



Canadian Coalition
for Seniors' Mental Health

Coalition Canadienne pour
la Santé Mentale des
Personnes Âgées

FALL NEWSLETTER | DECEMBER 2019

Canadian Coalition for Seniors' Mental Health Newsletter



Highlights

- Substance Use Disorder Guidelines
- 2019 CAGP-CCSMH Award Winners
- Brain Health & Wellness Project Results
- ASMHN Quarterly Regional Update – Nova Scotia
- IKEN Calendar

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CHAIR'S REPORT

Hello All! We've been busy these past few months! Our Substance Use Disorder Guidelines are now available on our [website](#). They will be joined by community brochures and other important material in the coming months.

We have also recently completed a successful 15-month project in partnership with the **Fountain of Health** where we worked with healthcare providers to support them in setting and meeting brain health goals with their patients.

Please read updates on both of these projects below!

In 2020 we will begin a new 3-year project funded by Health Canada's Substance Use and Addictions Program. This project will have us developing e-learning modules for clinicians to learn everything they need to know about cannabis and aging. Stay tuned for updates on this in the coming months!

Our other plans for 2020 include an update of our 2006 clinical guidelines on Depression in Older Adults, the completion of our substance use disorder project and continued work on issues surrounding wellness and mental wellbeing into older age.

Happy holidays and all our best for a wonderful 2020!

Drs. Kiran Rabheru and David Conn
CCSMH Co-Chairs

Claire Checkland
Executive Director, CCSMH

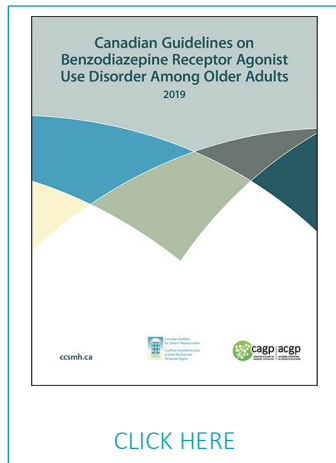
CCSMH NEWS

Canadian Clinical Guidelines on Substance Use Disorders in Older Adults

As you know, the CCSMH received a 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.

We are happy to announce that the set of 4 Clinical Guidelines are complete and are now available on our website. Please read on to learn more about each one!

Canadian Guidelines on Benzodiazepine Receptor Agonist Use Disorder Among Older Adults

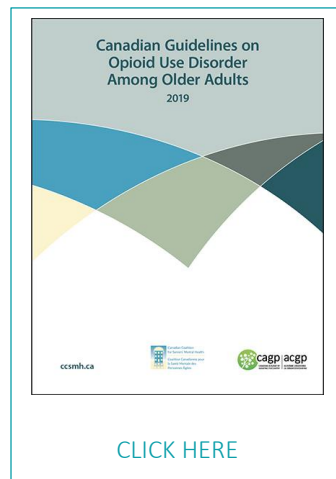


Benzodiazepine receptor agonists (BZRAs) are sedative-hypnotic drugs that are often used to treat anxiety and panic disorders, sleeping problems (insomnia), seizures and alcohol withdrawal. These medications can lead to dependency and can cause side effects including fatigue, impaired balance and falls, memory problems, and problems holding urine. Their use has been associated with a higher risk of motor vehicle collisions.

Despite wide agreement that BZRAs should be avoided whenever possible in older adults, these medications continue to be frequently prescribed. Recent Canadian data suggest high rates of use persist among older adults, especially females, with 18.7% of females reporting past-year use (Statistics Canada, 2016).

[Click here](#) to view a webinar on the Benzodiazepine guidelines led by our own Dr. David Conn, Co-Chair of the CCSMH and Vice-President of the Centre for Education & Knowledge Exchange at Baycrest Health Sciences in Toronto.

Canadian Guidelines on Opioid Use Disorder Among Older Adults



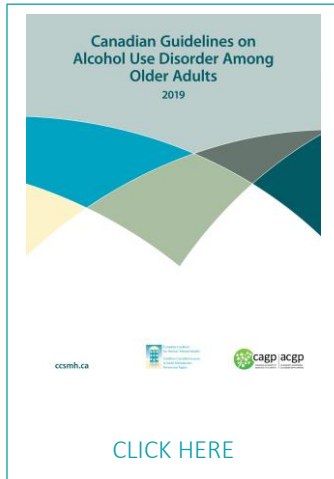
According to the World Health Organization, people over the age of 50 accounted for 39% of deaths from drug use disorders in 2015. Of those deaths in older adults (age ≥ 65), approximately 75% were linked to the use of opioids (Degenhardt & Hall, 2012; UNODC, 2018).

