

Fall 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.

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# Canadian Coalition for Seniors' Mental Health Newsletter

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## Chair's Report

It has been a busy few months since our last newsletter. Some of the work that we have been engaged in includes the finalization of 4 sets of clinical guidelines on Substance Use Disorders among older adults, launching a new project in partnership with the Fountain of Health, beginning an update of our Clinical Guidelines for Depression among older adults and networking to get the word out about our work and about the importance of mental health and wellness for older adults!

### Brain Health and Wellness Project – The Fountain of Health

We are excited to announce that we have received a 15-month grant through the Centre for Aging and Brain Health Innovation (CABHI)'s Researcher-Clinician Partnership Program. Our project is called [The Brain Health & Wellness Project](#) and is designed to support clinicians across Canada to promote brain health and resilience among their patients. With this project, we are striving to help to shift the paradigm of healthcare away from the frequently disease-based model to one promoting brain health and preventing illness by activating healthy behaviours throughout life.

This project engages clinicians working in any setting to support their patients in setting and achieving one personalized **S.M.A.R.T.** goal in the areas of either physical health, social engagement or brain challenge (all areas that have been shown to contribute to a reduction in the risk of developing dementia in later years). These health behaviour tools were developed by the **Fountain of Health Initiative™** and have been piloted with great success in Nova Scotia.

Please contact [info@wellnessapp.ca](mailto:info@wellnessapp.ca) for more information or to become involved!

### Substance Use Disorder Project

We are progressing as planned towards a winter 2019 release of 4 sets of Clinical Guidelines on Substance Use Disorders (alcohol, benzodiazepines, cannabis and opioids) among older adults. Recent months have been spent finalizing and GRADEing the recommendations for these Guidelines and presenting at conferences across the country to get feedback from stakeholders, as well as, spread the word about these upcoming Guidelines!

Once released, our Guidelines team (made up almost entirely of volunteers!) will turn their attention to the development of knowledge translation tools that will be designed to ensure a broad understanding and uptake of the Guidelines both by older adults and by clinicians across the country.

## CAGP-CCSMH Annual Scientific Meeting

In October, for the first time in a number of years, we co-hosted the Canadian Academy of Geriatric Psychiatry (CAGP) Annual Scientific Meeting. The meeting was held in Halifax, Nova Scotia and was an enormous success being attended by the CAGP's membership as well as by a broad representation of Allied Health.

Sessions at the ASM were varied and included open and honest discussions of successes, challenges and ways forward to supporting the mental health and wellbeing of older adults in Canada.

Stay tuned for information on next year's meeting which will be held October 25-26, in Banff, Alberta!

That's all for now. As always, feel free to contact us at [CCSMH@secretariatcentral.com](mailto:CCSMH@secretariatcentral.com) for more information about any of our work.

Best,

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

Claire Checkland  
Director, CCSMH

## Atlantic Seniors Mental Health Network Update

The Atlantic Seniors Mental Health Network (ASMHN) continues to meet regularly and share information. This update provides an overview of work within our network since the last newsletter.

### CAGP/CCSMH Annual Scientific Meeting

Members of the ASMHN were involved in the planning and leadership of the annual CAGP/CCSMH Scientific Meeting held on October 12-13 in Halifax, Nova Scotia. As well, members of the Network hosted a workshop designed to identify tangible ways the Network could grow and support its members.

Not surprisingly, no matter which topic was being discussed, a common thread of action identified was to increase the connection of those in the Network and those not yet involved. Also identified were: to better educate members; to improve networking within provinces; and to do community health promotion. Participants felt that stronger connections would elevate all of those areas.

The ASMHN leadership group will now take all of the suggested actions into consideration to determine what it can take on, who to reach out to, etc.

### Interprofessional Knowledge Exchange Network

Towards the end of this newsletter, you will find the latest IKEN - the Interprofessional Knowledge Exchange Network of educational and skill development opportunities for seniors' health providers. Although created and updated by the ASMHN it provides an overview of upcoming opportunities across the country.

**Dr. Keri-Leigh Cassidy**

**Chair, Atlantic Seniors Mental Health Network**

## CCSMH News

### Save the Date: CAGP-CCSMH 2019 Annual Scientific Meeting October 25 – 26, 2019



*Stay tuned for more details!*

### CAGP-CCSMH 2018 Annual Scientific Meeting Award Winners

We are pleased to have introduced two new national awards for the 2018 CAGP-CCSMH Annual Scientific Meeting: one award recognizing outstanding seniors' mental healthcare initiatives and one award recognizing innovative and effective ways to combat ageism and stigma and promote seniors' mental health. Seniors' mental health teams, programs and individuals were eligible for nomination.

