Understanding Mental Health and Wellbeing in Later Life: A Workshop Series
February 20, 2020
AGENDA

1. Welcome & Introductions
2. Overview
3. Where We Are Now
4. Workshop Content / Next Steps
5. Questions
The **Centre for Addiction and Mental Health (CAMH)** is the largest mental health hospital in Canada, and a world leader in mental health and addiction research.

The **Provincial System Support Program (PSSP)** at CAMH works with communities, service providers and other partners across Ontario to move evidence to action to create sustainable, system-level change.

PSSP also supports CAMH’s Strategic Plan, “Vision 2020”.
PSSP's provincial office is in Toronto with nine regional offices located throughout Ontario.

- PSSP provides capacity and expertise in:
  - Knowledge exchange
  - Implementation
  - Coaching
  - Equity and engagement
  - Evaluation and data management
Welcome & Introductions
Welcome & Introductions

Kristin Oakley, Project Coordinator (kristin.oakley@camh.ca).
Official Announcement

Ontario Investing in New Program to Support Seniors' Mental Health

Today, Raymond Cho, Minister for Seniors and Accessibility, Christine Elliott, Deputy Premier and Minister of Health, and Michael Tibollo, Associate Minister of Mental Health and Addictions, announced a $250,000 investment to develop and deliver this new resource to help respond to the rising rates of mental health and addiction issues amongst seniors.

“This is another example of how our government is putting seniors first by providing essential supports and services to help improve their well-being,” said Minister Cho. “This is what a government for the people does - we protect what matters most to help seniors live healthy, active, safe and socially connected lives.”

This educational program is being designed with seniors in mind after consulting with CAMH and other clinical subject matter experts, as well as community mental health and addictions service providers.

Components of the program will include resource materials and a workshop series, which will educate seniors on common risk factors and prevention strategies, signs and symptoms of mental health and addiction issues, and how to access appropriate supports. It will be delivered across the province in community settings such as Seniors Active Living Centres by in-person facilitators with expertise in mental health and addictions in early 2020.

$250,000 Investment

- Increase awareness of risk and protective factors
- Increase awareness to support early identification
- Increase awareness of services and how to access them
- Increase willingness to seek support if needed

Facilitators - Mental Health Professionals

Organizational Partners
Understanding Mental Health and Wellbeing in Later Life: A Workshop Series

Overall Workshop Series Learning Objectives
After attending these workshops, participants will be able to:
- Define different mental illnesses and addictions
- Describe risk and protective factors associated with aging and different mental illnesses and addictions
- Recognize the signs and symptoms of different mental illnesses and addictions (e.g. depression, anxiety, alcohol, opioids, gambling) in older adults
- Identify local supports and treatment options for mental illnesses and addictions

Workshop Series Outcomes
After completing this series of workshops, the learner should have an:
- Increased awareness of risk and protective factors associated with mental illness and addictions
- Increased awareness to support early identification in themselves and others
- Increased awareness of appropriate services and how to access them
- Increased willingness to seek support if needed
## Workshop Topics

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<th>Workshop Overview</th>
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<th>Dementia</th>
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<th>Cannabis and Alcohol</th>
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Pilot Phase - By the Numbers

- 36 Workshops in English
- 35 Facilitators
- 5 Workshops in French
- 12 Partner Organizations
# Pilot sites: Where and when

**October 9**

- Ottawa
- Toronto
- York
- Scarborough
- Niagara Falls
- Welland
- Thunder Bay

**November 23**

- Seniors Active Living Centre’s
- Public Health Units
- Assistive Housing
- Hospitals
- Provincial Associations/Organizations
- Post-Secondary Institution
Approach to Facilitator Evaluation – Pilot Phase

<table>
<thead>
<tr>
<th>What are we evaluating?</th>
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<td>How organized the workshop was</td>
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<td>If the facilitators guide provided enough information</td>
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<td>If the amount of information in the workshop was sufficient</td>
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<td>If the level of detail in the workshop was appropriate for the audience</td>
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<td>The activities were engaging</td>
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<th>How are we evaluating?</th>
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<td>1 Facilitator evaluation questionnaire</td>
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Approach to Participant Evaluation – Pilot Phase

What are we evaluating?

- If the workshops meet the overall objectives for the series
- If the workshops meet the individual workshop objectives
- Participant satisfaction with the workshops overall

How are we evaluating?

