



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.

November 2017

Canadian Coalition for Seniors' Mental Health Newsletter

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Chair's Report

The Canadian Coalition for Seniors' Mental Health (CCSMH) has been very actively involved in working collaboratively with the Fountain of Health (FoH) initiative, including being on its Steering Committee and the National Leadership Team. The FoH provides a transformative and disruptive opportunity as one of the world's first evidence-based, non-profit initiatives to promote brain health and resilience to improve health outcomes for all people globally. Dr. David Conn and Dr. Kiran Rabheru have been invited to present at several national and international meetings on the FoH, including the World Psychiatric Association (WPA) in Berlin this fall. The CCSMH, Canadian Academy of Geriatric Psychiatry (CAGP) in partnership with the founder of FoH, Dr. Keri-Leigh Cassidy, and others, are in the process of applying for a FoH knowledge translation grant opportunity supported by the Centre for Aging Brain Health Innovation (CABHI).

A significant partnership contribution of the CCSMH and the CAGP to the national and global health of seniors has been with the International Longevity Centre (ILC) Canada, an organization that advocates for the rights of older people around the world. ILC Canada is partnered with and housed at the University of Ottawa, Faculty of Health Sciences, and is a member of the ILC Global Alliance of 17 countries. ILC Canada and its partners, including the CCSMH, is continuing to mobilize support for a convention on the rights of older people through its continued work at the United Nations and by calling on the Government of Canada to consider leading an international movement to establish a convention.

A consortium of 16 CEOs of the several key health-related associations met for a one-day meeting in October 2016. Some of these associations included the Mental Health Commission of Canada, the Canadian Medical Association, the Canadian Mental Health Association, the ILC, the CCSMH and the CAGP. The meeting was initially titled "The Bold for the Old" and later called "Canadian Seniors Health Collaborative." The meeting resulted in the writing of a letter signed by all 16 members to the recent Minister of Health, Dr. Jane Philpott on the issue of seniors and the Health Accord. It asked the Minister to support tangible ways our health organizations can work together to improve the health of Canadian seniors. The letter has received a positive response from the Minister and created an opportunity for ILC's President, Margaret Gillis and CCSMH's Dr. Kiran Rabheru to have a series of productive meetings with key health officials within the federal government, including:

- Executive Director, Health Canada;
- Director, Health Care System Division, Health Canada's Strategic Policy Branch;
- Assistant Deputy Minister, Health Promotion and Chronic Disease Prevention Branch, Public Health Agency of Canada;
- Vice President, Programs Division, Canadian Institute for Health Information (CIHI);
- Vice-President, Programs, Canadian Foundation for Healthcare Improvement (CFHI); and
- Senior Director, Patient Engagement and Improvement, CFHI.

These meetings are to explore ways we can work together to achieve our shared goal – to better the mental and physical health of Canada's seniors.

The ILC and the University of Ottawa are planning to host a national forum in Ottawa in the spring of 2018 to address these issues in more detail, including the formation of multi-sectoral partnerships between clinicians, scientists and businesses to support health care and mental health care.

Finally, the Health Canada-funded project on creating guidelines on substance use disorders in the elderly is going at full steam. All four groups are now working very diligently with the help of Ms. Claire Checkland, Director of the project. There is a face-to-face meeting of all four working groups scheduled for early 2018 with the goal of creating the first draft of the guidelines.

Thank you to all CCSMH's partners and supporters.
Have a safe and happy holiday season.

Respectfully submitted,

Drs. Kiran Rabheru and David Conn
Co-Chairs, CCSMH

CCSMH NEWS

Letter to the Canadian Minister of Health: World Health Organization (WHO) Excludes Older Persons from Its Work Plans

Dear Minister Petitpas Taylor:

Congratulations on your recent appointment to the position of Minister of Health. I had the privilege of hearing you speak at the WHO 8th Milestones for a Global Campaign for Violence Prevention where I was chairing the plenary on elder abuse. It was refreshing to hear your rich understanding and commitment to address the issue of violence. It is indeed a pressing public health issue.

