



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.

Spring 2018

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# Canadian Coalition for Seniors' Mental Health Newsletter

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## Chair's Report

Welcome to the Spring edition of our newsletter. We are excited to tell you about some of the things that we have been working on for these past few months!

### **Substance Use Disorder Project**

Our main focus continues towards the development of clinical guidelines on substance use disorder (alcohol, benzodiazepines, cannabis and opioids) among older adults. Our working groups for this project have begun to draft preliminary recommendations for their guidelines. We are hosting workshops at conferences in April and May in order to hear feedback from stakeholders on the guidelines to date. We remain on time to finalize all four of the sets of guidelines this summer with publication in the late fall of this year. Once the content of the guidelines is finalized, we will begin the production of clinical pocket cards, brochures and other project material.

### **CAGP-CCSMH Annual Scientific Meeting**

The Canadian Academy of Geriatric Psychiatry (CAGP) and the Canadian Coalition for Seniors' Mental Health (CCSMH) are pleased to be co-hosting a joint Annual Scientific Meeting (ASM) in Halifax, Nova Scotia from October 12 to 13, 2018. The theme of the meeting is 'Integrated Mental Health and Medical Care for Older Adults: Bringing Science and Practice Together.'

The ASM provides the opportunity to share, network and find renewed energy in our work of caring for older adults. This will be the first ASM hosted in Halifax since 2002 and the first joint ASM between the CCSMH and the CAGP since 2014. We intend for it to be a special, collaborative conference and we warmly welcome attendees from across disciplines and across the country.

### **Other Activities**

In addition to this work, we remain engaged in several other efforts relating to the mental health of older adults in Canada.

### **Seclusion and Restraint**

We were members of the Planning Committee for a Mental Health Commission of Canada meeting held in February on the subject of the use of seclusion and restraint in the mental health field in Canada. This meeting was attended by experts in the field including people with lived experience, nurses and other healthcare practitioners, academics and policy makers. At the close of the meeting, there was a unanimous sense of resolve that these practices can be reduced drastically, if not eliminated with the right resources in place. In cases where these practices are unavoidable, there are ways to manage and reduce any potential trauma felt by the person being restrained or put in seclusion.

**Atlantic Seniors Mental Health Network (ASMHN)**

We are looking forward to working on a collaborative effort with the Atlantic provinces on an initiative to support and build our Atlantic provincial network to be a strong multi-disciplinary voice to promote and support seniors' mental health providers in Eastern Canada. Known as the Atlantic Seniors Mental Health Network (ASMHN), it would be a regional network of the Canadian Coalition of Seniors Mental Health (CCSMH), Canada's leading organization in seniors' mental healthcare. It is envisioned to form a template for future regional network development initiatives throughout Canada. Stay tuned for more details to follow.

**The Age-Friendly Societies Forum**

CCSMH and CAGP will be participating The Age-Friendly Societies Forum: "Towards a world adapted for older adults: Maintaining Quality of Life", scheduled for April 30 and May 1, 2018. This forum is hosted by the International Longevity Centre of Canada and the LIFE Research Institute Ottawa University. The forum will have four pillars: age-friendly health care, age-friendly homes, age-friendly retail and age-friendly travel. The goal is to identify data, research and policy gaps regarding the demographic aging boom.

**Fountain of Health Initiative: Public Health Agency of Canada Webinar**

A webinar was hosted on February 7, 2018 by the Public Health Agency of Canada in collaboration with CCSMH and the Fountain of Health (FoH). The webinar's focus was to promote the FoH Initiative for Optimal Aging, one of the first educational initiatives of its kind in the world. The webinar discussed the importance of raising awareness about the science of healthy aging, and practical steps to promote health over the life span. Invited participants included seniors, researchers, policy makers, community workers and practitioners, health care professionals and caregivers with an interest in seniors' mental health promotion.

We encourage you to view the [webinar](#) at your leisure.

**Fountain of Health: Canadian Centre for Aging and Brain Health Innovation (CCABHI) Proposal**

We also recently submitted a full stage 2 Researcher-Clinician Partnership Program grant application to the Canadian Centre for Aging and Brain Health Innovation (CCABHI) in collaboration with the Fountain of Health (FoH). If we receive this grant we will be able to study the feasibility, acceptability and effectiveness of a national scale-up of the FoH health behavior change tools and interventions. If we are successful at obtaining this grant, we will be calling on each one of you to be part of this project and we will certainly need "all hands on deck".