In Canada, 43.9% of adults > 55 years of age have used a prescription opioid and 1.1% of that group have done so daily (or almost daily) in the last year (Canadian Centre on Substance Use and Addiction, 2018).

There is a growing population of older adults developing opioid use disorder (OUD) In addition to this, there are older adults with longstanding OUD who require treatment for their addiction and related health problems.

[Click here](#) to view a webinar on the Opioid Use Disorder guidelines by Dr. Launette Rieb, family physician, addiction medicine specialist and Co-Chair of CCSMH's Opioid Working Group. This presentation provides useful guidance for clinicians detailing the evidence and best practice recommendations for the prevention, assessment and treatment of opioid use disorder among older adults.

Canadian Guidelines on Alcohol Use Disorder Among Older Adults



Alcohol is the most commonly used and misused substance among older adults (Kuerbis et al., 2014). Alcohol Use Disorder (AUD) and risky alcohol consumption is common among older adults, with reported problem drinking rates ranging from 1–22% (Woodruff et al., 2009).

Older adults need and deserve a continuum of care for Alcohol Use Disorder that matches the severity, life circumstance, concurrent mental and physical health issues, and social transitions which they are experiencing. This seamless transition should extend from age-specific prevention of AUD to screening, assessment, treatment, and support through to recovery.

[Click here](#) to view a webinar on the Alcohol Use Disorder guidelines by CCSMH’s Alcohol Working Group Co-Chair Dr. Peter Butt, MD, CCFP(AM), FCFP. This presentation provides useful guidance for clinicians detailing the evidence and best practice recommendations for the prevention, screening and treatment of alcohol use disorder among older adults.

Canadian Guidelines on Cannabis Use Disorder Among Older Adults



Evidence is limited with regard to the potential benefits and harms of cannabis use, especially among older adults who often face unique physical and socioeconomic circumstances that may influence their response to cannabis. Physiological changes that impact sleep, mobility, diet, exercise, and overall quality of life, along with issues such as polypharmacy and cognitive decline are all confounding factors in the effects and response of cannabis use in this population.

Older adults, have a higher lifetime prevalence of use and past year use of cannabis than any generation that precedes them (Simoni-Wastila & Yang, 2006). This increased lifetime exposure, coupled with the recent legalization of non-medical cannabis use in Canada and subsequent increase in public interest, has driven the need for health professionals to be aware of the most recent research on the use of

cannabis for medical and non-medical purposes.

[Click here](#) to view a webinar on the Cannabis Use Disorder guidelines by Dr. Jonathan Bertram, Co-Chair of CCSMH’s Cannabis Working Group and Staff Physician Addictions Medicine Service, CAMH. This presentation provides useful guidance for clinicians detailing the evidence and best practice recommendations for the prevention, assessment and treatment of cannabis use disorder among older adults.

Highlights from the 2019 CAGP-CCSMH Annual Scientific Meeting

We had a great time at our 2019 CAGP-CCSMH Annual Scientific meeting. This year's theme was Building Resilience in Seniors' Mental Health in Canada. Session topics covered an array of interesting subjects including sessions on approaches to tackling loneliness and social isolation among older adults, the role of cannabis in dementia and finding ways to support rural-based clinicians to work with older adults. [Click here](#) to see some highlights from our 2019 Annual Scientific Meeting in beautiful Banff, Alberta.

2019 CAGP-CCSMH Award Winners

We were pleased to announce the 2019 CAGP-CCSMH national award recipients at the CAGP-CCSMH Awards Dinner: one award recognizes outstanding seniors' mental healthcare initiatives and one award recognizes innovative and effective ways to combat ageism and stigma and promote seniors' mental health.



CAGP/CCSMH Seniors' Mental Health Outstanding Care & Integrative Practice Award – This award recognizes 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. Additional domains of activity can also include: exemplary teamwork, outstanding educational initiatives, innovative program development and/or initiatives to build a community of practice in seniors' mental healthcare at a regional, provincial or national level.

2019 Recipient – the Behavior and Psychological Symptoms of Dementia Interdisciplinary team from Montreal, Quebec!



2019 CAGP/CCSMH Vision Award – This award recognizes 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.

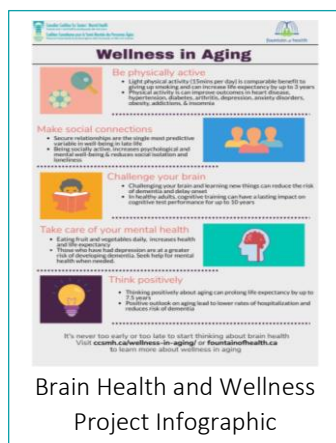
2019 Recipient – the SSM (Saskatchewan Seniors Mechanism) Ageism and Media Project Team from Regina, Saskatchewan!

