

Substance Use Disorders: A Comprehensive Review and Update 2026

Friday-Saturday • February 6-7, 2026
Live-Virtual

WELCOME

On behalf of the Massachusetts General Hospital Department of Psychiatry, we are proud to welcome you to our annual conference Substance Use Disorders: A Comprehensive Review and Update 2026.

This conference provides a broad update across assessment and treatment of substance use disorders (SUD). Our sessions and panel discussions touch on many complex topics. This includes treating addiction as a chronic disease, treating medical and psychiatric comorbidities, and misuse of many different substances.

These issues challenge even experienced health care professionals. That is why in every session, our faculty share their diverse experience and help you find the best strategies to care for your patients who struggle with SUD. We know these patients are seen across all practice settings, so our goal is to share knowledge that is helpful whether you work in primary care, psychiatry, social work, psychology, nursing and more.

Please ask all of your questions. Get feedback on your challenging cases. And find the guidance you need to improve outcomes for your patients with SUD.

Thank you for joining us at this important conference!

TARGET AUDIENCE

This program is intended for psychiatrists, psychologists, general and family practice physicians, nurses, physician assistants, nurse practitioners and social workers.

EVALUATION FORMS/CME/CEU CERTIFICATES

Every participant needs to complete the activity evaluation online to claim CME/CEU credits for this course. Please refer to the **Evaluation and CME Information** document in this syllabus for more information. We strongly encourage you to complete the evaluation, even if you do not require a certificate. Your comments are important to us as we plan future programs. The link to claim credit is as follows:

<https://mghcme.org/VirtualSUD2026>

For questions with completing your evaluation or claiming your certificate, please call the MGH Psychiatry Academy at 866-644-7792 or email mghcme@mgh.harvard.edu

QUESTIONS

Opportunity for questions will be provided at the end of each module during the panel discussion. Please write your questions in the Q&A box on Zoom.

COPYRIGHT

The course materials and PowerPoint presentations are copyright protected by Massachusetts General Hospital, Department of Psychiatry, Division of Postgraduate Education, the faculty members and the appropriate authors. Videotaping and audiotaping are not allowed. Thank you for your cooperation.

Substance Use Disorders: A Comprehensive Review and Update 2026

Friday-Saturday • February 6-7, 2026
Live-Virtual

CONTACT INFORMATION

For questions or comments, please contact MGH Psychiatry Academy member services at 866-644-7792 or mghcme@mgh.harvard.edu

LEARNING OBJECTIVES

At the end of this educational activity, participants should be able to:

Describe the best practices for treatment of substance use disorders
List rational, evidence based pharmacologic and non-pharmacologic therapies for patients with substance use disorders
Describe the neurobiology and genetics associated with substance use disorders
Assess and treat patients with co-morbid substance use, mood disorders, anxiety disorders and pain
Describe the effects of and interventions for marijuana and synthetics
List the different approaches and challenges associated with opioid treatment
List different approaches and challenges associated with alcohol treatment
List different approaches and challenges of treating women with SUD
Identify challenges and strategies for treating adolescents with SUD
Discuss the latest updates in federal regulations concerning SUD
Identify strategies to support family members of SUD patients
Discuss how SUD can affect patients with ADHD
Describe how to recognize the signs when substance use may be linked to sex trafficking and how to help victims

Substance Use Disorders: A Comprehensive Review and Update 2026

Friday-Saturday • February 6-7, 2026
Live-Virtual

ACCREDITATION

Physicians:

MGH Institute of Health Professions designates this live activity for a maximum of *12.50 AMA PRA Category 1 Credits*[™]. Physicians should claim only credit commensurate with the extent of their participation in this activity.

Psychologists:

Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs. MGH Institute of Health Professions designates this activity for 12.50 CE credit.

Nurses:

MGH Institute of Health Professions designates this activity for 12.50 contact hours for nurses.

Social Workers:



As a Jointly Accredited Organization, MGH Institute of Health Professions 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. MGH Institute of Health Professions maintains responsibility for this course. Social workers completing this course receive 12.50 clock hours for continuing education credits.

IPCE Credit



IPCE CREDIT[™]

This activity was planned by and for the healthcare team, and learners will receive 12.50 Interprofessional Continuing Education (IPCE) credits for learning and change.

Other CE Licenses: Other Providers can claim a Participation Certificate upon successful completion of this course. Participation Certificates will specify the title, location, type of activity, date of activity, and number of *AMA PRA Category 1 Credits*[™] associated with the activity. Providers should check with their regulatory agencies to determine ways in which *AMA PRA Category 1 Credits*[™] may or may not fulfill continuing education requirements. Providers should also consider saving copies of brochures, agenda, and other supporting documents.

