



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.

August 2017

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# Canadian Coalition for Seniors' Mental Health Newsletter

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## Chair's Report

Kiran and I would like to welcome you to this summer edition of the Canadian Coalition for Seniors' Mental Health's newsletter. Please distribute this newsletter to your colleagues and encourage them to sign up as members of CCSMH (still no membership fee!).

This has been a busy few months for us at the Coalition and we are excited to share some of our news with you today. Towards the end of May this year we received the excellent news that Health Canada is funding us for a three-year project that will see us producing 4 Clinical Guidelines on Substance Use Disorders among older adults, focused on alcohol, benzodiazepine, cannabis and opioid use. We will also produce associated knowledge exchange tools.

This is an important project that will provide much needed guidance to clinicians and other leaders across the country on issues that have rarely been addressed before. In order to produce the best possible products, we have pulled together some of our country's leading experts in the fields of addictions, geriatrics, and mental health. The project will be led by a Steering Committee and 4 working groups (one for each of our project's target substances). Each working group is being led by two co-chairs.

Our Alcohol Working Group is being led by Dr. Peter Butt and Ms. Marilyn White-Campbell. Dr. Butt is a Family Physician in Saskatchewan, who has been a leader in the addiction field, including work on establishing Canadian low risk drinking guidelines for adults. Marilyn White-Campbell is a Geriatric Addiction Specialist. She has spent much of her career bringing to light issues surrounding substance use among older adults. Her efforts have contributed to a much-needed increase of attention and services in the field.

The Benzodiazepine Working Group is led by one of us (Dr. David Conn, Psychiatrist at Baycrest, Toronto) as well as Dr. David Hogan of Calgary, AB. Dr. Hogan is a national leader in Geriatric Medicine. He did an outstanding job previously as co-chair of the CCSMH Delirium Guideline Group.

Drs. Amy Porath and Jonathan Bertram are leading the development of Cannabis Use Guidelines. Dr. Amy Porath is the Director of Research and Policy at the Canadian Centre for Substance Use and Addiction. She has written extensively on the subject of the health effects of cannabis and has used her extensive knowledge on the subject to help effect national and provincial policy on the subject. Dr. Jonathan Bertram is a Family Physician specializing in addiction medicine. He is based in Toronto, splitting his time between the Centre for Addiction and Mental Health and Reconnect Mental Health Services.

Our Opioid Guidelines will be led by Drs. Meldon Kahan (Toronto) and Launette Rieb (Vancouver). They are both physicians who specialize in addictions, bringing with them years of expertise on the subject of opioid addiction, as well as on the role of prescription opioids for the treatment of pain.

For a number of years CCSMH's membership and Steering Committee have identified substance use among seniors as a priority issue. This 3-year project, funded by Health Canada, will allow us to provide clear guidance to physicians and other health professionals across the country when considering the unique needs of older adults, as well as the potentially unique effect of substances on this vulnerable population.

This Project will be led by our newly appointed Project Director, Claire Checkland and Project Coordinator, Natasha Kachan. Claire has an extensive background in health policy, advocacy and project management in health fields ranging from cancer to mental health and most recently in the fields of mental health and addiction. She managed several recent CCSMH projects including our 2015-2016 partnership with Shoppers Drug Mart and the 2016 cultural adaptation of CCSMH resources to Chinese and Punjabi. Natasha has a background in education, and has worked extensively in research and research administration in both the academic and health charity sectors. You can reach Claire at [Claire.checkland@gmail.com](mailto:Claire.checkland@gmail.com), and Natasha at [nkachan@baycrest.org](mailto:nkachan@baycrest.org).

David Conn

Kiran Rabheru

Co-Chairs, CCSMH

## CCSMH NEWS

### Convention on the Rights of Older People – Update

The International Longevity Centre (ILC) Canada continues to work with all our partners to mobilize support for a Convention on the Rights of Older People through ongoing work at the United Nations and by calling on the Government of Canada to consider leading an international movement to establish a Convention - what a wonderful way to acknowledge Canada's 150th birthday -- to better the lives of older people in Canada and around the world.