Congratulations to both teams on your accomplishments!

SAVE THE DATE! 2020 CAGP-CCSMH Annual Scientific Meeting



CCSMH's Brain Health & Wellness Project!



Brain Health and Wellness Project Infographic

We recently wrapped up a 15-month project which was funded by the Centre for Aging and Brain Health Innovation. Led by the CCSMH (www.ccsmh.ca) and the Fountain of Health (www.fountainofhealth.ca), the Brain Health and Wellness Project sought to work with clinicians across Canada to discuss and set achievable goals with their patients in areas of brain health and wellness (physical activity, social connectedness and brain challenge).

We are pleased to announce that the implementation of this low-cost intervention was successful in facilitating patient goal attainment, improving key brain health outcome measures and increasing well-being.

This project demonstrates that patients across Canada are likely to benefit from clinicians incorporating health behaviour change tools into practice.

Check out some of the goals that were set (and met) by patients during this project - every little bit counts towards improved mental health and wellbeing!

- Attend my grandson's hockey game 1 time per week on the weekend.
- Talk to at least one person every day.
- Attend the seated exercise class at Common Room 3 times a week in the morning.
- Walk to pick up my grandchild from school 2 times a week in the afternoon.
- Read the newspaper 3 mornings a week.
- Listen to 1 audiobook per month, borrowed from the public library.

Click [here](#) to learn more about this project and to access the Brain Health and Wellness tools yourselves.

ATLANTIC SENIORS MENTAL HEALTH NETWORK UPDATE

The Atlantic Seniors Mental Health Network (ASMHN) is a regional network of the CCSMH and CAGP.

The goals of the ASMHN are:

- To share information about the CCSMH and CAGP about educational offerings in our region and in Canada
- To grow our regional e-list to enhance networking within and between our provinces
- To promote uptake of the CCSMH projects and initiatives such as the Brain Health and Wellness Project, and the new national Substance Use Disorders Guidelines.

The ASMHN aims to reach as many healthcare providers in the Atlantic as possible with helpful information to support them in their vital frontline care of older adults and their families. Everyone is also invited to review the Interprofessional Knowledge Exchange Network (IKEN) for upcoming opportunities for education and skill development in seniors' healthcare.

Our ASMHN leadership team also strives enhance communication about our region and between our provinces. With this in mind, each CCSMH newsletter includes an update from one of the Atlantic Provinces - this current issue offers an update from Nova Scotia. If anyone else has any news that wish to share in the Atlantic region, please be in touch.

If you have ideas or suggestions for the ASMHN, want to connect with leadership team members from your province, or know others who will want to be included in the ASMHN e-list to receive the newsletter, please contact us at: CCSMH@secretariatcentral.com.

Sincerely,

Dr. Keri-Leigh Cassidy - Chair, Atlantic Seniors Mental Health Network

ASMHN Quarterly Regional Update – Nova Scotia

The Geriatric Psychiatry Program at Dalhousie University is the Nova Scotia Health Authority (NSHA)'s multidisciplinary outreach team. We also offer the regional training program for subspecialty psychiatry residents and have several residents in training now.

Our clinical team serves patients over the age of 65 who have neurocognitive disorders with prominent psychiatric symptoms, as well as those with new onset psychiatric disorders, or chronic mental illness complicated by medical illness or other problems.

The NSHA has undergone substantial reorganization from 9 district health authorities to four zones over the past several years. We have a provincial Geriatric Psychiatry Network to connect clinicians across the zones, and we provide a monthly clinical café as well as a monthly web education series.

Our province has numerous strategies and action plans supporting seniors, such as the Positive Aging Strategy and The Fountain of Health Initiative. The Fountain of Health is a national non-profit, which began in Nova Scotia, to support positive aging, mental health and wellness. To learn more visit: <https://fountainofhealth.ca>. Visit "Clinicians' Corner" to access the Health Behaviour Change Toolkit and other useful clinical tools for frontline care.

This program is also currently offering a Dalhousie University CME accredited 4-week online course on “5-minute CBT” or how to apply brief, effective behavior activation with older adults. Fall course registration is now closed, but interested clinicians can add their name to the waitlist for the spring course by emailing info@fountainofhealth.ca with the subject line “5 minute CBT.”

