

Psychiatry and Behavioral Health Grand Rounds

Date: Thursday, March 5, 2026

Time: 12:00 PM - 1:00 PM

Location: Virtual Conference Room

Learning Format: Online



Vgontzas

Presentation and Speaker Information:

- Hypnotics: From Halcion to Trazodone, Lessons From a 50-year Story
 - Alexandros Vgontzas, MD - Penn State Health, Penn State College of Medicine

Learning Objectives:

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

- Discuss the role of pharmacokinetics and pharmacodynamics behind the rise and fall of prescription patterns of benzodiazepines by physicians in US.
- Explain how and why a non-FDA approved, non-industry sponsored, not recommended by scientific societies medication is the most widely prescribed sleep agent in US.
- Discuss the ethical challenges and the role of academia in industry vs NIH funded clinical trials.

Credit Designation:

- Penn State College of Medicine designates this live activity for a maximum of 1 *AMA PRA Category 1 Credit*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
- Penn State College of Medicine, Department of Psychiatry, is approved by the American Psychological Association to sponsor continuing education for psychologists. Penn State College of Medicine, Department of Psychiatry, maintains responsibility for this program and its content. Full attendance at the sessions and evaluation of each individual session attended is required to receive CE credit for psychologists. Partial credit will not be awarded. Late arrivals or early departures will preclude awarding of CE credits.
- Penn State College of Medicine designates this live activity for a maximum of 1 Hour(s) Attendance w/ No Credit. Participants should claim only the credit commensurate with the extent of their participation in the activity.

Event Disclosures:

Speakers:

Alexandros Vgontzas, MD has no financial relationship(s) with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients to disclose.

Planners and other Administrative Support:

Alfredo Bellon, MD, PhD, Ahmad Hameed, MD, Erika F. Saunders, MD, Gerald B. Shively and Robert Y. Tan Professor Chair, Department of Psychiatry and Behavioral Health Clinical Co-Director, Addiction Center for Translation Director, Mood Disorder Program, Yassir Mahgoub, MD, Janet Passley-Clarke, PhD, DNP, MS, RN, CRNP, PMH-BC, FADLN, and Dara Babinski, PhD have no financial relationship(s) with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients to disclose.

Raman Baweja, MD has disclosed a financial relationship with one or more ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients:

- Ironshore - Advisory Committee Member - Relationship Ended
- American Academy of Child and Adolescent Psychiatry - Speaking - Relationship Ended
- Cardinal Health Foundation (Children's Hospital Association and Zero Suicide Initiative) - Contracted Research - Relationship Has Not Ended
- Supernus - Contracted Research - Relationship Has Not Ended

Any financial relationship that was found to be relevant has been mitigated.

Commercial Support:

This activity is not commercially supported.

Accreditation Statement:

- Penn State College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Other Comments:

This Grand Rounds series provides an advanced level of instruction to doctorate level professionals in the mental health field.

For more information, please contact the Grand Rounds Coordinator, Michele Morgan, at mmorgan4@pennstatehealth.psu.edu.