



The Canadian Coalition for Seniors' Mental Health (CCSMH)

ANNUAL REPORT 2010

**Prepared by the Canadian Coalition for
Seniors' Mental Health**

www.ccsmh.ca

CANADIAN COALITION FOR SENIORS' MENTAL HEALTH (CCSMH) BACKGROUND INFORMATION

Mission: To promote the mental health of seniors' by connecting people, ideas and resources.

Value Statement: *Mental illness is not a normal consequence of aging. All seniors have the right and deserve to receive services and care that promotes their mental health and responds to their mental illness needs. CCSMH initiatives are based on this belief and also recognize that seniors...*

- ❖ *Range in age (65 – 100+)*
- ❖ *Live in a variety of community and institutional settings*
- ❖ *Reside in all Canadian provinces, territories and within both urban and rural settings*
- ❖ *Are diverse in terms of their culture, religion, ethnicity, socioeconomic status, ability and sexual orientation*
- ❖ *May experience lifelong mental illness or acquired mental illness after age 65*
- ❖ *Require care to both prevent and respond to their mental health and wellness needs*
- ❖ *May respond to both medical and/or psychosocial models for prevention and care*
- ❖ *Mental health issues may include a wide array of illness including mood, anxiety, addictions and psychotic disorders, in addition to the emotional, behavioural and cognitive complications of a variety of brain diseases such as Alzheimer's Disease and Parkinson's Disease*

CCSMH Working Principles: Our actions and decisions are guided by:

- ❖ Collaboration / Multidisciplinary Inclusiveness
- ❖ Effectiveness
- ❖ Transparency / Accountability
- ❖ Integrity

Strategic Priority Areas:

- ❖ Public Awareness & Education
- ❖ Research
- ❖ Promoting Best/Promising Practices in Assessment, Management and Treatment
- ❖ Advocacy
- ❖ Caregiving

Strategic Goals	Strategic Objectives
1. To ensure that seniors' mental health is recognized as a key Canadian health and wellness issue	1.1 To represent and advocate for seniors' mental health issues at a national level
	1.2 To facilitate initiatives that create a strong seniors' mental health research agenda
	1.3 To develop, facilitate and disseminate public and professional awareness of seniors' mental health issues
2. To facilitate initiatives related to enhancing & promoting seniors' mental health resources	2.1 To provide opportunities for exchange and transfer of knowledge
	2.2 To co-ordinate working groups for the creation of usable educational tools and resources
3. To ensure growth and sustainability of the CCSMH	3.1 To increase membership and collaborative partnerships at national, provincial, territorial and local levels
	3.2 To achieve operational and project funding
	3.3 To work with and support seniors' mental health leaders and champions across the country

SUMMARY OF STRATEGIC INITIATIVES

Since its inception in 2002, the CCSMH has not only grown substantially in number but also has accomplished strategic initiatives and project activities in the following areas:

Strategic Initiative: National Guidelines Project

Since 2005 the Canadian Coalition for Seniors' Mental Health (CCSMH) has been active in the facilitation of the creation of National Guidelines for Seniors' Mental Health. Since their release in May 2006, the CCSMH has been focused on the dissemination and implementation of the guideline recommendations into practice. After a series of project amendments and supporting funding, all Guideline related funding from the Public Health Agency of Canada, Population Health Fund, ended March 31st 2010.

The final phase of funding was titled "Building Upon Our Successes: A Comprehensive Strategy for Increasing Knowledge and Decreasing Stigma." The overall project goal was to complement the existing knowledge translation activities by ensuring seniors and families had accessible and relevant information available from the four guidelines. Objectives of the project included:

1. To create a comprehensive bilingual suite of knowledge products to assist with the usability of the CCSMH guidelines for health care professionals based on the lessons learned in earlier phases of the project.
2. To engage seniors and families across Canada and raise awareness of the issues of seniors' mental health, increasing knowledge and decreasing stigma in seniors' mental health.
3. To better the understanding of CCSMH guideline utilization based on a thorough and multifaceted evaluation plan.