Substance Use Disorders: A Comprehensive Review and Update 2026

Friday-Saturday • February 6-7, 2026
Live-Virtual

AMERICAN ACADEMY OF FAMILY PHYSICIANS (AAFP)

The AAFP has reviewed Substance Use Disorders: A Comprehensive Review and Update 2026 and deemed it acceptable for up to 12.50 Live AAFP Prescribed credit(s). Term of Approval is from 02/06/2026 to 02/07/2026. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP Prescribed credit is accepted by the American Medical Association as equivalent to *AMA PRA Category 1 credit(s)*TM toward the AMA Physician's Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed, not as Category 1.

AGENDA

FRIDAY, FEBRUARY 6, 2026

8:00 – 8:05 AM **Welcome & Introduction**
David H. Rubin, MD

MODULE TOPIC 1: NEUROSCIENCE

8:05 – 8:25 AM **Neurobiology of Addiction & Genetics of Substance Use Disorders**
Robert R. Althoff, MD, PhD

MODULE TOPIC 2: ADOLESCENT SUBSTANCE USE

8:25– 8:45 AM **Adolescent Substance Use Disorders**
Aaron Quiggle, MD

8:45 – 9:05 AM **ADHD**
Timothy Wilens, MD

9:05 – 9:25 AM **Athletes and Substance Use Disorders**
Timothy Wilens, MD

9:25 – 9:55 AM **Panel Discussion**
Moderator: David H. Rubin, MD
Panelists: Robert R. Althoff, MD, PhD, Timothy E. Wilens, MD;
Aaron Quiggle, MD

9:55 – 10:05 AM **Break**

MODULE TOPIC 3: ADVOCACY & BENZODIAZEPINES

Substance Use Disorders: A Comprehensive Review and Update 2026

Friday-Saturday • February 6-7, 2026
Live-Virtual

- 10:05 – 10:25 AM** **Advocacy and Regulatory Updates**
Laura G. Kehoe, MD, MPH, FASAM
- 10:25 – 10:45 AM** **Benzodiazepines & Addiction**
Timothy Wilens, MD
- 10:45 – 11:15 AM** **Panel Discussion**
Moderator: Timothy E. Wilens, MD
Panelists: Laura G. Kehoe, MD, MPH, FASAM
- 11:15 – 12:15 PM** **Lunch Break**

MODULE TOPIC 4: OPIOIDS

- 12:15 – 12:35 PM** **Buprenorphine 101**
Meredith Morrison, NP
- 12:35 – 12:55 PM** **Long Acting Injectable Buprenorphine**
Laura Kehoe, MD, MPH, FASAM
- 12:55 – 1:15 PM** **Naltrexone Intramuscular**
Jessica Gray, MD
- 1:15 – 1:35 PM** **Methadone**
Laura Kehoe, MD, MPH, FASAM
- 1:35 – 1:45 PM** **Break**
- 1:45 – 2:15 PM** **Panel Discussion**
Moderator: Laura G. Kehoe, MD, MPH, FASAM
Panelist: Jessica Gray, MD and Meredith Morrison, NP

MODULE TOPIC 5: PAIN, WOMEN & ADDICTION

- 2:15 – 2:35 PM** **Pain**
Gregory Acampora, MD
- 2:35 – 2:55 PM** **Pregnancy**
Jessica Gray, MD
- 2:55 – 3:15 PM** **Women & Addiction**
Davida Schiff, MD

Substance Use Disorders: A Comprehensive Review and Update 2026

Friday-Saturday • February 6-7, 2026
Live-Virtual

3:15 – 3:35 PM **Panel Discussion**
Moderator: Jessica Gray, MD
Panelists: Gregory Acampora, MD; Davida Schiff, MD

4:25 PM **Adjourn**

SATURDAY, FEBRUARY 7, 2026

8:00 – 8:05 AM **Welcome & Introduction**
John Kelly, PhD

MODULE TOPIC 6: TREATMENT IN CONTINUING CARE

8:05 – 8:25 AM **Motivational Interviewing**
James McKowan, MD

8:25 – 8:45 AM **CBT**
James McKowan, MD

8:45 – 9:05 AM **DBT & Other Therapies**
James McKowan, MD

9:05 – 9:35 AM **Panel Discussion**
Moderator: John Kelly, PhD
Panelists: James McKowan, MD

