

Summer 2018



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.

Canadian Coalition for Seniors' Mental Health Newsletter

In this issue

Chair's Report	2
CCSMH News	4
Events	8
Other News	11

Chair's Report

We at the CCSMH are diving into the summer months with all engines 'go'! Feel free to contact us at ccsmh@secretariatcentral.com.

Substance Use Disorder Project

The coming summer months will see us finalizing recommendations for and reviewing drafts of four Clinical Guidelines on Substance Use Disorders (alcohol, benzodiazepines, cannabis and opioids) among older adults. These Guidelines will be released this winter and will provide recommendations supporting clinicians in their efforts to improve prevention, assessment and treatment practices when working with older patients who are at risk of negative effects of substances. Once we have finalized the Guidelines, we will begin the production of clinical pocket cards, brochures and other project material.

To those of you who have provided input on draft versions to date, presented at conferences and by invitation – we thank you for your invaluable insight and contributions!

CAGP-CCSMH Annual Scientific Meeting & Pre-Conference Course

Registration is now open for the Canadian Academy of Geriatric Psychiatry (CAGP) and the Canadian Coalition for Seniors' Mental Health (CCSMH)'s joint Annual Scientific Meeting (ASM) in Halifax, Nova Scotia from October 12 to 13, 2018! This exciting scientific conference is preceded by the Pre-Conference Course (PCC) being held on October 11, 2018. For more information see the 'events' section of this newsletter.

Sessions at the ASM and PCC are varied and include an exploration of cutting edge efforts being made by inter-disciplinary teams across Canada to bring lessons learned through science and patient experience into every day clinical practice. We hope you will join us in Halifax for what promises to be an informative and engaging interdisciplinary conference.

The Age-Friendly Societies Forum

This spring, CCSMH and CAGP participated in The Age-Friendly Societies Forum: "Towards a world adapted for older adults: Maintaining Quality of Life." This Forum was hosted by the International Longevity Centre of Canada and the LIFE Research Institute Ottawa University. The Forum's goals were to identify data, research and policy gaps regarding age-friendly health care, age-friendly homes, age-friendly retail and age-friendly travel.

The CCSMH continues to support the ILC's advocacy work towards a Convention on the Human Rights of Older People. The proposed Convention would help solidify a human rights structure for older persons and would focus on reaffirming human rights which are of concern to older adults globally.

Atlantic Seniors' Mental Health Network (ASMHN)

Atlantic professionals involved in work surrounding the mental health of older adults have created a regional network in order to help share resources, experiences and learnings among professionals in the field. The Atlantic Seniors Mental Health Network (ASMHN) is going strong with regular cross-provincial teleconference calls, partnering for conference session submissions, intel sharing and (most recently) the creation of an Inter-professional Knowledge Exchange Network (IKEN) which lists educational and skill development opportunities across Canada. IKEN event listings can be found in the Events section of this Newsletter!

Like what our Atlantic friends are doing? Feel free to follow their lead in your own region! [Contact us](#) if you would like to know how!

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

Claire Checkland
Director, CCSMH

CCSMH NEWS

Canadian Coalition for Seniors' Mental Health at the Canadian Pain Symposium

Congratulations to the doctors involved in our current Substance Use Disorders project who presented in a consultation session on our Opioid and Cannabis Use Disorder Guidelines at the Canadian Pain Symposium on May 25, 2018!



Introducing our new Project Coordinator - Indira Fernando!

Indira Fernando joined us in June of this year as the Coordinator for our Substance Use Disorder project. Indira brings with her many years of experience in the health research field and is passionate about applying research findings to policy development towards improvements in healthcare provision for all. We are thrilled to have Indira on board!

Here's a note from Indira herself:

I'm really excited to join the CCSMH! I'm a busy parent to an energetic toddler! And when I'm not running around cleaning up ketchup or playdoh I do love to cook, meditate and work out. I've been fortunate to work in research and program evaluation within mental healthcare for over 12 years. I completed my undergraduate degree at the University of Toronto in Neuropsychology and Health Studies and am now a Master's candidate at OISE, specializing in Developmental Psychology. Some areas of experience that I bring with me are mental health assessment and evaluation skills along with research program planning and development. I have a deep professional commitment to expanding targeted mental healthcare services all over Ontario with a particular curiosity for mood disorders and substance use as it applies to various populations. Much of my career has been dedicated to improving the lives of marginalized groups across the GTA with a focus on the homeless and those experiencing severe mental illness. I'm very passionate about the integration of rigorous research, clinical program evaluation and policy development and hope to further my career as a leader in the mental healthcare world! I really look forward to working closely with everyone!