"The Bold for the Old" meeting in October 2016, resulted in the Canadian Seniors Health Collaborative's letter to Minister Jane Philpott on the issue of seniors and the Health Accord. It was signed by all 16 CEOs of the top seniors' health and mental health associations in the country with the goal of looking for ways we can work together to provide better mental and physical health care for Canadian seniors. This letter has received a response from the Dr. Philpott's office, and has resulted in Ms. Gillis and I having a series of productive meeting with Health officials within the federal government. We will be reporting on the outcome of the first round of meetings after July but we are very pleased with the response so far.

Some of the key people that we have met with to advance our work have been senior staff from Health Accord Secretariat (Health Canada), Assistant Deputy Minister – Public Health Agency of Canada, Canadian Institute for Health Information (CIHI), and an upcoming meeting with Canadian Foundation for Healthcare Improvement (CFHI). We remain focused on continuously seeking support for the 4 recommendations made in our letter to the Minister Philpott, namely: a multi-sectoral partnership to address the physical and mental health needs of an aging Canadian population, a commitment to funding for seniors' mental health to strategically target the continuum of care for seniors, a separate innovation fund to develop models of providing health care, and a discussion on seniors' mental health through a series of round tables across the country which would bring together NGO's, the private sector, academics and health professionals to focus on how to transform the health care system.

We thank all members of the Collaborative in supporting our efforts and look forward to moving this initiative forward over the next few months.

Respectfully submitted by:

Kiran Rabheru, Co-Leader, CCSMH  
& Chair, Partnership Strategy, CAGP

Margaret Gillis, President, ILC-Canada

## New resources available through Caversham Booksellers!

Did you know that there are many CCSMH resources available online for purchase? Visit [Caversham Booksellers](#) for a comprehensive collection of CCSMH resources, including:

- [The Assessment and Treatment of Depression \[CCSMH National Guidelines for Health Care Providers\]](#)
- [The Assessment of Suicide Risk and Prevention of Suicide \[CCSMH National Guidelines for Health Care Providers\]](#)
- [The Assessment and Treatment of Delirium \[CCSMH National Guidelines for Health Care Providers\]](#)
- [The Assessment and Treatment of Mental Health Issues in Long Term Care Homes \[CCSMH National Guidelines for Health Care Providers\]](#)
- [CCSMH Late Life Suicide Prevention Toolkit: Life Saving Tools for Health Care Providers](#)
- [Tool on Depression: Assessment and Treatment \[CCSMH Clinician Pocket Cards\]](#)
- [Prevention du suicide chez les adultes plus ages - Guides pratiques d'information pour les aînés et leur famille \(2e edition\) | Paquet de 25](#)
- [Depression in Older Adults – Seniors and Family Guides \(Second Edition\)](#)
- [Prevention of Suicide in Older Adults – Seniors and Family Guides \(Second Edition\)](#)
- [Depression in Older Adults – Seniors and Family Guides \(Second Edition\) | Bundle of 25 brochures](#)
- [Prevention of Suicide in Older Adults – Seniors and Family Guides \(Second Edition\) | Bundle of 25](#)



## Events



### CAGP Annual Scientific Meeting, November 4-5, 2017

The 26th Annual Scientific Meeting (ASM) will be held from November 4-5, 2017, immediately following the [9th Canadian Conference on Dementia](#). This year's ASM will focus on the theme of **21st Century Geriatric Mental Health: Shared Leadership in Care, Education and Research**.

The ASM was organized to address clinical, educational and research topics that are relevant to geriatric psychiatrists, general psychiatrists, family physicians, psychologists, nurses, social workers, occupational therapists, behavioural therapists and individuals from other disciplines.

