of nearby restaurant options is available at Registration and in the meeting app.

### Speaker Ready Room

Located in Bullfinch, Mezzanine Level. Visit the Speaker Ready Room to view and practice your presentation. Open Thursday-Sunday, from 8:00 am. Check the Schedule at a Glance for closing times.

## Recording or Photographing

Attendees may not record, via video or audio, or photograph presentations without prior permission from the chair and speakers.

ADAA reserves the right to use any photograph/video taken at any event sponsored by ADAA, without the expressed written permission of those included within the photograph/video. ADAA and our affiliates may use the photograph/video in publications or other media material produced, used or contracted by ADAA including but not limited to: marketing materials, future conference outreach, brochures, invitations, books, newspapers, magazines, television, websites, social media platforms, videos, etc.

A person attending an ADAA event who does not wish to have their image recorded for distribution should make their wishes known to the photographer, videographer, and/or the event organizers,

and/or contact ADAA at [media@adaa.org](mailto:media@adaa.org) or 8701 Georgia Avenue, Suite 412, Silver Spring, MD 20910 in writing of his/her intentions and include a photograph. ADAA will use the photo for identification purposes and will hold it in confidence.

By participating in an ADAA event or by failing to notify ADAA, in writing of your desire to not have your photograph or image used by ADAA, you are agreeing to release, defend, hold harmless and indemnify ADAA from any and all claims involving the use of your picture or likeness.

Any person or organization not affiliated with ADAA may not use, copy, alter or modify ADAA photographs, graphics, videography or other, similar reproductions or recordings without the advance written permission of an authorized designee from ADAA.

Thank you for your understanding and cooperation.



Anxiety & Depression  
Association of America  
Triumphing Through Science, Treatment, and Education

## Anti-Harassment Policy

ADAA strives to provide an environment in which our diverse members may learn, network, and share information freely with their colleagues. As such, ADAA is committed to providing a safe and harassment-free conference experience for all participants (presenters, attendees, exhibitors, guests, and staff) regardless of age, race, sex, ethnicity, national origin, religion, language, sexual orientation, gender identity or gender expression, or disability. In further support of this commitment, ADAA will not tolerate harassment of any conference participant in any form.

ADAA's anti-harassment policy applies to in-person as well as virtual events. During virtual events, behaviors such as spam posts (reposting the same content repeatedly or soliciting business, etc.) which are disruptive to the event will be cause for removal from the event. Negative comments or posts about race/ethnicity, gender and gender identity, sexual orientation, disability, age, religion, physical appearance or other protected categories or sharing inappropriate or explicit material will also be cause for removal from the virtual platform.

All participants are expected to abide by ADAA's anti-harassment policy. Any participant found to be in violation of the policy or otherwise disruptive to the event may be sanctioned or expelled from the current or future events at the discretion of ADAA staff.

If you are being harassed, notice that someone is being harassed, or have other concerns, contact ADAA's Executive Director Susan Gurley ([sgurley@adaa.org](mailto:sgurley@adaa.org)) immediately. All reports will remain confidential.

# THANK YOU TO OUR 2024 CONFERENCE EDUCATIONAL SUPPORT SPONSORS

## DIAMOND



## PLATINUM



## GOLD



## SILVER



## BRONZE



# We innovate with purpose

Patients will always inform and inspire our science-based innovations, which continue to change and save lives. Applying rigorous science with compassion, we will continue to confidently address the most complex healthcare challenges of our time and unlock the potential medicines and technologies of tomorrow.

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# ADAA CONFERENCE CODE OF CONDUCT

ADAA is committed to providing a safe, productive, and welcoming environment for all conference participants and ADAA staff. All participants, including, but not limited to, attendees, speakers, volunteers, exhibitors, sponsors, ADAA staff members, service providers, and all others are expected to abide by this Code of Conduct. This Policy applies to all ADAA meeting-related events and webinars, on public or private platforms, including those sponsored by organizations other than ADAA but held in conjunction with ADAA events.

ADAA has a zero-tolerance policy regarding any form of discrimination or harassment by participants or our staff at our meetings. Zero-tolerance means that the Association will not tolerate any conduct by or towards any meeting participant and ADAA staff during the conference that singles out an individual or group of individuals for different treatment than others based on a legally protected characteristic, that is intended to or has the effect of unreasonably interfering with another's participation in or that creates an intimidating, hostile, or offensive conference.

If you experience harassment or hear of any incidents of unacceptable behavior, ADAA requests that you inform ADAA Executive Director Susan Gurley ([sgurley@adaa.org](mailto:sgurley@adaa.org)) so appropriate action can be taken.

## Unacceptable Behavior is Defined as:

- Harassment, intimidation, or discrimination in any form, including but not limited to sexual harassment.
- Verbal or written abuse of any attendee, speaker, volunteer, exhibitor, sponsor, ADAA staff member, service provider, or other meeting guest.
- Examples of verbal abuse include, but are not limited to, verbal comments related to gender, sexual orientation, disability, physical appearance, body size, race, religion, national origin, inappropriate use of nudity and/or

sexual images in public spaces or in presentations, or threatening or stalking any attendee, speaker, volunteer, exhibitor, sponsor, ADAA staff member, service provider, or other meeting guest.

- Disruption of presentations during sessions, in the exhibit hall, or at other events organized by ADAA throughout the meeting. All participants must comply with the instructions of the moderator and any ADAA event staff.

ADAA reserves the right to take any action deemed necessary and appropriate, including immediate removal from the meeting without warning or refund, in response to any incident of unacceptable behavior, and ADAA reserves the right to prohibit attendance at any future meeting, virtually or in person.

## Disclaimer On Recording

By participating in ADAA events, including webinars, the Fall Forum, and the Annual Conference, you acknowledge that these events will be recorded for future use by ADAA. Attendees automatically agree to authorize recording of audio and visual content (including public Q&A chat functions) presented during the event and consent to subsequent use of the recording in the public domain by ADAA unless otherwise stated. While presenter information such as name, credentials, title, and affiliation will be shared, attendee personal information will not be displayed in the recording or available in the public domain after the conclusion of the event. Please direct any concerns to Susan Gurley, Executive Director, at [sgurley@adaa.org](mailto:sgurley@adaa.org).

Questions about this Code of Conduct or Recording Disclaimer should be directed to Susan Gurley, Executive Director, at [sgurley@adaa.org](mailto:sgurley@adaa.org).



**Anxiety & Depression  
Association of America**  
Triumphing Through Science, Treatment, and Education

Teva is dedicated to supporting patients living  
with tardive dyskinesia and with schizophrenia

Visit the Teva booth to learn more

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**teva**

We are pleased to be a  
sponsor of the ADAA 2024  
44th Annual Conference.

To learn more, visit  
[afsp.org](https://afsp.org)



**American  
Foundation  
for Suicide  
Prevention**

# Visit the Exhibits

## CONCOURSE LEVEL

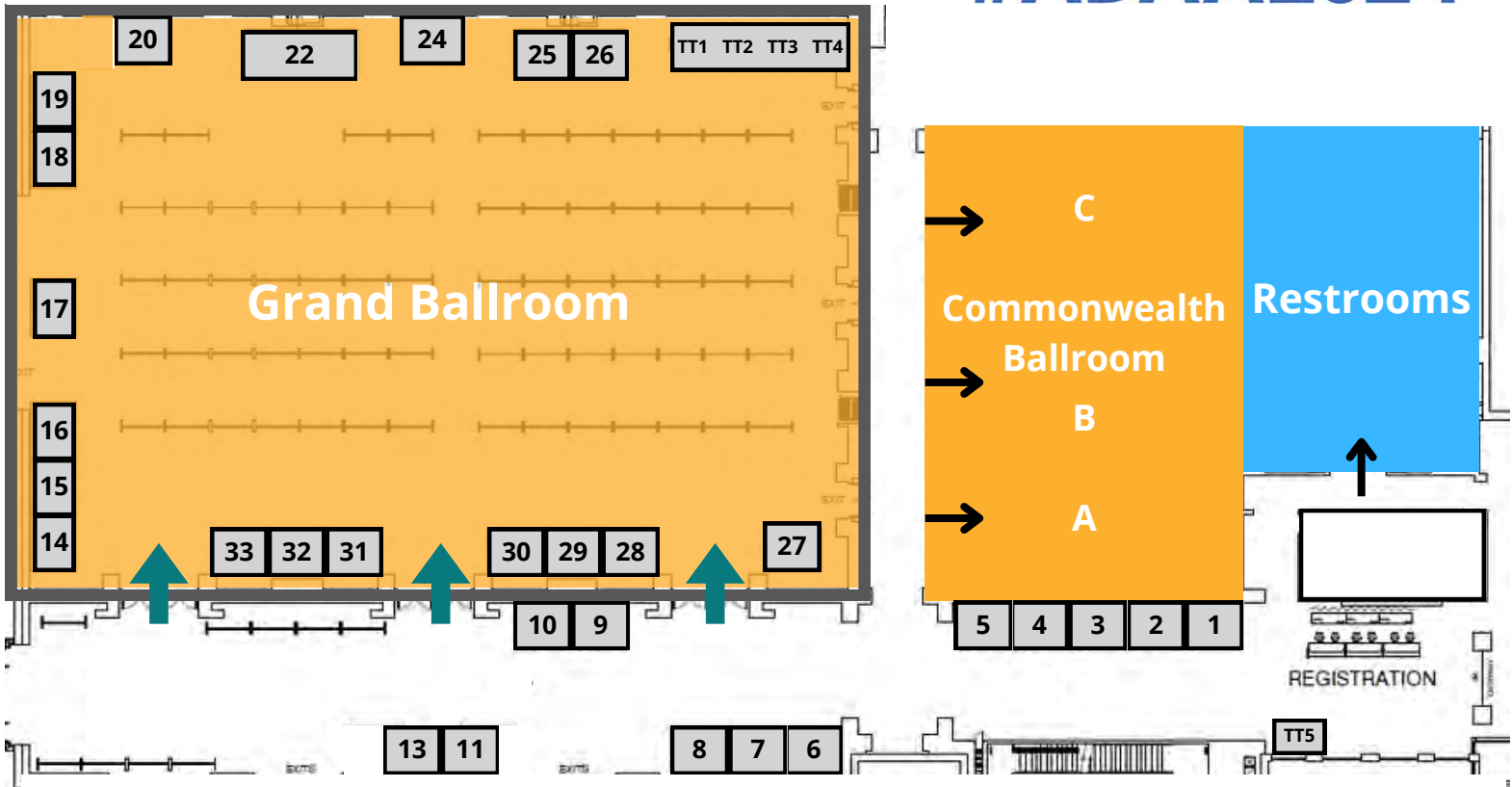
Thursday, April 11, 4-7 pm

Friday, April 12, 8 am-6:30 pm

Saturday, April 13, 8 am-5:15 pm



# #ADAA2024



### Company Name

American Foundation  
for Suicide Prevention  
Anxiety Training  
CBTeam  
CooperRiis  
Dana Behavioral Health  
Doxy.me  
Elsevier  
ERC Pathlight  
Families for Depression Awareness  
Instride Health  
IOCDF  
Johnson & Johnson  
Lykos Therapeutics  
MagVenture  
McLean Hospital  
Menniger Clinic

