



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Good Practices for Improving Mental Health in Canada

Dr. Keri-Leigh Cassidy, Dalhousie University/Fountain of Health
Denise Waligora, Mental Health First Aid Canada
Alexa Bol, Mental Health Commission of Canada

 @MHCC_



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The Mental Health Commission of Canada

Who we are?

The Mental Health Commission of Canada (MHCC) was formed in 2007 by the federal government to lead the development and dissemination of innovative programs and tools to support the mental health and wellness of Canadians.

The MHCC's current mandate aims to deliver on priority areas identified in the Mental Health Strategy for Canada in alignment with the delivery of its strategic plan.



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Mental Health Strategy for Canada

Recommendations relevant to aging and mental health

- counter age discrimination
- wellness promotion
- education
- early intervention
- access to and coordination of care



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Guidelines for Comprehensive Mental Health Services for Older Adults in Canada



Developed in partnership with CCSMH



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Current MHCC initiatives on aging & mental health

1. Promote the uptake of the *Guidelines for Comprehensive Mental Health Services for Older Adults in Canada* through Knowledge Mobilization efforts
2. The mobilization of a new document: *Summary: Guidelines for Comprehensive Mental Health Services for Older Adults in Canada*
3. The release and mobilization of another document: *Compendium of Good Practices for Improving Seniors Mental Health in Canada*



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Compendium of Good Practices for Improving Seniors Mental Health in Canada

Model Services and Programs are highlighted from across 8 areas spoken about in the Guidelines:

1. Promotion and Prevention
2. Geriatric Mental Health and Community Outreach Services
3. Specialized Geriatric Psychiatry Inpatient Services
4. Geriatric Psychiatry Day Hospital
5. Behavioural Support and Transitional Units for Complex Dementia Care
6. Geriatric Mental Health Services in LTC Homes
7. Telepsychiatry
8. Collaborative Geriatric Mental Health Services



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Focusing in: Promotion and Prevention

Dr. Keri-Leigh Cassidy *Professor of Geriatric Psychiatry
at Dalhousie University, and the founder of the
Fountain of Health Initiative for Optimal Aging*



Denise Waligora *Training and Delivery
Specialist, with Mental Health First Aid Canada*



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Thank you!

Financial contribution from



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The Fountain of Health: A National Initiative to Promote Brain Health & Resilience

Keri-Leigh Cassidy MD FRCP(C)
Professor, Department of Psychiatry, Dalhousie University





What is the Fountain of Health?

National non-profit association to share science of brain health

Goal: To improve health outcomes through behaviour change

- Knowledge Transfer (KT) -> Information & resources for public
 - Website; Speakers Bureau; Community Workshops; App
 - Share science of brain health & resilience
- Knowledge Translation into Practice -> Clinician resources
 - Cognitive behaviour therapy (CBT) based techniques
 - Make effective behaviour activation tools available on a wide scale



Who's Behind the Fountain of Health?

National Leadership Team



Canadian Medical
Association



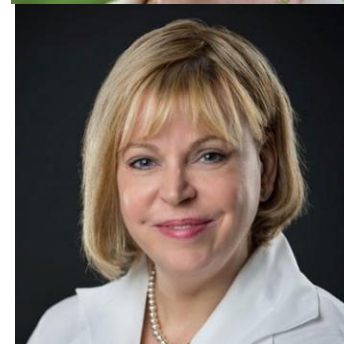
Canadian Coalition for
Seniors Mental Health



Canadian Geriatrics
Society



Canadian
Academy for
Geriatric
Psychiatry



International
Longevity Centre
Canada



Our Partners



Canadian Coalition for
Seniors' Mental Health
Coalition Canadienne pour la Santé
Mentale des Personnes Âgées

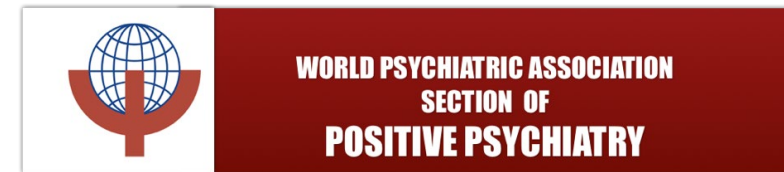
Canadian Centre *for*
Aging & Brain Health Innovation



