



NOVEMBER 2022

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CCSMH UPDATES



Saying Goodbye and Thank you to Dr. Kiran Rabheru

Dr. Kiran Rabheru is stepping down as co-chair of CCSMH. Kiran served in this role for six years. During his tenure, he

HIGHLIGHT #1: A Change of CCSMH Co-Chairs

Saying Hello to Dr. Dallas Seitz

Dr. Dallas Seitz, is an Associate Professor of Psychiatry and Community Health Sciences, in the Cumming School of Medicine at the University of Calgary. He

provided invaluable guidance and support to the organization. Some of the key roles that he played were as the lead on our [Brain Health and Wellness](#) project as well as a member of our Guidelines on [Opioid Use Disorders](#) and [Cannabis e-learning](#) project working groups. We are grateful to Dr. Rabheru for his unwavering support of the CCSMH as well as for his dedication and vocal support of person-centred care and for the rights of older adults. We will continue to work with Kiran and benefit from his support and input in the coming years.



is the immediate past president of the Canadian Academy of Geriatric Psychiatry. Dallas' passions include health service and knowledge translation in geriatric mental health. He is actively involved in the development of health system strategies, guidelines and policies related to seniors and mental health at both the provincial and national level. Dallas has contributed to the work of the CCSMH for a number of years already including as a co-lead on our [cannabis and older adults](#) guidelines project as well as in the development of organizational positioning on [mental health in long term care](#) during COVID. Dallas is the lead on CCSMH's newly funded project that will support the development of national clinical guidelines on the behavioural and psychological symptoms of dementia (BPSD). We are thrilled to welcome Dallas as Co-Chair of the CCSMH - Welcome Dr. Seitz!

HIGHLIGHT #2: CAGP/CCSMH 2022 Award Recipients

At the Annual Scientific Meeting in October, we announced our award recipients. The [CAGP/CCSMH Vision Award](#) was presented to **Dr. Parvathy Kanthasamy**.

The [CAGP/CCSMH Seniors' Mental Health Outstanding Care and Integrative Practice Award](#) recognized the team with the ***Integrated Psychogeriatric Outreach Program (IPOP) at LOFT Community Services***.

Please take a moment to [learn more](#) about the great work these people are doing to advance seniors' mental health in Canada.



Dr. Parvathy Kanthasamy



Back (l to r): Suzanne Saulnier, Andrea Thomas, Sophia Ho
Front (l to r): Hazel Desamito-Kathuria, Tamara Oomen, Sarah Ehsan



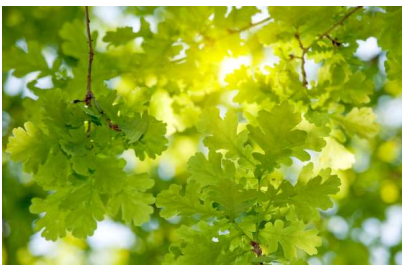
HIGHLIGHT #3: Anxiety Disorders Guidelines

Many older adults are experiencing increased stress, anxiety and worry in the context of the COVID-19 pandemic. The CCSMH is launching a new project to develop **Anxiety Disorder Guidelines for Older Adults** with our Working Group launch meetings set to be held the first week of December. These guidelines will provide healthcare providers, older adults and their families with evidence-based best practices for the prevention, assessment, diagnosis, and treatment of anxiety disorders in older adults. If you have some experience or interest in this topic, we would love to hear from you! Email sneilsztramko@ccsmh.ca to be added to our project-specific email list, for updates and opportunities to share your voice.

HIGHLIGHT #4: Behavioural Symptoms of Dementia Guidelines



The CCSMH is also pleased to report that we are creating new guidelines on **Behavioural Symptoms of Dementia** led by Dr. Jennifer Watt (University of Toronto) and Dr. Dallas Seitz (University of Calgary). The guideline panel has been established and they will be meeting early in 2023. The panel is currently reviewing existing guidelines and conducting a prioritization exercise to determine the most important topics to be included in the guideline as well as priorities for knowledge translation tools and resources. If you have any suggestions for the guideline or would like to find out more, please feel free to contact the Guideline Project Coordinator, Jennifer Porter at: jennifer.porter@ucalgary.ca.



HIGHLIGHT #5: Social Isolation and Loneliness in Older Adults Project

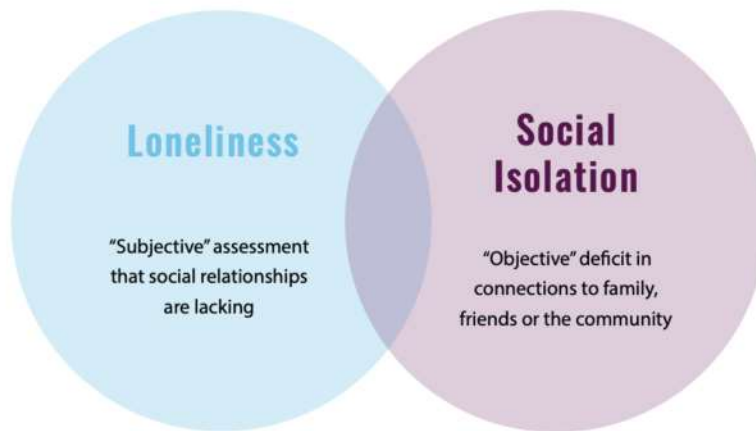
How is social isolation and loneliness affecting the health of older adults? Research shows an Increased risk of mood disorders, along with these physical health risks: 32% increased risk of stroke; 29% increased risk of coronary heart disease; 25% increased risk of cancer mortality; 50% increased risk of developing dementia; 59% increased risk of functional decline, and; 45% increased risk of death. Social isolation and loneliness are growing public health

concerns in Canada.

