



10th Anniversary Summit

Bridging the Gap between Advances in Knowledge and Clinical Practice

Friday, July 10

- 6:00 pm **Registration** and Welcome Reception
- 6:10 pm **Dinner**
- 7:00 pm **CURESZ Mentors Presentation / Panel**
- 8:30 pm **Adjournment**

Saturday, July 11

- 8:00 am **Breakfast**
- 9:00 am **Welcome** from CURESZ Founders
Bethany Yeiser, BS & **Henry Nasrallah, MD**



Bethany Yeiser, BS



Henry Nasrallah, MD

- 9:10 am **Keynote Speech: Bridging the Gap between Advances in Knowledge and Clinical Practice** by **Rajiv Tandon, MD**



Rajiv Tandon, MD

- 9:55 am **Update on LAIs and TD meds: Underutilization, Data and Statistics Relevant to Families**, by **Henry Nasrallah, MD**



Henry Nasrallah, MD

- 10:40 am **Break**
- 10:55 am **Clozapine and the Mucarinic Agonist Xanomeline: 2 Major Treatment Advances for Schizophrenia Over the Past 40 Years**, by **Robert Cotes, MD**



Robert Cotes, MD

- 11:40 am **The Risk of Developing Psychosis in College**, by **Bethany Yeiser, BS** & **Sarah Marzen, PhD**



Bethany Yeiser, BS



Sarah Marzen, PhD

- 12:20 pm **Lunch**

- 1:20 pm **Panel Discussion and Q/A** with **Drs. Henry Nasrallah, Matcheri Keshavan, Rajiv Tandon & Megan Good.**



Henry Nasrallah, MD



Matcheri Keshavan, MD



Rajiv Tandon, MD



Megan Good, MD

- 1:55 pm **Mission and Vision** of the CURESZ Foundation and what makes it unique
- 2:30 pm **Call for Donations and Closing Remarks**
- 3:00 pm **Adjournment**



Research | Recovery | Hope

See next page.
Agenda is subject to change.



CAREGIVING MENTORS PANEL



Stephanie Carbaugh

Stephanie began mentoring in 2022. She spent most of her career working for her family lumber/manufacturing company while later launching a productivity organizing company to provide services for business and residential clients. She believes that her background with operational systems and organization skills helped her in many ways to navigate her daughter's illness and recovery.



Nicole Gillen

Nicole is a care partner to an adult daughter with schizophrenia. She is the author of *Schizophrenia & Related Disorders: A Handbook for Caregivers*, and *Connected Care: A Practical Guide to Technology for Serious Mental Illness*.



Linda Mimms

Linda has worked for the past 14 years advocating to break down barriers to treatment for people with serious brain diseases like schizophrenia. She has an MPP in Public Policy, has worked for a US Senator, published papers and editorials, and spoken several times on Capitol Hill.



Kristy Stonehill

Kristy is a CURESZ mentor and an advocate for families and individuals affected by serious mental illness. She is also the Executive Director of her local NAMI, NAMI Rappahannock, in Virginia. As a care partner herself, she understands how difficult it can be to navigate the world of serious mental illness firsthand.

PANEL FACILITATOR



Catherine Engle, LPCC-S

Catherine Engle is the Associate Vice President of Health Services at Greater Cincinnati Behavioral Health Services. She is a licensed professional clinical counselor, with supervision designation (LPCC-S) in the state of Ohio.

CURESZ CLUBS GUEST SPEAKER



Sarah Marzen

Sarah Marzen holds a physics bachelor's degree from Caltech, a physics PhD from the University of California, Berkeley, and completed a postdoctoral fellowship at MIT. Today, she works as a physics professor and researcher at the W. M. Keck Science Department at the Claremont Colleges.

SCHIZOPHRENIA COLLOQUIA PANEL *(Bios on following pages)*



**Megan Good,
MD**



**Matcheri
Keshavan, MD**



**Henry
Nasrallah, MD**



**Rajiv Tandon,
MD**

SUMMIT SPEAKERS *(Bios on following pages)*



**Robert O.
Cotes, MD**



**Bethany Yeiser,
BS**



**Henry
Nasrallah, MD**



**Rajiv Tandon,
MD**

SUMMIT FACILITATOR

(Bio on following pages)



Bethany Yeiser, BS

Bios



**Robert O.
Cotes, MD**

Robert O. Cotes, MD, is a Professor at Emory University School of Medicine in the Department of Psychiatry and Behavioral Sciences.

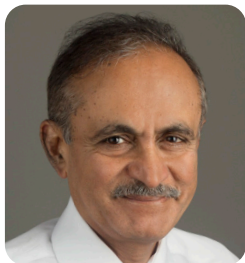
Dr. Cotes is Chief of Psychiatry at Grady Health System. He is the founder and Co-Director of the Clinical & Research Program for Psychosis at Grady Health System, which is comprised of three clinical programs: 1) **PSTAR**, which provides evidence-based, recovery-oriented care for individuals with persistent symptoms of psychosis, specializing in the use of clozapine, 2) **Project ARROW**, a coordinated specialty care team for people experiencing prodromal and early psychosis, and 3) **Youth and Family TREE**, a program for youth and young adults with co-occurring disorders.