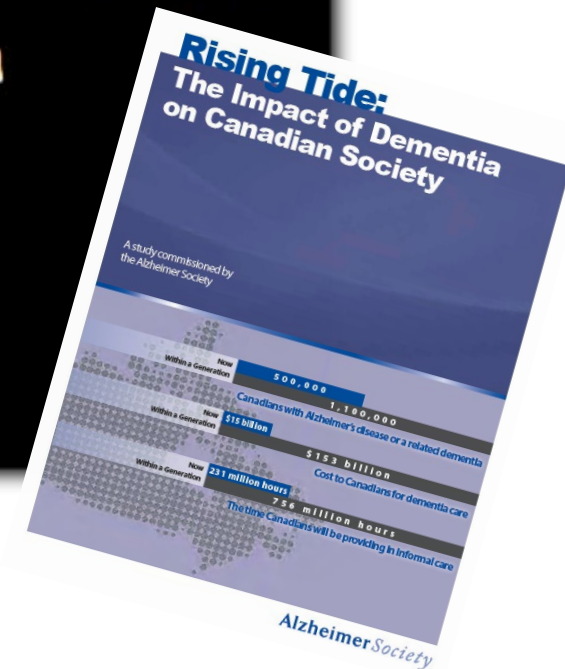
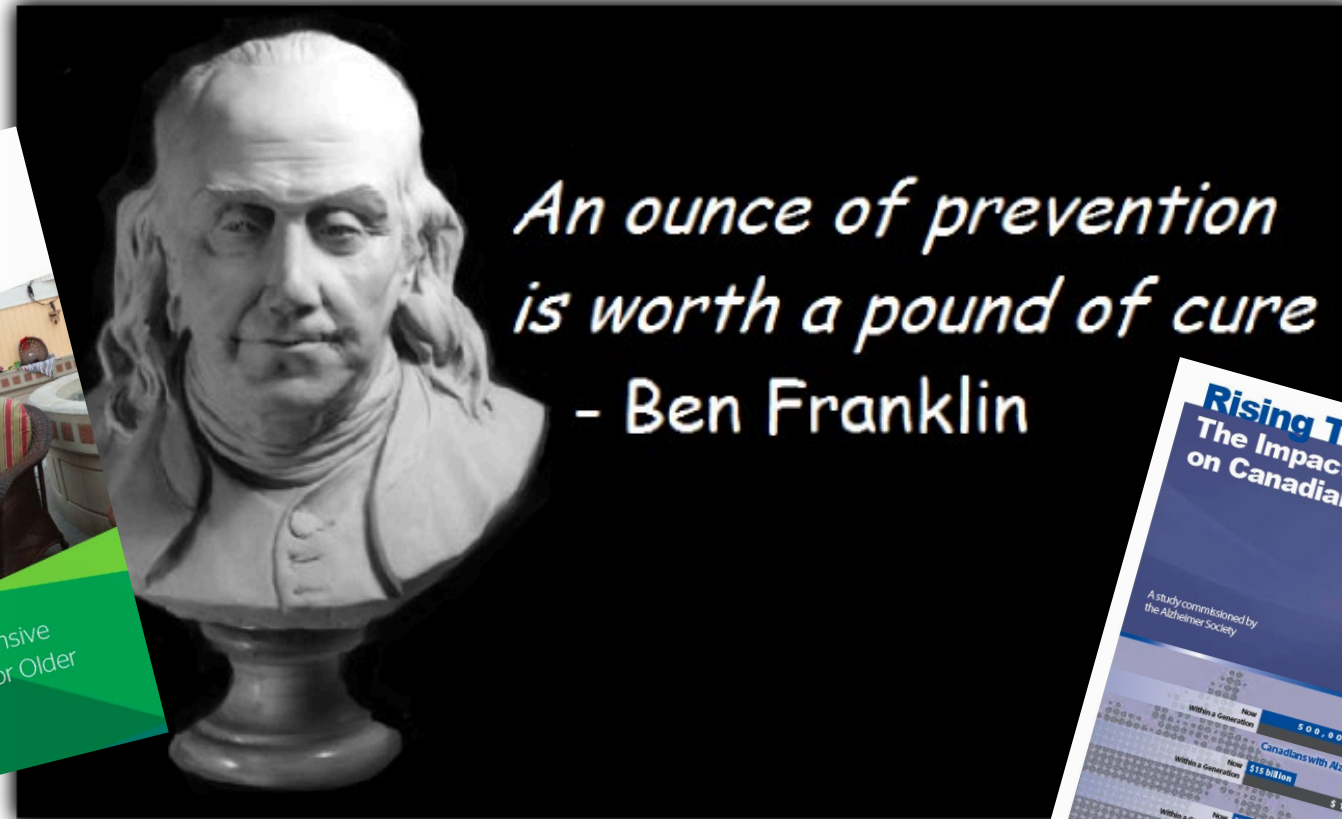
Canadian Mental
Health Association
Mental health for all