Events that occur, often later in life, including physical changes and transitional life changes including the death of a loved one contribute to isolation and loneliness. Poverty, lack of mobility or transportation and distance from family may also increase the risk.

It is estimated that 12 per cent of Canadians 65 and older experience social isolation. About 25% of older women and 20% of older men have reported feeling lonely some of the time. It's important to understand that while related, social isolation and loneliness are different. Social isolation is considered not having enough social relationships, including connections to family, friends and community. Loneliness is a more subjective term, and is associated with a negative feeling that one's social relationships are lacking or unfulfilling.

The Overlap Between Social Isolation and Loneliness



The CCSMH is working on a new project on Social Isolation and Loneliness. This project is intended to lead in the development, distribution and promotion of Canadian Clinical Guidelines for health and social service providers, so they may proactively recognize and assess isolation and loneliness among older adults and be an integral part of the solution of this growing mental health issue.

For more information about the project, contact socialconnection@ccsmh.ca

Source: *Understanding Social Isolation and Loneliness Among Older Canadians and How to Address It* from the National Institute on Ageing.

HIGHLIGHT #6: Cannabis and Older Adults Project



The Cannabis and Older Adults project funded by Health Canada has been an incredible success. Over 1000 clinicians have registered for the eLearning modules already and the feedback we have gathered through evaluations has been very positive. We have a few project updates to share with you.

1. **eLearning Modules** The eLearning platform remains open for clinicians. Please consider sharing the [registration link \(French\)](#) with colleagues or complete the modules yourself if

you have not yet had a chance to do so. The modules, funded by Health Canada, are accredited (MainPro+ and MOC), asynchronous and free!

2. **Cannabis and Older Adults Toolkit** The project team has created the **Cannabis and Older Adults Clinician Toolkit** in both [English](#) and [French](#). The toolkit contains resources that are highlights of module content, intended to assist clinicians and older adults. Examples of some of the titles include: a) Assessing Appropriateness of Medical Cannabis for Older Adults; b) Optimizing Communication with Older Adults About Cannabis, and; c) Monitoring for Potential Adverse Effects of Cannabis Among Older Adults.

This project is wrapping up and CCSMH would like to thank Health Canada for the funding. In addition, this project would not have been possible without the support of many subject matter experts led by Dr. Jonathan Bertram, Dr. Lynda Balneaves, Dr. David Gardner and Dr. Conn. Technical support from Kataryna Nemethy from Baycrest was invaluable and the project staff Daria Parson and Julie Mitchell worked tirelessly to make this project a success.

CCSMH QUICK LINKS



1. We're Hiring! Director, Projects and Public Policy

CCSMH is growing and we are looking for a dynamic leader who can lead in the implementation and successful completion of all deliverables of our *Moving Evidence to Action Project* as well as guide work in the public policy realm. For more information, visit our [Careers](#) page.

2. CCSMH Publications

To place a bulk order of French and English [brochures](#), please visit [Caversham Booksellers](#). Some shipping and handling fees apply.

3. Aging and Substance Use: Understand Your Risks

English and French [posters](#) were just released by the Public Health Agency of Canada and CCSMH.

4. Hold the Date! CAGP/CCSMH Annual Scientific Meeting (September 2023)

SAVE THE DATE

CAGP-CCSMH 2023
Annual Scientific Meeting

September 29-30, 2023 | St. John's, NL
Delta Hotels St. John's Conference Centre
#CAGPCCSMH2023

PARTNER UPDATES

[Atlantic Seniors' Mental Health Network \(ASMHN\)](#)



Check it out!

ASMHN now has a page on the CCSMH website. It is free to join. Want to know more? Click [here](#) for information in English and [here](#) for French!

The ASMHN is geared to Atlantic-based clinicians and other professionals who work on issues concerning mental health of older adults.

Canadian Aging Action, Research & Education (CAARE) for Mental Health Group



Canadian Aging Action,
Research & Education
for Mental Health Group

Advocate for change in aging & mental health in Canada by joining the Canadian Aging Action, Research, & Education (CAARE) for Mental Health Group! CAARE is building on past work that identified priority unanswered research questions on aging & mental health according to older adults, caregivers, and health/social care providers.

The CAARE Group is a group of experts-by-lived-experience and they are looking for new members living outside of Ontario! This includes older adults, caregivers, health and social care providers, health care decision-makers, leaders, and researchers in aging and mental health. Learn more at: [Aging and Mental Health Initiatives](#) or [Initiatives relatives au vieillissement et la santé mentale](#).