Respectfully submitted,

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

## CCSMH NEWS

### CCSMH to Present at the AdvantAge Ontario Convention



Canadian Coalition for Seniors' Mental Health (CCSMH) representatives Dr. David Conn, Dr. Jonathan Bertram and Marilyn White-Campbell will present at the AdvantAge Ontario Annual General Meeting and Convention, taking place in Toronto from **April 16-18, 2018!** During the highly interactive CCSMH session the presenters will outline the four CCSMH draft clinical guidelines on Alcohol, Benzodiazepine, Cannabis, and Opioid Use Disorder among older adults and seek feedback from our target audience of professionals working with older adults, older adults and their caregivers.

Visit [www.advancingseniorcare.ca](http://www.advancingseniorcare.ca) for more information and to register for the convention.

### Fountain of Health (FoH)

Fountain of Health is an initiative that started in Nova Scotia under the leadership of Dr. Keri-Leigh Cassidy with the goal of focusing on brain health and resilience across the lifespan.

FoH provides excellent strategies to help family physicians promote healthy aging and provides information about good physical and mental health for the general public.

FoH uses an evidence-based strategy that was designed by healthcare providers for healthcare providers. The key domains promote health and wellness and help prevent dementia and other mental health issues. It is a great approach for our patients and their caregivers too.

This is a very exciting initiative given the number of baby boomers entering the “young” geriatric period and the number of middle-aged people noticing changes in their mental and physical states. Please feel free to share the information.

It's never too early (or too late) to learn about brain health! This tool is the cornerstone of promoting healthy aging and starts with your own approach and attitudes.

## CCSMH Web Resources

The Canadian Coalition for Seniors' Mental Health (CCSMH) is pleased to provide **free resources** on our website for our affiliates and other interested parties. You can find tools **for both seniors and their families, and for clinicians** on the following topics by clicking the links below:

- [Delirium](#)
- [Depression](#)
- [Mental Health Long-Term Care](#)
- [Suicide Risk and Prevention of Suicide](#)

## CCSMH Partners with the CAGP on the 27<sup>th</sup> Annual Scientific Meeting



The Canadian Academy of Geriatric Psychiatry is pleased to have Canadian Coalition of Senior's Mental Health co-host the 27<sup>th</sup> Annual Scientific Meeting (ASM), to be held October 12 to 13, 2018, in Halifax, Nova Scotia. The theme of the meeting is Integrated Mental Health and Medical Care for Older Adults: Bringing Science and Practice Together. This year's meeting will be held at the Halifax Marriott Harbourfront Hotel and will be immediately preceded by the Pre-Conference Course on October 11.

The ASM provides the opportunity to share, network and find renewed energy in our work of caring for older adults. This will be the first ASM hosted in Halifax since 2002 and the first joint ASM between the CCSMH and the CAGP since 2014. We intend for it to be a special and collaborative event. We look forward to seeing you in Halifax! Please find more information at: [cagp.ca/Annual-Scientific-Meeting-2018/](http://cagp.ca/Annual-Scientific-Meeting-2018/)

## CAGP-CCSMH 2018 Pre-Conference Course



The CAGP-CCSMH Pre-Conference Course (formerly the Update in Geriatric Psychiatry) will take place **October 11, 2018**, at the Halifax Marriott Harbourfront Hotel, immediately preceding the 2018 CAGP-CCSMH Annual Scientific Meeting. Stay tuned for more information at: [cagp.ca/Annual-Scientific-Meeting-2018/](http://cagp.ca/Annual-Scientific-Meeting-2018/).

## 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](#)



## Connect with the CCSMH on Social Media



The CCSMH is on Facebook and Twitter! To stay informed about CCSMH news, events and opportunities, please like and follow our Facebook page at: [www.facebook.com/ccsmh/](http://www.facebook.com/ccsmh/) and our Twitter [@CCSMH](https://twitter.com/CCSMH).