9:35 – 9:45 AM **Break**

MODULE TOPIC 7: PSYCHEDELICS

9:45 – 10:05 AM **Psychedelics**
Joji Suzuki, MD

MODULE TOPIC 8: CANNABIS

10:05 – 10:25 AM **Cannabis**
Jodi Gilman, PhD

MODULE TOPIC 9: COMORBIDITY I – SUBSTANCE USE, TRAUMA AND SEX TRAFFICKING

10:25 – 10:45 AM **Trauma**
Toby Lynch, PhD

Substance Use Disorders: A Comprehensive Review and Update 2026

Friday-Saturday • February 6-7, 2026
Live-Virtual

- 10:45 – 11:05 AM** **Sex Trafficking**
Abigail Judge, PhD
- 11:05 – 11:35 AM** **Panel Discussion**
Moderator: Justin Alves, RN, MSN, ACRN, CARN, CNE
Panelists: Abigail Judge, PhD; Toby Lynch, PhD; Jodi Gilman, PhD; Joji Suzuki, MD
- 11:35 – 12:35 PM** **Lunch Break**

MODULE TOPIC 10: NICOTINE & STIMULANTS

- 12:35 – 12:55 PM** **Cocaine & Methamphetamine**
Justin Alves, RN, MSN, ACRN, CARN, CNE
- 12:55 – 1:15 PM** **Nicotine**
Justin Alves, RN, MSN, ACRN, CARN, CNE
- 1:15 – 1:45 PM** **Panel Discussion**
Moderator: John Kelly, PhD
Panelists: Justin Alves, RN, MSN, ACRN, CARN, CNE

MODULE TOPIC 11: RECOVERY SUPPORT SERVICES

- 1:45 – 2:05 PM** **Addressing and Overcoming Stigma & Discrimination in Clinical Settings**
John Kelly, PhD
- 2:05 – 2:25 PM** **Peer Support and Residential Communities**
David Eddie, PhD
- 2:25 – 2:45 PM** **Efficacy of Self-Help Treatments**
John Kelly, PhD
- 2:45 – 3:05 PM** **Amplifying and Extending the Effects of Clinical Care**
John Kelly, PhD
- 3:05 – 3:35 PM** **Panel Discussion**
Moderator: John Kelly, PhD
Panelist: John Kelly, PhD; David Eddie, PhD
- 3:35 – 3:45 PM** **Break**

Substance Use Disorders: A Comprehensive Review and Update 2026

Friday-Saturday • February 6-7, 2026
Live-Virtual

MODULE TOPIC 12: ALCOHOL & COMORBIDITY

3:45 – 4:05 PM	Alcohol: Assessment and Maintenance Medications Vinod Rao, MD, PhD
4:05 – 4:25 PM	Inpatient & Outpatient Medically Managed Withdrawal Evan Gale, MD
4:25 – 4:45 PM	Anxiety & Mood Vinod Rao, MD, PhD
4:45 – 5:15 PM	Panel Discussion Moderator: Vinod Rao, MD, PhD Panelist: Evan Gale, MD
5:15 PM	Adjourn

FACULTY

PLANNERS, COURSE DIRECTORS & REVIEWERS

John F. Kelly, PhD, ABPP (*Course Director*)

Elizabeth R. Spallin Professor of Psychiatry, *Harvard Medical School*
Director, MGH Recovery Research Institute
Program Director, MGH Addiction Recovery Management Service (ARMS)
Associate Director, MGH Center for Addiction Medicine

Laura G. Kehoe, MD, MPH, FASAM (*Course Director*)

Medical Director, Substance Use Disorder Bridge Clinic
Massachusetts General Hospital
Assistant Professor of Medicine, *Harvard Medical School*

David H. Rubin, MD (*Course Director/COI Reviewer*)

Director, Division of Professional and Public Education, MGH
Executive Director, MGH Psychiatry Academy and MGH Visiting, MGH
Assistant Professor, *Harvard Medical School*

Substance Use Disorders: A Comprehensive Review and Update 2026

Friday-Saturday • February 6-7, 2026
Live-Virtual

Timothy E. Wilens, MD (*Course Director*)

Timothy E. Wilens, MD
Chief, Division of Child and Adolescent Psychiatry,
(Co) Director, Center for Addiction Medicine,
Massachusetts General Hospital
Professor of Psychiatry,
Harvard Medical School
President-Elect, American Academy of Child and Adolescent Psychiatry

James Althoff, MD (*Reviewer*)

Family Physician
Rural Family Medicine Associates
Diplomate of the American Board of Family Medicine

Jane Pimental, MPH (*Planner*)