#### **CAGP/CCSMH Seniors' Mental Health Outstanding Care & Integrative Practice Award**

In recognition of an individual, team, service or program leading outstanding seniors' mental healthcare and integrative practice models, such as: interprofessional and interdisciplinary collaboration, integration of mental and physical health care, and/or support systems integration/navigation of older adults.



**Congratulations to our 2018 recipient,  
Marilyn White-Campbell!**

*(Left to right): D. Conn, K. Rabheru, M. White-Campbell*

Marilyn was awarded for her outstanding community leadership and education within the field of Specialized Geriatric Services - Geriatric Mental Health and Addictions. Marilyn has successfully developed inter-professional and interdisciplinary collaborative partnerships across the not-for-profit continuum of care inclusive of; primary care; community support services; mental health and addictions services; acute care; and long term care. Her relentless advocating has helped to bring issues surrounding substance use among older adults into the light.

### CAGP/CCSMH Vision Award

Any program, corporation, non-governmental organization or individual helping to combat ageism and stigma, to highlight and promote the strengths associated with aging and the potential and value of older adults to our society.



**Congratulations to our 2018 recipient,**

**Marjorie Willison!**

*(Left to right): D. Conn, M. Willison, K. Rabheru*

Marjorie has been a dedicated champion for promoting age-friendly communities, workplaces, teams, and individuals. She has worked across sectors and disciplines to challenge ageist attitudes and has helped to build environments that support an aging population. Marjorie currently hosts the website *Aging Well with Marjorie*. The site is a resource for individuals, communities, and organizations to support an aging population. Marjorie's efforts exemplify the importance and value of peer support in this field!

### 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](#)
- [Substance Use and Addiction](#)
- [Wellness and Aging](#)

## 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).



## 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.



### The Canadian Geriatrics Society

The Canadian Geriatrics Society Annual meeting will be held in beautiful Halifax, Nova Scotia. Topics that will be explored at this year's meeting include: assessment and management of frailty in primary care, mobility and frailty, frailty and prognosis. The educational program is primarily designed for geriatricians, family physicians and other allied health professionals who care for older adults and are interested in geriatric health care. The program is also designed for medical students and other health professional students, as well as medical residents.

**When:** May 2-4, 2019

**Where:** Halifax Marriott Harbourfront Hotel in Halifax, Nova Scotia

**Theme:** *Frailty: The Joy of Geriatrics*

**For more information:** [thecanadiangeriatricsociety.wildapricot.org/2019-Annual-Scientific-Meeting](http://thecanadiangeriatricsociety.wildapricot.org/2019-Annual-Scientific-Meeting)





## Events

### CCSMH - CAGP Inter-professional Knowledge Exchange Network (IKEN) 2018 Winter 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](http://brainxchange.ca/Public/Events.aspx).

To find archived CHNET Webinars, visit: <https://bit.ly/2JQSMxZ>

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

[brainxchange.ca/Public/Newsletter-Sign-up.aspx](http://brainxchange.ca/Public/Newsletter-Sign-up.aspx)

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

Date	Subject/ Title	KT Type	Description	Cost
Fall/Winter 2018-2019	<b>Alzheimer's Learning Series</b>  Alzheimer Society Newfoundland and Labrador <a href="http://alzheimer.ca/en/nl">http://alzheimer.ca/en/nl</a>	Online series	<b>The Learning Series</b> helps people with dementia, their families and friends to live as well as possible with the disease. The courses offered build upon each other to provide participants with a comprehensive overview of dementia, coping strategies, available resource and support. Participants have the opportunity to learn and share with others who are affected by dementia. The Learning Series is available across the province online. It is also provided at no cost to participants, but donations are appreciated. Registration is required.	No cost. Donation is welcome.  <a href="http://alzheimer.ca/en/nl/We-can-help/Our-services/Learning%20Series">http://alzheimer.ca/en/nl/We-can-help/Our-services/Learning%20Series</a>
Nov 21, 12-1 pm EDT	<b>A National Comparison of Intensity of End-of-Life Care in Canada: Defining Changing Patterns, Risk Factors and Targets for Intervention</b>  Centre for Studies in Aging & Health (CSAH)// Seniors Health Knowledge Network [SHKN]	Webinar	This free webinar features Robert Fowler and Andrea Hill, Sunnybrook Research Institute as they discuss a project that aimed to determine in detail the national delivery of end of life care in Canada.	Free  To register: <a href="https://register.goto-webinar.com/register/6295732505071542785">https://register.goto-webinar.com/register/6295732505071542785</a>