Registration Now Open: CAGP-CCSMH 2018 Annual Scientific Meeting October 12 - 13, 2018



The CAGP-CCSMH Annual Scientific Meeting (ASM) provides the opportunity to share, network and find renewed energy in our work of caring for older adults. The meeting in October will be the first ASM hosted in Halifax since 2002 and the first joint ASM between the Canadian Coalition for Seniors' Mental Health and the Canadian Academy of Geriatric Psychiatry since 2014. This year's ASM will focus on the theme of Integrated Mental Health and Medical Care for Older Adults: Bringing Science and Practice Together. We intend for it to be a special, collaborative conference and we warmly welcome you from across the country!

For more information and to register visit: cagp.ca/Annual-Scientific-Meeting-2018/

In this spirit of collaboration and sharing, the CAGP is pleased to introduce a new **Affiliate: Allied Health (non-physician) membership**. Allied Health professionals are being offered a **complimentary one-year CAGP membership** with their ASM registration. [Click here](#) for more details!

Registration Now Open: CAGP-CCSMH 2018 Pre-Conference Course October 11, 2018



The CAGP-CCSMH Pre-Conference Course (PCC) will take place **October 11, 2018**, at the Halifax Marriott Harbourfront Hotel. The PCC will feature sessions of interest and importance to geriatric psychiatrists, geriatricians, family physicians and allied health professionals interested in learning more about geriatric psychiatry. A dynamic group of expert speakers has been assembled. Topics include geriatric medicine, neurocognitive disorders, substance abuse, anxiety disorders, capacity assessments, deprescribing, and more.

The Pre-Conference Course planning committee is pleased to offer a **25% discount to groups of five or more non-physician allied health professionals from the same institution/organization** (ie. the same physical location). For more information and to register, visit cagp.ca/2018-Pre-Conference-Course

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](#)

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/ 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](#) for a comprehensive collection of CCSMH resources, including:

English:

- [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](#)
- [Delirium : Assessment and Treatment for Older Adults \[CCSMH Clinician Pocket Cards\]](#)
- [Depression in Older Adults – Seniors and Family Guides \(Second Edition\)](#)
- [Prevention of Suicide in Older Adults – Seniors and Family Guides \(Second Edition\)](#)
- [Suicide Assessment and Prevention for Older Adults: Life Saving Tools for Health Care Providers \[DVD\]](#)
- [Suicide: Assessment and Prevention for Older Adults \[CCSMH Clinician Pocket Cards\]](#)
- [Tool on Pharmacological Treatment of Behavioral Symptoms of Dementia in Long Term Care Facilities for Older Adults](#)

French:

- [Depression chez les adultes plus ages - Guides pratiques d'information pour les aînés et leur famille \(2e edition\)](#)
- [Prevention du suicide chez les adultes plus ages - Guides pratiques d'information pour les aînés et leur famille \(2e edition\)](#)



Events

CCSMH - ASMHN Inter-professional Knowledge Exchange Network (IKEN) 2018 Summer Update: Share & Expand Your Knowledge

Below are some selected upcoming educational and knowledge transfer (KT) opportunities in Seniors Mental Health.

For a more complete online calendar of events related to brain health/ seniors mental and physical healthcare, please visit: brainxchange.ca/Public/Events.aspx.

Please [click here](#) to access archived CHNET Webinars.

Date	Subject/ Title	KT Type	Description	Cost
July 2 – 22	U-First!™ Online – Certificate Alzheimer Society of Ontario www.alzeducate.ca/	Online Course	Increase your skills in caring for people with dementia by completing the Alzheimer Society of Ontario's three-week <i>U-First! Online</i> training program. This program is for personal support workers and other front-line health care workers (including dietary, rehabilitation and social service staff, activists, nurses, and health care students). English only event.	\$75.00
July 23 – Sept. 2	Online Dementia Care Training Program (ODCTP) Alzheimer Society of Ontario	Online Course	Increase your skills in caring for people with dementia by completing the Alzheimer Society of Toronto's specialized dementia care training program. This program is for personal support workers and other front-line health care workers (including dietary, rehabilitation and social service staff, activists, nurses, and health care students). Training includes U-First!™ certification. English only event.	\$75.00
August 20-21	Inspiring a Future of Better Health Canadian Medical Association (CMA) www.cma.ca/ Location: Winnipeg, MB	In-person Conference	The first CMA Health Summit is intended to challenge your thinking, help you build an innovation mindset, and equip you to lead change. Learn from thought leaders, engage with peers, and discover new solutions to improve health. More than just a stage program, the full experience will include activities that ignite discussions and stimulate new connections. Grand Central is a gathering place in which to share ideas and spark change, connecting the conversation from the main stage to participants throughout the Summit. It's a showcase of Canada's innovation – from community settings, hospitals, innovation and research centres – on the future landscape of health and medicine.	

