



SATURDAY  
**April 26, 2025**  
 9:00 am – 1:00 pm EDT

CCRN's 2nd Annual  
**Minding Mental Health in Primary Care**

**VIRTUAL**

### Conference Learning Objectives

- Effectively screen for and diagnose various mental health conditions
- Apply evidence-based treatment options
- Identify when to refer patients for specialist consultation and collaborate with an interdisciplinary team to provide optimal support for patients

### Agenda

Time	Topic	Faculty
9:00 – 9:25	Non-accredited Satellite Session	
9:25 – 9:32	Welcome and introduction	Margie Oakander
<b>Session 1</b>		
9:32 – 9:35	Session Introduction	Tom Janzen
9:35 – 9:55	Adult autism: Doc I think I'm on the spectrum!	Trevor Prior
9:55 – 10:15	The renaissance of psychedelics	Claudio Soares
10:15 – 10:35	Alzheimer's and cognitive impairment: Is there hope for a brighter future?	Kimberly Williams
10:35 – 11:05	Q&A	Tom Janzen
<b>11:05 – 11:25 Break</b>		
<b>Session 2</b>		
11:25 – 11:28	Session Introduction	Christine Palmay
11:28 – 12:08	Pills and skills for ADHD	Pratap Chokka & Margie Oakander
12:08 – 12:28	Sleep and its role in your mental health: Is sleep the most important symptom in mental health?	Atul Khullar
12:28 – 12:58	Q&A	Christine Palmay
12:58 – 1:00	Meeting Close	Margie Oakander

### Scientific Planning Committee:



**CHAIR**  
**MARGARET OAKANDER**  
**BSc(Hons), MD, FRCPC**  
 Clinical Associate Professor,  
 Cumming School of Medicine,  
 University of Calgary  
 Calgary, AB



**JANE FLYNN**  
**MBChB, MRCGP, CCFP**  
 Medical Lead, University City Clinic  
 Calgary, AB



**TOM JANZEN**  
**MD, MCFPC**  
 Parkwood Institute Mental Health  
 London Health Sciences Centre,  
 St. Joseph's Health Care  
 Chief Medical Information Officer (CMIO)  
 Primary Care with Focus in Mental Health  
 London, ON



**CHRISTINE PALMAY**  
**HBArtSci, MD, CCFP, FCFP**  
 Midtown Health & Wellness Clinic  
 Toronto, ON

**CFPC Accreditation:**  
 This activity has been certified by the College of Family Physicians of Canada for up to 3.0 Mainpro+® Certified Activity credits.

**AAFP Accreditation:**  
 Members of the American Academy of Family Physicians are eligible to receive up to 3.0 prescribed credit hours for attendance at this event due to a reciprocal agreement with the College of Family Physicians of Canada.



### Registration

Visit: [www.ccrnmd.com](http://www.ccrnmd.com)  
 For inquiries regarding this program, please contact [info@ccrnmd.com](mailto:info@ccrnmd.com).

This program was developed by CCRN and has received financial support in the form of an educational grant from:

- Gold: Eisai
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<b>9:00 – 9:25 Non-accredited Satellite Session</b>			
9:25 – 9:32	Welcome and introduction		Margie Oakander
<b>Session 1</b>			
9:32 – 9:35	Session Introduction		Tom Janzen
9:35 – 9:55	Adult autism: Doc I think I'm on the spectrum!	<ul style="list-style-type: none"> <li>■ <b>Identify</b> the key diagnostic criteria and challenges for diagnosing autism spectrum disorder (ASD) in adults, including differences from childhood presentations.</li> <li>■ <b>Differentiate</b> between autism spectrum disorder (ASD) and common comorbid conditions</li> <li>■ <b>Review</b> evidence-based management strategies for adults with autism, including pharmacological, behavioral, and psychosocial interventions to improve quality of life and functioning</li> </ul>	Trevor Prior
9:55 – 10:15	The renaissance of psychedelics	<ul style="list-style-type: none"> <li>■ <b>Describe</b> the history of psychedelics in medicine</li> <li>■ <b>Examine</b> the historical and cultural context of psychedelic use in Canada</li> <li>■ <b>Explore</b> the potential future role of psychedelics in clinical practice</li> </ul>	Claudio Soares
10:15 – 10:35	Alzheimer's and cognitive impairment: Is there hope for a brighter future?	<ul style="list-style-type: none"> <li>■ <b>Explore</b> the evolution of Alzheimer's disease management</li> <li>■ <b>Describe</b> current advances in the diagnosis and early detection of Alzheimer's disease and cognitive impairment</li> <li>■ <b>Examine</b> the latest evidence on pharmacologic and non-pharmacologic interventions in Alzheimer's disease that aim to improve cognitive function and slow disease progression</li> <li>■ <b>Discuss</b> the potential for innovative treatments and future research directions that could offer hope for altering the course of Alzheimer's disease and cognitive decline</li> </ul>	Kimberly Williams
10:35 – 11:05	Q/A		Tom Janzen
<b>11:05 – 11:25 Break</b>			



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Time	Topic	Learning Objectives	Faculty
<b>Session 2</b>			
11:25 – 11:28	Introductions		<b>Christine Palmay</b>
11:28 – 12:08	Pills and skills for ADHD	<ul style="list-style-type: none"> <li>■ <b>Apply</b> evidence-based diagnostic criteria to accurately identify ADHD in the primary care setting</li> <li>■ <b>Evaluate</b> the pharmacological treatments available for ADHD, including their mechanisms of action, efficacy, and potential side effects</li> <li>■ <b>Explore</b> evidence-based behavioral and psychosocial interventions for managing ADHD, including strategies for improving attention, executive function, and social skills</li> <li>■ <b>Discuss</b> the importance of a multimodal approach to ADHD management, combining medication and behavioral strategies for optimal patient outcomes</li> </ul>	<b>Pratap Chokka &amp; Margie Oakander</b>
12:08 – 12:28	Sleep and its role in your mental health: Is sleep the most important symptom in mental health?	<ul style="list-style-type: none"> <li>■ <b>Evaluate</b> the role of sleep in mental health and explore when sleep disturbances should be considered in the diagnosis and treatment of mental health conditions.</li> <li>■ <b>Identify</b> and <b>analyze</b> the key metabolic side effects associated with insomnia medications and their impact on treatment selection.</li> </ul>	<b>Atul Khullar</b>
12:28 – 12:58	Q/A		<b>Christine Palmay</b>
12:58 – 1:00	Meeting Close		<b>Margie Oakander</b>



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