

FREE  
COMMUNITY EVENT

# Virtual Psychiatric Grand Rounds

JANUARY 2025

Please register at:

[cottagehealth.org/  
psychgrandrounds](https://cottagehealth.org/psychgrandrounds)

After registering you will receive a confirmation email containing information about joining the training.



## Innovations in Psychiatric Treatment 2025

With a Focus on Schizophrenia

Tuesday, January 28, 2025

Noon to 1:30 p.m. (No meals or breaks provided)

### SPEAKER:

Paul Erickson, MD

Medical Director of Psychiatry and Addiction Medicine Services, Cottage Health

**New treatment approaches are evolving rapidly in psychiatric treatment. Not only are new medicines coming into use, but digital, interventional and other non-pharmacological psychiatric treatments are also being created.**

The first half of this talk will be a high-level view of some of the novel therapeutics coming into use now and in the years ahead. The second half of the presentation will be about innovations in treatment of schizophrenia. Schizophrenia has been treated for 70 years with medicines that block dopamine receptors, beginning with Chlorpromazine and Thorazine in 1954. No new treatments have existed for decades, and now truly new treatments are becoming available. For the first time ever, there are medicines for schizophrenia in development to treat other neglected aspects of this illness. These new medicines will treat negative symptoms, cognitive impairment, tardive dyskinesia, and augment existing treatments. Finally, we will review how early treatment of psychosis improves outcomes. Research into the optimal model for early treatment has made great progress, and we will review state-of-the-art approaches to early intervention in treating psychosis.

### LEARNING OBJECTIVES:

- Describe two new digital therapeutics that are FDA approved
- Explain how one new antidepressant treatment works compared to traditional antidepressants
- Compare how the new treatment for schizophrenia works compared to the traditional treatment



**PAUL ERICKSON, MD**, has been the Medical Director of Psychiatry and Addiction Medicine Services at Santa Barbara Cottage Hospital since 2002. Prior to that, he was the Clinical Director of Services in the Department of Psychiatry at the Cambridge Hospital, Harvard Medical School. Dr. Erickson graduated cum laude from Yale University and received his MD from the University of Massachusetts Medical School. He is board certified in Addiction Medicine. Dr. Erickson

created and leads the Medical School clerkship in Psychiatry for USC Medical students. One of his most recent community leadership roles was as the developer of the Bridge Clinic with Santa Barbara Neighborhood Clinics.

# Virtual Psychiatric Grand Rounds

## PROGRAM COORDINATOR

Paul Erickson, MD

## ADMINISTRATIVE COORDINATOR

Frances McKinney

## EDUCATION CONSULTANTS

Jennifer Granger Brown,  
MSN, RN, CHSE

Stephanie Molina, LMFT, CEAP

Tamara Norton, MHS, CPCS

## TARGET AUDIENCE

Addiction Counselors  
Clinical Nurse Specialists  
Counselors  
Marriage & Family Therapists  
Nurse Practitioners  
Nurses  
Occupational Therapists  
Occupational Therapy Assistants  
Other Mental Health Professionals  
Pharmacists  
Psychologists  
Psychotherapists  
Social Workers

01/2025 RLC

## CAMFT / BRN CONTINUING EDUCATION CREDITS FOR COTTAGE HEALTH EMPLOYEES

Attendance for the full hour and Zoom registration is required to receive credit. CE credit is not offered for meals or breaks.

**LMFTS, LCSWS, LPCCS AND LEPS:** Course meets the qualifications for one hour of continuing education credit as required by the California Board of Behavioral Sciences. Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider #57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.

**REGISTERED NURSES (RNS):** Provider approved by the California Board of Registered Nursing, Provider #00252 for 1.0 contact hour.

**CERTIFICATES:** Cottage Health employees will receive certificates in Compass Learning after completed evaluation is processed.

## FOR PHYSICIANS AND PSYCHOLOGISTS

**PHYSICIANS:** The Santa Barbara County Consortium for Continuing Medical Education is accredited by the California Medical Association (CMA) to provide continuing medical education for physicians.



The Santa Barbara County Consortium for Continuing Medical Education designates each live activity listed for a maximum of *1.0 AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**PSYCHOLOGISTS:** Please contact Tamara Norton if you would like to receive a Certificate of Attendance for this event at [tnorton@sbch.org](mailto:tnorton@sbch.org) and 805-569-7245.

## Notes

**GRIEVANCES:** Contact the Education and Nursing Professional Development Department at 805-569-7325.

**SPECIAL ACCOMMODATION:** If you are in need of special accommodation, contact the Education and Nursing Professional Development Department at 805-569-7325.

**DISCLOSURES:** The planners and speaker of this live internet activity have stated that they do not have any current relationships with ineligible companies. This activity did not receive commercial support.