



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
<b>Session 1</b>		
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	
<b>Session 2</b>		
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	
<b>Session 3</b>		
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	
<b>Session 4</b>		
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:**



**CHAIR**  
**MARGARET OAKANDER**  
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**CHRISTINE PALMAY**  
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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:**  
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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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## Conference Agenda

Time	Topic	Learning Objectives	Faculty
9:00 – 9:10am	Welcome and introduction		Tom Janzen
<b>Session 1</b> Moderator: Tom Janzen			
9:10 – 9:30 am	When Depression is Also Anxious: Recognizing Anxious Distress in MDD	<ul style="list-style-type: none"> <li>■ <b>Recognize</b> the clinical features of anxious distress in MDD and differentiate it from generalized anxiety disorder.</li> <li>■ <b>Describe</b> the impact of anxious distress on patient functioning, prognosis, and treatment outcomes in MDD.</li> <li>■ <b>Manage</b> patients with MDD and anxious distress in primary care.</li> </ul>	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"> <li>■ <b>Describe</b> typical ADHD presentations in children and adults.</li> <li>■ <b>Select</b> screening tools and initiate treatment in primary care.</li> <li>■ <b>Prepare</b> referrals for children with suspected ADHD.</li> </ul>	Jamil Jivraj
9:50 – 10:10 am	Misdiagnosis Matters: Distinguishing ADHD, Bipolar Disorder, and BPD	<ul style="list-style-type: none"> <li>■ <b>Differentiate</b> key features of ADHD, bipolar disorder, and borderline personality disorder</li> <li>■ <b>Apply</b> assessment strategies for accurate diagnosis.</li> <li>■ <b>Initiate</b> appropriate management strategies in primary care.</li> </ul>	Mark Berber
10:10 – 10:35 am	Q/A		
10:35 – 10:55am	Refreshment break		
<b>Session 2</b> 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"> <li>■ <b>Describe</b> common street drugs, usage patterns, and overdose risks.</li> <li>■ <b>Use</b> effective communication when discussing addiction with patients.</li> <li>■ <b>Apply</b> evidence-based therapies and community resources to support patients with addiction.</li> </ul>	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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<b>Session 3</b> 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"> <li>■ <b>Recognize</b> the bi-directional relationship between sleep disturbances and mood disorders</li> <li>■ <b>Review</b> new clinical evidence on how improving sleep quality can positively impact depressive symptoms</li> <li>■ <b>Apply</b> practical patient management strategies for integrating sleep assessments including switching hypnotics</li> </ul>	Pratap Chokka
1:25 – 1:45 pm	Spotting Alzheimer's Early: From Recognition to Current and Emerging Therapies	<ul style="list-style-type: none"> <li>■ <b>Identify</b> early signs and perform screening when indicated in primary care.</li> <li>■ <b>Initiate</b> treatment for early Alzheimer's.</li> <li>■ <b>Explore</b> emerging therapies for Alzheimer's.</li> </ul>	Richard Norman
1:45 – 2:00 pm	Q/A		
<b>Session 4</b> 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"> <li>■ <b>Integrate</b> AI tools effectively into primary care workflows for mental health documentation.</li> <li>■ <b>Weigh benefits</b> and risks of sharing clinical notes with patients.</li> </ul>	Tom Janzen
2:25 – 2:45 pm	From Likes to Loneliness: Understanding Social Media's Psychological Impact	<ul style="list-style-type: none"> <li>■ <b>Describe</b> social media's impact on mental health across age groups.</li> <li>■ <b>Recognize</b> patients at risk from social media use.</li> <li>■ <b>Discuss</b> strategies to address related concerns in primary care.</li> </ul>	Panel Discussion
2:45 – 3:00 pm	Q/A		
3:00 pm	Meeting Close		

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