Director, Division of Professional and Public Education
Managing Director, Massachusetts General Hospital Psychiatry Academy
Massachusetts General Hospital

Susan Sprich, PhD (*Psychologist Reviewer*)

Jane Davis, DNP, CRNP (*Nurse Reviewer*)

Angela Alves, LICSW (*Social Work Reviewer*)

Shuhan He, MD (*CME Content Reviewer*)

FACULTY

Gregory Acampora MD

Addiction Psychiatrist - MGB AMC Dept of Psychiatry
Massachusetts General Hospital
Addiction Leadership
Charlestown Community Health Center
MGH HOME BASE Veteran's and Family Program
Medical Director/Admin Co-director Outpatient Clinic
Pain Management Center at MGH - MGB AMC
Assistant Professor of Psychiatry, *Harvard Medical School*

Substance Use Disorders: A Comprehensive Review and Update 2026

Friday-Saturday • February 6-7, 2026
Live-Virtual

Robert R. Althoff, MD, PhD

Professor of Psychiatry, Pediatrics, & Psychological Science
Chair, Department of Psychiatry
Director, Child Emotion Regulation Laboratory
Larner College of Medicine at the University of Vermont

Justin Alves RN, MSN, ACRN, CARN, CNE

Assistant Professor-Dept of Family Medicine
Boston University School of Medicine

David Eddie, PhD, ABPP

Associate Director of Clinical Translational Recovery Science, Recovery Research Institute, Center for Addiction Medicine, *Massachusetts General Hospital*
Faculty, Center for Digital Mental Health, Massachusetts General Hospital
Clinical Psychologist, Department of Psychiatry, Massachusetts General Hospital
Assistant Professor, *Harvard Medical School*
Board certified in addiction psychology

Evan Gale, MD, FASAM

Medical Director, *Massachusetts General Hospital* Addiction Consult Team
Director of Inpatient Training, MGH Addiction Medicine Fellowship
Instructor in Medicine, *Harvard Medical School*

Jodi M. Gilman, PhD

Director of Neuroscience, MGH Center for Addiction Medicine
Director, MGH Graduate Student and Postdoctoral Division
Co-Director, Mass General Neuroscience
Associate Professor, *Harvard Medical School*
Department of Psychiatry
Massachusetts General Hospital

Jessica Gray, MD

Medical Director, Massachusetts General HOPE Clinic
Associate Fellowship Director, *Massachusetts General Hospital* Addiction Medicine Fellowship
Instructor of Medicine and Pediatrics, *Harvard Medical School*

Abigail M. Judge, PhD

Co-Founder, Boston HEAT (Human Exploitation and Sex Trafficking)
Massachusetts General Hospital

Substance Use Disorders: A Comprehensive Review and Update 2026

Friday-Saturday • February 6-7, 2026
Live-Virtual

Instructor, *Harvard Medical School*

Toby Lynch, PhD

Clinical Psychologist

Assistant Director for Psychotherapy Innovation, West End Clinic

Massachusetts General Hospital

Instructor, *Harvard Medical School*

James McKowen, PhD

Licensed Psychologist

Assistant Professor of Psychology at *Harvard Medical School & Massachusetts General Hospital*

Clinical Director, Addiction Recovery Management Service (ARMS)

Co-Chair Psychiatry Climate and Mental Health Initiative (CMHI)

Associate, MGH Center for Environment and Health

Meredith Morrison, MSN, RN, CNP, PMHNP-BC

Massachusetts General Brigham, West End Clinic

Psychiatric Mental Health Nurse Practitioner

Aaron R. Quiggle, MD, MS

Medical Director, Addiction Recovery Management Services (ARMS)

Instructor of Psychiatry, *Harvard Medical School*

Vinod Rao, MD, PhD

Addiction Psychiatrist and Medical Director, West End Clinic

Massachusetts General Hospital

Davida M. Schiff, MD, MSc

Director, Perinatal and Family-based Substance Use Disorder (SUD) Care

Program in Substance Use and Addiction Services | Newborn Medicine | General Academic Pediatrics

Associate Professor of Pediatrics | *Harvard Medical School*

Joji Suzuki MD, FACLP

Director, Division of Addiction Psychiatry

Program Director, Brigham and Women's Hospital Addiction Medicine Fellowship Program

Associate Professor of Psychiatry, *Harvard Medical School*

Department of Psychiatry, *Brigham and Women's Hospital*

FACULTY DISCLOSURE STATEMENTS

In accord with the disclosure policy of MGH Institute of Health Professions as well as guidelines set forth by the Accreditation Council on Continuing Medical Education, all people in control of educational content, including

Substance Use Disorders: A Comprehensive Review and Update 2026

Friday-Saturday • February 6-7, 2026
Live-Virtual

speakers, course directors, planners, and reviewers, have been asked to disclose all relevant financial relationships with commercial interests of both themselves and their spouses/partners over the past 12 months, as defined below:

Commercial Interest

The ACCME defines a “commercial interest” as any entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients. The ACCME does not consider providers of clinical service directly to patients to be commercial interests. For more information, visit www.accme.org.

