



# CCSMH Fall 2021 Newsletter

## Co-Chair Report

We have spent the months since our last newsletter working on a few key projects:

### Updated Depression Guidelines

We were proud to release updated clinical guidelines on Depression in older adults in June. These updated guidelines include a new section on the prevention of depression for older adults. The prevention recommendations include evidence-based guidance addressing social isolation and loneliness and guidance on a clinician's role in social prescribing and in providing a sense of hope and positivity to older patients who are facing challenges. The updated Guidelines also provide updated and new recommendations on the assessment and treatment of depression among older adults. The Guidelines can be found on our site in English [here](#) and in French [here](#).

### Cannabis E-Learning Module Project

Our Cannabis and Older Adults project is a three-year project funded by Health Canada to develop e-learning modules to support health care professionals to learn more about cannabis and aging. Accredited E-Learning modules will be available online beginning January 2022 and will cover topics including the History of cannabis and legalization; the Neuropharmacology of cannabis; Drug interactions; How to talk to patients about cannabis; Prescribing/authorizing cannabis and Safety and risks of cannabis.

## **Mental Health in Long-Term Care**

As you well know, residential and long-term care services in Canada (and internationally) came under the spotlight this past year. The CCSMH has been working to ensure that the mental health needs of people living in these environments are at the forefront of discussions and policy work moving forward.

We prepared a joint CAGP/CCSMH position paper on Mental Health in Long-Term Care During COVID late last fall. The paper emphasizes the essential nature of mental health care in LTC, outlines our position on resident's right to care regardless of mental or physical health status and calls for balance between infection control and measures for quality of life and dignity of residents of LTC. Read the full position paper [here](#).

We followed up the development of our joint position paper by sending it with an accompanying letter introducing ourselves to Federal, Provincial and Territorial Ministers of Health, Seniors and other government leadership.

### *CSA Research and Recommendations*

The Standards Council of Canada (SCC), Health Standards Organization (HSO), and Canadian Standards Association (CSA) are working together to develop two new National Standards for Long-Term Care. The CSA has contracted the CCSMH to develop a report providing comprehensive guidance and recommendations to support the mental health and well-being of people living in community residential care settings. Our report is due to the CSA in October 2021 and will be filtered up to the work being done by the HSO towards a national standard addressing the delivery of safe, reliable and high-quality LTC services.

The CCSMH will continue to endeavour to drive change in LTC (jointly with the CAGP and on our own) moving forward through advocacy.

## **ECHO – Care of the Elderly: National Mental Health**

The CCSMH worked in partnership with [Baycrest](#) and the [Canadian Academy](#)

of Geriatric Psychiatry during 2020/2021 to run a series of 16 national ECHO sessions for health care providers on issues concerning the **mental health and wellbeing of older adults**. Session topics ranged from anxiety and depression in older age to sessions on cultural sensitivity; consent and capacity; and loss, death and bereavement to name a few.

More information about Project ECHO and recordings of and material from our weekly sessions are posted on CCSMH's website at this link: <https://ccsmh.ca/echo-care-of-the-elderly-mental-health/>

We are in discussions with prospective funders with the goal of offering another series of ECHO sessions this coming year.

### **Public Health Agency of Canada – Suicide in Older Adults Research Project**

The CCSMH received a small fund from the Public Health Agency of Canada (PHAC) in 2020 to create a report identifying the current state of the research and resources on suicide and its prevention among older adults, with particular emphasis on the Canadian context, and to identify gaps in basic, applied, and public health research and opportunities for knowledge translation and exchange.

PHAC will use this report as well as similar reports developed by other organizations focusing on other populations of concern to enhance and inform public health efforts to promote mental health and well-being and, ultimately, prevent death by suicide among older Canadians.

As always, please feel free to reach out to us if you have any questions or suggestions about our work. Our Executive Director, Claire Checkland can be reached at [ccheckland@ccsmh.ca](mailto:ccheckland@ccsmh.ca) or through our info address at [info@ccsmh.ca](mailto:info@ccsmh.ca)

*David Conn and Kiran Rabheru, Co-Chairs  
Claire Checkland, Executive Director*



## CAGP/CCSMH Annual Scientific Meeting

This year our annual scientific meeting is virtual again! The 2021 CAGP-CCSMH Annual Scientific Meeting (ASM) will focus on the theme "**Geriatric Psychiatry in Challenging Times: Embracing Opportunities for Advocacy, Inclusion and Innovation.**"

This year's meeting will be held over the dates of October 29 and 30 and we aim to deliver the same quality education you expect, along with fun social and networking opportunities to keep everyone connected from coast to coast.

***Mark your calendars, break out your popcorn makers, and grab your favourite beverage!*** CAGP and CCSMH are kicking off this year's meeting by bringing the big screen to you for a special social event on the evening of October 28<sup>th</sup> – [click here for more details!](#)

Register here: <http://www.cagp.ca/2021-Registration>



## CAGP/CCSMH Vision Award 2021 **Margaret Gillis**

The CAGP/CCSMH Vision Award recognizes any program, corporation, non-governmental organization or individual helping to combat ageism and stigma, and/or highlight and promote the strengths associated with aging and the potential and value of older adults to our society.