In March 2010 the CCSMH completed the following three additional tools to support the use of the CCSMH Guidelines for healthcare providers:

- **Tool on the Assessment & Treatment of Behavioural Symptoms of Older Adults Living in Long Term Care Facilities** *Based on: Canadian Coalition for Seniors' Mental Health (CCSMH) National Guidelines: Assessment and Treatment of Mental Health Issues in Long Term Care Homes (Focus on Mood and Behaviour) (POCKET CARD)*
- **DELIRIUM Assessment and Treatment for Older Adults** *Based on: Canadian Coalition for Seniors' Mental Health (CCSMH) National Guidelines: The Assessment and Treatment of Delirium (POCKET CARD)*
- **Guideline on the Assessment and Treatment of Delirium in Older Adults at the End of Life** *Adapted from the CCSMH National Guidelines for Seniors' Mental Health: The Assessment and Treatment of Delirium (GUIDELINE)*

In addition to the new tools, the CCSMH office continues to distribute resources on request. A summary of 2010 distribution is provided below.

CCSMH Resource Requests		2010 Requests		
		Hard Copy	Online	Total
Suicide Prevention	Guideline	182 (+ 203 toolkit)	449	834
	Toolkit (includes guideline, pocket card, family guide, DVD)	203		203
	DVD downloads		537	537
	Pocket card – E	2, 359 (+203 toolkit)	525	3, 087
	Pocket card – F	126	127	253
	Family Guide - E	4, 398 (+203 toolkit)	403	5, 004
	Family Guide - F	981	120	1, 101
Depression	Guideline	239	621	860
	Laminate	729	253	982
	Pocket card – E	2, 401	351	2, 752
	Pocket card – F	112	166	278
	Family Guide – E	4, 797	796	5, 593
	Family Guide - F	1, 373	124	1, 497
Delirium	Guideline	259	719	978
	Pocket card – E	3, 296	508	3, 804
	Pocket card – F	148	178	326
	Family Guide – E	2, 858	686	3, 544
	Family Guide - F	240	142	382
Mental Health Issues in LTC	Guideline	261	655	916
	Pocket card – E	2, 234	830	3, 064
	Pocket card – F	12	110	122
	Family Guide – E	2, 365	483	2, 848
	Family Guide - F	478	79	557

In addition, the following presentations took place in 2010 promoting the CCSMH Guidelines resources:

- Bernard Betel education session to older adults on Depression
- George Brown Personal Support Worker class on mental health in late life
- "Mental Health Safety Huddles at Baycrest" - Baycrest Rounds
- Private Companion Program – Baycrest – “Mental Health Issues in Long Term Care Homes”

To share the experiences of the CCSMH Guidelines project report was released titled “Lessons Learned: Sharing the Successes and Knowledge about Guideline Implementation.” Additionally, to gain a better understanding of CCSMH guideline utilization Dr. Salinda Horgan was hired to conduct an evaluation of the Guidelines process. Both reports are attached.

Strategic Initiative: Guidelines for Comprehensive Services for Elderly Persons Living with Mental Health Problems and Illnesses

In May 2009 the Mental Health Commission of Canada awarded funding to HealthWell Educators and Consultants Ltd. and the Canadian Coalition for Seniors' Mental Health to revise the 1988 Health Canada document "Guidelines for Comprehensive Services to Elderly Psychiatric Disorders."

The 1988 Guidelines for Comprehensive Services to Elderly Psychiatric Disorders has been a major reference document for mental health care planners, service providers, workers and advocacy groups in the past. Over the past two decades since the release of these guidelines, the base of evidence support the effectiveness of mental health services for older adults has grown considerably. At the same time, the need for such services will continue to increase sharply in the decades to come, accompanied by a disproportionate increase in mental illnesses and brain diseases such as dementia.