Financial relationships

Financial relationships are those relationships in which the individual benefits by receiving a salary, royalty, intellectual property rights, consulting fee, honoraria, ownership interest (e.g., stocks, stock options or other ownership interest, excluding diversified mutual funds), or other financial benefit. Financial benefits are usually associated with roles such as employment, management position, independent contractor (including contracted research), consulting, speaking and teaching, membership on advisory committees or review panels, board membership, and other activities from which remuneration is received, or expected. ACCME considers relationships of the person involved in the CME activity to include financial relationships of a spouse or partner.

Relevant financial relationships

ACCME focuses on financial relationships with commercial interests in the 12-month period preceding the time that the individual is being asked to assume a role controlling content of the CME activity. ACCME has not set a minimal dollar amount for relationships to be significant. Inherent in any amount is the incentive to maintain or increase the value of the relationship. The ACCME defines “relevant” financial relationships” as financial relationships in any amount occurring within the past 12 months that create a conflict of interest.

Conflict of Interest

Circumstances create a conflict of interest when an individual has an opportunity to affect CME content about products or services of a commercial interest with which he/she has a financial relationship.

The following planners, speakers, and content reviewers, on behalf of themselves and their spouse or partner, have reported financial relationships with an entity producing, marketing, re-selling, or distributing health care goods or services (relevant to the content of this activity) consumed by, or used on, patients:

Substance Use Disorders: A Comprehensive Review and Update 2026

Friday-Saturday • February 6-7, 2026
Live-Virtual

Speakers & Planners:

Robert R. Althoff, MD, PhD

Ownership Interest, Partner: WISER Systems, LLC

Honorarium, Editor Role: Journal of the American Academy of Child and Adolescent Psychiatry

David Eddie, PhD

Stock Options, Scientific Advisory Board: Vivi Health, Innerworld

Founder, Partner: Peer Recovery Consultants

Jessica Gray, MD

Medical Director coverage for ATS and CSS: Gavin Foundation

Medical Director coverage for ATS and CSS: BayCove

Physician Consultant: MCSTAP (Massachusetts Consultation Service for Treatment of Addiction and Pain) funded by MA government.

Laura G. Kehoe, MD, MPH, FASAM

Consultant/Speaker: Indivior

Salary Support/Consult Fee: Baymark Health Services, Health Care Resources Opioid Treatment, Boulder Health, Mass Consultation Service for the Treatment of Addiction and Pain

Susan Sprich, PhD

Royalties (Co-Author): Oxford University Press

Royalties (Co-Edited Book): Springer

Honorarium: Association for Behavioral and Cognitive Therapies (ABCT)

Joji Suzucki, MD

Clinical Trial Support: Braeburn

Substance Use Disorders: A Comprehensive Review and Update 2026

Friday-Saturday • February 6-7, 2026
 Live-Virtual

Timothy E. Wilens, MD

	Received	Role / Type of Relationship	Content
NIH (NIDA)	Grant / Research Support (to MGH; no personal income)	Principal Investigator	Research
Ironshore	Grant support		Investigator initiated trial
Elsevier Psychiatric Clinics of North America (ADHD)	No personal income	Co-editor	MGH Comprehensive Clinical Psychology MGH Psychopharmacology and Neurotherapeutics
Ironshore	Royalties	Intellectual Property	Licensing agreement: Co-owner of copyrighted Diagnostic questionnaire, the Before School Functioning Questionnaire
Guilford Press	Royalties	Intellectual Property	Published book: <i>Straight Talk About Psychiatric Medications for Kids</i>
Cambridge University Press	Royalties	Intellectual Property	Co-edited textbook: ADHD in Adults and Children
Gavin Foundation		Clinical Consulting	
Bay Cove Human Services		Clinical Consulting	
US National Football League (ERM Associates)		Clinical Consulting	
US Minor/Major League Baseball		Clinical Consulting	
White Rhino/3D		Consultant, Shared IP	
Massachusetts General Hospital		Employee	

All other individuals in a position to control the content of this educational activity have reported no financial relationships with ineligible companies.