



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.

PRESENTED TO: NEWFOUNDLAND AND
LABRADOR CENTRE FOR APPLIED
HEALTH RESEARCH

What is the mission and purpose of the CAGP?

- ❑ To establish and maintain an organization to promote and develop excellence in the practice of Geriatric Psychiatry.
- ❑ To maintain full association with general psychiatry through a formal relationship with the Canadian Psychiatric Association.
- ❑ To promote and participate in educational programs that foster good psychiatric care for older adults and promote their mental health. These include: working with academic institutions to develop, implement and evaluate standards of training for psychiatrists in Geriatric Psychiatry; and the organization of educational programs for members of the Academy and members of the Canadian Psychiatric Association.



What is the mission and purpose of the CAGP?

(Continued)

- ☐ To provide a national forum and vehicle for the dissemination of scientific and clinical information in Geriatric Psychiatry through its newsletter and/or other publications.
- ☐ To promote research in Geriatric Psychiatry.
- ☐ To collaborate with relevant organizations and governmental bodies in the development of mental health care resources for the Canadian elderly population.



What is the mission and purpose of the CCSMH?

- ❑ The mission of the CCSMH is **to promote the mental health of seniors by connecting people, ideas and resources.**
- ❑ **Value Statement:** Mental illness is not a normal part of aging. All seniors have the right and deserve to receive services and care that promotes their mental health and responds to their mental illness needs.
- ❑ Since 2002, The CCSMH has been hard at work ensuring that seniors' mental health is recognized as a key Canadian health and wellness issue. The CCSMH is led by 2 co-chairs from the Canadian Academy of Geriatric Psychiatry, and a steering committee of 11 organizations from across Canada, representing healthcare providers, consumers, family and caregivers, and policy makers.



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BECOME A CAGP MEMBER

DEDICATED TO PROMOTING MENTAL HEALTH IN THE CANADIAN ELDERLY
POPULATION THROUGH THE CLINICAL, EDUCATIONAL AND RESEARCH
ACTIVITIES OF ITS MEMBERS

ADVOCACY | EDUCATION | PARTNERSHIPS

- ☐ Ongoing communications containing regional updates, event information and resources
- ☐ Access to the members - only area of the CAGP website: opportunities to connect with colleagues across the country
- ☐ Eligibility for discounts on CAGP events and resources



Key Resources of the CAGP & CCSMH

- ❑ Annual Scientific Meeting held in the fall of each year
- ❑ Publishing of submitted Abstracts to the Canadian Geriatrics Journal
- ❑ Geriatric Psychiatry Online Course
- ❑ CCSMH Resources such as:
 - ❑ Assessment and Treatment of Delirium in Older Adults
 - ❑ National Guidelines-Informed, Interactive, Case-Based Tutorial

Coming Soon!

Clinical guidelines on the Prevention, Screening, Assessment and Treatment of Substance Use Disorder among older adults.

The CCSMH is currently working with teams of experts in the fields of addictions, mental health and geriatrics towards the development of 4 Clinical Guideline documents on **Alcohol, Benzodiazepine, Cannabis and Opioid Use Disorder in Older Adults**.

Expected Publication Date: Spring 2019

Join CCSMH and Partner Organizations

- ❑ For more information on the CCSMH or to access valuable resources to share with patients and colleagues, visit our website at CCSMH.ca. While you're there, consider joining as an Affiliate (it's free!) and stay up-to-date on our latest news and initiatives with our quarterly newsletter!
- ❑ The **Atlantic Seniors' Mental Health Network** (ASMHN) is an up and coming organization focusing on Canada's Atlantic network to tackle ongoing issues within Seniors' Mental Health. For more information please email CAGP@secretariatcentral.com.

GERIATRIC PSYCHIATRY ONLINE COURSE REGISTRATION FOR 2020 OPENING DECEMBER 2019!



2019 Geriatric Psychiatry Online Course



Visit cagp.ca to register and find out more information on this highly interactive and educational course.



CAGP-CCSMH ANNUAL SCIENTIFIC MEETING

THE RIMROCK RESORT HOTEL
OCTOBER 25-26, 2019

BANFF, ALBERTA

#CAGPCCSMH2019

CAGP & CCSMH: Partner Organization



- ❑ The **Fountain of Health** Initiative for Optimal Aging is a national non profit to promote brain health and wellness across the lifespan
- ❑ The **Fountain of Health** translates current science of healthy aging, well-being and resilience, with practical tools to improve health outcomes over the lifespan.

Focus on 3 Key Areas



Key Areas: Known modifiable/ lifestyle risk factors of dementia & effective promoters of brain health & wellness

Physical Activity



Social Activity



Brain Challenge



Note: Other areas also included (e.g.: mental health, positive thinking)



Fountain of Health Tools fountain of health

Tools developed *for clinicians by clinicians* with expertise in cognitive behavioural therapy / health behaviour change

Paper-based Tools- For use in the office (electronic versions also available)

The Wellness App (wellnessapp.ca)- For use by the patient between contacts. Offers support to increase goal attainment; usable on any device.



fountain of health

Do They Work?

Field-tested in >500 patients to date

Effective:

80% success rate in goal attainment:

- Patients partially attained (35%)
- Fully met (40%)
- Exceeded (15%) health goal in 3 months

86% betaApp-users found it helped achieve goal

73% significantly improved self-rated wellbeing measures

Efficient: Simple & quick

80% of clinicians found it easy, time-efficient to use

The Brain Health & Wellness Project

- ❑ This project supports frontline clinicians to promote brain health and wellness and reduce dementia risk in patients. Our project team encourages efforts to engage patients in activating behaviours that promote their brain health and wellness.
- ❑ The Brain Health and Wellness Project offers interested clinicians free training and easy-to-use paper tools and The Wellness App (wellnessapp.ca) developed by the Fountain of Health Initiative.
- ❑ Health and Behaviour Change Toolkits are being circulated to clinicians in support of a systematic approach to health promotion.
- ❑ To register visit: fountainofhealth.ca and click on “The Wellness Project”



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**Atlantic Seniors'
Mental Health Network**



Issues with Geriatric Psychiatry

- ☐ Type of issues a geriatric psychiatrist sees:
 - ☐ Late onset psychiatric illnesses: major depression, anxiety disorders, bipolar disorder, schizophrenia, addictions
 - ☐ Early onset disorders complicated by comorbid medical issues
 - ☐ Neurocognitive disorders (dementias) with prominent psychiatric features, or complicated by preexisting mental illnesses; behavioural and psychological symptoms of dementia; complex competency assessments
- ☐ Research areas most topical:
 - ☐ All of the above – neuromodulation, pharmacological and psychotherapeutic interventions
 - ☐ Mental health promotion, healthy aging, illness prevention, resilience/ brain health lifestyle, positive psychiatry, early intervention/ detection



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Relevant Regional and National Resources

Atlantic regional resources in geriatrics/ geriatric psychiatry:

- ❑ Mt St. Vincent Centre on Aging (in NS)
- ❑ Dalhousie University Geriatric Psychiatry Program – training centre
- ❑ Dalhousie Geriatric Medicine – Kenneth Rockwood's research group
- ❑ NS Department of Seniors, Age Friendly Communities, NS SHIFT Strategy for Positive Aging
- ❑ Atlantic Seniors Mental Health Network

National resources in geriatric psychiatry:

- ❑ CIHR
- ❑ CCNA research teams
- ❑ Alzheimers' Society- Rising Tide document
- ❑ Mental Health Commission seniors MH document CAGP/ CCSMH

Questions and Answers



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