1. Pre-workshop awareness questions
2. Post-workshop awareness questions
3. Post-workshop questions + satisfaction survey
Materials

- Promotional Material
- Workshop Deck
- Facilitator Guide
- 2-pager
- Evaluation Material
Promotional Material

A Workshop: Overview of Mental Health & Addictions
For seniors 65 years of age or older

Come Join Us!
Rexdale Community Health Centre
October 22, 2019
9:00am-3:00pm

This workshop is part of a series.
The Understanding Mental Health and Well-being in Later Life: A Workshop Series was developed by the Provincial System Support Program at the Centre for Addiction and Mental Health.

Learn more about...
- How to improve your wellness
- How to look after your physical health
- How to find the right support
Workshop Deck / Facilitator Guide

Welcome

- Safe space
- Private and confidential
- Ask questions and be respectful
- Everyone has a different perspective
- We respect your questions

Workshop goals

After this workshop, you will be able to:
1. Explain the differences between mental health and mental illness and define addiction.
2. Describe what can affect the mental health of older adults.
3. Identify ways you can keep well.

What is mental health?

What is mental illness?

What is addiction?

- Using a substance in a harmful way
- Behaviour you can’t stop despite consequences
- Not being able to control how much or how often you do or use something.

Who does mental illness and addiction affect?

- A divorced father of two children
- A young NHL hockey player
- A happily married wife of 15 years
- A homeless veteran
2-pager

UNDERSTANDING MENTAL HEALTH AND WELL-BEING IN LATER LIFE: A WORKSHOP SERIES

Mental health is our emotional, psychological, social, and well-being.

1 in 5 Canadians will experience a type of mental illness.

Mental illnesses are health conditions that affect our emotions, thinking, and behaviour.

Addiction is when someone is using a substance in a problematic way or has a behaviour they cannot stop.

And they are unable to stop despite the consequences.

What can I do to stay mentally well?

Get moving.

Be social.

Challenge your brain.

Positive thinking.

Eat well.

Sleep well.

Changes related to aging:

Vision loss, hearing loss, reduced mobility, and financial stability.

Other factors such as ageism, income, and ethnicities can also affect our experience with mental health and addictions.

SIGN UP FOR A WORKSHOP TODAY!

Available topics:

- Mental Health Promotion for Older Adults and Caregivers
- Depression
- Anxiety
- Bipolar Disorder
- Psychosis
- Delirium
- Dementia
- Opioids and Benzodiazepines
- Cannabis and Alcohol
- Gambling
- Navigating the Care System

RESOURCES

The Canadian Coalition for Seniors’ Mental Health
https://www.occsmh.ca

CAMH
http://www.camh.ca
1-800-463-2338

ConnexOntario
https://www.connexontario.ca
1-866-531-2600

CMHA
Living Life to the Full
http://www.livinglifetothefull.ca

Mood Disorders Association of Ontario
https://www.mooddisorders.ca/
1-866-363-MOOD (6643)

References:
Next Steps

1. Identify interested organizations for full rollout
2. Provide facilitator training and confirm workshops
3. Provide ongoing implementation support

Build capacity to include additional facilitators and organizations in full rollout
Questions?
Stretch Break
A series overview: Understanding mental health and well-being in later life:
Welcome

- Safe space
- Private and confidential
- Ask questions and be respectful
- Everyone has a different perspective
- We respect your questions
After this workshop, you will be able to:

1. Explain the differences between mental health and mental illness and define addiction.
2. Describe what can affect the mental health of older adults.
3. Identify ways you can keep well.
What is mental health?
What is mental illness?
Are mental health and mental illness the same thing?
mental health

mental illness
What is addiction?

• Using a substance in a harmful way
• Behaviour you can’t stop despite consequences
• Not being able to control how much or how often you do or use something
Who does mental illness and addiction affect?

- A divorced father of two children
- A young NHL hockey player
- A happily married wife of 15 years
- A homeless veteran
Stigma
Break!
What can I do to stay well?
Resources

Professionals:
- Family doctors
- Nurse practitioners
- Counsellors or therapists
- Social workers
- Occupational therapists
- Religious/spiritual leaders
- Case managers
Resources

**Places:**
- Doctors offices
- Hospitals
- Community health centers
- Seniors active living centres
- Settlement agencies

**Other:**
- Telephone hotlines
Reflections

1. What is one key thing you’ve learned today?

2. What will you do to continue to look after yourself?

3. Is there anything new that you will do after taking this workshop?
Questions?
Thank You
Acknowledgements

Subject Matter Expert:

Gabriella (“Gaby”) Golea, BScN, MN, CPMHN(C) – Director of Professional Practice, Collaborative Academic Practice Toronto Rehab – University Health Network

Older Adults Project Advisory Committee

Thank you to everyone involved in the making of the workshop series!

Developed by the Provincial System Support Program at the Centre for Addiction and Mental Health, with funding from the Ontario Ministry of Seniors and Accessibility.