

From Withdrawal to Breakthrough: Rethinking Alcohol Withdrawal Care and the Rise of Novel Psychoactive Therapies for Mood Disorders

Pharmacy Grand Rounds 2026

5/19/26, 1200-1300 CST/1300-1400 EST

Advocate St. Lukes Medical Center Family Practice LL and Virtual Via Teams

Overview: This presentation compares benzodiazepines—the traditional first-line therapy for alcohol withdrawal—to phenobarbital and evaluates their relative safety, efficacy, and clinical advantages and limitations. It also reviews emerging evidence on ketamine, esketamine, psilocybin, and LSD-derived compounds for treating major depressive disorder, treatment resistant depression, and generalized anxiety disorder, highlighting mechanisms, safety considerations, and findings from recent trials. Learners will gain insight into how these evolving therapies may fit into modern psychiatric and withdrawal-management practices.

Speakers: Shilpa Francis, PharmD, MPH, PGY1 Pharmacy Resident – Aurora Health Care Metro Inc
Shawn Patel, PharmD, MBA, PGY1 Pharmacy Resident, Advocate Condell Medical Center

Preceptors: Michelle Tulchinskaya, PharmD, BCPS, Garrett Fouth, PharmD, BCCCP, Michael Mearis, PharmD, BCEMP

Objectives:

1. Describe the comparative benefits, disadvantages, effectiveness, and safety of phenobarbital and benzodiazepines for the treatment of alcohol withdrawal.
2. Discuss potential phenobarbital dosing schemes and strategies for the management of alcohol withdrawal treatment.
3. Define key mechanisms of action for ketamine, LSD, and psilocybin relevant to mood and anxiety disorders.
4. Compare and contrast these emerging therapies (ketamine, LSD, and psilocybin) to standard therapy guidelines.

Target Audience: Advocate Health Pharmacists, Physicians, Nurses, and other interested healthcare professionals

Disclosure: The planner(s) and speaker(s) have indicated that there are no relevant financial relationships with any ineligible companies to disclose.

Link to Live Sessions: [Pharmacy Grand Rounds 2026](#)

Commercial Support: There is no financial support for this activity.

Accreditation Statement:



In support of improving patient care, Advocate Health 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.

Credit Statement(s):

Accreditation Council for Pharmacy Education (ACPE):

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Contact Elaine Thomas (elaine.r.thomas@advocatehealth.org) with questions.

