

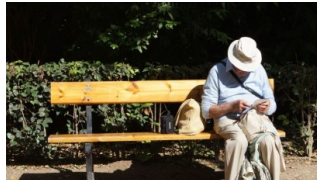


Canadian Coalition
for Seniors' Mental Health

Coalition Canadienne pour
la Santé Mentale des
Personnes Âgées

SUMMER NEWSLETTER | JULY 2020

Canadian Coalition for Seniors' Mental Health Newsletter



Highlights

- Cannabis Project Update
- COVID-19 Resource Page
- IKEN Calendar of Senior Mental Health Events

Table of Contents

Co-Chair Report	Page 2
CCSMH News	Page 3
Our Community in Action	Page 4
Events	Page 6

Co-CHAIR REPORT

These past few months have been full of highs and lows for older adults themselves and for those who care for older adults in Canada and around the world. We have been faced with a once-in-a-lifetime crisis and Canadians have risen to the challenge. No population has been more affected by this pandemic than older adults living in care. The long term and residential care systems in Canada have long been known to be under-resourced and under-supported by our governments and other social systems. The lives and plights of people living in these environments are too often swept under the rug. If there is a silver lining in all of this it is that the sub-par conditions in long term and residential care for older adults are now under a spotlight and primed for a systemic overhaul.

It will be up to organizations like our own and individuals like yourselves to help ensure that this spotlight remains squarely on long term and residential care systems, policy and practice until conditions for older adults living in these environments are greatly improved. The CCSMH and the Canadian Academy of Geriatric Psychiatry (CAGP) will do our part to ensure that this stays on the forefront of priorities for governments in Canada. The CCSMH and CAGP's work will emphasize ensuring that the mental health needs of older adults are adequately addressed in these living environments moving forward. The prevention of viral transmission is paramount in long term and residential care but we can also learn from our country's initial response to COVID and can make changes in order to ensure that the mental health and wellbeing of older adults in care are not overlooked. We will work hard to be among the voices speaking up and demanding systemic change.

Thank you for all that you do to keep yourselves and your fellow citizens safe and well during this time!

Drs. Kiran Rabheru and David Conn
CCSMH Co-Chairs

Claire Checkland
Executive Director, CCSMH

CCSMH NEWS

COVID-19 Resource Page

The CCSMH has developed a COVID-19 resource page to share information for seniors and their families. These resources include; activities to do while physical distancing, mental health support lines, tips for battling anxiety during this public health situation as well as a virtual visits toolkit to set up calls between seniors and their families developed by *Family Councils Ontario, the Ontario Association of Residents' Councils, and Tech Coaches Inc.* These resources are available online at www.ccsmh.ca/resources/covid-19-resources/.

Cannabis Education in Older Adults Project

We are delighted to announce that we have received funding from Health Canada for a project to develop e-learning modules and knowledge translation tools for physicians, allied health providers and healthcare students to help them work with older adults who use or are interested in using cannabis. This education will include topics such as potential benefits as well as risks of cannabis use in older adults and will be accredited for MOC and Mainpro+.

The cannabis education will include 8-10 evidence-based e-learning modules that are each 20-30 minutes in length with Basic and Advanced components. The content for the e-learning modules will be developed with key principles of adult learning and collaborative instructional design as a priority in collaboration with an e-learning specialist. Courses will be launched online late 2021.

Stay tuned for regular updates.

CCSMH's National Clinical Guidelines on Depression among Older Adults

We are finalizing an update to these guidelines which were originally published in 2006. The updated guidelines will include an examination of evidence surrounding the prevention of depression among older adults and will also include an update on the evidence surrounding the assessment and treatment for depression among older adults. These revised guidelines will be published on our website Fall, 2020.

Canadian Clinical Guidelines on Substance Use Disorders in Older Adults

As you know, we've just wrapped up our 3-year grant from the Substance Use and Addictions Program (SUAP) of Health Canada to develop a set of guidelines and knowledge translation tools on the prevention, assessment, and management of alcohol, benzodiazepine, cannabis and opioid use disorders among older adults.

Project material is all now online [here](#).