#### Conference Highlights

- Medical Assistance in Dying and Mental Illness
- Prevention of Dementia
- Collaborative Care in Geriatric Psychiatry
- Psychosis in Late Life
- Biology and Management of Neuropsychiatric Symptoms

#### Social Events

##### CAGP Gala Dinner – Toronto Board of Trade

Please join us on Saturday, November 4 for dinner at the Toronto Board of Trade. Don't miss this opportunity to spend an evening catching up with your colleagues and celebrating the accomplishments of your association! We are proud to have the amazing Jay Boehmer Trio performing for us. This renowned jazz ensemble has performed in venues across Canada. Tickets are available for purchase when you register for the conference. Tickets are limited and will not be available on site.

## 2<sup>nd</sup> Annual CAGP Fun Run/Walk

We are planning to hold the 2<sup>nd</sup> annual Fun Run/Walk in support of the CAGP. Challenge your colleagues to join you on this 5 km run or 3 km walk through downtown Toronto!

**When:** Sunday, November 5, 2017 at 6:30 a.m.

**Location:** To be determined

**Details:** 5 km run or 3 km walk

Once you have registered for the Fun Run/Walk, we encourage you to [fundraise](#) as an individual or to form teams and fundraise together!

[REGISTER NOW!](#)

Registration now open! The 9th Canadian Conference on Dementia 2017  
JOIN US IN DOWNTOWN TORONTO!



The 9<sup>th</sup> CCD Organizing Committee is putting together an exciting program that has attracted a world renowned faculty of national and international speakers, featuring plenary and parallel sessions, interactive workshops and much more. The 2017 9<sup>th</sup> Conference on Dementia will provide many opportunities for networking. Register now at [www.canadianconferenceondementia.com](http://www.canadianconferenceondementia.com). We look forward to seeing you in November 2017!



## CMHA 2017 Mental Health For All Conference – Registration Open!



Canadian Mental Health Association  
Mental health for all

# MentalHealthForAll

## CONFERENCE 2017

September 18 - 20, 2017 | Hilton Toronto

In partnership with:

**INVICTUS GAMES**  
TORONTO 2017

Canadian Centre on Substance Use and Addiction  
Centre canadien sur les dépendances et l'usage de substances  
Evidence. Engagement. Impact. Données. Engagement. Résultats.

Mental Health Commission of Canada  
Commission de la santé mentale du Canada

Change maker partner:  
Lundbeck

IT TAKES A NATION

Join other key leaders, thinkers, workers and people who have a lived experience of mental health problems and illnesses, and of recovery: Mental Health for All Conference, September 18-20 in Toronto. *It takes a nation.*

For more information, see <http://conference.cmha.ca/>

## The Canadian Geriatrics Society 38th Annual Scientific Meeting



Next year the CGS conference will be held in Montreal, Quebec from April 19 to 21, 2018. Save the date!



## The Canadian Geriatrics Society CME Journal

The Canadian Geriatrics Society invites you to visit its free open access CME Journal at <http://canadiangeriatrics.ca/journals/cme-journal/publications/>. We hope the articles are of interest and assistance in your practice. Please feel free to forward the link to the journal to your colleagues.



## OTHER NEWS

### CAGP Call for Awards

1. **CAGP Geriatric Psychiatry Training Award**: Offering \$1,250, to help support sub-specialty training in geriatric psychiatry following completion of primary certification (FRCPC) in psychiatry. The purpose of this award is to support the development and completion of the advanced level academic project described in the **Specialty Training Requirements for Geriatric Psychiatry** (STR) of the Royal College of Physicians and Surgeons of Canada. **4 awards available, \$1,250 each.**

2. **CAGP Resident Award**: Offering \$1,000, to help to promote the development of future Canadian psychiatrists with a special interest in geriatric psychiatry. **3 awards available, \$1,000 each.**

And nominations for the following CAGP Award:

3. **Outstanding Contributions in Geriatric Psychiatry Award**: This award recognizes a geriatric psychiatrist who has made a significant contribution to geriatric psychiatry in Canada through education, research or innovations in service delivery.

Are you eligible to apply for the Resident or Training Award? Do you know someone who deserves to be awarded for their hard work in geriatric psychiatry?