Nov 22, 2018	<b>Health Promotion Ontario Annual Conference 2018</b> Health Promotion Ontario  Location: Chestnut Conference Centre, Toronto, ON	In person	This conference is intended to serve as a forum for practitioners, researchers and students to come together to learn about and critically reflect on the ways that important social issues are forcing the field of health promotion to break new ground.	Member: \$180 Non-Member: \$205  For more information/to register: <a href="https://www.healthpromotioncanada.ca/hpo-annual-conference-2018-registration/">https://www.healthpromotioncanada.ca/hpo-annual-conference-2018-registration/</a>
Nov 23, 2018	<b>Innovations in Balance, Mobility and Fitness: The Link to Clinical Practice</b>  UHN Mobility Innovations Centre  Location: BMO Education & Conference Centre, Toronto, ON	In person	This this one-day conference will present current and emerging research and promote the uptake of innovative practices specific to balance, mobility, and physical activity, fitness assessment and training within clinical populations, with specific focus on those with neurological conditions and older adults.	Onsite rate: \$300  For more information/to register: <a href="https://events.myconferencesuite.com/Balance_Mobility_Fitness_Conference/registration/">https://events.myconferencesuite.com/Balance_Mobility_Fitness_Conference/registration/</a>
Nov 28, 2018 7:30 am – 4 pm	8th Annual Update in Geriatrics - Health Promotion in our Aging Population  McMaster University  <b>Location:</b> Liuna Station, Hamilton, ON	In person	This continuing medical education event features speakers Dr. Roger Wong and Dr. Barbara Resnick. Learning objectives of the day are to share evidence-based and practical approaches to health promotion and prevention for older adults as well as address key topics related to healthy aging.	Fee: \$100-\$200  To more information or to register: <a href="https://fhs.mcmaster.ca/conted/documents/Brochure_Geriatrics_2018_web.pdf">https://fhs.mcmaster.ca/conted/documents/Brochure_Geriatrics_2018_web.pdf</a> <a href="http://www.fhs.mcmaster.ca/conted/calendar.html">www.fhs.mcmaster.ca/conted/calendar.html</a>
Nov 28-29, 2018	<b>Conference Board of Canada 1st Annual Education and Skills Symposium</b>  Location: Marriott Downtown, CF Toronto Eaton Centre, Toronto, ON	In person	The Mental Health Commission of Canada <a href="https://www.confereceboard.ca/conf/education/default.aspx">Post-Secondary Students Standard</a> project will participate in the 1st Annual Education and Skills Symposium to explore the policies, practices, and programs needed to build accessible and fluid education and skills pathways in Canada.	<a href="https://www.confereceboard.ca/conf/education/default.aspx">https://www.confereceboard.ca/conf/education/default.aspx</a>

Dec 5-6, 2018	<b>Certified Psychological Health Safety Advisor Training</b>  Canadian Mental Health Association  Location: Centennial College Event Centre, Scarborough, ON	In person	CMHA's Certified Psychological Health and Safety Advisor Training program will help individuals who are working to address the issue of mental health in workplaces by implementing the National Standard of Canada for Psychological Health and Safety in the Workplace.  This in-demand certification provides employees, managers, and leaders with an intensive learning experience focused on eliminating barriers and building the case for a mentally healthy work environment.	Fee: \$1,500  <a href="https://cmha.ca/events/cmha-certified-psychological-health-safety-advisor-training-scarborough-session">https://cmha.ca/events/cmha-certified-psychological-health-safety-advisor-training-scarborough-session</a>
Dec 6, 2018, 12 pm EST	<b>The Role of Biomarkers in the Changing Definition of Alzheimer's Disease</b>  BrainXchange	Webinar	Alzheimer's disease is no longer simply a state of dementia. It is a disease that creeps up gradually in the brain for more than 20 years before the earliest symptoms. Diagnosing and treating the disease before it affects one's mental abilities is paramount. In this Webinar, you will learn about the biomarkers that are shaping our thinking about how we diagnosis Alzheimer's disease and how we should be approaching treatment opportunities through clinical trials.  Facilitated by Dr. Sharon Cohen, MD, FRCPC	<a href="http://brainxchange.ca/Public/Events/Upcoming-Events/The-Role-of-Biomarkers-in-the-Changing-Definition.aspx">http://brainxchange.ca/Public/Events/Upcoming-Events/The-Role-of-Biomarkers-in-the-Changing-Definition.aspx</a>
Dec 7, 2018 1:30 – 2:30 EST	<b>Honouring Grief and Increasing Resiliency</b>  Ontario CLRI Centres for Learning, Research & Innovation in Long-Term Care	Webinar	Join presenters Tara Cohen and Pamela Grassau for this webinar for staff working in Long-term Care. Central to the discussion will be how to strengthen self-awareness and self-kindness; sustain meaning in your work and create compassionate and resilient teams.	Free  To learn more/ to register: <a href="https://clri-ltc.ca/events/honouring-grief-and-resiliency/">https://clri-ltc.ca/events/honouring-grief-and-resiliency/</a>
Nov 22, 2018  Dec 11, 2018	<b>2018 CLRI Educator Days</b>  Ontario CLRI Centres for Learning, Research & Innovation in Long-Term Care  November 22: Lanark Lodge, Perth, ON December 11 Baycrest, Toronto, ON	In person	Join this innovation and networking forum for leaders who engage staff and students in learning about long-term care. Lean in & Learn: Improving care experiences through staff wellness & relational care. Workshop topics will include mindfulness leadership & relational care in practice, grief & loss, wellness through active compassion, and comfort care conversations for changes in condition.	Fee \$40 – Perth \$50 – Toronto  To learn more: <a href="http://bit.ly/2018EducatorDay">http://bit.ly/2018EducatorDay</a> To Register: <a href="http://bit.ly/2018EducatorDay">http://bit.ly/2018EducatorDay</a>