OUR COMMUNITY IN ACTION

News from CCSMH partners and other stakeholders

Canadian Academy of Geriatric Psychiatry 2020 Geriatric Psychiatry Online Course – Registration Now Open!



The 2020 CAGP Geriatric Psychiatry Online Course (GPOC) will take place **January 31st – May 8th, 2020**. The course is an interactive asynchronous online learning opportunity (sign on at your convenience) and is geared toward psychiatrists, physicians and other health professionals who are interested in receiving up-to-date information about the psychiatric care of older adults, and in interacting with colleagues about the complex issues which arise. GPOC is comprised of 13 one-week modules, is led by expert internationally-recognized faculty and covers a wide array of topics in geriatric psychiatry at an advanced level. More information about the GPOC can be found online [here](#). [Click here](#) to register.

Canadian Association of Social Workers’ – Position Statement on Mental Health Parity in Canada: Legislation and Complementary Measures

Is it possible to truly achieve mental health parity in Canada? [Mental Health Parity in Canada: Legislation and Complementary Measures](#), takes a bold step by calling on policymakers to ensure mental health is valued equally as physical health through a dedicated Mental Health Parity Act. This position statement released from the Canadian Association of Social Workers (CASW) emphasizes the need for Canada to view comprehensive health and well-being as a human right that is backed by legislation and adequate funding. The statement also explores international approaches to mental health parity to better inform how this important movement might be implemented here at home. The goal of this paper is to highlight the need for mental health care and services to address issues related to substance use through the support of a Mental Health Parity Act.

Quality Mental Health Care Network: Draft Framework for Quality Mental Health Care in Canada

In partnership with the Mental Health Commission of Canada, HealthCareCAN co-leads the Quality Mental Health Care Network, a pan-Canadian network of health sector leaders dedicated to addressing structural stigma, promoting recovery-oriented practice, and enabling psychological health and safety in healthcare workplaces. Among the activities of the Quality Mental Health Care Network, HealthCareCAN is leading the development of a draft framework for quality mental health care in the Canadian healthcare context. With an aim to improving access to quality mental health care services in Canada, the draft framework will be informed by a review of existing provincial and territorial, national, and international quality care frameworks and key informant interviews with members of the Quality Mental Health Care Network, partners and stakeholders. For additional information about this project, please contact Claire Samuelson, Research and Policy Analyst, HealthCareCAN at csamuelson@healthcarecan.ca.

British Columbia Psychogeriatric Association Update

The British Columbia Psychogeriatric Association (BCPGA) is very pleased to collaborate with Providence Health Care on the Geriatric Services Conference taking place in Vancouver on March 27, 2020. This dialogue on aging brings together over 300 health care professionals from across BC, including clinicians, administrators, educators, researchers, ethicists and health law experts.

This conference will stimulate discussion on a range of geriatric and gerontological issues including person-centered practice, current research into best practice, new technologies, and ethical and legal issues.

There will be opportunities to select from a wide range of engaging workshops, and poster presentations will provide further opportunities to discuss current research and quality improvement projects.

Please save the date and visit <http://geriatricconference.providencehealthcare.org/> for more information on the program.

For more information about the BCPGA and to become a member, please visit www.bcpga.com. You can also connect with us at admin@bcpga.com.

Anthony Kupferschmidt and Dr. Shannon Freeman
Co-Presidents, British Columbia Psychogeriatric Association

International Psychogeriatrics Association (IPA) Announces New Board of Directors

The Board of Directors for the International Psychogeriatrics Association (IPA) announced its recent appointments for new officers and board members. More information on all of the Board representatives may be found on the [IPA website](#).

Canadian Geriatrics Society 2020 AWARDS

The Canadian Geriatrics Society 2020 call for award nominations is now open for the CGS Peter McCracken Physician Innovator in Education Award, Ronald Cape Distinguished Service Award, CGS-Pfizer Continence Research Award, *NEW Five Weekend Care of the Elderly Certificate Course Scholarship, and the CGS-CIHR Annual Scientific Meeting Travel Grants.

For more CGS awards information, [click here](#).

EVENTS



2020
Rotman Research
Institute Conference
Aging & Brain Health
Mental Health and Well-being
Featuring the 2nd Annual What's Next Canada Innovation Day

March 8-11, 2020, Toronto, Canada

#RotmanConf

The banner features a stylized tree logo on the left with leaves in shades of blue, green, and yellow. On the right, a photograph shows an elderly couple smiling and embracing outdoors. The text is arranged in a clean, modern layout with a dark blue bar at the bottom.



