



W I N T E R 2 0 0 8 E D I T I O N

## Canadian Coalition for Seniors' Mental Health

CONNECTING PEOPLE IDEAS AND RESOURCES

[www.ccsmh.ca](http://www.ccsmh.ca)

### CCSMH Suicide Prevention Toolkit Suicide Assessment and Prevention for Older Adults: Life Saving Tools for Health Care Providers

We're pleased to announce the launch of the CCSMH Late Life Suicide Prevention Toolkit. Developed specifically for health care providers - physicians, nurses, front-line workers, mental health professionals - and educators in health education programs at universities and colleges, the Toolkit includes:

- Interactive, case-based DVD
- CCSMH National Guidelines for Seniors' Mental Health: Assessment of Suicide Risk and Prevention of Suicide (*also available in French*)
- Easy-to-use clinician pocket card summarizing key points from the guidelines (*also available in French*)
- Materials for educators including a Facilitator's Guide and PowerPoint presentation

Production of this Toolkit was made possible through a financial contribution from the Public Health Agency of Canada as well as a donation from the RBC Foundation. We would also like to acknowledge the Toolkit development team for their unmatched commitment

to this important project: Dr. Martha Donnelly, Dr. Marnin Heisel, Dr. Sharon Moore, Charlene Foster, Ian Ross, Joan Seabrook, and Diane Yackel.

All elements of the Toolkit can be accessed at [www.ccsmh.ca](http://www.ccsmh.ca). If you prefer a hard copy of the Toolkit, or need multiple copies for your team or class, please contact Sherri ([shelsdingen@baycrest.org](mailto:shelsdingen@baycrest.org), 416-785-2500 ext. 6331). Until March 31, 2009, CCSMH is able to provide one free copy of the toolkit to each organization (or to each department in larger organizations). Additional copies can be purchased for \$20 each (includes shipping and handling).

#### **Highlight!**

Dr. Marnin Heisel and Dr. Sharon Moore are recipients of the prestigious Betty Havens Award for Knowledge Translation in Aging (CIHR). This grant will be dedicated to expanding the Toolkit with additional tools to help save lives.

*Do you know someone else who could benefit from this Toolkit?*

*If so, please forward this e-mail to them.*



# Updates from the Executive Director

## *Happy Holidays!*

On behalf of Sherri and the CCSMH co-chairs and steering committee, I would like to wish you a very happy holiday season and all the best for 2009!

Reflecting back on 2008 it's amazing what the CCSMH accomplished in the past twelve months. I would like to take this opportunity to thank our unbelievable volunteers, committee members and steering committee. We are so very lucky to have such dedicated and passionate individuals and groups who commit so much of their time to the CCSMH.

This past year also brought a new staff member to the office! Sherri Helsdingen was hired in January 2008 and has brought with her new energy, skills and enthusiasm to the work of the coalition. For those of you who had the good fortune of working with Sherri on a variety of project committees, you will know first hand her excellent project management and organizational skills in addition to her amazing creativity! It's been a great year having her on board!

Other additions to the CCSMH family in the past year include Winnie Fraser-McKay, our newest steering committee member, representing the Canadian Pensioners Concerned. We're thrilled to have this new partnership with the CPC and are honoured to have Winnie involved at the steering committee level.

As you are likely aware, the CCSMH operates fully on sponsorship, grants and project funds so we would be remiss to let the year pass without giving recognition to our funders. This past year we have received support from:

- The Public Health Agency of Canada
- The Canadian Institutes for Health Research - Institute of Aging
- The Canadian Institutes for Health Research - Institute of Neuroscience, Mental Health & Addictions
- Royal Bank of Canada Foundation

Many thanks to these wonderful organizations for their ongoing support of the CCSMH!

As you know from our previous newsletters, the past year has been very exciting in terms of project updates and advocacy. Between the CCSMH involvement in the Mental Health Commission of Canada, the Globe and Mail feature on Mental Health, the 3rd National CCSMH Conference in Vancouver, *plus* the seven pilot projects focused on implementation of the CCSMH National Guidelines for Seniors' Mental Health we've had a great year!

See the following article for exciting projects that we'll tackle in 2009!

That's all for now! More updates to come in the next edition of the CCSMH newsletter.



**CANADIAN COALITION FOR SENIORS' MENTAL HEALTH**

To promote seniors' mental health by connecting people, ideas and resources

**COALITION CANADIENNE POUR LA SANTÉ MENTALE DES PERSONNES ÂGÉES**

Promouvoir la santé mentale des personnes âgées en reliant les personnes, les idées et les ressources

# New Projects for 2009

**The CCSMH has two new exciting projects in the works!**

Thanks to the Public Health Agency of Canada, in the next three months the CCSMH will be releasing educational booklets for seniors and their families which will be based on the CCSMH National Guidelines. The outcome of this project will be to help seniors and families understand the guideline topics (depression, delirium, suicide risk, and mental health in long term care homes) and to empower them to understand their own risk factors, illness and options for medical and psychosocial care, based on the most current evidence. Visit [www.ccsmh.ca](http://www.ccsmh.ca) for updates on this exciting project!

In March 2009, the CCSMH will be co-hosting a National Think Tank on Knowledge Exchange and Translation in the area of seniors' mental health. This new project is based on collaboration between CCSMH and the following organizations:

Public Health Agency of Canada

Mental Health Commission of Canada

Research to Action Program in Dementia

National Initiative for the Care of the Elderly

Alzheimer Knowledge Exchange

Seniors Health Research Transfer Network

Project updates will be available soon our website and in future newsletters!

**December 5th 2008**

**International Volunteer Day**

**To all our volunteers,**

**THANK YOU, THANK YOU, THANK YOU!!!**

**from the CCSMH**



## UPCOMING EVENTS 2009



### ALZHEIMER SOCIETY OF MANITOBA PARTNERS IN CARE .... UNLIMITED POSSIBILITIES

**March 9th & 10th, 2009**

Canad Inns Polo Park, Winnipeg, Manitoba

For conference details visit [www.alzheimer.mb.ca/professional.html](http://www.alzheimer.mb.ca/professional.html)

### 2009 COLLABORATIVE MENTAL HEALTH CARE CONFERENCE

**May 28th - 30th, 2009**

Hamilton, Ontario

For more information please visit [www.shared-care.ca](http://www.shared-care.ca)

### 15TH NATIONAL CONFERENCE ON GERONTOLOGICAL NURSING “MAKING MOMENTS MATTER”

**May 27th - 30th 2009**

Banff Conference Centre, Banff Alberta

For the Call for Abstracts and list of Keynote Speakers see [www.cgna.net](http://www.cgna.net)

### 19TH INTERNATIONAL ASSOCIATION OF GERONTOLOGY & GERIATRICS WORLD CONGRESS

**July 5th - 9th, 2009**

Paris, France

For the conference details visit [www.gerontologyparis2009.com](http://www.gerontologyparis2009.com)

**Have a conference or event you want to promote? Email Kim with the details to be included in the CCSMH newsletter!**

**[kwilson@baycrest.org](mailto:kwilson@baycrest.org)**

**[WWW.CCSMH.CA](http://WWW.CCSMH.CA)**