The completed document is intended to inform systems planners, government, policy makers, and program managers. In particular, this document seeks to inform the Mental Health Commission of Canada National Mental Health Strategy.

Between January and December 2010 the project team continued with consultations and developed several drafts of the document based on literature, practice based, and lived experience. Additionally, consultants from CAMH were hired to facilitate the benchmarking process.

Throughout the process the project team engaged stakeholders and participated in multiple events to promote the Guidelines, including:

- Wilson K. & MacCourt P. New Guidelines for Comprehensive Mental Health Services for Older Adults. Canadian Association on Gerontology Annual Scientific and Education Meeting. Montreal, Quebec: December 2010.
- Wilson K., & MacCourt P. New Canadian Guidelines: Comprehensive Mental Health Services for Older Adults. Gerontological Society of America Annual Scientific Meeting. New Orleans, Louisiana: Nov 2010.

Attached is the Executive Summary of the Guidelines, which were submitted to the Mental Health Commission for approval in early 2011.

Strategic Initiative: CCSMH 4th National Conference: Connecting Research and Education to Care in Seniors' Mental Health

On September 27th & 28th 2010 the CCSMH hosted its 4th National Conference in Halifax, Nova Scotia. Over 250 individuals attended with representation from all provinces and the Yukon Territory and generated over \$91, 000 in revenue, with a net profit of over \$34,000.

Conference highlights included:

- Representation from Federal and Provincial government representatives
 - Honourable Diane Albonczy, Minister of State, Seniors (Federal)
 - Honourable Maureen MacDonald, Minister of Health (Nova Scotia)
 - Honourable Denise Peterson-Fafuse, Minister of Seniors (Nova Scotia)
- Launch of the Atlantic Seniors' Mental Health Network, with funding from the Canadian Institutes of Health Research
- Special evening lecture hosted by Dalhousie Medical Research Foundation: 9th annual Kathryn Allen Weldon public lecture
- Keynote from Dr. Marie-France Rivard & Dr. Penny MacCourt and Dr. Jane Barratt, Secretary General of the International Federation on Ageing
- Keynote panel on Age-Friendly Communities
- Over 45 paper presentations and 16 workshops

Sample Conference Testimonials:

“High energy group of people with common interest - made one feel like we can make a difference in the health of our clients and ourselves.”

“This was an outstanding conference- excellent keynotes, good support by government, high quality presentations, and a positive and supportive impact on those who attended.”

“The CCSMH conference was a great way to enhance our knowledge in policy, practice and care of the seniors with mental health. Congratulations, it was in my opinion a huge success.”

“The CCSMH is a much needed national voice - doing a great job of generating and transferring knowledge and bridging the gap between academics, government and front-line providers/families.”

“The CCSMH, has been invaluable in connecting me to the seniors mental health community throughout the country. You have truly lived into your vision of connecting people, ideas and resources - thank you for bringing all three together!”

“The CCSMH Conference gave me a chance to present, for the first time ever, in a national conference as a Master's in Nursing Thesis Student!”

“Great opportunity to see what is happening across the country and excellent idea to have the Mental Health Commission presenting.”

“Excellent opportunity to network with national leaders and provincial counterparts in the area of seniors mental health. An excellent specialty conference.”

Strategic Initiative: Learning from Others: Understanding Self-Management in Seniors' Mental Health

In October 2009 the Canadian Coalition for Seniors' Mental Health received funding from CIHR Institute of Aging to host a meeting to understand how self-management principles can be applied to seniors' mental health. The rationale for the project is to ensure that the CCSMH has the opportunity to learn from other individuals and programs based on their successes before creating a self-management toolkit for seniors specific to mental health.

Objectives:

- To identify and engage exemplars of self-management programs from other fields, including local, provincial and national organizations.
- To create an opportunity for dialogue and exchange to understand the common successful principles of self-management programs and their application to a seniors' mental health context.
- To create a self-management program to accompany the CCSMH Educational Guides for Seniors and their Families based on the outcomes of the proposed meeting.
- To increase the knowledge and power of seniors in the mental health system and to build capacity in NGO's who support them during their journey.

