

Psychiatry Grand Rounds WCM Department of Psychiatry Psychology CE Announcement



**Weill Cornell
Medicine**
Psychiatry

PEDIATRIC DEPRESSION: EVIDENCE-BASED AND EMERGING TREATMENTS INCLUDING KETAMINE

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Child Study Center
Yale University

**Hybrid: WBHC
Zoom:**

<https://weillcornell.zoom.us/j/92812036154>

Meeting ID: 928 1203 6154

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April 8, 2026



11 AM - 12 PM



Live Online, Live In-Person

ABSTRACT

Major depressive disorder (MDD) is a significant pediatric health problem with a lifetime prevalence approaching 25% by the end of adolescence. It is associated with significant morbidity and mortality, with suicide as 3rd leading cause of death in this age group. 40% of adolescents with MDD fail to respond to initial treatment with selective serotonin reuptake inhibitors (SSRIs). Of that SSRI-resistant population, nearly half remain depressed despite alternate medication and psychotherapy. Better treatments for adolescent depression are urgently needed. Subanesthetic doses of ketamine, an NMDA antagonist, produce rapid antidepressant and anti-suicidal effects in depressed adults and now a closely-related compound, esketamine, has FDA approval for the treatment of treatment-resistant depression and Acute suicidal ideation or behavior in Major Depressive Disorder This presentation will focus on current evidence based treatments for pediatric depression and emerging treatments with an emphasis on interventional techniques.

SPEAKER

Michael H. Bloch, M.D., M.S. graduated from Yale School of Medicine and completed his child and adult psychiatry training at Yale. He is currently an Associate Professor at Yale and serves on the editorial boards of the Journal of Child Psychology and Psychiatry, JAACAP and the Journal of Child and Adolescent Psychopharmacology. His research interests focus on studying Tourette syndrome (TS), obsessive-compulsive disorder (OCD) and trichotillomania (TTM) across the lifespan and developing better pharmacological treatments for children with depression, anxiety and ADHD. He has expertise in clinical trials and meta-analysis and has published over 200 peer-reviewed publications. Dr. Bloch is also the associate training director of the Albert J. Solnit Integrated Child and Adult Psychiatry Research Training Program. The Solnit Integrated Program provides psychiatrists-in-training with the opportunity to integrate general, child and research psychiatry across all stages of their career and is a major pathway by which the next generation of academic leaders in child psychiatry are developed.

LEARNING OBJECTIVES

1. Identify evidence-based treatments for pediatric depression.
2. Discuss the risks and benefits of commonly used pharmacological augmentation strategies for pediatric treatment-resistant depression.
3. Summarize current evidence supporting ketamine as a novel treatment for depression and describe its potential application to pediatric populations.

REFERENCES

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2. Dwyer, J. B., Landeros-Weisenberger, A., Johnson, J. A., Tobon, A. L., Flores, J. M., Nasir, M., Couloures, K., Sanacora, G., & Bloch, M. H. (2021). Efficacy of intravenous ketamine in adolescent Treatment-Resistant Depression: a Randomized Midazolam-Controlled trial. *American Journal of Psychiatry*, 178(4), 352-362. <https://doi.org/10.1176/appi.ajp.2020.20010018>
3. Kosik-Gonzalez, C., Fu, D., Chen, L. N., Lane, R., Bloch, M. H., DelBello, M., Moreno, C., Drevets, W. C., & Canuso, C. M. (2025). Effect of esketamine on depressive symptoms in adolescents with major depressive disorder at imminent suicide risk: a randomized Psychoactive-Controlled study. *Journal of the American Academy of Child & Adolescent Psychiatry*, 65(1), 42-55. <https://doi.org/10.1016/j.jaac.2025.02.015>

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