### **Congratulations to Margaret Gillis, President, International Longevity Centre!**

Margaret was awarded for her commitment and dedication to improving the

mental and physical health care, well-being and rights of older people. The many letters of support that Margaret received are a true testament to the local, national and international impact she has made combating ageism and advocating for the human rights of older persons. Margaret excels at interprofessional and interdisciplinary collaboration, resulting in real change. As one supporter stated “Ms. Gillis’ ardent commitment to championing the rights of older persons and promoting the strengths associated with ageing has had a tangible impact on the lives of older adults in Canada and internationally.”

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Dementia  
Isolation  
Toolkit

## **CAGP/CCSMH Seniors' Mental Health Outstanding Care & Integrative Practice Award 2021**

### **Dementia Isolation Toolkit**

The CAGP/CCSMH Seniors' Mental Health Outstanding Care & Integrative Practice Award recognizes innovative initiatives and program development efforts in seniors' mental healthcare.

#### **Congratulations to The Dementia Isolation Toolkit Team!**

The CAGP/CCSMH applauds the Dementia Isolation Toolkit Team for responding to a dire need for clinical guidance at the onset of COVID-19 when implementing infection control measures such as isolation and quarantine of people living with dementia in long-term care. The team's initiative and quick response helped to ensure that people living with dementia were treated in a compassionate, safe and effective manner thereby also helping to prevent and reduce clinical indecision and moral distress. The toolkit and the additional resources developed by the Dementia Isolation Toolkit team have had an impact locally, and nationally and will continue to do so in the years to come. The access the Dementia Isolation Toolkit click [Home - Dementia Isolation Toolkit](#) to see a complete listing of the team click here [Our team | Dementia Isolation Toolkit](#)

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## Stay in Touch

### CCSMH online Covid-19 resources

Visit our website at [to view some timely resources including, Mental Health Support Lines for Seniors in Canada, Tips for Battling Anxiety During this Public Health Situation and Virtual Visits Toolkit](#)

[COVID-19 Resources – Canadian Coalition for Seniors' Mental Health \(ccsmh.ca\)](#)

### Make a donation!

Mental illness is not a normal part of aging. You can help us promote the mental health of older adults by donating to the CCSMH today. Click below to access our fundraising page on Canada Helps. [CCSMH | Impact Seniors' Mental Health in Canada! Campaign | Canadahelps](#)

### Follow us!

Consider following our Twitter and Facebook social media accounts. We can be found at [@CCSMH](#)

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## Atlantic Seniors' Mental Health Network Report

The Atlantic Seniors' Mental Health Network (ASMHN) is a regional network of the CAGP/ CCSMH, established to ensure strong engagement and involvement from Atlantic Canada in the work of the CCSMH and the CAGP. The ASMHN's goals are to support the networking of Atlantic-based clinicians and other professionals that work on issues concerning mental health of older adults and to help ensure Atlantic representation and voice in national advocacy opportunities, events and initiatives. Meetings of the ASMHN were put on hold somewhat during this past year but are planned to resume this Fall and to continue bi-annually from there. Please

email [info@ccsmh.ca](mailto:info@ccsmh.ca) or [cagp@secretariatcentral.com](mailto:cagp@secretariatcentral.com) if you are an Atlantic resident and want to join the ASMHN.

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## **OUR COMMUNITY IN ACTION**

### ***News from CCSMH partners and other stakeholders***



Mental Health  
Commission  
of Canada      Commission de  
la santé mental  
du Canada

#### **Applying the Guidelines for Comprehensive Mental Health Services for Older Adults in Canada during COVID-19**

While mental health in older adults is as important as mental health in any other stage of life, it does not always receive the attention and services that it requires. It is crucial that the health care system responds to the current and future mental health impacts of this pandemic by working towards an integrated service system that promotes wellbeing, incorporates prevention and early intervention, and delivers high-quality care through a range of health, mental health, and social services. To learn more click [Applying the Guidelines for Comprehensive Mental Health Services for Older Adults in Canada during COVID-19 - Mental Health Commission of Canada](#)

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#### **UN Convention on the Rights of Older Persons**

The International Longevity Centre (ILC) Canada is calling for a United Nations Convention on the Rights of Older Persons. Ageism, the stereotyping, prejudice and discrimination against older persons is prevalent worldwide. A UN Convention provides a universal position that ageism is morally and legally unacceptable and obliges states to adopt non-discriminatory laws.

Please go to the [ILC website](#) to learn more about how you can support this call for action

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## **IPA / WPA-SOAP Joint Statement**

The **International Psychogeriatric Association (IPA) and the World Psychiatric Association-Section of Old Age Psychiatry (WPA-SOAP)** have joined the WHO call to action to reduce ageism, change the status quo, and in our professional roles, to fully embrace and support the human rights of older persons. The IPA and WPA-SOAP has issued this [Joint Statement on the Rights of Older Persons with Mental Health Conditions and Psychosocial disabilities](#). The IPA and WPA-SOAP are fully committed to support and promote a United Nations (UN) convention on the rights of older persons to safeguard that older persons with mental health conditions and psychosocial disabilities can live free from discrimination and are able to fully enjoy their rights.