Baycrest

UC San Diego
SCHOOL OF MEDICINE
Stein Institute for Research on Aging
Center for Healthy Aging

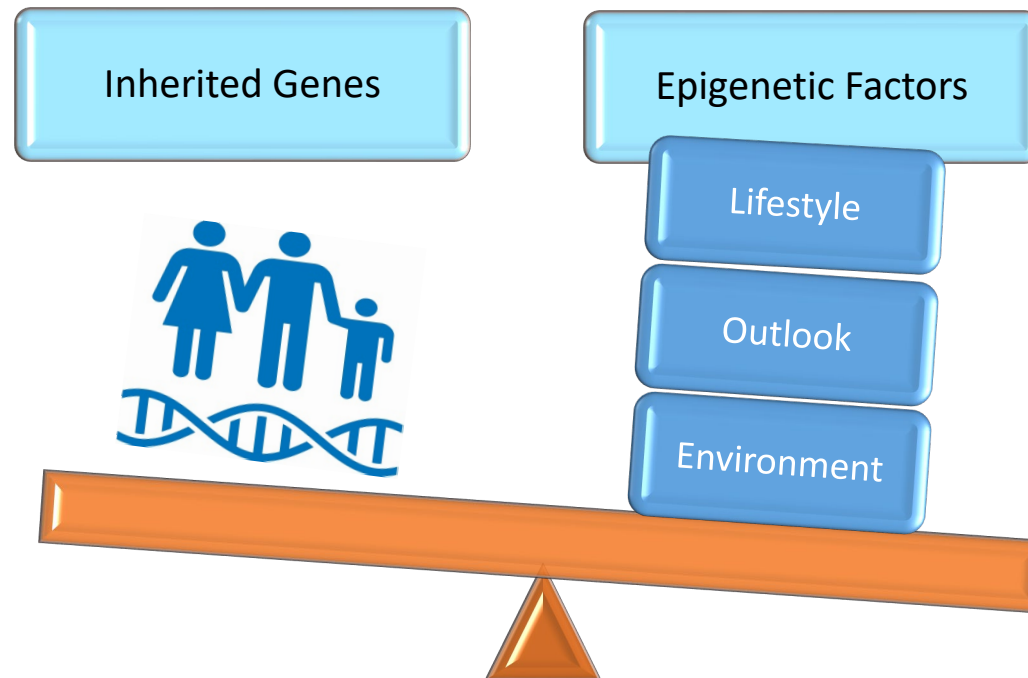


Why is the Fountain of Health Needed?



The Evidence: Lifestyle & Health Behaviours

- **Only 25% of longevity** is accounted by inherited genes
- **Lifestyle** has a much greater impact!
 - **Key to primary/secondary prevention** and delay of many conditions, including dementia!





Modifiable Health Risk Factors to Promote Resilience

The Fountain of Health Prescription: 5 Things You Can Do

Changing the way you think about aging might be one of the most important ways to stay healthy. As it turns out, attitude is key to longevity and happiness! Here are the 5 key actions that can help you stay healthy for life:



Positive Thinking



Social Activity



Physical Activity



Brain Challenge



Mental Health

Did You Know?



