




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
Session 1		
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
11:05 – 11:25 Break		
Session 2		
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:



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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
 For inquiries regarding this program,
 please contact info@ccrnmd.com.

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

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



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



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