Additionally in July 2010 the CCSMH received a contract from the Public Health Agency of Canada to conduct an environmental scan and write a background paper on self-management in seniors' mental health to inform the CIHR-funded meeting. The CCSMH conducted interviews with leaders in self-management across the country and conducted a literature review with support from the Baycrest librarian.

In November 2010, the CCSMH hosted a round table meeting with 12 participants and created an initial action plan for moving forward with a proposal for a project focused on applying the philosophy of self-management to seniors' mental health and dementia. The final paper was submitted to the Public Health Agency of Canada in December 2010.

Strategic Initiative: National and Provincial Advisory Committee **Membership**

In 2010, the CCSMH continued collaborations with multiple organizations in order to ensure seniors' mental health representation within specific projects and to partner with relevant provincial and national strategic projects. These include recurring membership and new membership.

Recurring Memberships:

- Canadian Alliance for Mental Illness and Mental Health (CAMIMH)
- Geriatric Education Recruitment Initiative (GERI)
- National Initiative for the Care of the Elderly (NICE)
- Canadian Research Network for Care in the Community (CRNCC)
- Canadian Dementia Research & Knowledge Exchange (CDRAKE)
- Cognitive Impairment in Aging Partnership: Canadian Institutes for Health Research, Institute of Aging
- Canadian Association for Suicide Prevention, Board Member (S. Helsdingen until August)
- Alzheimer Society of Canada Guidelines for Care: Review Panel
- Improving Quality of Life for People Dying in Long Term Care Homes project (lead Dr. Mary Lou Kelley, Lakehead University)
- The Effects and Costs of a Nursing Mental Health Promotion Intervention on Depression and Anxiety in Frail Older Home Care Clients project (lead Dr. Maureen Markle-Reid, McMaster University)
- Enhancing system capacity to improve the quality and continuity of mental health care for seniors in assisted living and long-term care project (lead Dr. Colleen Maxwell, University of Calgary)
- Active Living Coalition for Older Adults: Development of Measurement and Evaluation Tools for Community-Based Programs, Reference Group.

Additions in 2010:

- Congress of National Seniors Organizations (CNSO)
- Interventions for Neuropsychiatric Symptoms of Dementia in Long-Term Care: A Systematic Review (lead: Dr. Dallas Seitz)
- National Behavioural Support Systems Working Group
- Seniors Health Research Transfer Network (SHRTN) Collaborative Mental Health & Addictions Community of Practice – Behavioural Support Systems
- Depression self-care for older adult patients with chronic physical illness: helping primary care patients help themselves Advisory Committee (lead: Jane McCusker)

In addition, the CCSMH is consulted on an as-needed basis by local, provincial and national groups engaged in strategic initiatives and projects.

Strategic Initiative: Eliminating Stigma – Focus on Seniors’ Mental Health

In September 2010 the CCSMH received funding from the Mental Health Commission of Canada to lead a two-year project focused on eliminating stigma with a focus on the experience of older adults who have experienced stigma in the health care system.

Project Goals and Objectives:

- Encourage self-awareness regarding discrimination and stigma with health care professionals who work with older adults with mental health issues
- Improve attitudes/behaviours of health care professionals who work with older adults with mental health issues
- Improve the lives of seniors with mental health issues and their caregivers

SUMMARY OF ADVOCACY ACTIVITIES

Conference Presentations, Presentations, Advocacy, Other

The CCSMH remains an active participant in multiple areas of public advocacy. Examples of CCSMH activity include:

- Keynote address at Healthcare for the Elderly: Current Challenges and Realities in Building a Sustainable System, January 19th 2010
- Roundtable on Alzheimer and Dementia – hosted by Dr. Kirsty Duncan & Honourable Michael Ignatieff, January 29th 2010
- Healthy Connections 2010 Conference, February 2010
- Information Package for Square One Seniors Wellness Information and Active Living Fair, March, 2010
- Participation at F/P/T symposium “Spotlight on Images of Aging”