Dialogue
on **aging**
GERIATRIC SERVICES CONFERENCE

Creating Synergy. Inspiring Change.
MARCH 27, 2020
Vancouver Convention Centre

The banner has a background image of a wooden fence in a field. The text is positioned on the left and right sides, with a dark purple box for the 'Dialogue on aging' logo.



40TH ANNUAL SCIENTIFIC MEETING
April 30-May 2, 2020
The Westin Calgary | Calgary, Alberta

#CGSCALGARY2020
#CGSTURNS40

40 YEARS

SAVE THE DATE

The banner features a city skyline background. On the right, there is a large '40' with a circular logo containing a tree and the word 'GERIATRY' inside the zero. Below the '40' is the word 'YEARS'. A dark red bar at the bottom contains the text 'SAVE THE DATE' in white.

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. 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 info
Various dates	brainXchange Webinar	Recorded webinars are available covering a variety of different topics.	Click here
Various dates	College of Family Physicians of Canada	CFPC is the professional organization responsible for establishing standards for the training, certification and lifelong education of family physicians and for advocating on behalf of the specialty of family medicine, family physicians and their patients. The CFPC accredits postgraduate family medicine training in Canada's 17 medical schools. Offers a series of resources and training opportunities for physicians, residents and students, teachers and researchers, and for patients.	Click here
Various dates	U-First! Alzheimer Society of Ontario	U-First! is a training program that helps frontline staff to develop a common knowledge base, language, values and approach to caring for people with Alzheimer's disease and other dementias	Click here
<i>Dec 17, 2019</i>	OTN Geriatric Addiction Rounds: Canadian Guidelines for Benzodiazepine Receptor Agonist Use Disorders Among Older Adults: A Case Based Approach Webcast	Learning Objectives: <ol style="list-style-type: none"> 1. Review BZRAs and appropriate use. 2. Review recommendations for preventing, assessing, and treating BZRA use disorders among older adults. Apply the recommendations to common case vignettes	Click here
<i>Jan 14, 2020</i>	OTN Geriatric Addiction Rounds: Nicotine Replacement Therapy: An Approach to Smoking Cessation Webcast	Learning Objectives <ol style="list-style-type: none"> 1. Understand the prevalence of smoking and tobacco use in Canada. 2. Understand what nicotine replacement therapy is, how it works, and its effectiveness in helping clients quit smoking. Discuss the role and importance of nicotine replacement therapy and smoking cessation in the older adult population.	Click here

<i>Jan 23, 2020</i>	8th Annual Alzheimer Awareness Conference Alzheimer Society Prince Edward Island Charlottetown In person	This event is designed to provide meaningful learning opportunities for caregivers, individuals with dementia, health care professionals and the general public.	Click here
<i>Mar 19-21, 2020</i>	34th International Conference Of Alzheimer's Disease International Singapore In person	Featuring a range of international keynote speakers and a high standard of scientific and non-scientific content, the conference programme enables participants to learn about the latest advances in the prevention, diagnosis, treatment, care and management of dementia.	Click here
<i>Apr 20-21, 2020</i>	2nd International Conference on Dementia & Dementia Care Montreal, Canada In person	Dementia 2020 aims to gather eminent scientists, research scholars, notable neurologist, and educationists and professionals to express their views on the latest technologies, trends, and concerns in Dementia.	Click here
<i>Apr 30-May 2, 2020</i>	Canadian Geriatrics Society 40th Annual Scientific Meeting Calgary, AB In person	Registration is opening soon!	Click here
<i>June 5-6, 2020</i>	2020 Canadian Collaborative Mental Health Care Conference Halifax, Nova Scotia 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.	Click here
<i>June 18-19, 2020</i>	International Conference on Healthy and Active Aging Toronto, Ontario In person	CHAA 2020: 14. International Conference on Healthy and Active Aging aims to bring together leading academic scientists, researchers and research scholars to exchange and share their 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.	Click here

<p><i>Oct 16- 17, 2020</i></p>	<p>CAGP-CCSMH Annual Scientific Meeting</p> <p>Montreal, Quebec</p> <p>In person</p>	<p>Stay tuned for more information...</p>	<p>Click here</p>
<p><i>Oct 22-24, 2020</i></p>	<p>CAG2020 Closing the Research-Practice Gap: Knowledge Mobilization & Implementation Science</p> <p>49th Annual Scientific and Educational Meeting</p> <p>In person</p>	<p>Call for Abstracts in January 2020 Join the Mailing List!</p>	<p>Click here</p>