



SATURDAY
May 2, 2026
 9:00 am – 3:00 pm EDT

CCRN's 3rd 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 – 9:10am	Welcome and introduction	Tom Janzen
Session 1		
9:10 – 9:30 am	When Depression is Also Anxious: Recognizing Anxious Distress in MDD	Margie Oakander
9:30 – 9:50 am	When Focus is the Symptom: ADHD Diagnosis and Management in Children and Adults	Jamil Jivraj
9:50 – 10:10 am	Misdiagnosis Matters: Distinguishing ADHD, Bipolar Disorder, and BPD	Mark Berber
10:10 – 10:35 am	Q&A	
10:35 – 10:55 am	Refreshment break	
Session 2		
10:55 – 11:00 am	Session Introduction	Margie Oakander
11:00 – 11:40 am	Two Front Lines, One Crisis: Addiction Trends and Treatment	Det. Jeff Tavares Dr. Imran Ghauri
11:40 – 12:00 pm	Q&A	
12:00 – 1:00 pm	Lunch and Exhibit Hall Break	
Session 3		
1:00 – 1:05 pm	Session Introduction	Jane Flynn
1:05 – 1:25 pm	What happens to mood when sleep improves?	Pratap Chokka
1:25 – 1:45 pm	Spotting Alzheimer's Early: From Recognition to Current and Emerging Therapies	Richard Norman
1:45 – 2:00 pm	Q&A	
Session 4		
2:00 – 2:05 pm	Session Introduction	Christine Palmay
2:05 – 2:25 pm	Clinical Documentation in the Digital Era: Portals, Notes, and AI Tools	Tom Janzen
2:25 – 2:45 pm	From Likes to Loneliness: Understanding Social Media's Psychological Impact	Panel Discussion
2:45 – 3:00 pm	Q&A	
3:00pm	Meeting Close	

Scientific Planning Committee:



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CFPC Accreditation:
 This activity has been certified by the College of Family Physicians of Canada for up to 4.25 Mainpro+® Certified Activity credits.

AAFP Accreditation:
 Members of the American Academy of Family Physicians are eligible to receive up to 4.25 Prescribed credit hours for attendance at this meeting/event due to a reciprocal agreement with the College of Family Physicians of Canada.

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

- 🏆 Gold: Eisai, Otsuka/Lundbeck
- 🥈 Silver: Janssen

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Time	Topic	Learning Objectives	Faculty
9:00 – 9:10am	Welcome and introduction		Tom Janzen
Session 1 Moderator: Tom Janzen			
9:10 – 9:30 am	When Depression is Also Anxious: Recognizing Anxious Distress in MDD	<ul style="list-style-type: none"> ■ Recognize the clinical features of anxious distress in MDD and differentiate it from generalized anxiety disorder. ■ Describe the impact of anxious distress on patient functioning, prognosis, and treatment outcomes in MDD. ■ Manage patients with MDD and anxious distress in primary care. 	Margie Oakander
9:30 – 9:50 am	When Focus is the Symptom: ADHD Diagnosis and Management in Children and Adults	<ul style="list-style-type: none"> ■ Describe typical ADHD presentations in children and adults. ■ Select screening tools and initiate treatment in primary care. ■ Prepare referrals for children with suspected ADHD. 	Jamil Jivraj
9:50 – 10:10 am	Misdiagnosis Matters: Distinguishing ADHD, Bipolar Disorder, and BPD	<ul style="list-style-type: none"> ■ Differentiate key features of ADHD, bipolar disorder, and borderline personality disorder ■ Apply assessment strategies for accurate diagnosis. ■ Initiate appropriate management strategies in primary care. 	Mark Berber
10:10 – 10:35 am	Q/A		
10:35 – 10:55am	Refreshment break		
Session 2 Moderator: Margie Oakander			
10:55 – 11:00 am	Session Introduction		Margie Oakander
11:00 – 11:40 am	Two Front Lines, One Crisis: Addiction Trends and Treatment	<ul style="list-style-type: none"> ■ Describe common street drugs, usage patterns, and overdose risks. ■ Use effective communication when discussing addiction with patients. ■ Apply evidence-based therapies and community resources to support patients with addiction. 	Det. Jeff Tavares Dr. Imran Ghauri
11:40 – 12:00 pm	Q/A		
12:00 – 1:00pm	Lunch and Exhibit Hall Break		



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Session 3			
Moderator: Jane Flynn			
1:00 – 1:05 pm	Session Introduction		Jane Flynn
1:05 – 1:25 pm	What happens to mood when sleep improves?	<ul style="list-style-type: none"> ■ Recognize the bi-directional relationship between sleep disturbances and mood disorders ■ Review new clinical evidence on how improving sleep quality can positively impact depressive symptoms ■ Apply practical patient management strategies for integrating sleep assessments including switching hypnotics 	Pratap Chokka
1:25 – 1:45 pm	Spotting Alzheimer's Early: From Recognition to Current and Emerging Therapies	<ul style="list-style-type: none"> ■ Identify early signs and perform screening when indicated in primary care. ■ Initiate treatment for early Alzheimer's. ■ Explore emerging therapies for Alzheimer's. 	Richard Norman
1:45 – 2:00 pm	Q/A		
Session 4			
Moderator: Christine			
2:00 – 2:05 pm	Session Introduction		Christine Palmay
2:05 – 2:25 pm	Clinical Documentation in the Digital Era: Portals, Notes, and AI Tools	<ul style="list-style-type: none"> ■ Integrate AI tools effectively into primary care workflows for mental health documentation. ■ Weigh benefits and risks of sharing clinical notes with patients. 	Tom Janzen
2:25 – 2:45 pm	From Likes to Loneliness: Understanding Social Media's Psychological Impact	<ul style="list-style-type: none"> ■ Describe social media's impact on mental health across age groups. ■ Recognize patients at risk from social media use. ■ Discuss strategies to address related concerns in primary care. 	Panel Discussion
2:45 – 3:00 pm	Q/A		
3:00 pm	Meeting Close		

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