- Light **physical activity** for only 15 mins a day can increase life expectancy by 3 years; Exercise is a powerful promoter of brain neuroplasticity, treats depression, lowers dementia risk (Lancet)
- Being **socially active** improves health; Loneliness health risk similar to obesity & smoking; Secure relationships are the single most predictive variable of well-being in late life (Waldinger)
- Higher **education** lowers dementia risk; Combined lifestyle factors may reduce dementia risk by up to 35% (Lancet 2017)
- **Positive thinking** about aging is shown to increase life expectancy by up to 7.5 years (Levy)



Taking Care of Mental Health



1. **Self-Care:** Improves mental health outcomes (primary & secondary prevention):
 - Yoga
 - Mindfulness
 - Sleep Hygiene
 - Good Nutrition
2. **Knowledge: Knowing signs/symptoms** of common mental illnesses allows for earlier identification
3. **Seeking treatments** improves outcomes: biological, psychological & behavioural options





Tap into your fountain of health

Research shows that there are five actions you can take to optimize your health and happiness as you age.



WATCH THE VIDEO

5 THINGS YOU CAN DO

TAKE THE QUIZ

***Do it for your family.
Do it for your community.
Do it for yourself.***

The Fountain of Health Initiative is your source for evidence-based information that helps you tap into your most precious resources as you age: your emotional and mental well-being—your personal "Fountain of Health!"



FoH Optimal Aging Workshops:

FoH 4-6 week community workshop series:

- Led by senior peer- leaders
 - Can be led by allied health/ other professionals
- Powerpoint with speakers' notes - available online

2015 & 2017 pilots: 11 groups (N=102)

- Pre- Post quality assurance KT measures:
- Statistically significant improvements in:
 - Knowledge
 - Application to daily life.
 - Self-perceptions of aging scores

The Fountain of Health Prescription: 5 Things You Can Do

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Mental Health

Clinical Tools for Frontline Care

Health Behaviour Change Toolkit

Clinician paper-based tools include:

- **Office Laminate** (guide for clinicians' use)
- **Health and Resilience Questionnaires (Pre/ Post)**
- **Goal Doc Sheet** (1 completed per patient)

Patient paper-based tool includes:

- **Take Home Goal Sheet** (1 per patient for their use)



Do the FoH Tools Work?

Field-tested provincially in >500 patients in NS
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

Purpose: National KT project to promote brain health, reduce dementia risk in frontline care using health behavior change tools developed by the ***Fountain of Health***.



Canadian Coalition for
Seniors' Mental Health
Coalition Canadienne pour la Santé
Mentale des Personnes Âgées

Partnership:

- National knowledge translation led by **Canadian Coalition for Seniors' Mental Health** <https://ccsmh.ca>
- Funded by **Centre for Aging + Brain Health Innovation (CABHI)** - <https://www.cabhi.com> Research-Clinician Partnership Program (RCP²) and Nova Scotia Health Research Foundation

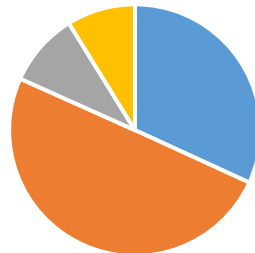
**Canadian Centre for
Aging & Brain Health Innovation**

Clinician Demographics



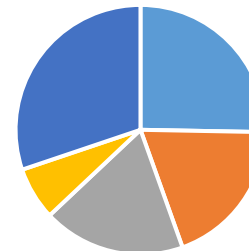
- **2184** clinicians received 30 minute KT
- **759** Clinicians registered to receive Behaviour Change Toolkit
 - (743 Canada, 3 USA, 13 International)
- **380** Client paper tools (pre- post data) ; **581** app users

Clinician by Province



- East Coast (NS;NB;PEI) 32%
- Central Canada (ON;QC) 50%
- Prairies (MB;SK;AB) 9%
- West Coast (BC) 8%

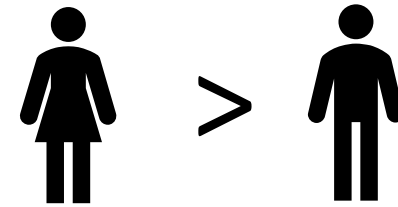
Clinician by Type



- Nurse Practitioner 25%
- Social Work 19%
- Physician 19%
- Occupational Therapist 7%
- Other 30%