### Booth

31  
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### Company Name

Microbiome Research Foundation  
My Best Practice  
New England Center  
for OCD and Anxiety  
OCD & Anxiety Program  
of Southern California  
OCD Institute | Texas  
Otsuka  
Postpartum Support International  
Rogers Behavioral Health  
Sandstone Care  
Sheppard Pratt  
Teva  
Trial-Based Cognitive Therapy Institute  
Vistagen  
Wounded Warrior Project  
Yellowbrick

### Booth

2  
15  
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“

# WARRIOR CARE NETWORK GAVE US THE MENTAL HEALTH SUPPORT TO MOVE BEYOND OUR PTSD.”

JENNA MALONE, CAREGIVER OF A U.S. NAVY VETERAN



## WARRIOR CARE NETWORK® HAS HELPED COUNTLESS VETERANS AND THEIR FAMILIES TAKE BACK THEIR LIVES.

Wounded Warrior Project® (WWP) is a leading veterans service organization focused on transforming the way post-9/11 wounded warriors and their families are empowered, employed, and engaged in our communities. With our free direct service programs in mental health, career counseling, and long-term rehabilitative care, along with our advocacy efforts, we improve the lives of millions of warriors and their families.

Warrior Care Network is a two-week accelerated treatment program where symptoms of post-traumatic stress disorder, military sexual trauma, traumatic brain injury, anxiety, and depression are addressed. Through a partnership with four leading academic medical centers, participants receive first-class care at no cost. This personalized approach equips veterans with the necessary tools to help reclaim their lives.



*Feel better faster, stay better longer.*

 [WarriorCareNetwork.org](http://WarriorCareNetwork.org)



FOR MORE INFORMATION, PLEASE VISIT OUR BOOTH.

HEALING THE INVISIBLE WOUNDS OF WAR

# Congratulations 2024 ADAA AWARDEES

## 2024 ALIES MUSKIN CAREER DEVELOPMENT LEADERSHIP PROGRAM (CDLP)

The program is designed to encourage early career clinicians and researchers to engage in creative discourse about anxiety, depression, and co-occurring disorders in a diverse, multidisciplinary community. Participants benefit from episodic mentoring, cross-fertilization of disciplines, networking, and the enhancement of skills to become more professionally competitive.

### Research Track

Amantia Ametaj, PhD  
Bryan Barksdale, MD, PhD  
Paul Bloom, PhD  
Corinne Carlton, MS  
Monica Feliz Castillo, MD  
Mark Shuquan Chen MS  
Daniel Coppersmith, MA  
Kelly Correa, PhD  
Robyn Ellis, PhD  
Sinha Engel, PhD  
Stephanie Hearing, MSc  
Liza Hinchey, MA

Shabnam Hossein, PhD

Kiera James, PhD  
Sarah Jessup, MA  
Jenessa Johnston, PhD  
Jasmine Lewis, MS  
Naoise Mac Giollabhui, PhD  
Erik Nook, PhD  
Juliana Petersen, MS  
Amy Rapp, PhD  
Mina Rizk, MD, MSc  
Mikael Rubin, Prof. Dr.  
Tien Hong Stanley Seah, PhD  
Mohammad Sendi, PhD

### Clinical Track

Elana Bayer-Pacht, PsyD  
Megan DeRiso, PsyD  
Jennifer Gamarra, PhD  
Lilianne Gloe, PhD  
Lindsay Ives, PhD  
Divya Kumar, PhD  
Alnardo Martinez, LMHC  
Mark O'Toole, PsyD  
Erin Richardson, NP  
Michaela Swee, PhD

**A Special Thank You to the CDLP Committee and the Program Mentors  
for Their Dedication and Collaboration.**

## THE DONALD F. KLEIN EARLY CAREER INVESTIGATOR AWARD

ADAA offers an annual award to an early career investigator for the best original research paper on neurobiology, psychopharmacology, psychosocial treatments, or experimental psychopathology of anxiety disorders and depression. This award is named for Donald F. Klein, MD (1928-2019), who revolutionized psychiatric thinking through his discovery in the early 1960s that imipramine, a recently developed psychotropic medication, was effective in blocking panic attacks.

**2024 KLEIN AWARDEE**  
Kristin Szuhany, PhD

## 2024 MEMBER RECOGNITION AWARDS

The ADAA awards program also recognizes outstanding member participation and commitment to the Association as well as the community through Member Recognition Awards.

### MEMBER OF DISTINCTION AWARDEES

Paul Holtzheimer, MD, MS  
Jenny Yip, PsyD, ABPP

### JERILYN ROSS CLINICIAN ADVOCATE AWARDEE

Sheila Rauch, PhD, ABPP

### EMERGING LEADER AWARDEES

Anastasia Rose, BA  
Darius Dawson, PhD  
*Early Career SIG Leadership:*  
Rachel Lippin-Foster, LMSW  
Ashley Howell, PhD  
Lana Ruvolo Grasser, PhD  
Alnardo Martinez, LMHC

### SPECIAL RECOGNITION AWARDEES

Lauren Sippel, PhD  
Michelle Bovin, PhD  
Julia Martin Burch, PhD

### INSTITUTIONAL MEMBER AWARDEES

McLean Hospital  
Rogers Behavioral Health

### PARTNER RECOGNITION AWARDEE

Vistagen Therapeutics



Anxiety and Depression  
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Scan the code below or download the **ADAA Conference App** and look for the ADAA Virtual Bookstore 2024 in the Info list for an alphabetical list of book titles authored by this year's session presenters.





All Times Listed are United States Eastern Daylight Time. Schedule is subject to change.

## THURSDAY, APRIL 11

C = Concourse Level, G = Galleria Level, H = Harbor Level, L = Lobby Level, M=Mezzanine Level

TIME	LOCATION	SESSION ID	TITLE
8:00 am-6:30 pm	C, Foyer		Registration
8:00 am-5:00 pm	M, Bulfinch		Speaker Ready Room
8:30 am-9:00 am	C, Foyer		Networking Coffee Break
9:00 am-10:30 am	H, Burroughs	C200	Program Development for Treatment-Resistant Obsessive-Compulsive Disorder
9:00 am-10:30 am	C, Commonwealth Ballroom A	C300	Mood and Anxiety during the Menopausal Transition: Considerations, Risk Factors, and Opportunities
9:00 am-10:30 am	C, Commonwealth Ballroom B	B202S	Suicide Risk Reimagined: New Directions and Treatment Strategies
9:00 am-10:30 am	M, Douglass	R201	Stress-Related Biomarkers in Risk for Anxiety and Depression: In Life and the Lab
9:00 am-10:30 am	M, Faneuil	C301	Spotlight Workshop: The Metacognitive and Strategic Treatment of OCD (Part 1)
9:00 am-10:30 am	H, Harbor Ballroom III	R203	Unveiling the Future of Mental Health: Wearable Movement Data Meets Deep Learning
9:00 am-10:30 am	L, Otis	R204	Effect of Hormonal Contraceptive Use on Fear and Stress Circuitries: From Basic Science to Clinical Implications
9:00 am-10:30 am	L, Stone	C205D	Behaviors Make Sense: Empowering Families to Help Teens Struggling with Substance Use and Anxiety Using the Invitation to Change Model
11:00 am-12:30 pm	H, Burroughs	C302D	Clinical Cases: Panel Discussion of Atypical Symptoms of Anxiety and Their Treatment
11:00 am-12:30 pm	C, Commonwealth Ballroom A	C206D	Facilitating Trauma Recovery in Sexual Minoritized Women and Veterans
11:00 am-12:30 pm	C, Commonwealth Ballroom B	C208DS	Clinical Management of Obsessions Related to Suicide and Acute Suicidality
11:00 am-12:30 pm	M, Douglass	B207	Diagnosing and Treating Post-Infectious OCD in Children (PANDAS)
11:00 am-12:30 pm	M, Faneuil	C303	Spotlight Workshop: The Metacognitive and Strategic Treatment of OCD (Part 2)
11:00 am-12:30 pm	H, Harbor Ballroom III	R209*	Novel Developments in the Treatment of Suicidal Thoughts and Behaviors in Clinical Populations
11:00 am-12:30 pm	L, Otis	B210*	Comparative Effectiveness of Intravenous Ketamine Versus ECT for Non-Psychotic Treatment Resistant Depression: Lessons Learned from the Elekt-D Study
11:00 am-12:30 pm	L, Stone	R211D	Gender Differences in the Neural Correlates of Affective Disorders
12:30 pm-1:30 pm			Lunch on Your Own

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## THURSDAY, APRIL 11 (cont.)