Jan 7-Jan 27, 2019	<b>U-First!™ Online – Certificate</b>  Alzheimer Society of Ontario	Online Course	Increase your skills in caring for people with dementia by completing the Alzheimer Society of Ontario's three-week U-First! Online 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.  This three-week program runs from January 7th to January 27th. The Week 3 Webinar (mandatory) is on Thursday January 24 with the option to attend at 12:00pm or 8:00pm (Eastern).	\$75.00  To learn more: <a href="http://www.alzeducate.ca/course/index.php?categoryid=13">http://www.alzeducate.ca/course/index.php?categoryid=13</a>
Jan 16-17, 2019	<b>CMHA Certified Psychological Health Safety Advisor Training</b>  Canadian Mental Health Association  Location: Algonquin College Woodroffe, Ottawa, ON	In person	See above	Fee: \$1,500  To learn more: <a href="https://cmha.ca/events/cmha-certified-psychological-health-safety-advisor-training-ottawa-session">https://cmha.ca/events/cmha-certified-psychological-health-safety-advisor-training-ottawa-session</a>
January 24, 2019	<b>Annual Alzheimer's Awareness Conference</b>  Alzheimer Society Prince Edward Island  Location: Murchison Centre, Charlottetown. PEI	In-person	The Alzheimer Awareness Conference is designed to provide meaningful learning opportunities for caregivers, health professionals and the general public. Knowledge on dementia care is crucial to maintaining a safe, supportive caregiving environment for all. This year, the Society will welcome Teepa Snow, renowned dementia care educator and advocate for people living with dementia.	To learn more: <a href="http://alzheimer.ca/en/pei/News-%20and-%20Events/Upcoming-Events/January%20Awareness%20Month">http://alzheimer.ca/en/pei/News-%20and-%20Events/Upcoming-Events/January%20Awareness%20Month</a>
Feb 21, 2019 12-1 pm EST	<b>Reducing the Risk for Falls in Later Life: It Takes a Village</b>  OTN Webcast	Webcast	Join Dr. Maureen Ashe & Dolores Langford for this beyond the break OTN webcast presentation. Event #83387747.	Event #83387747. Click <a href="#">here</a> to join the live webcast presentation.

