Psychiatric Foundations and the Future:
A review of current trends in psychopharmacology and understanding of how technology impacts mental health and acts as a catalyst for change

canvas HEALTH

WILDER

Thursday, Dec. 3, 2026

8:15 a.m. - 4:00 p.m.
Doors open at 7:30 a.m. for check-in

Wilder Foundation
451 Lexington Pkwy N.
St Paul, MN 55104

Learning Objectives

1. **Increase understanding** of psychiatric medications, their benefits and risks, and new frontiers in psychiatry, including ketamine, TMS, psychedelics, and medical cannabis.
2. **Apply practical strategies** to support treatment adherence and patient safety, including recognizing medication-related warnings, terminology, and prescribing trends.
3. **Evaluate the impact** of social media and digital technology on mental health, including current trends, risks, and opportunities for intervention.
4. **Integrate** tools such as Digital Health Check-ins and identifying resources that promote wellness, safety, and healthy technology use.
5. **Assess the role of artificial intelligence** in behavioral health care by identifying potential benefits, limitations, ethical concerns, and indicators that may require clinical intervention.

CEUs Available!

Speaker: Dr. Joshua Stein

Dr. Joshua Stein, a Mpls Magazine rising star physician, is the Chief of the Medical Staff at the PrairieCare, the largest standalone psychiatric hospital system in the Midwest. At PrairieCare, he provides clinical and consulting services to the PHP and inpatient programs.

Dr. Stein is a 2010 graduate of the University of Minnesota Medical School, where he also completed his psychiatric residency and a child psychiatry fellowship. He is part of the award-winning Psychiatric Assistance Line, providing psychiatric education and support to primary care physicians throughout the state to expand access to psychiatric resources. He is active in local and national media including the Wall Street Journal, Esquire, NBC, CBS and Fox. He has been named a Top Doctor by Minnesota Monthly from 2020-2026.

Perhaps most importantly, he is father of an 8th, 6th and 3rd grader who all desperately want Snapchat.

Register: CanvasHealth.org/Events

Breakfast & lunch provided for in-person participants.

VIRTUAL & IN-PERSON OPTIONS

STUDENT RATES AVAILABLE