For more information on the awards, please [click here!](#)

***Submission deadline for all award categories: Thursday, August 31, 2017***

All awards will be presented at the CAGP Annual Scientific Meeting in Toronto, ON November 4-5, 2017

## Trainee Travel Bursaries available for the 2017 CAGP ASM!

The Canadian Academy of Geriatric Psychiatry (CAGP) and the Canadian Institute of Health Research – Institute of Aging (CIHR-IA) is pleased to offer ten (10) \$500 travel bursaries for medical students, psychiatry residents, geriatric psychiatry subspecialty residents, and other residents with an interest in geriatric psychiatry to attend the CAGP 26<sup>th</sup> Annual Scientific Meeting in Toronto, ON from November 4-5, 2017.

### Eligibility for the Annual Scientific Meeting Bursary

1. Must be a trainee enrolled in a Canadian medical school or residency program including Psychiatry, Geriatric Psychiatry or another specialty training program.
2. Must be a member of the CAGP (MIT or AIT).
3. Must be registered for the CAGP 26<sup>th</sup> Annual Scientific Meeting. Preference will be given to those residents who are travelling to attend the conference.

To apply for the bursary please forward a letter detailing the name of your training program (university and specialty), your year of training, your interest in geriatric psychiatry and your reason for attending the CAGP Annual Scientific Meeting. (Maximum 250-500 words)

Letters are to be forwarded electronically by **August 31, 2017** to [cagp@secretariatcentral.com](mailto:cagp@secretariatcentral.com)

The successful applicants will be notified by **September 15, 2017**.

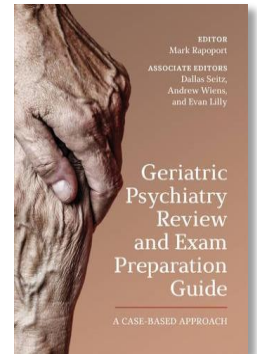
**Apply Today!**

### Geriatric Psychiatry Online Course (GPOC)

The 2017 Online Course ran from Feb 6 to May 14, 2017 in its fifth annual iteration. Despite a more truncated format than prior years, the course remains very popular and our enrolment more than doubled as we expanded participation to non-physicians. We anticipate resuming the course in winter 2018 – stay tuned for an update in the fall about details!

## Geriatric Psychiatry Review and Exam Preparation Guide: A Case-Based Approach

This book was published in Dec 2016, and is authored largely by members of the CAGP. As of May 2017, it was 2<sup>nd</sup> on Amazon.ca's "most gifted" list for books on Geriatrics. Please consider buying this book if you do not already have a copy, recommending or giving it as a gift to your colleagues or trainees. The book can be purchased here: [Geriatric Psychiatry Review and Exam Preparation Guide: A Case-Based Approach](#) on Amazon, or via [University of Toronto Press](#).



## CAGP Membership Committee

As the Canadian population demographic grows increasingly older, there has never been more need and opportunity to become involved in the care of people during the second half of life. The CAGP provides access to ongoing education, valuable resources, and networking and career opportunities. Medical students, residents, physicians with an interest in geriatric psychiatry and of course geriatric psychiatrists are welcome to become members.

We encourage you to promote the many benefits of joining this national organization, including:

1. a quarterly e-newsletter containing regional updates, event information and links to resources;
2. members-only access to the CAGP website and e-resources section;
3. opportunities to connect with colleagues across the country;
4. supporting the future training of geriatric psychiatrists in Canada, as well as CAGP initiatives in advocating for access to care and enhancing partnerships with other organizations;
5. eligibility for discounts on meetings and programs hosted by the CAGP.

We are happy for any other suggestions to broaden our membership base, so please let us know through the CAGP website at [www.cagp.ca](http://www.cagp.ca)

Sincerely,

Linda Gobessi & Beverley Cassidy

CAGP Membership Committee

## Donations

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. You can help promote seniors' mental health by donating to the Canadian Coalition for Seniors' Mental Health.

We would like to thank you for any donation you can make today to support our work. Your donation will help to fund important educational and advocacy efforts relating to seniors' mental health, including on substance use and addiction; delirium; depression; suicide prevention; and mental health issues in long-term care.