C = Concourse Level, G = Galleria Level, H = Harbor Level, L = Lobby Level, M = Mezzanine Level

TIME	LOCATION	SESSION ID	TITLE
1:30 pm-2:30 pm	H, Burroughs	C212D	The Relevance of Gender, Culture, and Social Constructs in Body-Focused Repetitive Behaviors: Special Considerations in Conceptualization and Treatment
1:30 pm-2:30 pm	C, Commonwealth Ballroom B	C215D	Screens, Sex, School, and Suicidality: Helping Parents of Anxious Teens and Young Adults to Manage Crises
1:30 pm-2:30 pm	M, Douglass	C213D	On the Basis of Sex: A Gender-Aware Approach to Selective Mutism in Children
1:30 pm-2:30 pm	M, Faneuil	B214D	Focused Integrative Team-Based Treatment: A Novel Paradigm For Short-Term, Goal-Oriented, Collaborative Clinical Care
1:30 pm-2:30 pm	H, Harbor Ballroom III	C216D	The OCD & Related Disorders Special Interest Group Presents: Co-Occurring Conditions that Can Affect OCD Treatment
1:30 pm-2:30 pm	L, Otis	C304E	Tried & True or Novel & New?: Considerations in Treatment Selection for OCD (ERP, ACT & I-CBT)
1:30 pm-2:30 pm	L, Stone	B244D	Assessment and Treatment Considerations for PTSD in LGBTQ+ Individuals Diagnosed with Eating Disorders
2:30 pm-3:00 pm	C, Foyer		Networking Break
3:00 pm-4:30 pm	H, Burroughs	C217D	Spinning Your Wheels, Stuck or Shutdown: Enhancing Motivation with Tweens and Teens from an Avoidance to an Action Mindset
3:00 pm-4:30 pm	C, Commonwealth Ballroom A	C305D	Case Conceptualization and Consultation for Your Most Challenging Youth Cases: A Workshop (and Funshop!) for Advanced Clinicians
3:00 pm-4:30 pm	C, Commonwealth Ballroom B	R220D	Using Cutting Edge Ai Research to Enhance Clinical Training and Suicide Prevention
3:00 pm-4:30 pm	M, Douglass	R218	Memory Mechanisms Underlying Posttraumatic Psychopathology: A Spotlight on Sexual Assault
3:00 pm-4:30 pm	M, Faneuil	C219DE	Ethical Considerations of Sex, Gender, and ERP in Individual and Group Settings
3:00 pm-4:30 pm	H, Harbor Ballroom III	B100D	Perinatal Mood and Anxiety Disorders: Addressing the Maternal Mental Health Crisis in the U.S.
3:00 pm-4:30 pm	L, Otis	C306	Where's the C in ERP: Different Perspectives on Processing Exposure in OCD Treatment
3:00 pm-4:30 pm	L, Stone	R221D	From Puberty to Menopause: Hormonal Influences on Affect Across the Lifespan
4:00 pm-7:30 pm	C, Grand Ballroom and Foyer		Exhibits
4:45 pm-5:45 pm	H, Harbor Ballroom I & II	R101DE	<b>Opening Keynote</b> Mental Health Care for Transgender and Gender Diverse People with Alex Keuroghlian, MD, PhD
5:45 pm-7:00 pm	C, Grand Ballroom and Foyer		<b>Welcome Reception</b> sponsored by Rogers Behavioral Health

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# Anxiety & Depression

## Conference **ADAA** 2024

April 11-14, 2024  
BOSTON, MA

### 2024 Anxiety and Depression Conference BIPOC Membership Scholarship Awardees

#### BIPOC Membership Scholarship Awardees



Madison Boschulte, BS  
*Boston University*  
Boston, MA



Taylor Clark, Postgraduate Associate  
*Yale Child Study Center*  
New Haven, CT



Nia Cole, BS  
*Binghamton University*  
Binghamton, NY



Jasmine Lewis, PhD student  
*Virginia Tech*  
Blacksburg, VA



Elizabeth Martin, MD  
*Dell Medical School at The University  
of Texas at Austin*  
Austin, TX



Jesus Solano-Martinez, MA  
*DePaul University*  
Chicago, IL



Daniela Moreno-Duron, BA  
*University of Kansas*  
Lawrence, KS



Yvette Pino, PhD  
*University of Arizona*  
Tucson, AZ



Ritika Rastogi, PhD  
*Brigham and Women's Hospital,  
Harvard Medical School*  
Boston, MA

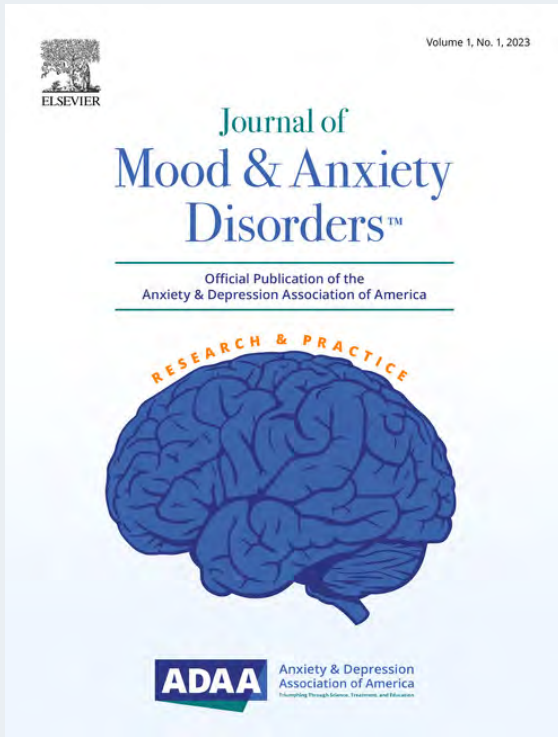


Dominique Simms, PhD student  
*University of Arizona*  
Tucson, AZ

**ADAA offers annual membership scholarships to students and early career professionals who identify as members of the BIPOC community.**

This program allows early career professionals and students who identify as Black, Indigenous, or as a person of color to participate in an evidence-based, interdisciplinary, and mission driven organization bringing the latest in scientific advancement to our professional and public communities.

This opportunity offers one-year ADAA Memberships to five to ten graduate degree students (MD, MPH, MS/MSW, NP, PhD, PsyD), interns, residents, postdoctoral fellows, or early career professionals of color who focus on anxiety or depression.



# ADAA's Journal of Mood & Anxiety Disorders™

## Submit Today!

ADAA is pleased to waive the Article Publishing Charge (APC) for a limited number of articles accepted in 2024.

All other articles will receive a 50% discount (the 2024 APC is \$2700 for full-length articles and \$1350 for short communication and “case report” types of articles).

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- Learn from renowned experts in the field through free continuing education opportunities
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- Grow your career





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## FRIDAY, APRIL 12

C = Concourse Level, G = Galleria Level, H = Harbor Level, L = Lobby Level, M=Mezzanine Level

TIME	LOCATION	SESSION ID	TITLE
8:00 am-6:00 pm	C, Foyer		Registration
8:00 am-5:00 pm	M, Bulfinch		Speaker Ready Room
8:00 am-9:00 am	C, Grand Ballroom and Foyer		<b>Networking Breakfast</b> sponsored by Sheppard Pratt
8:00 am-9:00 am	C, Grand Ballroom Foyer		<b>First Time Attendees' Networking</b>
8:00 am-6:30 pm	C, Grand Ballroom and Foyer		Exhibits
9:00 am-11:00 am	H, Harbor Ballroom I & II		<b>2024 Scientific Research Symposium:</b> Digital Methods of Assessment and Treatment of Depression and Anxiety
9:00 am-10:30 am	G, Galleria Hall	C222	Innovations in Telehealth Exposure Therapy: Expanding Boundaries for Clinical Success
9:00 am-10:30 am	H, Harbor Ballroom III	C307	What Else? Examples of ERP + ICBT, DBT, or FAP to Treat Refractory OCD Cases
10:30 am-11:15 am	C, Grand Ballroom and Foyer		<b>Networking Break</b> sponsored by Instride Health
11:15 am-12:15 pm	H, Harbor Ballroom I & II	B227*	<b>Health Innovator Speaker:</b> Redux and Remix: Why Sex and Gender Matter in Women's Health Research
11:15 am-12:15 pm	G, Galleria Hall		Poster Spotlight Session*
11:15 am-12:15 pm	H, Burroughs	C102D	Care Beyond Borders - Advancements in Mental Health Care for Youth on a Global Scale
11:15 am-12:15 pm	C, Commonwealth Ballroom A	B308	OCD and Trauma: What to Treat and When, Also How, and Maybe Why
11:15 am-12:15 pm	C, Commonwealth Ballroom B	C223	Avoiding Avoidance: Addressing Clinician Barriers in Exposure Work Among Teens With Emotional and Interpersonal Dysregulation
11:15 am-12:15 pm	C, Commonwealth Ballroom C	C103D	Introduction to Lesbian, Gay, Bisexual, Transgender, and Queer Terminology
11:15 am-12:15 pm	M, Douglass	C104D	Enhancing Engagement in Digital Mental Health: Coaching 101
11:15 am-12:15 pm	M, Faneuil	C224D	Sex, Harm, & More: Diagnosing & Treating Taboo Topics in OCD
11:15 am-12:15 pm	H, Harbor Ballroom III	B225	Snowplows, Accommodation, and Microdosing, Oh My! The State of the Science on Contemporary Parenting Practices and How Mental Health Professionals Can Help

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## FRIDAY, APRIL 12 (cont.)

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TIME	LOCATION	SESSION ID	TITLE
11:15 am-12:15 pm	L, Stone	C226D	What About Emerging Adults? Developmentally-Informed Approaches to Support Mental Health for Young People with Internalizing Disorders Transitioning from Adolescence to Adulthood
12:15 pm-1:30 pm			Lunch on Your Own
12:20 pm-1:20 pm	L, Stone		Professional Ed Committee Meeting
12:20 pm-1:20 pm	M, Douglass		PTSD Special Interest Group Meeting
12:20 pm-1:20 pm	M, Faneuil		Child & Adolescent Special Interest Group
12:20 pm-1:20 pm	H, Burroughs		Multicultural Advances SIG Meeting
12:20 pm-1:20 pm	C, Commonwealth Ballroom A		OCD and Related Disorders SIG Meeting
12:30 pm-1:30 pm	L, Otis		ADAA Scientific Council Meeting
1:30 pm-3:30 pm	H, Harbor Ballroom I & II	C105D	<b>2024 Clinical Practice Symposium:</b> Validation: A Live Demonstration
2:00 pm-3:30 pm	H, Burroughs	R228	Menstrual Cycle Effects on Symptom Exacerbation from Puberty through Adulthood
2:00 pm-3:30 pm	C, Commonwealth Ballroom A	B309D	Barriers to, and Predictors of, Professional Mental Health Help-Seeking Among Racially Diverse U.S. Young Adults in the "Post-COVID-19" World
2:00 pm-3:30 pm	C, Commonwealth Ballroom B	R229	Mind-Body Treatments for Anxiety Disorders: Examining Gender, trauma, Self-compassion and Biomarkers
2:00 pm-3:30 pm	C, Commonwealth Ballroom C	B106D	Enhancing Outcomes for Anxious Youth in Community Settings from Engagement through Treatment
2:00 pm-3:30 pm	M, Douglass	B107DS	Improving Youth Suicide Prevention Across Key Service Sectors
2:00 pm-3:30 pm	M, Faneuil	B108D	Treatment for Prolonged Grief Disorder: Innovations and Future Directions for Training
2:00 pm-3:30 pm	G, Galleria Hall	B230D	The Status of International Dissemination of the Bergen 4-Day OCD Treatment: Key Elements of Effective Implementation of the Treatment
2:00 pm-3:30 pm	H, Harbor Ballroom III	C310D	Sexual Functioning and OCD: Enhancing Sexual Life in All Genders

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## FRIDAY, APRIL 12 (cont.)