The CCSMH continues to be a resource for government, journalists and others interested in seniors’ mental health. Examples from 2010 include:

- The Chief Public Health Officer’s **Report on the state of Public health in Canada 2010**
- Canadian Living: Mental Health Myths
- Globe & Mail: Facts about Seniors’ suicide

Awards & Recognition

In 2010 the Canadian Coalition for Seniors' Mental Health received two prestigious awards:

Betty Havens Award for Knowledge Translation in Aging, CIHR

The CCSMH was recognized at the Canadian Association on Gerontology Annual Scientific and Education Meeting in Montreal in December 2010. This award recognizes outstanding achievements and excellence in knowledge translation in aging at a local or regional level, and to provide financial support to further foster excellence and innovation in knowledge translation activities.

Chair’s Proud Partners Award, Baycrest

Each year Baycrest takes stock of what progress they have made in improving the quality of life of the aging population. In doing so, they look externally for those who have made the greatest contribution to their successes so they can pay tribute to them with their highest form of recognition - the Chair's Proud Partners Award. The CCSMH received this award based on our strategic goals and objectives, strong seniors' mental health research agenda, and our continued collaboration with Baycrest in the exchange and transfer of knowledge.

SUMMARY OF FUNDING

The CCSMH continues to operate on grants, contributions and donations. In 2010, the CCSMH received funding from:

- Mental Health Commission of Canada
- Public Health Agency of Canada
- Canadian Institutes for Health Research
 - Institute of Aging

SUMMARY OF MEMBERSHIP / STAKEHOLDER RELATIONSHIPS

The CCSMH membership continues to grow on a daily basis. Current membership is currently just over 2,800 individual and organizational members.

Membership Communication

The CCSMH website remains an important source of information and communication with members. The CCSMH website was launched in 2004. Between January and December 2010, 540,994 hits were received. The following provides more detail related to the website.

Date	Total Sessions	Total Hits	Avg. Sessions/day	Avg. Hits/day
Total 2010	91,459	540,994	250.57	583.62
Total 2009	75,702	446,614	207.40	1,223.60
Total 2008	47,644	326,673	130.17	892.55
Total 2007	49,334	270,528	135.16	741.17
Total 2006	48,020	278,730	131.56	763.64
Total 2005	37,453	173,216	102.61	474.56
Total 2004	10,585	79,023	31.50	235.19

Additionally, the CCSMH launched an “events” page which directed traffic to a new website for all conference information. Below is the information for www.ccsmhevents.ca

Date	Total Sessions	Total Hits	Avg. Sessions/day	Avg. Hits/day
Total 2010	14,161	148,655	38.80	407.27

CCSMH Staffing

Currently the CCSMH has one full time Executive Director and up until August 2010 a full time Project Manager. In the Fall 2010 semester the CCSMH hosted a 4th year adult development, families and well-being student from the University of Guelph.

CCSMH Steering Committee

Canadian Academy of Geriatric Psychiatry	Dr. David Conn (co-chair)
Canadian Academy of Geriatric Psychiatry	Dr. Ken Le Clair (co-chair)
Alzheimer Society of Canada	TBD
Canadian Pensioners Concerned	Ms. Winnie Fraser-MacKay
Canadian Association of Social Workers	Ms. Marlene Chatterson
Canadian Caregiver Coalition	Ms. Esther Roberts
Canadian Geriatrics Society	Dr. Chris Frank
Canadian Healthcare Association	Ms. Lori Amdam
Canadian Mental Health Association	Mr. Peter Coleridge
Canadian Nurses Association	Dr. Sharon Moore
Canadian Psychological Association	Dr. Venera Bruto
Canadian Society of Consulting Pharmacists	Ms. Pronica Janikowski
College of Family Physicians of Canada	Dr. Chris Frank
Public Health Agency of Canada – advisory	Ms. Simone Powell