**International Psychogeriatric Association**  
*Better Mental Health for Older People*

## **The Decade of Healthy Ageing: a new UN-wide Initiative**



The United Nations General Assembly has declared 2021-2030 the [Decade of Healthy Ageing](#). The Decade of Healthy Ageing is an opportunity to bring together governments, civil society, international agencies, professionals, academia, the media, and the private sector for ten years of concerted, catalytic and collaborative action to improve the lives of older people, their families, and the communities in which they live.

A decade of concerted global action on Healthy Ageing is urgently needed. The COVID-19 pandemic has highlighted the seriousness of existing gaps in policies, systems and services.

For more information: [The Decade of Healthy Ageing: a new UN-wide initiative \(who.int\)](#)

## The Canadian Substance Use Resource and Knowledge Exchange Centre (SURE)



The Canadian Substance Use Resource and Knowledge Exchange Centre (SURE) is a national online learning and resource centre geared towards building capacity for a public health approach to substance use in Canada.

SURE provides practical tools to protect and promote the rights, health, and safety of people who use substances and the community. Providing access to a wide variety of resources, SURE facilitates the learning of professionals and practitioners (such as policymakers, program planners, peer workers, healthcare workers, social services and first responders) and the wider community. This project is the first of its kind in Canada to equip professionals and communities with **a centralized, curated resource site focused specifically on supporting the implementation of a public health approach to substance use**.

Click to learn more: [SURE \(substanceuse.ca\)](http://SURE (substanceuse.ca))

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

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).

- **October 6, 2021 2-3 PM PT** Webinar: [Question café: Responding to questions about dementia](#), Alzheimer Society of B.C.
- **October 4 - 8, 2021** [AgeTech Innovation Week](#), AGE-WELL
- **October 7, 2021, 12-1 PM ET** Webinar hosted by brainXchange: [Primary and secondary prevention of Alzheimer's Disease – a multidisciplinary](#)

[approach](#), Alzheimer Society of Canada and the Canadian Consortium of Neurodegeneration in Aging (CCNA).

- **October 7, 2021** Online event: [Dementia Decision-Making Project: in-person community consultation with people living with mental health challenges](#)
- **October 13, 2021 at 11-12 ET** Webinar: [Uncovering Diversity: Cultural Humility and Safety When Caring for Black Older Adults](#), RGP Learning Sessions
- **October 18, 2021, 12-1 PM ET** Webinar: [Next Steps in Covid-19: Response in Long-Term Care and Retirement Homes](#), Healthcare Excellence Canada
- **October 19, 2021, 10-11:30 AM MT** Webinar: [Psychosis in Dementia](#), Alzheimer Society of Calgary
- **October 19 - 21 , 2021** Virtual Conference [Transforming Care: Supporting Older Adults Post-COVID in Ontario](#), Specialized Geriatric Services East
- **October 19, 2021, 6 PM ET** Webinar: [Communication](#), Alzheimer Society, ALZeduate
- **October 21-23, 2021** Virtual Conference: [CAG2021: Hindsight 20/20: Looking Back for a Vision Forward in Gerontology](#)
- **October 26 - 27, 2021** Virtual Conference: [This is Long Term Care 2021](#), Ontario Long Term Care Association
- **October 29-30, 2021** Virtual: [CAGP-CCSMH Annual Scientific Meeting “Geriatric Psychiatry in Challenging Times: Embracing Opportunities for Advocacy, Inclusion and Innovation.”](#)
- **November 16, 2021, 12 PM ET** Webinar: [Three D's - Delirium, Depression, Dementia](#), Alzheimer Society, ALZeduate
- **November 10-14, 2021**, Phoenix, Arizona, USA, [The Gerontological Society of America 2021 Annual Scientific Meeting](#)
- **November 10- 12, 2021**, Niagara Falls, ON Virtual and In-person: [IFA 15th Global Conference on Ageing](#)
- **November 15-16, 2021** Course: [Mental Health First Aid – Supporting Older Adults](#), Mental Health Commission of Canada
- **November 16, 2021, 2:30 - 3:30pm** Webinar: [Unpacking the complexity of public preferences for and beliefs about dying at home in Canada](#), Gilbreia Centre for Studies in Aging, McMaster University
- **November 23, 2021, 1-2 PM ET** Webinar: [Fake News: Identify and Ignore](#), CanAge
- **December 9, 2021, 12 PM ET** Webinar: [Updates in AD Research](#), Alzheimer Society, ALZeduate
- **June 8, 2022**, London, UK and Online: [35th Global Conference of Alzheimer's Disease International](#)

### **Ongoing:**

- [ALZeduate Webinars](#)
- [BSO Provincial Lived Experience Advisory Network](#)

- [Gilbreia Centre for Studies in Aging Seminar Series](#)
  - [OTN Geriatric Addiction Rounds](#)
  - [U-First! In-person Ontario Workshops](#)
  - [U-First! Online Course](#)
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You are receiving this email because you are a CCSMH Affiliate.

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