



*Sophia  
Vinogradov, M.D.*



*Damien Fair,  
M.Sc., Ph.D.*



*Chad Sylvester,  
M.D.*



*Brenden Tervo-  
Clemmens, Ph.D.*

## ***2026 Neuropsychopharmacology Reviews***

### **Panel Session**

### ***Trajectories of Mental Health and Illness Across Child and Adolescent Development***

*Chairs: Sophia Vinogradov, M.D.; Damien Fair, M.Sc., Ph.D.; Chad Sylvester, M.D., Ph.D. & Brenden Tervo-Clemmens, Ph.D.*

The ACNP panel session for *Neuropsychopharmacology Reviews* will be held on Tuesday, January 13, 2026, 9:00AM - 11:00AM Eastern Standard Time.

A wide range of exciting research has shown that psychiatric illnesses are developmental in nature and that they evolve from a choreography of genetic, neural, psychosocial, and environmental influences that interact dynamically over time. This dynamism underscores the importance of protective, compensatory, and resilience factors that can come into play across a continuum of potential intervention windows to preempt the expression of a serious mental illness.

This Symposium is based on the upcoming issue of *Neuropsychopharmacology Reviews*, Part I, which explores the theme of child and adolescent development and mental health. (It will be followed by Part II later in 2026 which will continue the theme of development and mental health through later adulthood). We hope that our two volumes and these selected presentations will promote further interest in the dynamics of development and how to leverage them to support mental health, from the molecular and neural level to that of the environment.

Dr. Hirofumi Morishita will kick off the symposium by presenting basic science work in rodent models showing that social isolation during development induces widespread changes in adult brain structures, particularly in prefrontal cortical circuits, leading to altered social behavior. He will describe two complementary mechanistic models for this observation and relate them to the developmental course of

schizophrenia, providing new insights into treatment timing and targets for isolation-induced social deficits.

Next, Dr. Catalina Camacho will address social development in humans by integrating research from social psychology, cognitive neuroscience, and developmental science to describe how real-world social processing unfolds in the developing child and is associated with differing psychiatric social cognitive neurophenotypes. She introduces the Cognitive Affective Social Processing and Emotion Regulation model to create a testable scientific framework for the study of social dysfunctions in psychiatric illnesses and for generating new treatment targets.

Dr. Cynthia Rogers broadens the lens even further by examining how adverse social environments impact the developing brain from the earliest points in development, including in-utero, especially in brain regions that subserve socioemotional and cognitive functions. She will also discuss studies showing that some adversities are associated with accelerated brain maturation, suggesting that there are potential adaptive or compensatory mechanisms that enhance resilient mental health outcomes in the context of adversity and that require deeper understanding.

Finally, Dr. Michelle Craske will review the prevalence, chronicity and cost of anxiety and depression in transitional age youth and describe the major barriers to prevention and treatment of this new “pandemic.” She will describe a digitally-supported, stratified stepped care system designed to overcome these barriers while also personalizing the prevention and treatment of anxiety and depression in adolescents and young adults.

This is the first part of NPP’s trajectories focus, centered on Part I of the 2026 edition of Neuropsychopharmacology Reviews. Next year’s panel will continue the conversation with “Trajectories of Mental Health and Illness across the Later Years of Life”, which will be based on the upcoming Part II of the Neuropsychopharmacology Reviews, to be released later in 2026.

### Speakers:

- Hirofumi Morishita, M.D., Ph.D.
  - Icahn School of Medicine at Mount Sinai
  - [Impact of early social isolation on social circuits and behavior: Relevance to Schizophrenia](#)
- M. Catalina Camacho, Ph.D.
  - Washington University School of Medicine in St. Louis
  - [The Cognitive–Affective Social Processing and Emotion Regulation \(CASPER\) Model](#)
- Cynthia Rogers, M.D.
  - Washington University School of Medicine in St. Louis
  - [Social Determinants of Health, the developing brain, and risk and resilience for psychopathology](#)
- Michelle Craske, Ph.D.
  - University of California, Los Angeles
  - [Anxiety and depression in emerging adults: The STAND program as a model of scalable screening and intervention](#)