SAVE THE DATE! 2020 CAGP-CCSMH Virtual Annual Scientific Meeting



The CAGP and CCSMH have made the difficult but important decision to transition our Annual Scientific Meeting (ASM) to a virtual format. The virtual ASM will be held over the original meeting dates, October 16 and 17, 2020. The committee is working hard to make this an innovative and inspiring learning opportunity that will not only help us connect from coast to coast but provide the educational quality, networking and enjoyable social opportunities that you have come to expect from the CAGP-CCSMH meeting. We look forward to providing more details and a program as soon as possible!

OUR COMMUNITY IN ACTION

News from CCSMH partners and other stakeholders

HealthCareCAN

The Canadian research community has been severely impacted by COVID-19 as non-COVID related research and clinical trials came to a halt and external funding sources paused

during the pandemic. HealthCareCAN with assistance from our Vice Presidents of Research (VPRs) across the country strongly advocated for financial relief from the federal government to prevent massive job losses in academic health research institutions. On May 15th, the Prime Minister announced that the federal government would be providing \$450M to support wage subsidies for Canada's health research community, representing a major victory for HealthCareCAN's advocacy.

HealthCareCAN is in close communication with federal departments and agencies, including Health Canada, sitting on the canCOVID governance committee, and participating in the CPHO Health Professions Forum.

HealthCareCAN is supporting the need for more virtual health care and has shared vital feedback with Health Canada and PHAC on technological gaps in virtual care across institutions and the types of projects which should be prioritized. We are continuing to advocate for investments in infrastructure to expand virtual care as well as pandemic preparedness in Canadian health organizations.



Fountain of Health Speakers Bureau



fountain of health

The Fountain of Health™ promotes brain health and resilience across the lifespan. Being physically active and socially connected and challenging your brain can improve your long-term health. During these uncertain times, the Fountain of Health pillars can be particularly important in improving physical and mental well-being.

A vital component of The Fountain of Health is their National Speakers Bureau composed of leading academics and clinicians dedicated to knowledge mobilization of the Fountain of Health message in Canada. Presentations by Fountain of Health speakers are available for a variety of audiences including professional groups, clinicians including physicians and allied healthcare providers, community organizations, caregivers and the general public.

The list of current speakers for the Speakers Bureau is available [here](#).

If you have a request for a virtual presentation on the Fountain of Health™ or on how to optimize healthy aging, please contact info@fountainofhealth.ca.

International Longevity Centre Canada

It is important during this unprecedented period that efforts to promote, protect and ensure full human rights boldly move forward through the creation of legal instruments. The International Longevity Centre Canada (ILC) requests your endorsement for the UN Convention on the Rights of Older Persons.



[Click here](#) to find out how to Support a U.N. Convention on the Rights of Older Persons.

The Research Institute for Aging

Join the RIA on September 24, 2020 as they celebrate Arts and Aging Day Canada – a day devoted to highlighting arts-based activities for older adults across the sector.



The RIA invites you to share your organization's arts activities, creations and experiences through social media. From choirs to poetry, visual arts to dance, let's highlight all the ways the arts are engaging and supporting Canadian older adults, both in-person, and virtually.

Inspired by the work of [Arts in Care Homes in the UK](#), Arts and Aging Day Canada aims to use social media to highlight the amazing work being done in long-term care homes, retirement communities, seniors centres, and community organizations across the country. This day is a chance to promote the positive effects of arts-based activities, learn more about what different organizations are doing, and create nation-wide connections in the field of arts, health, and aging.

Click [here](#) to learn more.

EVENTS

CCSMH - CAGP Inter-professional Knowledge Exchange Network (IKEN) Share & Expand Your Knowledge

Below are some selected upcoming educational and knowledge transfer (KT) opportunities in Seniors' Mental Health. This list was largely compiled by BrainXchange.