Client Demographics

- 70% participants were female






- Mean age: 69 y o (paper tools); 58 y o (app)

- 60% set a physical activity goal



Step 1 – Assess: Pre -Questionnaire

Get a Health and Resilience Baseline



Health & Resilience Pre-Questionnaire

Find out how you are doing in key areas for your long-term health:
(circle **one** number for each question below)

1. How would you rate yourself in terms of being socially connected to others?
0 1 2 3 4 5 6 7 8 9 10
Not at all connected Neutral Very connected
2. How would you rate yourself in terms of being interested in learning new things?
0 1 2 3 4 5 6 7 8 9 10
Not at all interested Neutral Very interested
3. Using your own definition, how would you rate yourself in terms of successful aging?
0 1 2 3 4 5 6 7 8 9 10
Least successful Neutral Most successful
4. How would you rate yourself in terms of how likely you are to seek mental health help if you needed it?
0 1 2 3 4 5 6 7 8 9 10
Not at all likely Neutral Very likely
5. How would you rate yourself in terms of being physically active?
0 1 2 3 4 5 6 7 8 9 10
Not at all active Neutral Very active

Patient Initials: _____ Date (MM/DD/YY): _____ Total Score: _____/50

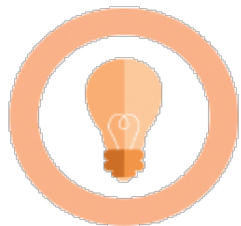
The Brain Health & Wellness Project
App: wellnessapp.ca Email: info@wellnessapp.ca Toll free line: 1-833-722-2151 Fax: 888-456-9440
Clinicians are welcome to photocopy forms but may not modify them without permission.
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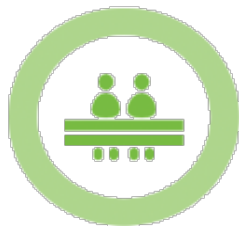
STEP 2 – Invite: Small Health Behaviour Change

Invite your patient to make a small health behaviour change in ONE area:

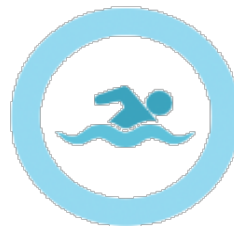
Positive



Social



Physical



Brain Challenge



Mental Health



Give a rationale, make it **relevant** for this patient!

E.g:” *Based on your answers to the Health and Resilience Questionnaire, it looks like you feel there is room to improve your _____ (physical activity, or other area)”*



Step 3 – Track Progress:

Goal Follow Up at 4 weeks

- Check in – In-person or by phone
- Complete 2nd visit information on **Goal Doc Sheet**
 - Rate patients' **goal attainment** and repeat the **Health and Resilience Questionnaire** as post-measures
- Appreciate any progress with goal set and discuss barriers to change

Repeat!

Clinician's Goal Doc Sheet

Paper
(or e-form)

Complete one
per patient



The Brain Health & Wellness Project



Goal Doc Sheet for Clinicians

Clinician Initials: _____

Please record your patient's goal-setting and attainment on this form.

Patient Initials: _____ Age: _____ Gender: _____

VISIT #1: Assess Baseline & Set a Goal: Date (MM/DD/YY): _____

Please record patient's Health & Resilience Questionnaire Pre-score here: _____/50

Record patient's **S.M.A.R.T.** goal (Physical Activity, Social Activity, Brain Challenge, or Other)

Goal: _____

Did you invite this patient to use The Wellness App? (wellnessapp.ca)

Yes ☐ No ☐

How likely do you think the patient is to use The Wellness App?

Likely ☐ Unlikely ☐ Not Sure ☐

VISIT #2: Check-in on Goal: Date (MM/DD/YY): _____

Goal Attainment: To what extent did this patient meet their goal? (check one)

No change	Partially Achieved Goal	Fully Achieved Goal	Exceeded Goal
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Well-being: To what extent does the patient feel that working toward this goal has impacted their well-being? (check one)

No Change	Slightly Improved	Moderately Improved	Greatly Improved
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please record patient's Health & Resilience Questionnaire Post-score here: _____/50

Did your patient use The Wellness App? Yes ☐ No ☐ Not Sure ☐

If the patient offers feedback on this process or use of The Wellness App, please share it here
Comment: _____

App: wellnessapp.ca Email: info@wellnessapp.ca Toll free line: 1-833-722-2151 Fax: 888-456-9440

Clinicians are welcome to photocopy forms but may not modify them without permission.