Week of March 11, 2019	<b>Bottom Line Conference</b>  Canadian Mental Health Association  Location: Vancouver, BC	In-person	For 15 years, the Bottom Line Conference has been bringing together a rich community of business leaders and workers, union representatives, policy makers and researchers to share their expertise and ideas and discuss ways in which to improve mental health in Canadian workplaces.  The conference provides an opportunity to share real experiences and successes while working towards the common goal of transforming Canadian workplaces into psychologically safe and supportive places where everyone can work safely and thrive.	Sign up for email updates on Bottom Line 2019 at <a href="https://confirmsubscription.com/h/y/1702F20E53844256">https://confirmsubscription.com/h/y/1702F20E53844256</a>
Mar 13-14, 2019	<b>CMHA Certified Psychological Health Safety Advisor Training</b>  Canadian Mental Health Association  Location: Calgary, AB	In person	See above	Fee: \$1,500  <a href="https://alberta.cmha.ca/events/cmha-certified-psychological-health-and-safety-advisor-training-calgary-3/">https://alberta.cmha.ca/events/cmha-certified-psychological-health-and-safety-advisor-training-calgary-3/</a>
April 15-16, 2019	<b>2nd International Conference on Dementia and Dementia Care: Breakthrough in Dementia Research and Care</b>  Location: Toronto, ON	In-person	The conference will focus on the latest and exciting innovations in the area of Dementia research and care which offers a unique opportunity for investigators across the globe to meet, network, perceive new scientific innovations and explore creative ways to improve the quality of life and support of people, of all ages, living with all forms of dementia.	Fee: Varies (depending on delegate and package chosen)  To learn more: <a href="http://www.meetingsint.com/conferences/dementia">http://www.meetingsint.com/conferences/dementia</a>
May 2-4, 2019	<b>39<sup>th</sup> Annual Scientific Meeting Frailty: The Joy of Geriatrics</b>  Canadian Geriatrics Society  Location: Halifax Marriott Harbourfront Hotel, Halifax, NS		The theme of the 2019 ASM is "Frailty: The Joy of Geriatrics". Some of the topics that will be explored at the meeting this year include: <ul style="list-style-type: none"> <li>• Assessment and management of frailty in primary care</li> <li>• Mobility and frailty</li> <li>• Frailty and prognosis</li> </ul>	Call for Abstracts: Deadline Jan 27, 2019  Registration: Opens Jan 2019

May 10 – 11, 2019	<b>20th Canadian Collaborative Mental Health Care Conference</b>  Collaborative Mental Health Care Task Force  Location: Sheraton Vancouver Airport Hotel, Vancouver, BC	In person	The conference aims to advance collaborative practice in mental health care in primary care and community settings. Its scope includes intra- and interprofessional collaboration, as well as collaboration with clients and caregivers. Multiple forms of knowledge and 'evidence' including scientific knowledge, pragmatic knowledge of front line healthcare providers and administrators, and experiential knowledge of people using mental health services are valued, and throughout dialogue between these different perspectives is promoted. This year's conference theme addresses concurrent disorders in mental health and addiction. Keynote presentations include Dr. Patricia Conrod, Dr. Anna Ratzliff, Dr. Cornelia Wieman, and Dr. Evan Wood.	Call for Abstracts: Deadline Dec 20, 2018  To learn more: <a href="https://ubccpd.ca/course/CCMHC2019">https://ubccpd.ca/course/CCMHC2019</a>
May 28-31, 2019	<b>Trent Aging 2019- Take Back Aging: Power, Critique, Imagination</b>  Trent Centre for Aging & Society  Location: Trent University, Peterborough, ON	In person	Trent Centre for Aging & Society is hosting a joint international conference of the North American and European Networks in Aging Studies. Researchers, writers, and scholars from all disciplines and every career stage are invited to share their diverse approaches to conventional fields of gerontology and critical aging studies.	Fee: Range from \$150 - \$350  To learn more/to register: <a href="http://www.regonline.ca/trentaging2019">http://www.regonline.ca/trentaging2019</a>
June 17 – 18, 2019	<b>ICHAA 2019: 21st International Conference on Healthy and Active Aging</b>  World Academy of Science, Engineering and Technology  Location: <a href="#">Bond Place Hotel - Downtown</a> , Toronto, Canada	In person	Join leading academic scientists, researchers and research scholars to exchange and share experiences and research results on all aspects of Healthy and Active Aging.  It also provides a premier interdisciplinary platform for researchers, practitioners and educators to present and discuss the most recent innovations, trends, and concerns as well as practical challenges encountered and solutions adopted in the fields of Healthy and Active Aging.	To learn more/to register: <a href="https://waset.org/conference/2019/06/toronto/ICHAA">https://waset.org/conference/2019/06/toronto/ICHAA</a>



Oct 24-26, 2019	<b>CAG 2019 Navigating the Tides of Aging Together</b>  Canadian Association on Gerontology  Location: Moncton, NB	In person	48th Annual Scientific and Educational Meeting	Call for Abstracts: Jan 2019  To learn more/to register: <a href="http://cagacg.ca/ase/m/cag2019/">http://cagacg.ca/ase/m/cag2019/</a>
Oct 25-26, 2019	Canadian Academy of Geriatric Psychiatry (CAGP) <a href="http://www.cagp.ca">www.cagp.ca</a>  Location: Rimrock Resort Hotel, Banff, AB	In-person	CAGP-CCSMH Annual Scientific Meeting – save the date	<a href="http://cagp.ca/Future-Conferences">http://cagp.ca/Future-Conferences</a>