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TIME	LOCATION	SESSION ID	TITLE
2:00 pm-3:30 pm	L, Stone	B231D	Working with Refugee Patients and Participants: Cultural Considerations in Research and Interventions that Work
3:30 pm-4:00 pm	C, Grand Ballroom and Foyer		<b>Networking Break</b>
4:00 pm-5:00 pm	H, Harbor Ballroom I & II		Therapeutics Pipeline*
4:00 pm-5:00 pm	H, Burroughs	C232D	Helping Health Anxiety Patients Manage Medical Provider Bias: Walking the Tightrope Between Using Dr Google as Self-Advocate or for Self-Diagnosis
4:00 pm-5:00 pm	H, Harbor Ballroom III	B110D	AI and/or Digital Therapeutics in the Fields of Psychiatry and Neuroscience
4:00 pm-5:00 pm	C, Commonwealth Ballroom A	C233D	Sexual Orientation and Gender Identity OCD: Addressing Unique Challenges Related to Diagnosis and Treatment
4:00 pm-5:00 pm	C, Commonwealth Ballroom B	C234D	Gender-Affirming OCD and BDD Treatment for Transgender Clients
4:00 pm-5:00 pm	C, Commonwealth Ballroom C	C235D	Integrating Compassion-Focused Therapy into Clinical Work with Survivors of Trauma
4:00 pm-5:00 pm	M, Douglass	B236D	Advancing Digital Mental Health to Better Meet the Needs of the LGBTQ+ Community
4:00 pm-5:00 pm	M, Faneuil	B109E	Mind Games: Navigating Ethical Dilemmas as Mental Health Providers
4:00 pm-5:00 pm	G, Galleria Hall	C237DE	Navigating Ways to Build Welcoming Clinical Environments for Culturally and Socio-Demographically Diverse LGBTQ Patient Population
4:00 pm-5:00 pm	L, Stone	C238D	Building Competence in Acute/Intensive Care Training Programs
5:00 pm-6:30 pm	C, Grand Ballroom and Foyer		<b>Poster Session 1</b> Sponsored by Johnson & Johnson
6:30 pm-7:30 pm	L, Saucy		<b>Early Career Professionals and Students Reception</b> Sponsored by Rogers Behavioral Health (Invitation Only)

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**Friday, April 12**

10 am-1:30 pm

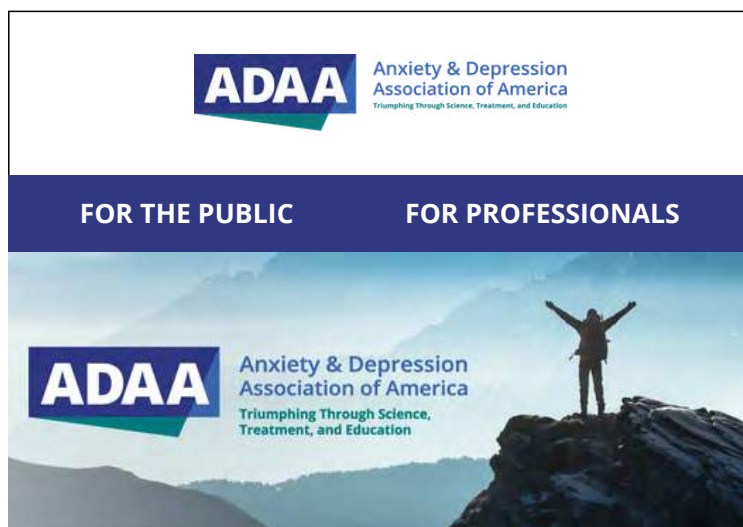
3:30-5 pm

**Saturday, April 13**

10 am-1 pm

3:15-5:15 pm

*Photography will be provided by David Fox Photography, Boston, MA*



## DID YOU KNOW?

ADAA has a unique interlinked public and professional mission focused on improving quality of life for those struggling with anxiety, depression, OCD, PTSD, Bipolar, and co-occurring disorders, through education, practice, and research.

The ADAA website - [www.adaa.org](http://www.adaa.org) - had more than 5.5 million unique visits in 2023 with people seeking treatment information, resources, and support provided by our more than 1,000 professional members.



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## SATURDAY, APRIL 13

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TIME	LOCATION	SESSION ID	TITLE
8:00 am-6:00 pm	C, Foyer		Registration
8:00 am-5:00 pm	M, Bulfinch		Speaker Ready Room
8:00 am-9:00 am	C, Grand Ballroom and Foyer		<b>Networking Breakfast</b> sponsored by Wounded Warrior Project
8:00 am-5:15 pm	C, Grand Ballroom and Foyer		Exhibits
9:00 am-10:00 am	H, Harbor Ballroom I & II	B111D	<b>ADAA President's Keynote:</b> Tails from a Mouse Whisperer: A Translational Journey to Identify Novel Markers of Stress & Trauma Important for Brain Health Across the Lifespan and Between Generations
10:00 am-10:15 am	C, Grand Ballroom and Foyer		<b>Networking Break</b>
10:15 am-11:45 am	G, Galleria Hall		Poster Spotlight Session*
10:15 am-11:45 am	H, Burroughs	R112	Novel Approaches to Understanding Parental Risk Factors for Child Psychopathology
10:15 am-11:45 am	C, Commonwealth Ballroom A	B239	Breath, Brain, and Beyond: From Basic Insights to Clinical Applications of Respiratory Interoception
10:15 am-11:45 am	C, Commonwealth Ballroom B	R113	Threat Processing and Early Life Adversity: A Lifespan Perspective on Mechanisms for Adapting to Chronic Stress and Vulnerability to Adverse Mental Health Outcomes
10:15 am-11:45 am	C, Commonwealth Ballroom C	R240	Intergenerational Transmission of Depression: From Mechanisms to Targets for Intervention
10:15 am-11:45 am	M, Douglass	B241D	Fear of Positive Evaluation and the Bivalent Fear of Evaluation Model of Social Anxiety Disorder: The State of the Science and Future Directions
10:15 am-11:45 am	M, Faneuil	C311	When to Start, Modify, and Pause ERP for OCD Treatment
10:15 am-11:45 am	H, Harbor Ballroom I & II	C242	Improving Outcomes for BFRB Treatment: Turbo Charging Treatment
10:15 am-11:45 am	H, Harbor Ballroom III	B243	Understanding and Enhancing the Immediate and Long Term Effects of Cognitive Behavioral Therapy for OCD
10:15 am-11:45 am	L, Stone	R312D	From Menstrual Cycle-Related Hormone Fluctuations to Intersectional Risk Profiles in Pregnancy and Childbirth: Female Sex- and Gender-Related Contributors to Posttraumatic Stress Disorder

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## SATURDAY, APRIL 13 (cont.)

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TIME	LOCATION	SESSION ID	TITLE
11:45 am-1:00 pm			Lunch on Your Own
11:50 am-12:50 pm	L, Revere		Public Education Committee Meeting (Invitation Only)
11:50 am-12:50 pm	L, Stone		Women's Mental Health SIG Meeting
11:50 am-12:50 pm	H, Burroughs		Social Anxiety Special Interest Group Meeting
1:00 pm-2:00 pm	H, Harbor Ballroom I & II	B114	<b>Jerilyn Ross Lecture:</b> Depression and Comorbidity with General Medicine: Discoveries and Treatment Viewed Through a Sex Differences Lens
2:15 pm-3:45 pm	H, Burroughs	R313	Digital Insights: Transforming Mental Health Through Phenotyping and Sensing
2:15 pm-3:45 pm	C, Commonwealth Ballroom A	C245D	Working with First Responders, Challenges, Opportunities, and Novel Treatments
2:15 pm-3:45 pm	C, Commonwealth Ballroom B	R246D	Sex Effects in the Links Between Posttraumatic Stress Disorder and Cardiometabolic Function
2:15 pm-3:45 pm	C, Commonwealth Ballroom C	B115D	Using Expressive-Writing Based Interventions to Address the Sequelae of Trauma and Discrimination Among Diverse Populations
2:15 pm-3:45 pm	M, Douglass	B116	How Should We Think and Talk About Depression? Exploring Self-Labeling, Biogenetic, and Functional Beliefs About Depression in Students, Patients, and Providers
2:15 pm-3:45 pm	M, Faneuil	R247	Toward a Biopsychosocial Understanding of Grief: Recent Advances and Innovations in Prolonged Grief Research
2:15 pm-3:45 pm	G, Galleria Hall	R249D	Sex and Gender Influences in Obsessive-Compulsive Disorder: A Review of Epidemiology, Treatment, and Mechanisms
2:15 pm-3:45 pm	H, Harbor Ballroom I & II	C248	Positive Emotion Savoring Practices: Building Well-Being While Reducing Anxiety and Depression
2:15 pm-3:45 pm	L, Stone	R250S	The Influence of Sleep and Stress on Suicide Risk in Youth: Multimodal Approaches and Clinical Implications
3:45 pm-5:15 pm	C, Grand Ballroom and Foyer		<b>Poster Session 2</b> Sponsored by Johnson & Johnson

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All Times Listed are United States Eastern Daylight Time. Schedule is subject to change.