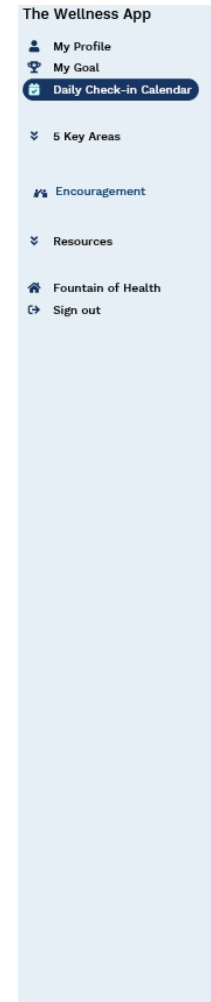
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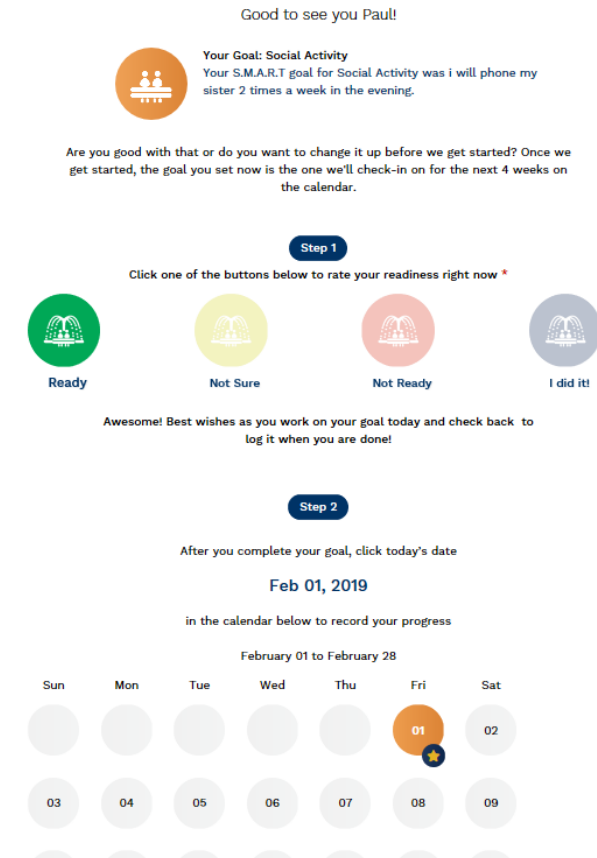
Patient Goal-Tracking on App



App users receive support, reminders & encouragement. They can track progress & print / share a 4 week summary with you



Daily Check-in and Goal Tracking Calendar





Canadian Coalition for
Seniors' Mental Health
Coalition Canadienne pour la Santé
Mentale des Personnes Âgées



fountain of health

Brain Health & Wellness National KT Project Results

Results- Goals Set

Patient/Clients Health Goal Domain

Physical Activity: Paper (57%); App (62%)

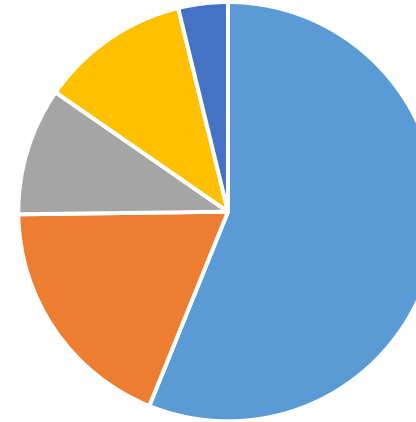
Social Activity: Paper (18%); App (12%)

Mental Health: Paper (11%); App (9%)

