

Overview

Join us for a free Continuing Medical Education (CME) morning focused on the latest evidence-based approaches to mental illness in primary care.

Through three expert-led sessions, participants will strengthen their skills in:

- Diagnosing and treating depression
- Addressing substance use disorders
- Identifying patients who may benefit from interventional psychiatry services

Learning Objectives, by the end of the conference participants will be able to:

1. Apply evidence-based approaches to the assessment, diagnosis, and management of common mental health and substance use disorders encountered in primary care, using current clinical guidelines and best practices.
2. Develop patient-centred treatment plans by selecting appropriate pharmacological, psychosocial, and emerging interventional therapies, while promoting measurement-based care, reducing stigma, and improving patient engagement.
3. Recognize when patients may benefit from specialized mental health services or advanced interventions and determine appropriate referral pathways to optimize outcomes for individuals with depression, substance use disorders, and other complex mental health conditions.

Target Audience: Primary care providers

Speakers Include:

- Dr. Jeffrey Habert, Family physician, Assistant Professor in the Department of Family and Community Medicine at the University of Toronto
- Dr. Mark Weiss, Physician, Substance Use and Concurrent Disorders, The Royal
- Dr. Benoit Mulsant, Psychiatrist-in-Chief and Chief of Staff, The Royal

Please note: This event will be an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada and approved by the University of Ottawa's Office of Continuing Professional Development.

AGENDA

Time	Activity
7:30 - 8:00 a.m.	Registration & Hot Breakfast
8:00- 8:15 a.m.	Welcome Remarks
8:15 - 9:15 a.m.	Treating Major Depressive Disorder (MDD) in Primary Care & CANMAT 2024 MDD Pearls By the end of this session participants will be able to: 1. Review the updated CANMAT 2023/2024 guidelines for diagnosing and managing Major Depressive Disorder (MDD), including evidence-based treatment pathways. 2. Understand and apply the principles of early optimized treatment and measurement-based care to improve functional outcomes and remission rates in MDD. 3. Identify strategies for managing inadequate response to initial therapy, including antidepressant switching, adjunctive treatments, psychotherapy, and neuromodulation options. Speaker: Dr. Jeffrey Habert
9:15 - 10:15 a.m.	Addressing Substance Use and Addiction in Primary Care By the end of this session participants will be able to: 1. Screen and assess patients for common substance use disorders. 2. Implement evidence-informed interventions within a primary care setting. 3. Initiate conversations that reduce stigma and improve patient engagement. Speaker: Dr. Mark Weiss
10:15 - 10:30 a.m.	Health Break
10:30 - 11:30 a.m.	Interventional Psychiatry: Expanding Treatment Options for Patients By the end of this session participants will be able to: 1. Describe the main interventional psychiatry approaches available in 2026 2. Assess the role of interventional psychiatry approaches in the treatment of mental disorders 3. Determine whether a specific interventional psychiatry approach is indicated for an individual patient Speaker: Dr. Benoit Mulsant
11:30 a.m. - 11:45am	Stephanie Carter – How to access/UCC

**11:45am-12:00
p.m.**

Final Remarks, Open Q&A , collect certificates