## SATURDAY, APRIL 13 (cont.)

C = Concourse Level, G = Galleria Level, H = Harbor Level, L = Lobby Level, M=Mezzanine Level

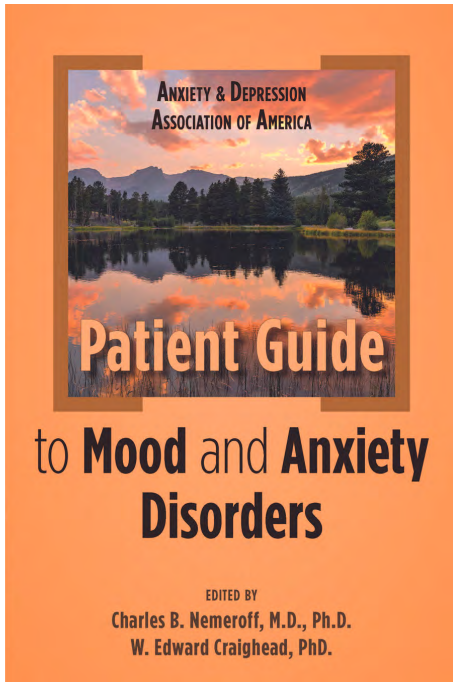
TIME	LOCATION	SESSION ID	TITLE
5:15 pm-6:15 pm	H, Burroughs	C314	Behind the Scenes: How Inferential Confusion Constructs Obsessions and How to Resolve It
5:15 pm-6:15 pm	C, Commonwealth Ballroom A	B315D	Examining the Line in the Sand: Considering Similarities and Differences across Traumatic- And Non-Traumatic Events and Associated Distress
5:15 pm-6:15 pm	C, Commonwealth Ballroom B	B316	MDMA and Psychedelics
5:15 pm-6:15 pm	C, Commonwealth Ballroom C	C251D	Barriers to Getting Good Help for OCD: Consumers and Advocates Speak Out
5:15 pm-6:15 pm	M, Douglass	C252	Voting OCD Off the Island: Fostering Positive Family Relationships in OCD Treatment
5:15 pm-6:15 pm	M, Faneuil	B253D	A New Transdiagnostic Treatment Target for Child Anxiety: Independence
5:15 pm-6:15 pm	G, Galleria Hall	B118*	Career Enhancement: Making the Most of ADAA Membership Presented by the ADAA Early Career Professional and Student Special Interest Group
5:15 pm-6:15 pm	H, Harbor Ballroom III	B254D	Ambitious Women: Being Them, Raising Them, and Mentoring Them
5:15 pm-6:15 pm	Lewis, Harbor Level	B119D	Using Digital Therapeutics to Increase Access to Mental Health Services: Practical Considerations
5:15 pm-6:15 pm	L, Stone	C225D	Unacceptable and Taboo Thoughts in OCD: Diagnosis, Pharmacotherapy, and Tips for Troubleshooting Barriers to Successful Psychotherapy
6:30 pm-7:45 pm	H, Harbor Ballroom I & II		<b>2024 Closing Awards Celebration &amp; Reception</b> sponsored by Vistagen

### Session ID Key:

C=Clinical    100=Beginner    D=Diversity  
 R=Research    200=Intermediate    E=Ethics  
 B=Both        300= Advanced    S= Suicide Education

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\*\*indicates a session that is not eligible for NBCC credit.



**D**espite the millions of individuals who struggle with mood or anxiety disorders, the world of mental health diagnosis and treatment can be a bewildering one for patients and their families alike. That's the driving force behind this guide from the Anxiety and Depression Association of America (ADAA).

Designed to empower patients and their support networks in their quest for wellness, this volume provides thorough descriptions of various mental health disorders—including major depressive disorder, social anxiety disorder, posttraumatic stress disorder, and others—as well as information on evidence-based treatments, both psychotherapeutic and psychopharmacological.

The book also examines emerging treatments, such as psychedelics and virtual reality therapy and neuromodulatory options such as electroconvulsive therapy and deep brain stimulation, and delves into special considerations for specific patient populations, including pregnant patients, children, and elderly patients.

With case vignettes that serve to illustrate important information, a multitude of easily referenced tables, and suggested readings for further exploration, this accessible guide provides readers with the knowledge and tools to make informed decisions and embark on a journey toward lasting wellness.

### About the Editors

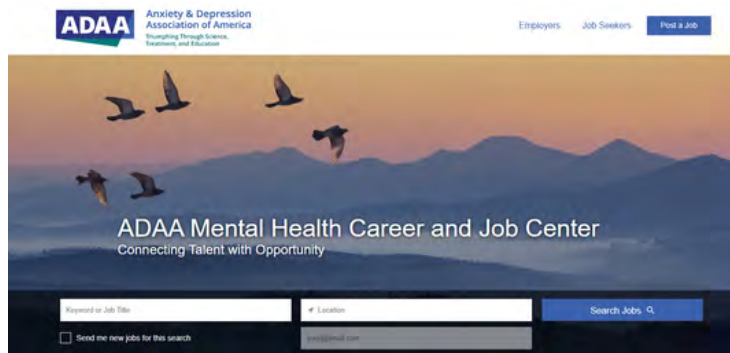
**Charles B. Nemeroff, M.D., Ph.D.**, is Matthew P. Nemeroff Professor and Chair in the Department of Psychiatry and Behavioral Sciences and Mulva Clinic for the Neurosciences and Director of the Institute of Early Life Adversity Research at Dell Medical School in The University of Texas at Austin in Austin, Texas.

**W. Edward Craighead, Ph.D., ABPP**, is J. Rex Fuqua Professor and Endowed Chair and Vice Chair of Child, Adolescent, and Young Adult Division in the Department of Psychiatry and Behavioral Sciences in the Emory University School of Medicine, Atlanta, Georgia; he is also Professor in the Department of Psychology at Emory University.

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## The ADAA Mental Health Career Center is Waiting for You!



Find an exciting new job – post your resume and scan hundreds of career postings in your field, today! Interested in making a change or seeing what's out there? Check out [ADAA's Mental Health Career Center](#).

# SUNDAY, APRIL 14

C = Concourse Level, G = Galleria Level, H = Harbor Level, L = Lobby Level, M=Mezzanine Level

TIME	LOCATION	SESSION ID	TITLE
7:00 am-3:00 pm	L, Paine		Unattended Luggage Storage (at own risk)
8:00 am-12:00 pm	C, Foyer		Registration
8:00 am-11:00 am	M, Bulfinch		Speaker Ready Room
8:00 am-9:00 am	C, Foyer		<b>Networking Breakfast</b>
9:00 am-10:00 am	H, Burroughs	C260D	Gender Identity OCD: Treatment through Three Different Lenses
9:00 am-10:00 am	C, Commonwealth Ballroom A	C256	Working with Rigidity in Anxious Patients: Using Clinical Flexibility to Get Unstuck in Treatment
9:00 am-10:00 am	C, Commonwealth Ballroom B	C317	Cutting through the Noise: Promoting Evidence-Based Approaches to Child Anxiety in the 'Insta-Fix' Era
9:00 am-10:00 am	C, Commonwealth Ballroom C	B257D	Our Evolving Understanding of Cognitive Dysfunction in Depression: A Discussion on Its Etiology and Underlying Mechanisms as Well as Novel Assessment Techniques and Treatment Options Being Developed
9:00 am-10:00 am	M, Douglass	B120D	Beyond Initiatives: How to Holistically Incorporate Diversity, Equity, and Inclusion into Everyday Action
9:00 am-10:00 am	M, Faneuil	C258	What "Matters" in Parenting: Getting Unstuck with the ACT Matrix
9:00 am-10:00 am	H, Harbor Ballroom I & II	C259DE	Ethical Considerations in Exposure Therapy Across Anxiety, OCD, and Trauma-Related Disorders
9:00 am-10:00 am	H, Harbor Ballroom III	B121	Beyond the Edge of the Evidence-Based Treatment Algorithm: What Do You Believe is True, Even Though You Cannot Prove It?
10:00 am-10:30 am	C, Grand Ballroom Foyer		<b>Networking Break</b>
10:30 am-12:00 pm	H, Burroughs	R266D	Intergenerational Trauma-Related Risk and Resilience Pathways Across Biological Systems and Stages of Early Development: The Role of Sex
10:30 am-12:00 pm	C, Commonwealth Ballroom A	R318D	The Prospective Impact of Sex-Specific and Sex-Dependent Factors on Psychological Functioning After Trauma
10:30 am-12:00 pm	C, Commonwealth Ballroom B	R261	Novel Approaches to Assessing and Targeting Repetitive Negative Thinking
10:30 am-12:00 pm	C, Commonwealth Ballroom C	B262	Causal Mechanisms and Intervention Targets in the Management of Health Anxiety
10:30 am-12:00 pm	M, Douglass	B263	Positive Processes and Transition to Health (PATH): A Transdiagnostic Treatment for Stress-Related Psychopathology
10:30 am-12:00 pm	M, Faneuil	C264	"Always on My Mind:" Emetophobia? What is That? And How Do You Treat It?
10:30 am-12:00 pm	H, Harbor Ballroom I & II	B265DS	Sex, Gender and Suicide Prevention: Impact on Identity, Treatment and Research
10:30 am-12:00 pm	H, Harbor Ballroom III	R267D	Traumatic Stress and Accelerated Aging: Recent Approaches to Understanding the Biological Cost of Trauma and the Role of Protective Factors

## Session ID Key:

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 R=Research      200=Intermediate      E=Ethics  
 B=Both          300= Advanced      S= Suicide Education

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## CONTINUING EDUCATION

### Overview

The annual conference of the Anxiety and Depression Association of America (ADAA) is designed to meet the educational needs of member and nonmember clinicians and researchers by providing training, dissemination of evidence-based treatments, and translation of the latest research. The ADAA Annual Conference is innovative and serves to advance knowledge in unique ways: 1) fostering dissemination and collaboration among basic and behavioral researchers; 2) encouraging researchers and clinicians to discuss practical applications in real-life settings; 3) accelerating translation of research to practice with hands-on training of empirically tested treatments; and 4) involving early career investigators, students, and trainees in research and learnings. The conference engages all of these audiences, building bridges and supporting these networks throughout the year.

### Statement of Need

Anxiety disorders and depression are common and disabling. Anxiety disorders comprise a diagnostic category that includes generalized anxiety disorder, panic disorder, obsessive-compulsive disorder (OCD), posttraumatic stress disorder (PTSD), social anxiety disorder, and phobias. Lifetime prevalence estimates for all anxiety disorders and major depression are 28.8 percent and 16.6 percent, respectively. Mental illnesses account for more than half as many disability days as all physical illnesses, with anxiety and depressive disorders being the major causes of disability. More than 40 million adults have one or more anxiety disorder, and 19 million adults have depression; anxiety disorders are the most common mental illnesses in children.