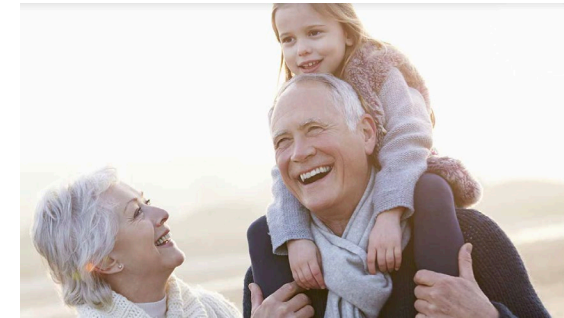
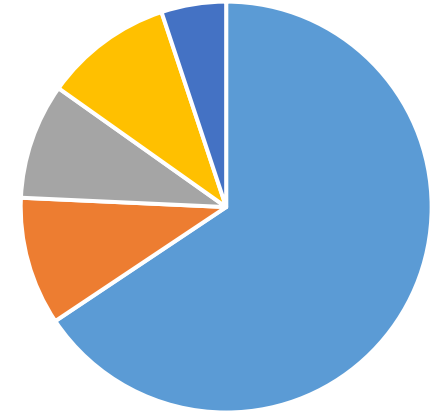
Brain Challenge: Paper (10%); App (8%)

Positive Thinking: Paper (4%); App (9%)

Paper Tool Users



App Users



68% of clinicians invited their patients to use the Wellness App

14% of patients used the Wellness App in addition to in-person clinician visits

Results – Effectiveness (Paper Tool Users)

Total Paper Tool Users: N= 380

Goal Attainment

89% at least partially completed their goal

Mean Age : 68 years

Well-Being

Sex : Men 32%; Women 68%

85% experienced at least some change in wellbeing

Behaviour Change

Overall **statistically significant** difference between pre and post scores of the Health and Resilience Questionnaire ($p < .0001$)



Results – Effectiveness (App Users)

Total App Users: N= 581

(547 recommended by clinician)

Mean Age : 52 years

Sex : Men 19% Women 80%

Goal Attainment

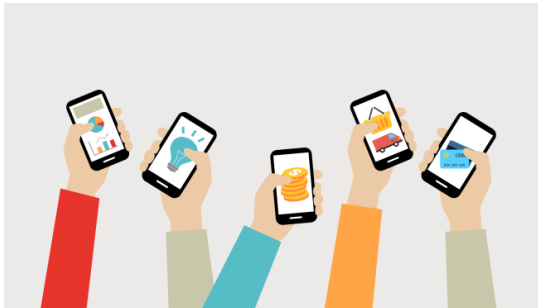
90% at least partially completed their goal

Well-Being

80% experienced at least some change in wellbeing

Behaviour Change

Overall **statistically significant** difference between pre and post scores of the Health and Resilience Questionnaire ($p < .003$)



Clinician Testimonials



"I have been very impressed that even patients that I have seen for years and years are open to trying the Health and Behaviour Change Tools. Many are appreciative that I am suggesting a new approach and are eager to participate"

"My patient is rethinking what 'successful aging' means to her. She is definitely more positive and took up two new physical activities."

"Setting a goal gave the client confidence to try a new activity, a yoga class, and also meet a few people. The questionnaire provided a visual way of measuring progress"

You Are Invited: Try It Out Yourself!

Visit: www.fountainofhealth.ca

The Wellness Project & Clinicians' Corner for clinical tools
and **The Wellness App** <https://wellnessapp.ca>

Try it out with:

- Patients' family members / caregivers
- Yourself!

Questions? Feedback?

Email: info@fountainofhealth.ca

- Thank You!



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MHFA Seniors

An Innovative Approach to Supporting Seniors' Mental Health

Oct 9, 2019

Denise Waligora B.S.

Training & Delivery Specialist



What is Mental Health First Aid?

MHFA is the help provided to a person developing a mental health problem or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis is resolved.





Mental Health First Aid Does Not:

Train participants to become therapists
or counselors

Provide participants with the skills to
diagnose





Mental Health First Aid Seniors



Mental Health First Aid Seniors





Project Background

- Curriculum for this adaptation was developed for the MHCC at **Trillium Health Partners** (THP), a healthcare organization which prioritizes seniors' health and wellness.
- The Ontario Institute for Students in Education (OISE), is responsible for the learning design of the course.
- Funding for the project was provided by an unrestricted educational grant from GlaxoSmithKline Inc., a global healthcare company.
- All recommended resources listed in the course are from Canadian sources only





Resources

Information from valuable Canadian resources have been emphasized including amongst others:

- National Guidelines for Seniors' Mental Health
- Caregiving Strategies for Older Adults with Delirium, Dementia and Depression
- Delirium Resources
- Alzheimer Knowledge Exchange
- 4th (2012) Canadian Consensus Conference on the Diagnosis and Treatment of Dementia (CCCDTD).