We are writing today to request your assistance in addressing a troubling development in the WHO 13th General Program of Work (GPW13), which does not include aging as a factor. As President and Board Chair of the International Longevity Centre of Canada, a human-rights-based organization that advocates for older persons, we are shocked that the WHO would ignore older persons given the well-documented demographic changes here in Canada and around the world. (Please note that ILC Canada is one of 17 countries in the International Longevity Centre Global Alliance). Given the well-known needs of older people to access health care, it is inexplicable that they would be ignored in the WHO work plans.

Those of us who have worked in the area of aging over the past decade(s) have seen the exemplary leadership of Dr. John Beard, Director of the WHO Aging and Life Course Department and his predecessor (and Chair of the ILC Global Alliance) Dr. Alex Kalache who have worked tirelessly to highlight the needs of older persons at the WHO. It makes this latest development more perplexing as it contradicts international and WHO data and research on the health needs of older people. While we know that advocating for older persons is often a challenge, we most certainly do not expect to have to fight for their inclusion at the WHO.

We urge you as the representative for Canada at the WHO to take all steps within your authority to address this egregious oversight and respectfully await your response.

Best regards,

Margaret Gillis

President

International Longevity Centre Canada

University of Ottawa

Dr. Kiran Rabheru

Board Chair

International Longevity Centre Canada

Co-Chair CCSMH

Past President CAGP

Substance Use Disorder Project and Other News

We are at the six-month stage of our three-year project that will see us developing clinical guidelines and knowledge exchange tools on substance use disorder among older adults. In recent months, we have completed the selection of membership for working groups. These groups are now working on the development of clinical guidelines for the prevention, screening and treatment of alcohol, benzodiazepine, cannabis and opioid use disorders among older adults. Work of each of the groups is progressing beautifully!

In November, we presented at two conferences (the Canadian Academy of Geriatric Psychiatrists and the Canadian Centre for Substance Use and Addiction) to gather feedback from participants as to what they would like to see in the guidelines when they are finalized. Both conference sessions proved to be very successful and informative.

In the coming months, we will be sifting through the literature and begin to shape what will eventually be our guideline's key recommendations. Stay tuned for more on this project!

In other news, we find ourselves being invited to an increasing number of meetings and consultations of stakeholders who want our feedback and expertise on issues, such as home care supports, depression, suicide prevention, international seniors' policy, and wellness in aging to name a few. Our small staff body and volunteer Steering Committee members are attending and responding to as many of these requests as possible. We are thrilled with the increasing engagement and interest in issues surrounding seniors' mental health in Canada.

Donations to the CCSMH

Mental illness is not a normal consequence of aging. All seniors have the right and deserve to receive services and care that promote their mental health and respond to their mental illness needs. You can help promote seniors' mental health by donating to the Canadian Coalition for Seniors' Mental Health.

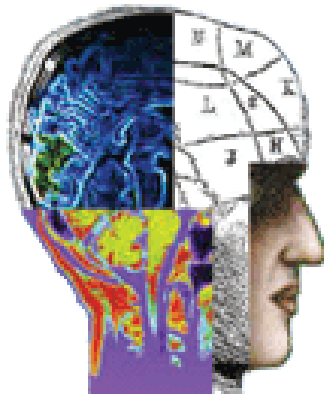
We would like to thank you for any donation you can make today to support our work. Your donation will help to fund important educational and advocacy efforts relating to seniors' mental health, including substance use and addiction, delirium, depression, suicide prevention, and mental health issues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

[Donate today!](#)

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 \[CCSMH Clinician Pocket Cards\]](#)
- [Suicide: Assessment and Prevention for Older Adults \[CCSMH Clinician Pocket Cards\]](#)
- [Tool on the Assessment and Treatment of Behavioral Symptoms of Older Adults Living in Long Term Care Facilities \[CCSMH Clinician Pocket Cards\]](#)
- [Prevention du suicide chez les adultes plus âgés - Guides pratiques d'information pour les aînés et leur famille \(2^e édition\) | 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

Canadian Academy of Geriatric Psychiatry (CAGP) 27th Annual Scientific Meeting | October 12-13, 2018



The 27th Annual Scientific Meeting (ASM) will be held from October 12 to 13, 2018 in Halifax, Nova Scotia. Details to follow in future e-Newsletters and online at www.cagp.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!