Research has long documented the high comorbidity between anxiety disorders and depression; the latest data continues to highlight the importance of understanding the overlap between these disorders, not only with respect to their etiology, but also in terms of treatment course. In 50 percent of diagnoses, individuals have comorbid anxiety and depression. Additionally, anxiety and depression are the primary illnesses associated with suicide.

To continue leading the field, ADAA has broadened its mission and vision to encompass anxiety and depressive disorders.

The desired results for the conference are that attendees are aware of the latest developments in preclinical and clinical research, are able to translate this knowledge to clinical practice, apply evidence-based research to practice, discuss real-world clinical experiences to influence research, and develop new skills and techniques to improve diagnosis, prevention, and treatment of anxiety and depressive disorders. It is also expected that researchers and clinicians will discuss how specific diagnoses manifest in the clinic and the reality of implementation of evidence-based and novel treatments in real world settings. Additionally, participants will evaluate and discuss how to use new technologies and social media in research and clinical practice, thus advancing the dissemination and implementation of empirically based and novel treatments.

## Conference Theme and Education Objectives

### Sex and Gender: Navigating the Biological and Social Constructs in Depression and Anxiety Disorders

After participating in the Anxiety and Depression Association of America Conference, participants should be able to:

- Identify and discuss the genetic, epigenetic, neurobiological, developmental, and psychosocial underpinnings of anxiety and depressive disorders, OCD, PTSD, and co-occurring disorders;
- Evaluate and discuss the latest developments in preclinical and clinical research, and discuss applications to clinical practice; and
- Evaluate, analyze, and discuss how new technologies, research, and social media can be incorporated into research and clinical practice.

The ADAA 2024 Annual Conference offers a maximum of 21.00 live continuing education credits to registered professional physicians, psychiatrists, neurologists, psychologists, social workers, counselors and case managers. Some sessions are eligible for **Cross-Cultural Diversity Credits, Ethics Credits, and Suicide Education Credits**.

All professional level registrants who want to claim credits must complete the online conference evaluation and attest to session participation to receive credits. This attestation must be completed by May 15, 2024.

## Continuing Education Credits

In support of improving patient care, this activity has been planned and implemented by Amedco LLC and Anxiety and Depression Association of America (ADAA). 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 Joint Accreditation #4008163



### Physicians (ACCME)

Amedco LLC designates this live activity for a maximum of 21.00 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Psychologists (APA) Credit Designation

This course is co-sponsored by Amedco LLC and Anxiety and Depression Association of American (ADAA). Amedco LLC is approved by the American Psychological Association to sponsor continuing education for psychologists. Amedco LLC maintains responsibility for this program and its content. 21.00 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. ASWB Learner Level: **Beginner, Intermediate, & Advanced**. Social Workers completing this course receive up to 21.00 GENERAL continuing education credits.



### **New York Board for Social Workers (NY SW)**

Amedco SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0115. 21.0 hours.

### **New York Board for Psychology (NY PSY)**

Amedco is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0031. 21.00 hours.

### **NBCC**

The Anxiety and Depression Association of America (ADAA) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6872. Programs that do not qualify for NBCC credit are clearly identified. ADAA is solely responsible for all aspects of the programs.



### **CAMFT**

The CAMFT board accepts credits from providers approved by the American Psychological Association (APA).

Some sessions will be eligible for specialty credits including Cross-Cultural Diversity Credits, Ethics, and Suicide Credits. Please [click here for a complete list](#).

## **How to Apply for Credit**

Attendees who are eligible and wish to claim continuing education credits may do so beginning on April 14, 2024, through the conference portal. All education credits must be submitted by May 15, 2024. Any attendee may follow the steps below to download a certificate of attendance. It is helpful to track the sessions you attend. This will assist you in the credit attestation process.

1. Visit the conference portal at <https://adaa.societyconference.com/v2/>
2. Click on "Evaluation" to complete the online conference survey. Please complete the evaluation before you will be able to claim education credits or print a certificate of attendance.
3. Upon submission of the evaluation, click on "Claim Continuing Education Credits" and select which certificate(s) you would like to claim.
4. For each certificate, select which sessions you attended, then complete the attestation questions.
5. Once completed, you will be able to download your certificate(s), with the exception of the NY PSY certificate, which will be sent to you by email approximately two weeks after your credits are submitted.

You do not need to return any forms to ADAA. All steps above must be completed **by May 15, 2024**.

Direct all questions regarding education credits and certificates to [conference@adaa.org](mailto:conference@adaa.org), or call 615-324-2365. You can also stop by the registration desk at the Conference with any questions.

## Disclosure of Conflict of Interest

The following table of disclosure information is provided to learners and contains the relevant financial relationships that each individual in a position to control the content disclosed to Amedco. All of these relationships were treated as a conflict of interest, and have been resolved. (C7 SCS 6.1--6.2, 6.5)

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Otsuka: Employee

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Sage Therapeutics: Advisory Board.

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### **Fava, Maurizio:**

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Cala Health: Advisory Board

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Boehringer Ingelheim: Grant

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Consultant. Vicore Pharma (for DSMB):

Consultant. IQVIA (for DSMB): Consultant.

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Honoraria. Psych Congress: Honoraria.

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Bayer: Consultant. Merck: Consultant,

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### **Keuroghlian, Alex:**

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Washington/HRSA: Consultant. University

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Almatica: Consultant. Biohaven:

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Pharma: Consultant

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Health: Consultant, Advisory Board.

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LLC: Consultant. BioXcel Therapeutics:

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Laureate Institute for Brain Research (LIBR) Inc: Advisory Board. Heading Health LLC: Advisory Board. Pasithea Therapeutics Corp: Advisory Board. SAGE Therapeutics Inc: Advisory Board. Method and devices for transdermal delivery of lithium (US 6,375,990B1): Patent. Method of assessing antidepressant drug therapy via transport inhibition of monoamine neurotransmitters by ex vivo assay (US 7,148,027B2): Patent. Skyland Trails: Advisory Board. Xhale: Stock / Equity -Privately Held Company. Seattle Genetics: Stock / Equity -Privately Held Company. BI Gen Holdings Inc: Stock / Equity -Privately Held Company. Corcept Therapeutics Pharmaceuticals Company: Stock / Equity -Privately Held Company. EMA Wellness: Stock / Equity -Privately Held Company. Precisment Health: Stock / Equity -Privately Held Company. Relmada Therapeutics Inc: Stock / Equity -Privately Held Company

**Otto, Michael:**

Big Health: Advisory Board, Contracted Research. Oxford Univ Press, Academic Press, Routledge: Royalties

**Paulus, Martin**

Spring Health: Advisory Board, Roche: Consultant

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**Potter, Mona:**

InStride Health, Inc: Founder

**Rauch, Sheila:**

Oxford University Press: Royalties

**Rego, Simon:**

Eleos Health: Stock / Equity -Privately Held Company

**Schueller, Stephen:**

Headspace: Advisory Board. Otsuka Pharmaceuticals: Consultant. Boehringer Ingelheim: Consultant

**Shear, Katherine:**

Guilford Press: Royalties

**Simon, Naomi:**

American Foundation for Suicide Prevention: Grant. PCORI: Grant. NIH: Grant. Ananda Scientific: Grant. Cohen Veterans Network and MindMed: Grant. Cerevel: Consultant. Genomind: Consultant. Wiley: Consultant. G1 Therapeutics: Stock / Equity - Publicly Traded Company. Zentalis: Stock / Equity - Publicly Traded Company. Wolters Kluwer: Royalties. APA Publishing: Royalties

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American Medical Association: Other Financial Material or Support. UpToDate: Royalties. Cambridge University Press: Royalties

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**Wilhelm, Sabine:**

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**Yazar-Klosinski, Berra:**

Lykos Therapeutics: Employee

*The following presenters had nothing to disclose*

Adams, Leslie  
Aguirre, Blaise  
Ahuvia, Isaac  
Alvord, Mary  
Anand, Amit  
Andersen, Elizabeth  
Arbid, Natalie  
Asmundson, Gordon  
Azoulay, Roy  
Bagley, Jenna  
Bailey, Emily  
Bajwa, Harris  
Baker, Amanda  
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Batista, Sharon  
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Beakas, Jenna  
Beard, Courtney  
Becker-Haimes, Emily  
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Benoit Allen, Kristy  
Bjorgvinsson, Throstur  
Bloch-Elkouby, Sarah  
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Bolden Jarvis, China  
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Bramhall, Ashley  
Brennan, Elle  
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Bullis, Jacqueline  
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Chen, Frances  
Chiu, Angela  
Chu, Brian  
Church, Leah  
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Cohen, Ilana  
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Cottu di Roccaforte, Cinzia  
Coyne, Alice  
Coyne, Lisa  
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Cullen, Jenifer  
Davignon, Lisa-Marie  
DeCross, Stephanie  
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Deibler, Marla  
Dodd, Cody  
Domingues, Janine  
Dorris, Hannah  
Duarte Velez, Yovanska  
Edwards, Lauren  
Elias, Jason