His research focuses on clozapine, pharmacologic and psychosocial interventions for people with schizophrenia, cardiometabolic side effects of antipsychotic medication, and understanding the potential for digital biomarkers in mental health. He is Editor-In-Chief of *Community Mental Health Journal* and serves on the NAMI Scientific Advisory Council.



**Megan Good,
MD**

Megan Good, MD, is an Instructor of Psychiatry at Harvard Medical School and Medical Director of the ASPIRE Clinic at Beth Israel Deaconess Medical Center, where she specializes in treating patients with first-episode psychosis. She completed a fellowship in early course psychosis at Harvard Medical School where she had the opportunity to work with several first-episode psychosis and clinical high-risk for psychosis programs in the Greater Boston area including the ASPIRE Clinic at Beth Israel Deaconess Medical Center, the RE-SET Program at Massachusetts General Hospital, and the Discovery Program at Edinburg Center. Her clinical and research interests focus on identifying nonpsychiatric comorbidities and contributors to psychotic symptoms in the clinical high-risk for psychosis and first-episode psychosis populations. She completed her psychiatry residency at the University of Louisville, where she served as Chief Resident, and is a proud Kentuckian.



**Matcheri
Keshavan, MD**

Matcheri Keshavan, MD, is Stanley Cobb Professor of Psychiatry at the Beth Israel Deaconess Medical Center (BIDMC); Harvard Medical School (HMS), a position he assumed in April 2008. He is also the academic head of psychiatry at BIDMC, and a senior psychiatric advisor for the Massachusetts Mental Health Center. Since September 2017, he serves as the Director of the Commonwealth Research Center at BIDMC. Dr. Keshavan received his medical training in Mysore, India (where he graduated at the top of his University), and his psychiatric training in Bangalore (India), Vienna, London, and Detroit. In 1986, Dr. Keshavan joined the faculty at Western Psychiatric Institute and Clinic, Pittsburgh, PA. He was appointed full tenured Professor in 1998. Between 2004 and 2008, he served as Tenured Professor and Associate Chair of the Department of Psychiatry and Behavioral Neurosciences, Wayne State University, Detroit, MI. Since October 2019, he has assumed the position of Academic Chair of the BIDMC Department of Psychiatry.

Dr. Keshavan is closely involved in research in neurobiology of psychosis, especially as it pertains to first episode psychotic disorders. His research has resulted in over 700 publications to date, including over 550 peer-reviewed papers, and 4 books. He has received several awards including the Gaskell Gold Medal of the Royal College of Psychiatrists (1985); Nancy Roschke Certificate for Teaching Excellence of the American Psychiatric Association in 1993; Teaching awards at the Departments of Psychiatry in Pittsburgh (1992, 1994, and 2004), Wayne State University (2008) and at Harvard (2011); the Research Scientist Development Award from NIMH (National Institute of Mental Health); the 2003 NAMI (National Alliance for the Mentally Ill) of Pennsylvania Psychiatrist of the Year Award, the 2014 Stuart Hauser mentoring award at HMS, the 2013 Gerard Hogarty Award for Research from the University of Pittsburgh the 2016 Kempf award of the American Psychiatric Association and the NAMI 2019 research award. . He is a distinguished Fellow of the American Psychiatric Association; a Fellow of the Royal College of Physicians, Canada; and a Fellow of the Royal College of Psychiatrists, UK.

Dr. Keshavan is the Editor-in-Chief of Schizophrenia Research (Elsevier) and serves on the editorial board for journals such as Acta Neuropsychiatrica, Bipolar disorder and Asian J psychiatry. In addition, Dr. Keshavan is often invited to speak at national and international conferences. He has several funded grants. His main areas of research include the neurodevelopmental basis of schizophrenia, neuroimaging, biomarkers and early intervention. He teaches HMS medical students and residents, and co-directs the neuroscience, critical thinking and public psychiatry courses for Harvard BIDMC residents.



**Henry
Nasrallah, MD**

Henry Nasrallah, MD, is a widely recognized neuropsychiatrist, educator and researcher. Following his psychiatric residency at the University of Rochester and neuroscience fellowship at the NIH, he served for 18 years as chair of psychiatry at 2 universities (12 years at The Ohio State and 6 years at Saint Louis University) and as Associate Dean for Faculty Mentorship at the University of Cincinnati College of Medicine for 4 years. He is currently Vice-Chair for Faculty Development and Mentorship, Professor of Psychiatry, Neurology and Neuroscience, Medical Director of Neuropsychiatry Program and Director of the Schizophrenia Program in the Department of Psychiatry and Behavioral Neuroscience at the University of Cincinnati College of Medicine.