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

DATE	SUBJECT/ TITLE/ KT TYPE	DESCRIPTION	MORE INFORMATION
<i>July 28, 2020</i>	Ageism's influence on how older people are viewed and how they view themselves	In this webinar, we will discuss age stereotypes and ageism from a number of perspectives. First, we will review how ageist portrayals of older people permeate the media. Second, we will present the content of age stereotypes and discuss how they lead to ageist behavior and how this can affect how older people view <i>themselves</i> . Last, we will touch upon implications for how people living with dementia are likely stigmatized and also suggest ways to mitigate age stereotypes and ageist behaviour.	Click here
<i>July 28, 2020 12:00 PM EDT</i>	brainXchange Webinar	Ageism's influence on how older people are viewed and how they view themselves	
<i>August 5, 2020 12:00 PM EDT</i>	ALZeducate, Alzheimer Society Toronto Webinar	Webinar: Long Distance Caregiving	
<i>August 5, 2020 2 PM PDT</i>	Alzheimer Society of B.C. Webinar	Self-compassion - the "power tool" on the dementia journey.	
<i>August 10, 2020</i>		U-First! Online training for Health Care Providers	
<i>August 18, 2020 2:00 PM EDT</i>	ALZeducate, Alzheimer Society Webinar	Dementia and COVID-19: Strategies for Caregivers	
<i>August 20, 2020 2:00 PM EDT</i>	Ontario Centres for Learning, Research and Innovation in Long-Term Care Webinar	Sleep Disorders and Dementia	

DATE	SUBJECT/ TITLE/ KT TYPE	DESCRIPTION	MORE INFORMATION
August 28, 2020 11:00 AM EDT	ALZeducate, Alzheimer Society Webinar	Updates in AD Research, ALZeducate	
September 1 - 30, 2020	World Alzheimer's Month	2 out of every 3 people globally believe there is little or no understanding of dementia in their countries. The impact of World Alzheimer's Month is growing, but the stigmatization and misinformation that surrounds dementia remains a global problem that requires global action.	2020 campaign materials can be downloaded here .
September 10, 2020	World Suicide Prevention Day	World Suicide Prevention Day is a chance for everyone to join in promoting understanding about suicide. Every year on September 10th, people in over 50 countries connect to <i>Work Together to Prevent Suicide</i> .	https://suicideprevention.ca/WSPD
September 10, 2020 12:00 - 3:00 PM EDT	Ontario Centres for Learning, Research and Innovation in Long- Term Care Webinar	Training on Nutrition in Disguise	
Sept 12-16, 2020	MDS Virtual Congress 2020	International Congress of Parkinson's Disease and Movement Disorders	
October 1, 2020	International Day for the Elderly	Older people have always played a significant role in society as leaders, caretakers and custodians of tradition. Yet they are also highly vulnerable, with many falling into poverty, becoming disabled or facing discrimination. As health care improves, the population of older people is growing. Their needs are also growing, as are their contributions to the world. The International Day of Older Persons is an opportunity to highlight the important contributions that older people make to society and raise awareness of the opportunities and challenges of ageing in today's world.	Background, events and resources can be found here: https://www.un.org/en/events/olderpersonsday/index.shtml

DATE	SUBJECT/ TITLE/ KT TYPE	DESCRIPTION	MORE INFORMATION
October 4 - 10, 2020	Mental Illness Awareness Week	Mental Illness Awareness Week (MIAW) is an annual national public education campaign designed to help open the eyes of Canadians to the reality of mental illness. The week is coordinated by the Canadian Alliance on Mental Illness and Mental Health (CAMIMH).	https://www.cami-mh.ca/mental-illness-awareness-week/about-miaw/
October 6, 2020	Registered Nurses' Association of Ontario Virtual	Nursing Best Practice Guidelines Clinical Institute (Foundational Stream) 2020	https://rnao.ca
October 10, 2020	World Mental Health Day	This year's theme is <i>Mental Health for All Greater Investment – Greater Access</i> . Mental health is a human right – it's time that mental health is available for all. Quality, accessible primary health care is the foundation for universal health coverage and is urgently required as the world grapples with the current health emergency.	https://wfmh.global/world-mental-health-day-2020/
Oct 16- 17, 2020	CAGP-CCSMH Annual Scientific Meeting Virtual Meeting	Stay tuned for more information...	Click here
October 20 - 22 2020	30 th Alzheimer Europe Conference Virtual	30th Alzheimer Europe conference	
November 4 - 7, 2020	Virtual Family Medicine Forum	Family Medicine Forum 2020	