RESOURCES

Driving and Dementia Roadmap

A Free Online Resource for
Health Professionals, People Living with
Dementia and Family/Caregivers



The [Driving and Dementia Roadmap](#) (DDR) is a free, online resource for health professionals, people with dementia and family caregivers. The website was developed by a team of researchers, affiliated with Baycrest, Sunnybrook Health Sciences Centre and the University of Toronto. The DDR aims to equip health professionals with the knowledge and tools to help guide patients with dementia and their family members through the driving cessation process.

This unique resource also includes portals for people with dementia and their family members and provides information, videos, worksheets, and other tools about topics such as how dementia can impact driving; identifying when it becomes unsafe for people living with dementia to drive; and how to adjust to life without driving once the decision has been made. For health professionals, the DDR can also provide strategies on how to assess fitness to drive and to optimize a patient's or client's quality of life post-driving cessation.



Forward With Dementia: A Guide to Living with Dementia

[Forward with Dementia](#) is a web-based resource created by researchers from five different countries but the website is tailored to the country in which you reside. It is intended to support recent diagnoses of dementia and includes resources for the individual, their caregivers and families and health and social care providers. The resource is also available in [French](#).

OPPORTUNITIES Studies and Surveys

PARTICIPANT RECRUITMENT: International Federation of Ageing Brain Health Survey



According to the International Federation of Ageing's press release, "In our work to combat ageism and stigma we aim to identify common misconceptions, and gaps in information sources for members of the public, as well as caregivers and healthcare professionals in Canada. The findings from this survey lay the groundwork to help inform mechanisms to improve awareness and understanding." Visit this [website](#) to learn more about this initiative and to find a link to the survey.



www.sleepstudy.ca

PARTICIPANT RECRUITMENT: Stopping Insomnia Medications in Older Adults (SIMOA) Survey

Looking for Participants: 65 years of age and older ~ Live independently in the community (not residing in long-term care) ~ Sleeping pill use: either currently taking a sleeping pill or recently stopped taking a sleeping pill

Survey: Before completing the survey, read the full details at bit.ly/simoa-1. It will take about 30 - 50 minutes to complete.

ANNOUNCEMENTS

SPARK Program Funding, Centre for Aging + Brain Health Innovation (CABHI)

Dec 2: Application Deadline. [Details](#).

CCSMH Canadian Guidelines on the Prevention, Assessment and Treatment of Depression among Older Adults

Dec 6: [GeriMedRisk December Webinar](#)

Presentation by the CCSMH Co-Chair, Dr. David Conn

Human Rights Based Interventions: Navigating the Perfect Storm of Ageism, Mentalism, and Ableism

Dec 9: International Geriatric Mental health Videoconference Rounds - [Registration Link](#)

Speakers: Dr. Kiran Rabheru and Margaret Gillis



PROFESSIONAL DEVELOPMENT

LEARNING

- [Insomnia Interventions - On Demand, Online Course](#) Medical guidelines recommend cognitive behavioural therapy for insomnia (CBT-I) as the first-line treatment for chronic insomnia. Available through Queen's University, the course (8 modules) is geared to health care providers and available until April 24, 2024. **NOTE:** Register five (5) or more learners and save 25% - email Jenny DeBruyn at debruynj@queensu.ca to setup a group discount code!
- **Dec 7:** [Do Interventions to Reduce Ageism Work? A Meta-Analysis Review Finds Promising Results](#) (Ontario Age-Friendly Communities Outreach Program in collaboration with Elder Abuse Prevention Ontario (EAPO))
- **Dec 7:** [Managing Meds and Minimizing Risk: What you can do \(Deprescribing continued\)](#) (Loop Fall Prevention Community of Practice)
- **Dec 8:** [Closing the Gap: Promoting Health and Dignity for Black Older Adults](#) (Elder Abuse Prevention Ontario (EAPO))

CONFERENCES

(most of this listing courtesy of *brainXchange News*)

- **March 3-6, 2023**, New Orleans, Louisiana, [American Association for Geriatric Psychiatry \(AAGP\) Annual Meeting](#)
- **March 28 - April 1, 2023**, Gothenburg, Sweden, [AD/PD™ International Conference on Alzheimer's & Parkinson's Diseases](#)
- **April 12-15, 2023**, Vancouver, British Columbia  [Canadian Geriatrics Society Annual Scientific Meeting](#)
- **April 27-29, 2023**, San Diego, California, [Society of Biological Psychiatry \(SOBP\) Annual Meeting](#)
- **May 20-24, 2023**, San Francisco, California, [American Psychiatric Association Annual Meeting](#)
- **June 29 - July 2, 2023**, Lisbon, Portugal [2023 International Psychogeriatric Association \(IPA\) International Congress](#)
- **November 2-4, 2023**, Toronto, Ontario  [12th Canadian Conference on Dementia](#)

SAVE THE DATE



"New Perspectives in a Changing World: Social Connectedness, Ageing and Mental Health"