Elkins, R. Meredith	Khalil, Dalia	Olfson, Emily	Talkovsky, Alexander
Emanuele, Jill	Khalisa, Sahib	Ortiz, Camilo	Tan, Patricia
Engel, Sinha	Kilduff, April	Pantalone, David	Taylor, Christina
English, Megan	Kleiman, Evan	Park, Alayna	Taylor, Scott
Fani, Negar	Klein, Keith	Park, Jennifer	Teachman, Bethany
Fastman, Matthew	Klusmann, Hannah	Parlor, Jessica	Teresi, Giana
Feen-Calligan, Holly	Kneeland, Elizabeth	Patterson, Megan	Tirpak, Julianne
Feeny, Norah	Kotsis, Konstantinos	PeConga, Emma	Tovey, Roberta
Ferguson, IreLee	Krishnamoorthy, Dhurga	Pedrelli, Paola	Trapp, Nicholas
Fernando, Michelle	Krompinger, Jason	Perlman, MD, MPH, Molly	Trondsen, Chris
Fraire, Maria	Kujawa, Autumn	Perricone, Annalise	Trucco, Elisa
Franklin, Martin	LaFreniere, Lucas	Peters, Jessica	Tsao, Steven
Freshley, Hillary	Laky, Zoe	Pierorazio, Nicholas	Tung, Esther
Friedman, Sydney	Lamb, Karan	Pimentel, Sandra	Tyler, Jeremy
Galynker, Igor	Lamkin, Alicia	Pincus, Donna	Van Kirk, Nathaniel
Gauthier, Gabrielle	Larson, Christine	Pollard, Alec	Van Zandt, Meghan
Gerritsen, Lotte	Lawrence, Hannah	Polli, Alex	Wadsworth, Lauren
Gibb, Brandon	Leary, Manisha	Powers, Abigail	Ward, Takira
Gittins Stone, Daniel	Leffler, Jarrod	Price, Maggi	Waye, Catherine
Glynn, Tiffany	Leonard, Rachel	Purcell, Juliann	Webb, Kate
Gold, Alexandra	Levitt, Madeline	Pushkarskaya, Helen	Weeks, Justin
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Golomb, Ruth	Lin, Jenny	Rakesh, Gopalkumar	Wheaton, Michael
Gomes de Siqueira, Alexandre	Linsky, Arielle	Rassaby, Madeleine	White, Evan
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Gorbis, Alexander	Lipschutz, Rebecca	Ravi, Meghna	Williams, Monnica
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Gradus, Jaimie	Liuzzi, Michael	Reinardy, Renae	Wilson, Reid
Granros, Maria	LoPilato, Allison	Reynolds, Shirley	Wisco, Blair
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Gulati, Arshpreet	Lynch, Jennifer	Rojas, Lizbeth	Yusko, David
Gushanas, Kimberly	Mac Giollabhui, Naoise	Rosenfeld, Eve	Zhang, Qi
Haering, Stephanie	Mach, Russell	Rothbaum, Barbara	Zhou, Sasha
Hamrick, Hannah	Mackin, Daniel	Russon, Jody	Zimmermann, Martha
Hansen, Bjarne	Macrynika, Natalia	Sawchuk, Craig	Zoloth, Emma
Harb, Farah	Malgaroli, Matteo	Saxena, Meha	van Zuiden, Mirjam
Harkavy-Friedman, Jill	Malka, Tal	Scharfstein, Lindsay	
Harnett, Nathaniel	Mann, Eric	Schein, Rachel	
Harper, Kelly	Mariaskin, Amy	Schiffer, Molly	
Harrington, Raegan	Marin, Marie-France	Schnurr, Paula	
Hayden, April	Marrotte, Katie	Schroder, Hans	
Heady, Mike	Martin Burch, Julia	Schwartz, Stephanie	
Helpman, Liat	Martinez, Molly	Seligowski, Antonia	
Hendrix, Cassandra	Mattson, Elsa	Shayani, Danielle	
Hinchey, Liza	McGrath, Patrick	Shin, Jin	
Hinojosa, Cecilia	McIngvale, Elizabeth	Skriner, Laura	
Hoge, Elizabeth	McKenna, Brooge	Skritskaya, Natalia	
Howell, Ashley	McKenzie, Robert	Sloan, Colleen	
Hunter, Hannah	Medd, Audrey	Smith, Ryan	
Ismail, Nafissa	Metcalf, Christina	Somerville, Leah	
Jabbi, Mbemba	Meuret, Alicia	Spencer, Elizabeth	
Jacoby, Ryan	Michopoulos, Vasiliki	Spencer-Laitt, Daniella	
Jamison, Jesslyn	Mier-Chairez, Judy	Sperling, Jacqueline	
Javanbakht, Arash	Morgan, Myesha	Stahnke, Brittany	
Jones, Sherri Lee	Moses, Zachary	Stark, Abigail	
Jopling, Ellen	Moskalis, Joanna	Stepan, Michelle	
Jovanovic, Tanja	Moskow Diamond, Danielle	Stojek, Monika	
Judah, Matt	Mouton-Odum, Suzanne	Stroud, Catherine	
Judd, Ryan	Myers, Jarell	Stumper, Allison	
Judkins, Cara	Navarre, Kellyann	Sumner, Jennifer	
Kalanthroff, Eyal	Nillni, Yael	Suro, Giulia	
Kalyanaraman, Sriram	Novick, Andrew	Susser, Leah	
Kamali, Masoud	O'Brien, Brittany	Swee, Michaela	
Kastens, Alegra	O'Connor, Mary-Frances	Sy, Jen	
Kearns, Jaclyn	O'Dor, Sarah	Szanto, Katalin	



HABITAWARE

# Take control of: hair pulling skin picking nail biting with **Keen2**



HabitAware's real-time gesture detection technology keeps your clients aware of these trance-like behaviors, so they can redirect to healthier self-soothing strategies.



## HabitAware is more than just a smart watch:



### Online Community

because no one should feel alone with a BFRB.



### Virtual Peer Coaching

from people who get it, and have learned to take control.



### eCourse

explains HabitAware's behavior change process.



### KeenLite

Awareness training sessions on Apple Watch.

Say hi to me!

**Hi! I'm Ellen from team HabitAware.**

I've worked with thousands of people with Body-Focused Repetitive Behaviors. I love to chat about BFRBs and all things mental health. If you see me walking around ADA, please say hi!

BFRB treatment professionals need support too: Visit [habitaware.com/providers](http://habitaware.com/providers) for our therapist guide and other resources.

# *Thank you!* 2024 ADAA SESSION PRESENTERS

Leslie Adams  
Jyoti Aggarwal  
Blaise Aguirre  
Isaac Ahuvia  
Olusola Ajilore  
Anne Marie Albano  
Robert Alexander  
Nicholas Allen  
Jonathan Alpert  
Mary Alvord  
Amit Anand  
Elizabeth Andersen  
Natalie Arbid  
Gordon Asmundson  
Roy Azoulay  
Jenna Bagley  
Emily Bailey  
Harris Bajwa  
Amanda Baker  
Justin Baker  
Tracy Bale  
David Barlow  
Sharon Batista  
Megan Baumgardner  
Jenna Beakas  
Courtney Beard  
Emily Becker-Haimes  
Jamie Belsito  
Shannon Bennett  
Kristy Benoit Allen  
Throstur Bjorgvinsson  
Sarah Bloch-Elkouby  
Paul Bloom  
Jennifer Blossom  
Hilary Blumberg  
Chelsea Boccagno  
Kathryn Boger  
China Bolden Jarvis  
Michelle Bovin  
Robert Brady  
Ashley Bramhall  
Elle Brennan  
Alexandra Brouillard  
T.H. Eric Bui  
Jacqueline Bullis  
Rachel Busman  
Nancy Byatt  
Karen Cassidy  
Frances Chen  
Angela Chiu  
Brian Chu  
Leah Church

Rocco Clericuzio  
Ilana Cohen  
Jeffrey Cohen  
Amanda Collins  
Daniel Coppersmith  
Cinzia Cottu di Roccaforte  
Alice Coyne  
Lisa Coyne  
Michelle Craske  
Jenifer Cullen  
Laura Damm  
Lisa-Marie Davignon  
Rachel Davis  
Stephanie DeCross  
Marla Deibler  
Emily DeSalvatore  
Cody Dodd  
Janine Domingues  
Hannah Dorris  
Yovanska Duarte Velez  
Lauren Edwards  
Jason Elias  
R. Meredith Elkins  
Jill Emanuele  
Sinha Engel  
Megan English  
Cynthia Epperson  
Negar Fani  
Matthew Fastman  
Maurizio Fava  
Holly Feen-Calligan  
Norah Feeny  
IreLee Ferguson  
Michelle Fernando  
Maria Fraire  
Martin Franklin  
Hillary Freshley  
Sydney Friedman  
Igor Galynker  
Ronald Garcia  
Jessica Gaulton  
Gabrielle Gauthier  
Lotte Gerritsen  
Brandon Gibb  
Daniel Gittins Stone  
Tiffany Glynn  
Alexandra Gold  
Andrea Gold  
Tina Goldstein  
Jill Goldstein  
Ruth Golomb  
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Lana Grasser  
Jonathan Grayson  
Alessandra Grillo  
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Arshpreet Gulati  
Faith Gunning  
Kimberly Gushanas  
Stephanie Haering  
Hannah Hamrick  
Bjarne Hansen  
Farah Harb  
Jill Harkavy-Friedman  
Nathaniel Harnett  
Kelly Harper  
Raegan Harrington  
April Hayden  
Mike Heady  
Liat Helpman  
Cassandra Hendrix  
Jonathan Hershfield  
Liza Hinchey  
Cecilia Hinojosa  
Elizabeth Hoge  
Paul Holtzheimer  
Ashley Howell  
Hannah Hunter  
Nafissa Ismail  
Mbemba Jabbi  
Nicholas Jacobson  
Ryan Jacoby  
Jesslyn Jamison  
Arash Javanbakht  
Manish Jha  
Hadine Joffe  
Sherri Lee Jones  
Ellen Jopling  
Tanja Jovanovic  
Matt Judah  
Ryan Judd  
Cara Judkins  
Eyal Kalanthroff  
Sriram Kalyanaraman  
Masoud Kamali  
Alegra Kastens  
Jaclyn Kearns  
Alex Keuroghlian  
Dalia Khalil

Sahib Khalsa  
April Kilduff  
Evan Kleiman  
Keith Klein  
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Elizabeth Kneeland  
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Russell Mach  
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Tal Malka  
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Katie Marrotte  
Julia Martin Burch  
Molly Martinez  
Brian Marx  
Sanjay Mathew  
Elsa Mattson  
Patrick McGrath  
Elizabeth McIngvale

*Thank you!*

## 2024 ADAA SESSION PRESENTERS

Brooke McKenna  
Robert McKenzie  
Audrey Medd  
Christina Metcalf  
Alicia Meuret  
Vasiliki Michopoulos  
Judy Mier-Chairez  
Myesha Morgan  
Zachary Moses  
Joanna Moskalis  
Danielle Moskow Diamond  
Suzanne Mouton-Odum  
Jarell Myers  
Kellyann Navarre  
Charles Nemeroff  
Yael Nillni  
Andrew Novick  
Brittany O'Brien  
Mary-Frances O'Connor  
Sarah O'Dor  
Emily Olfson  
Camilo Ortiz  
Michael Otto  
David Pantalone  
Jennifer Park  
Alayna Park  
Jessica Parlor  
Megan Patterson  
Emma PeConga  
Paola Pedrelli  
Molly Perlman, MD, MPH  
Annalise Perricone  
Jessica Peters  
Nicholas Pierorazio  
Sandra Pimentel

Donna Pincus  
Christopher Pittenger  
Alec Pollard  
Alex Polli  
Mona Potter  
Abigail Powers  
Maggi Price  
Juliann Purcell  
Helen Pushkarskaya  
Brie Radis  
Gopalkumar Rakesh  
Madeleine Rassaby  
Ritika Rastogi  
Sheila Rauch  
Meghna Ravi  
Simon Rego  
Adam Reid  
Renae Reinardy  
Shirley Reynolds  
Laura Rindlaub  
Katerina Rnic  
Don Robinaugh  
Stephanie Rohrig  
Lizbeth Rojas  
Eve Rosenfeld  
Barbara Rothbaum  
Jody Russon  
Craig Sawchuk  
Meha Saxena  
Lindsay Scharfstein  
Rachel Schein  
Molly Schiffer  
Paula Schnurr  
Hans Schroder  
Stephen Schueller

Stephanie Schwartz  
Antonia Seligowski  
Danielle Shayani  
Katherine Shear  
Jin Shin  
Naomi Simon  
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Natalia Skritskaya  
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Victoria Wilkins  
Monnica Williams  
Henry Willis  
Reid Wilson  
Blair Wisco  
Emma Wolfe  
Stephanie Woodrow  
Anne Yacoviello  
Berra Yazar-Klosinski  
Shirley Yen  
David Yusko  
Qi Zhang  
Sasha Zhou  
Martha Zimmermann



## ADAA'S IMPACT

We invite you to read [ADAA's 2023 Impact Report](#), which provides a "year in review" about our public and professional reach and impact.