19TH CANADIAN COLLABORATIVE MENTAL HEALTH CARE CONFERENCE
COLLABORATING ACROSS CULTURES



Bureau du développement
professionnel continu

Office of Continuing
Professional Development

19th Canadian Collaborative Mental Health Care Conference

June 1-2, 2018 | Hilton Toronto, 145 Richmond St. W., Toronto, ON

[View Abstract Guidelines](#)

[Submit Your Abstract Now](#)

CALL FOR ABSTRACTS NOW OPEN!

The Canadian Collaborative Mental Health Care Conference aims to advance collaborative practice in mental health care in primary care and community settings. Our scope includes intra- and interprofessional collaboration, as well as collaboration with clients and caregivers. We value multiple forms of knowledge and 'evidence', including scientific knowledge, pragmatic knowledge of front-line health care providers and administrators, and experiential knowledge of people using mental health services, and throughout the conference we seek to promote dialogue between these different perspectives.

This year's conference theme is "Collaborating Across Cultures." We define culture broadly to include cultures of people, of organizations and even of different disciplines in the health professions. As providers of mental health care and supporters of people living with mental illness, we need to collaborate across these various cultures to provide the best care and support possible. We invite you to submit an abstract and attend the conference to share the work you and your team have been doing in collaborative mental health care.

IMPORTANT DATES

Call for Abstracts Opens: Thursday, November 16, 2017

Call for Abstracts Closes: January 29, 2018, 11:59 p.m. ET

Notification of Acceptance: March 7, 2018

Registration Opens: Spring 2018

TEL: 613-761-4480 ext. 1 | FAX: 613-761-5262 | EMAIL: cpd@toh.on.ca | WEBSITE: www.shared-care.ca

OTHER NEWS

Canadian Medical Association: Demand a Plan Website

Close to 17% of Canada's population is 65 or older. By 2031, Statistics Canada projects that one in four Canadians will be seniors.

With Canada's aging population, **maintaining the status quo for seniors' health care is not an option**. Our health care system was designed a half-century ago and it has not kept pace with the issues of the elderly in Canada. Today, seniors need better solutions, services and support.

Faced with that reality, we have been demanding that a **national seniors' strategy be implemented by 2019**. But we need more voices to be heard — the voices of today's seniors, as well as the voices of tomorrow's seniors. You can be part of the journey to a new system of care for all of Canada's seniors. Help make change happen.

Add your voice at: www.demandaplan.ca/.

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 Canadian Academy of Geriatric Psychiatry (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:

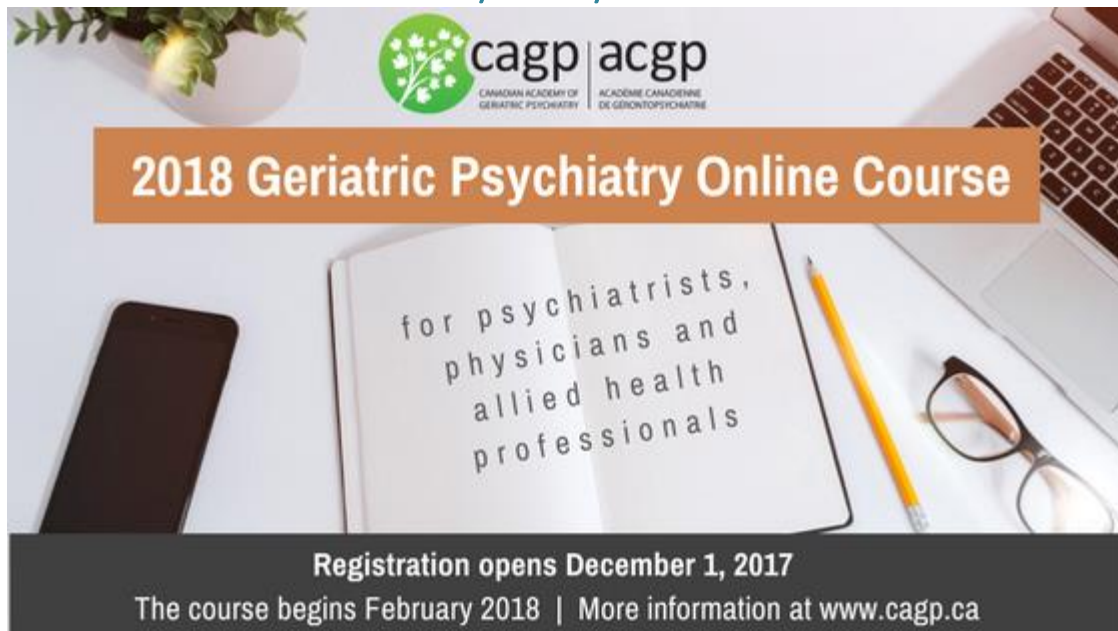
1. a quarterly e-Newsletter containing regional updates, event information and links to resources;
2. members-only access to the CAGP website and e-Resources section;
3. opportunities to connect with colleagues across the country;
4. support of the future training of geriatric psychiatrists in Canada, as well as CAGP initiatives in advocating for access to care and enhancing partnerships with other organizations; and
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.