Dr. Nasrallah's research focuses on the neurobiology and psychopharmacology of schizophrenia and psychotic mood disorders. He has published 450 scientific articles, 610 abstracts, 195 editorials, and 13 books. He is Editor-In-Chief of 3 journals (*CURRENT PSYCHIATRY*, *SCHIZOPHRENIA RESEARCH AND BIOMARKERS IN NEUROPSYCHIATRY*) and is the co-founder of the Schizophrenia International Research Society (SIRS). He is a Distinguished Fellow of the American Psychiatric Association, Fellow of the ACNP and the American College of Psychiatrists. He has served as President of the Ohio Psychiatric Physicians Foundation, President of the American Academy of Clinical Psychiatrists, President of the Missouri Psychiatric Association and the Scientific Director of the CURESZ Foundation which he established with one of his patients whom he cured from schizophrenia after 5 years of homelessness and continuous hallucinations, and she was able to return to college and graduate with honors in molecular biology. He received the highest research awards from Ohio State (Distinguished Scholar Award) and the Daniel Drake Medal from the University of Cincinnati. He was listed by Reuther as one of the top 1% of the most highly cited investigators in the world. He has twice received the NAMI Exemplary Psychiatrist Award and was chosen as the U.S.A. Teacher of the Year by the Psychiatric Times. He has received the Golden Apple Teaching Award at 4 different universities. He has received over 95 research grants and is listed annually in the book *Best Doctors in America*.



**Rajiv Tandon,
MD**

Rajiv Tandon, MD, Professor and Chair Emeritus at the Western Michigan University Homer Stryker College of Medicine, is an internationally reputed psychiatrist, educator, and researcher. Following a psychiatric residency at the University of Michigan in Ann Arbor (1984-87), he served there as a faculty member for 17 years (1987-2004) achieving tenure in 1992 and becoming a full professor in 1998. He served as the Chief of Psychiatry for the State of Florida from 2004-2009 and subsequently served as the Chief of the Psychiatry Service at the North Florida/South Georgia Malcolm Randall VA Medical Center and Professor/Vice-Chair at the Department of Psychiatry in the University of Florida from 2009-2019, before serving WMU Homer Stryker College of Medicine as Professor and Chair from 2019-2022.

Dr. Tandon has authored more than 400 scientific publications and given over 1500 national and international scientific presentations. He has received over 20 national and international awards for research and teaching. He has received the Exemplary Psychiatrist Award from the National Alliance for Mental Illness on three occasions (2009, 2012, and 2015). He has been the Editor-in-Chief of the *Asian Journal of Psychiatry* since 2016, over which time its Impact Factor has increased from 1.06 to the current 13.89. Additionally, he serves on the editorial board of several other international journals. He currently leads a project on "Reconceptualizing Schizophrenia: Updating the construct," with the top 50 international schizophrenia experts participating in a 3-phase endeavour (*Schizophrenia Research* 2022; Volume 242).

He was a member of the DSM-5 and DSM-5-TR workgroups on schizophrenia and related psychotic disorders (2006-2013 and 2019-2022, respectively). He is a Past-President of the Florida chapter of the National Alliance for Mental Illness and a Past-President of the Florida Psychiatric Society. His major areas of clinical and research interest are the neuropharmacology of schizophrenia, differences between typical and atypical antipsychotic agents, dimensions of schizophrenic psychopathology, neuroendocrine and polysomnographic abnormalities in schizophrenia, and the evidence-based treatment of schizophrenia and other major mental disorders. He has a deep passion for promoting the evidence-based practice of psychiatry and a strong commitment to guiding young psychiatrists into developing scientific-cum-humanistic best practices along with the ability to continually learn. An avid mentor, he considers his research training of several residents/fellows and junior faculty now in psychiatry leadership positions around the country as his most notable accomplishment.



**Bethany Yeiser,
BS**

Bethany Yeiser, BS, is an author and mental health advocate. Her memoir *Mind Estranged: My Journey from Schizophrenia and Homelessness to Recovery* (2014) follows her trajectory from the onset of mental illness, through acute psychosis, homelessness, two brief incarcerations, and full recovery. Her second book *Awakenings: Stories of Recovery and Emergence from Schizophrenia* was published jointly with Henry Nasrallah, MD, in 2024.

As a motivational speaker, Bethany inspires positive change in the way people diagnosed with schizophrenia are characterized and treated in the health care system and by society. She discusses strategies for effective teamwork among families and health care providers, helping patients develop insight into mental illness, consent to treatment, and achieve the highest possible level of recovery. Bethany also raises awareness of the disproportionately high rate of incarceration of the mentally ill.

Bethany holds a bachelor's degree in molecular biology from the University of Cincinnati magna cum laude. Today, she is a Visiting Scholar at the University of Cincinnati School of Medicine. She also publishes a blog called Recovery Road on Psychology Today. In July, 2016, she partnered with Dr. Henry Nasrallah, her former psychiatrist, to establish the CURESZ Foundation. Her other interests include performing classical and popular music on violin, and studying Mandarin Chinese.