Through ADAA's focus on the alignment of science, treatment, and education, sharing personal stories about how evidence-based help can positively impact lives, and through partnerships and alliances with like-minded community organizations, we are #breakingthestigma around anxiety disorders and depression.

## Join ADAA to:



- Expand your reach to potential clients
- Grow your practice and market your services
- Access ADAA's website - with more than 5 million annual unique visitors

## Obtain Free Continuing Education

Credits can range in cost from \$15-\$35 and depending on the state, clinicians need on average 30 credits annually. All ADAA members get FREE CE/CMEs with their membership.



## List Your Practice on ADAA's Find Your Therapist Directory

**280,000+**

Free for members:  
The portal has nearly 300,000 visits per month



No-Cost Peer Consultation Groups Through Special Interest Groups



Find Your Therapist Directory  
Honorarium for Professionals Who Present During Webinars



Discounted Registration for Annual In-Person Conference

**Click to Learn More and Join**

# STRENGTHENING OUR IMPACT IN 2023

ADAA has a vibrant and active digital presence. Our website, newsletters and social media platforms offer a wide variety of content including personal stories, awareness raising campaigns, current news and research, upcoming events, and more. Our free [anxiety and depression, MDD, PTSD and Spanish language peer-to-peer communities](#) offer a safe place for people to share experiences and learn from others struggling with an anxiety, depression, OCD, PTSD or a co-occurring disorder.

## SOCIAL MEDIA



56K  
followers



ADAA  
Mindful Meditation Works for Everyone  
Mindful meditation is a practice that can help you manage stress, anxiety, and depression. It involves focusing your attention on the present moment, without judgment. This can help you become more aware of your thoughts and feelings, and can help you develop a sense of calm and inner peace. Mindful meditation is a simple and effective way to improve your mental health and well-being. For more information, visit our website at [www.adaa.org](#).



46K  
members  
(page/group)



8.8K  
followers



21.7K  
followers



25K  
subscribers



ADAA  
ONLINE  
SUPPORT  
COMMUNITIES



87.5K  
English &  
Spanish  
subscribers



Enhanced  
ADAA Find  
Your Therapist  
Directory

## WEBSITE & NEWSLETTERS



5.5M  
unique annual,  
website visitors



40K  
*Triumph* public  
newsletter  
subscribers



14K  
*Insights*  
professional  
newsletter  
subscribers

## COMMUNITY EDUCATION



75  
Videos &  
podcasts



50  
Blog posts



25  
Webinars

# 2023 NEW INITIATIVES

## NEW PUBLIC MENTAL HEALTH VIDEO SERIES

With support from our generous sponsors [McLean Hospital](#), [Otsuka](#), and [Teva Pharmaceuticals](#), we launched our "What Is" series of educational health literate videos for the public.



### Sponsored by [McLean Hospital](#)

- [What is Anxiety?](#)
- [What is Depression?](#)
- [What is Obsessive Compulsive Disorder \(OCD\)?](#)
- [What is Suicide?](#)

### Sponsored by [Otsuka](#)

- [What is Major Depressive Disorder \(MDD\)?](#)
- [Defining PTSD and Trauma](#)
- [PTSD Treatment and Support](#)
- [The Symptoms of PTSD](#)
- [What is Post Traumatic Disorder \(PTSD\)?](#)

### Sponsored by [Teva Pharmaceuticals](#)

- [What is Tardive Dyskinesia \(TD\) – Public?](#)
- [What is Tardive Dyskinesia \(TD\) – Professional?](#)

## PTSD SUMMIT

This year, ADAA also collaborated with the [Depression and Bipolar Support Alliance \(DBSA\)](#) on a two-hour free [virtual summit](#) where participants heard from a variety of stakeholders on ways to more effectively support individuals living with PTSD and their support partners. Together, the panelists explored unmet needs in underserved communities, discussed how to improve patient pathways to diagnosis and treatment, and addressed PTSD misconceptions, and how to advocate for trauma-informed, culturally competent care.

**ADAA** **DBSA**

**Raising Our Hands: PTSD Identification, Diagnosis, and Treatment Across Diverse Communities**

Tuesday, November 7  
12:00 PM - 2:00 PM ET

**Panel 1**  
4 Lives at the Helm: Exploring Underutilized PTSD Patient Resources

**Panel 2**  
Focusing on the Experiences of Individuals with PTSD and Support Partners: Challenges, Solutions, Opportunities

**Panel 3**  
Bridging Gaps for Change: A Call to Action for Advancing PTSD Services

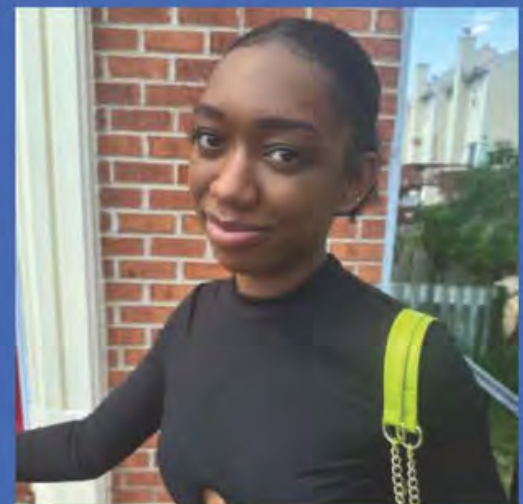
**Seana Carlo**, Executive Director, ADAA  
**Michael Pollock**, Chief Executive Officer, DBSA

Sponsored by **CONHEALTH**



## FIND YOUR THERAPIST DIRECTORY

ADAA launched an enhanced [Find Your Therapist](#) Directory. In line with our mission, the updated Find Your Therapist Directory connects ADAA members with those looking for mental health.



Improving  
the Quality of  
Life for those  
Struggling with  
Anxiety and  
Depression

# WHO WE SUPPORT



“ With evidence-based information from organizations like ADAA and ongoing and novel research, advocacy and treatment, as well as candid and honest dialogue with mental health teams, friends and family, I believe we can all get better. There is life after severe mental illness. ”

– Paige Kimball

ADAA Public Community Member

ADAA's website and outreach channels provide treatment, education, and support resources for those struggling with anxiety, depression, OCD, PTSD, and co-occurring disorders.

- Learn about evidence-based **treatment options**, including how to choose and find a therapist.
- Find support by **sharing with others**.
- Search for **information** for any demographic and age group.
- Stay informed: subscribe to ADAA's free monthly **Triumph newsletter**.
- Find self-help **books and publications**.
- Read **blog posts and news articles** featuring ADAA's members.
- Watch and listen to free **webinars, videos and podcasts**.

## ADAA's Public Education Committee

The committee focuses on improving and expanding public education and outreach through website content, webinars, blog posts, social media outreach, infographics, self-help books and other collaborative educational projects.

18%

of people in the US experience an anxiety disorder in any given year.

8%

of American children and teenagers are experiencing an anxiety disorder.

322M

people worldwide live with depression.

7M

Black and African Americans in the US are living with depression.

# WHO WE WORK WITH

ADAA [partners](#) with like-minded national and international nonprofits, companies and mental health organizations that support our mission. Together we are stronger. Together we change lives.


ADAA seeks to build partnerships with additional organizations to deliver the highest quality programs, education, and information to our members and the public. **Interested in partnering with ADAA?** Please email Katie Russo: [krusso@adaa.org](mailto:krusso@adaa.org).

## CORPORATE SPONSORS

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 Intra-Cellular THERAPIES

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AN OHSU AFFILIATE

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 **NeuroStar**  
Advanced Therapy for Mental Health

 NIH National Institutes of Health  
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THERAPEUTICS

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Behavioral Health

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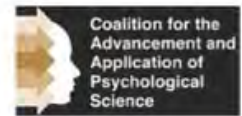
 VistaGen<sup>®</sup>  
Therapeutics



“ Our partnership with ADAA has been an incredible experience. Their mission-driven work to support patients, families and clinicians is exemplary and McLean has been proud to work with ADAA through developing and publishing integral and innovative mental health content. We could not be more grateful to collaborate with such an outstanding organization and are looking forward to continuing our partnership in 2024. ”

—James M Holsomback, Director of Marketing and Clinical Outreach, [McLean Hospital](#)

# COMMUNITY PARTNERS



“ The many years of partnership between the American Foundation for Suicide Prevention (AFSP) and ADAA, including our annual sponsorship of the ADAA conference, has been essential for sharing research findings related to suicide prevention and informing clinical practice. This collaboration helps us to achieve our mission of saving lives and bringing hope to those affected by suicide. ”



- Jill Harkavy Friedman, PhD, Senior Vice President of Research, AFSP



**Save the Date!**  
April 3-6, 2025



**Anxiety &  
Depression**

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**Conference** **ADAA** 2025



[www.adaa.org](http://www.adaa.org) | [#ADAA2025](https://twitter.com/ADAA2025) | [@ADAAConference](https://twitter.com/ADAAConference)