[Donate today!](#)

## Dementia Observation System (DOS Working Group)

The DOS Working Group is currently engaged in a project to build a common, standardized version of the Dementia Observation System (originally published in 1998 by Schindel Martin). The rationale for creating a standardized DOS is to enhance the consistency, quality and validity of this measure for clinical decision-making and behavioural outcome tracking. Infrastructure and coordination supports for this project are being provided by Behavioural Supports Ontario (BSO).

As you may know, since its first version was developed, the DOS has been taken up and disseminated by the P.I.E.C.E.S. initiative and subsequently many care organizations across the province of Ontario and beyond have made modifications to the DOS so that it meets their own behavioural documentation purposes. As a result, substantive improvements have been made to the DOS, but now there are wide variations between organizations. As far as we know there has been only one small study conducted to determine the psychometric properties of the original version of the DOS.

The purpose of the DOS Working Group is to bring together an interprofessional team whose members are familiar with the DOS, have adapted their own versions and want to collaborate to take all the best features that have evolved since its original format and come up with a single, standardized version that will be supported by an implementation and analysis manual.

If you are also interested in participating as a stakeholder in reviewing and providing feedback on the updated, common version of the DOS, please email Debbie Hewitt Colborne, Co-Chair at [Debbie.hewitt-colborne@nbrhc.on.ca](mailto:Debbie.hewitt-colborne@nbrhc.on.ca). We will add your name to our growing list of interested dementia clinicians and educators who would like to collaborate with us in building a user-friendly, efficient and useful common DOS tool.

## Active Living Coalition for Older Adults – Re-branded!



**Active Living Coalition for Older Adults** has officially been re-branded as **Active Aging Canada!**

The outreach programs and knowledge translation of health promotion materials will continue, with the target audience now including all adults. Along with a new name, Active Aging Canada has also developed a **new user friendly, adaptive website**. It's designed to make it easier for the reader to find what they want, whether they are a participant, a community leader, or health care practitioner working with adults and older adults.

They also have a **new Facebook** page and **You Tube** page! Please visit the FB page as there are new articles of interest posted every week.

*"The name change to Active Aging Canada more clearly signifies the nature of our endeavors to reach a community of all adult, and older adult, Canadians. It reflects our continued commitment to cooperatively work with scientific organizations to create value for this community by promoting pertinent research findings about the aging process"* said Dr. Ron Ferguson, PhD, Active Aging Canada Chairman.

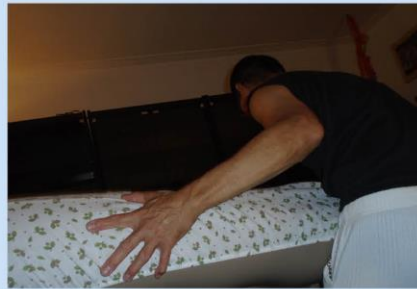
For more information please visit: [www.activeagingcanada.ca](http://www.activeagingcanada.ca) [www.silvertimes.ca](http://www.silvertimes.ca)

## Lived Experiences of Aging Immigrants

# Lived Experiences of Aging Immigrants

*A narrative-photovoice project 2014-2017*

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This project explores the lived experiences of immigrant older adults. It studies the impact of immigration on aging within the context of life history narratives and photos. Nineteen older adult immigrants who were born in various countries around the world and who are currently living in British Columbia and Quebec were interviewed about their life histories and experiences of aging. All participants took pictures of their daily lives to showcase their experiences and what is meaningful to them. Themes included housing and transportation, precarious employment, the impact of past trauma, family and care, community engagement and resilience. A "photovoice" exhibit showcasing the stories and photos of participants was held simultaneously in Montreal and Vancouver on May 11 & 12, 2017 and was a resounding success with over 100 people attending in each location!

The Lived Experiences of Immigrant Older Adults Exhibit catalogue is now available [online](#). Translations of the participant portraits into their mother tongue are included. Please feel free to download and/or circulate to your networks as you see fit!