## CCSMH Resources Available Through Caversham Booksellers

Did you know that there are many CCSMH resources available online for purchase? Visit [Caversham Booksellers](http://CavershamBooksellers) 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](#)
- [Prévention du suicide chez les adultes plus âgés - Guides pratiques d'information pour les aînés et leur famille \(2<sup>e</sup> édition\) | 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

### AdvantAge Ontario Annual General Meeting and Convention



The AdvantAge Ontario Annual General Meeting and Convention, taking place in Toronto from **April 16-18, 2018** is your annual professional development event! Take advantage of inspiring, actionable education opportunities, including remarkable keynotes and timely, topical education sessions that cover the most pressing issues in seniors' care. Enjoy unrivalled network-building opportunities to build supportive relationships that offer inspiration and guidance all year long. Finally, benefit from attending our sold-out trade show, which features leading companies showcasing the newest developments in technologies and products that support meaningful improvements in seniors' care.

Visit [www.advancingseniorcare.ca](http://www.advancingseniorcare.ca) for more information and to register.

### The Canadian Geriatrics Society 38<sup>th</sup> Annual Scientific Meeting



Registration is now open for the CGS 2018 Annual Scientific Meeting (ASM)! This year, the conference will be held in beautiful Montreal from **April 19 to 21, 2018** at the Hotel Bonaventure Montreal. The theme of the 2018 ASM is “Advances in Care: From the Individual to the Technology”.

To register and for more information please visit: [www.thecanadiangeriatricsociety.wildapricot.org/2018-Annual-Scientific-Meeting](http://www.thecanadiangeriatricsociety.wildapricot.org/2018-Annual-Scientific-Meeting)



## CAGP-CCSMH 2018 Pre-Conference Course



The Canadian Academy of Geriatric Psychiatry and Canadian Coalition of Senior's Mental Health Pre-Conference Course (formerly the Update in Geriatric Psychiatry) will take place **October 11, 2018**, at the Halifax Marriott Harbourfront Hotel, immediately preceding the 2018 CAGP-CCSMH Annual Scientific Meeting. Stay tuned for more information at: [cagp.ca/Annual-Scientific-Meeting-2018/](http://cagp.ca/Annual-Scientific-Meeting-2018/)

## CAGP-CCSMH 27<sup>th</sup> Annual Scientific Meeting



The Canadian Academy of Geriatric Psychiatry and Canadian Coalition of Senior's Mental Health 27<sup>th</sup> Annual Scientific Meeting (ASM) will be held from **October 12 to 13, 2018** in Halifax, Nova Scotia. Details to follow in future Newsletters and online at [cagp.ca/Annual-Scientific-Meeting-2018/](http://cagp.ca/Annual-Scientific-Meeting-2018/).

## OTHER NEWS

### The Canadian Geriatrics Society CME Journal

The Canadian Geriatrics Society invites you to visit its free open access CME Journal at [www.geriatricsjournal.ca](http://www.geriatricsjournal.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.



### Canadian Academy of Geriatric Psychiatry Membership Committee

Greetings from the Canadian Academy of Geriatric Psychiatry (CAGP) Membership Committee! We are looking forward to a new year of growing the membership. Keep an eye out for our new 'Affiliate, Allied Health' category which will be offered at a reduced rate specifically for non-physician colleagues who are interested in being part of the CAGP – we plan to roll out the new category and offer a free one-year affiliation with 2018 conference registration.

We welcome our allied health colleague's perspectives and have been extremely impressed by the varied backgrounds of our new members this past year. Collectively there is a great wealth of experience in clinical work and research related to mental health and the well-being of older adults, and we would like to increase opportunities for cross-talk between members with shared interests. If you have ideas on how to make this happen more effectively, please let us know! Also, please highlight the benefits of CAGP membership to any of your friends, colleagues and students who may be interested in joining. Student membership is free!

Best for the upcoming year!

**Beverley Cassidy and Linda Gobessi**  
Co-Chairs, CAGP Membership Committee

## Canadian Academy of Geriatric Psychiatry 2018 Call for Awards Nominations

The Canadian Academy of Geriatric Psychiatry (CAGP) is currently seeking applications and nominations for the following awards. Please click on the award title or visit [www.cagp.ca/Awards](http://www.cagp.ca/Awards) for more details. The application deadline is **Friday April 27, 2018**.

### [CAGP Geriatric Psychiatry Sub-Specialty Resident Award](#)

Offering four awards of \$1,250 each to residents accepted into a Canadian geriatric psychiatry sub-specialty program 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.

### [CAGP Psychiatry Resident Award](#)

Offering three awards of \$1,000 each to help support a resident enrolled in a Canadian psychiatry residency program who wishes to develop his or her interest in geriatric psychiatry.

### [CAGP 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.