Sincerely,

Linda Gobessi and Beverley Cassidy
CAGP Membership Committee

Geriatric Psychiatry Online Course



Registration for the 2018 Geriatric Psychiatry Online Course (GPOC) will open December 1, 2017!

This GPOC will consolidate learning of geriatric psychiatry in an innovative, interactive and fun manner. Our program is geared to physicians, health care professionals and residents who are interested in up-to-date learning about the psychiatric care of the elderly and features interactive asynchronous online learning (sign on at your convenience). This three-month course, comprised of 13-one-week modules, is led by expert faculty and covers a wide array of interdisciplinary topics in geriatric psychiatry at an advanced level. **The course will run from February 5 to May 13, 2018.**

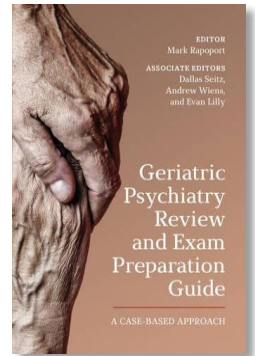
New this year, three course modules will feature an **added bilingual component** (with the option to have discussions en français), thanks to the facilitation of Dr. Jean-François Côté and Dr. Julie Thériault. We have also expanded our committee to ensure that the content and delivery are **relevant to physicians and other health care providers beyond geriatric psychiatrists**. The core references for each course module will be conveniently accessible to participants to ensure a positive user experience. Secretariat Central will be the host of the 2018 GPOC, including managing the online platform and providing administrative support.

The course will be co-chaired by Dr. Mark Rapoport, Dr. Dallas Seitz and Dr. Andrew Wiens. Faculty members include Dr. Andrea Moser, Dr. Rob Madan, Melissa Turzanski, Dr. Benoit Mulsant, Dr. Charles Reynolds, Dr.-David Conn, Dr. David Tang-Wai, Dr. Keri-Leigh Cassidy, Dr. Laura Gage, Dr. Maria Hussain, Dr. -Peter-Chan, Dr. Marnin Heisel, Dr. Robyn Waxman, Dr. Simon Davies, Dr. Tarek Rajji, Dr. Carl Cohen and Dr. Michael Reinhardt.

Please visit www.cagp.ca/GPOC for more details.

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

This book was published in December 2016 and is authored largely by members of the CAGP. As of May 2017, it was second on Amazon.ca's "most gifted" list for books on geriatrics. Please consider buying this book if you do not already have a copy or recommend or give it as a gift to your colleagues or trainees. The book can be purchased at [Geriatric Psychiatry Review and Exam Preparation Guide: A Case-Based Approach](#) on Amazon.



The Canadian Geriatrics Society: Call for Abstracts



The Canadian Geriatrics Society (CGS) is pleased to announce that the [Call for Abstracts](#) for the 38th Annual Scientific Meeting (ASM) of the CGS is now open! The deadline for submissions is January 14, 2018.

The Canadian Geriatrics Society CME Journal

The Canadian Geriatrics Society invites you to visit its free open access CME Journal at www.geriaticsjournal.ca. 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.