Date	Subject/ Title	KT Type	Description	Cost
Oct 11	<p>CAGP-CCSMH Pre-Conference Course</p> <p>Canadian Academy of Geriatric Psychiatry (CAGP) www.cagp.ca Canadian Coalition for Seniors Mental Health (CCSMH) ccsmh.ca/</p> <p>Location: Halifax NS</p>	In-Person Course	<p>This one day course offers an intensive “crash course” in Geriatric Psychiatry, directed at allied health and all physicians working with seniors, as well as geriatric psychiatrists.</p> <p>The PCC will be a full day of concurrent courses (2.5 hours) and lectures (1 hour) of interest and importance to geriatric psychiatrists, geriatricians, family physicians and allied health professionals interested in learning more about geriatric psychiatry. A dynamic group of expert speakers has been assembled. Topics include substance abuse, anxiety disorders, capacity assessments, deprescribing, ethical issues in Medical Assistance in Dying, and more.</p> <p>Draft program: cagp.ca/2018-Pre-Conference-Course</p>	<p>Group Rate for Non-Physician Allied Health Professionals (5+) – \$296.25</p> <p>This rate is only for allied health professionals registering in groups of 5 or more from the same organization (the same physical location) – a 25% discount</p> <p>Allied Health Professional/ Non-Physician – \$395.00</p> <p>Member - Affiliate, Allied Health Student – \$325.00</p> <p>Non-Member: Physician – \$980.00</p>
Oct 12-13	<p>Integrated Mental Health and Medical Care for Older Adults: Bringing Science and Practice Together</p> <p>CAGP-CCSMH Annual Scientific Meeting</p> <p>Canadian Academy of Geriatric Psychiatry (CAGP) www.cagp.ca Canadian Coalition for Seniors Mental Health (CCSMH) ccsmh.ca/</p> <p>Location: Halifax NS</p>	In-Person Conference	<p>The CAGP-CCSMH Annual Scientific Meeting is intended for all allied health and physicians working with seniors, including geriatric psychiatrists</p>	<p>Early Bird: Allied Health Professional/ Non-Physician – \$395.00</p> <p>The Allied Health rate for 2018 includes a membership for the 2018/2019 membership year</p> <p>Early Bird: Non-Member Physician – \$575.00</p>

Date	Subject/ Title	KT Type	Description	Cost
Oct 22-24	Mental Health For All Canadian Mental Health Association www.cmha.ca/ Location: Montreal, QC	In-Person Conference	The conference is designed to bring together leading thinkers, decision-makers, policymakers, service providers, and people with lived experience of mental health problems and illnesses, including substance use disorders, from across Canada. Together delegates will envision the future of mental health in Canada: a future where schools are places that foster resilience in our children; where campuses are places where risk factors for mental illness are reduced; where workplaces are psychologically safe spaces, and where communities thrive in their diversity. Together a clear path forward to improve mental health and well-being in this country will be designed.	

To subscribe to brainXchange and receive updates of events directly visit:

brainxchange.ca/Public/Newsletter-Sign-up.aspx

To subscribe to a weekly newsletter from CHNETS visit: <https://bit.ly/2MHCIIE>

National Seniors Day

National Seniors Day will take place on **October 1, 2018**! This is an occasion where all Canadians can join in celebrating older adults across Canada - whether a parent, a co-worker, a neighbour, or a friend. The Government of Canada is proud to acknowledge the life-long contributions our nation's seniors have made and continue to make to their families, communities and society. Visit www.canada.ca/en/employment-social-development/campaigns/national-seniors-day.html for details.

Coalition of Pharmacists Caring for Aging Canadians Scientific Meeting



Date: **October 27, 2018**

Location: Holiday Inn Yorkdale, Toronto

Website: www.cpcac.wildapricot.org/Conferences

It is with great excitement that the Coalition of Pharmacists Caring for Aging Canadians (CPCAC) will be hosting their 1st Scientific Meeting. This inter-professional meeting is designed to assemble pharmacists, pharmacy technicians, nurses, nurse practitioners, physicians, students and industry leaders to learn and network. [Register](#) before July 20th for early bird rates!

OTHER NEWS

Participants Needed for Research Study on Delirium

A University of Toronto study is **people who experienced delirium and their family members** to take part in a study titled: Development of core outcome sets for effectiveness trials of interventions to prevent and/or treat delirium (Del-COrS). The study's goal is to develop international consensus on a core outcome set for research studies of treatments to 1) prevent, and 2) to treat delirium. To help patients, their family, doctors and other health professionals make decisions about treatments, evidence is needed about what works best. Treatments are developed and tested by researchers to make sure they work and are safe. To do this researchers need to look at the effects those treatments have on patients.

Please find more information [here](#). Email shelley.gershman@utoronto.ca with questions.

The Canadian Geriatrics Society CME Journal

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