“
Caring for our seniors is
perhaps the greatest
responsibility we have.
Those who walked before
us have given so much and
made possible the life we
all enjoy.”

- John Hoeven





Why MHFA Seniors?

- As of July 1, 2015, there were more people aged 65+ than children under the age of 15
- By 2030, nearly one in four Canadians will be a senior
- The likelihood of experiencing a mental health problem or illness in a given year increases as of age 69
- Currently, men aged 80 and older have the highest suicide rates in Canada
- Family members or friends who are caregivers have been shown to have high rates of distress





Canadian Seniors living with Mental Illness



There are four distinct populations of seniors living with mental illnesses:

- Those growing older with a recurring, persistent or chronic mental illness
- Those experiencing mental illnesses that appear for the first time later in life (after the age of 65).
- Those living with behavioral and psychological symptoms associated with dementia
- Those living with chronic medical problems with known correlations with mental illness (i.e., Parkinson's disease, stroke and diabetes).





Stigma and Mental Health

Stigma is associated with mistaken perceptions of the individuals with a mental illness:

- Personally weak or to blame for their illness
- Dangerous or likely to become violent
- Unpredictable or difficult to interact with
- Unlikely to recover even with treatment

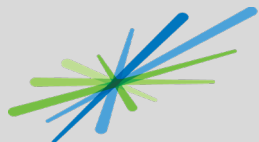




“Ageism”

- Stereotypes and prejudices applied to seniors based solely on their age
- Occurs when people believe that promoting healthy living among seniors is unimportant or too late to make a difference
- Particularly prevalent in health care settings
- Decreases motivation, feelings of self-worth, quality of life and cognitive performance

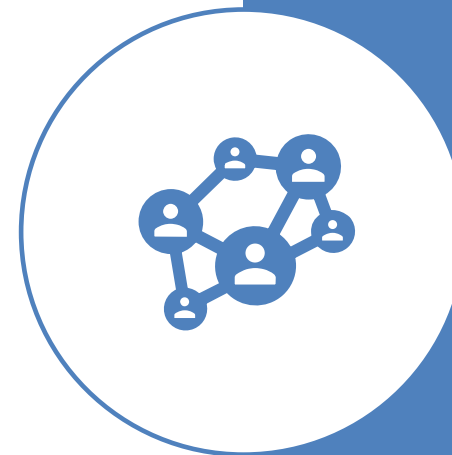






Social Health

- Refers to an individual's ability to positively interact with others
- A socially healthy senior can:
 - Form secure and meaningful relationships with others
 - Socialize and make friends with others
 - Give and receive emotional support
 - Engage in their community





Poor Social Health

- More frequently challenged with losses
- Seniors with smaller social networks are more vulnerable to poor social health
- Socially unhealthy seniors can become anxious and/or depressed
- Socially isolated seniors may become more at risk for mental health disorders and suicide





1

Recognize the symptoms of mental health problems or crises as they develop in seniors

2

Provide initial help when dealing with a mental health problem or crisis

3

Guide a senior and/or **caregiver** toward appropriate professional help

4

Provide strategies and resources to support both seniors and their **caregivers**

Aims of Mental Health First Aid Seniors





Course Outline

Day 1:

- Seniors
- Mental Health First Aid
- Substance-Related Disorders
- Mood-Related Disorders

Day 2:

- Anxiety-Related Disorders
- Dementia
- Delirium
- Psychosis





Each section includes:

- Artwork for discussion
- Overview of the disorder and its variations
- Signs and symptoms (changes in behavior) to be aware of
- Impact on person's life
- Risk factors
- Relevant concurrent Issues
- Role-play video (substance abuse, delirium, dementia)
- Case study
- Activities





ALIFE

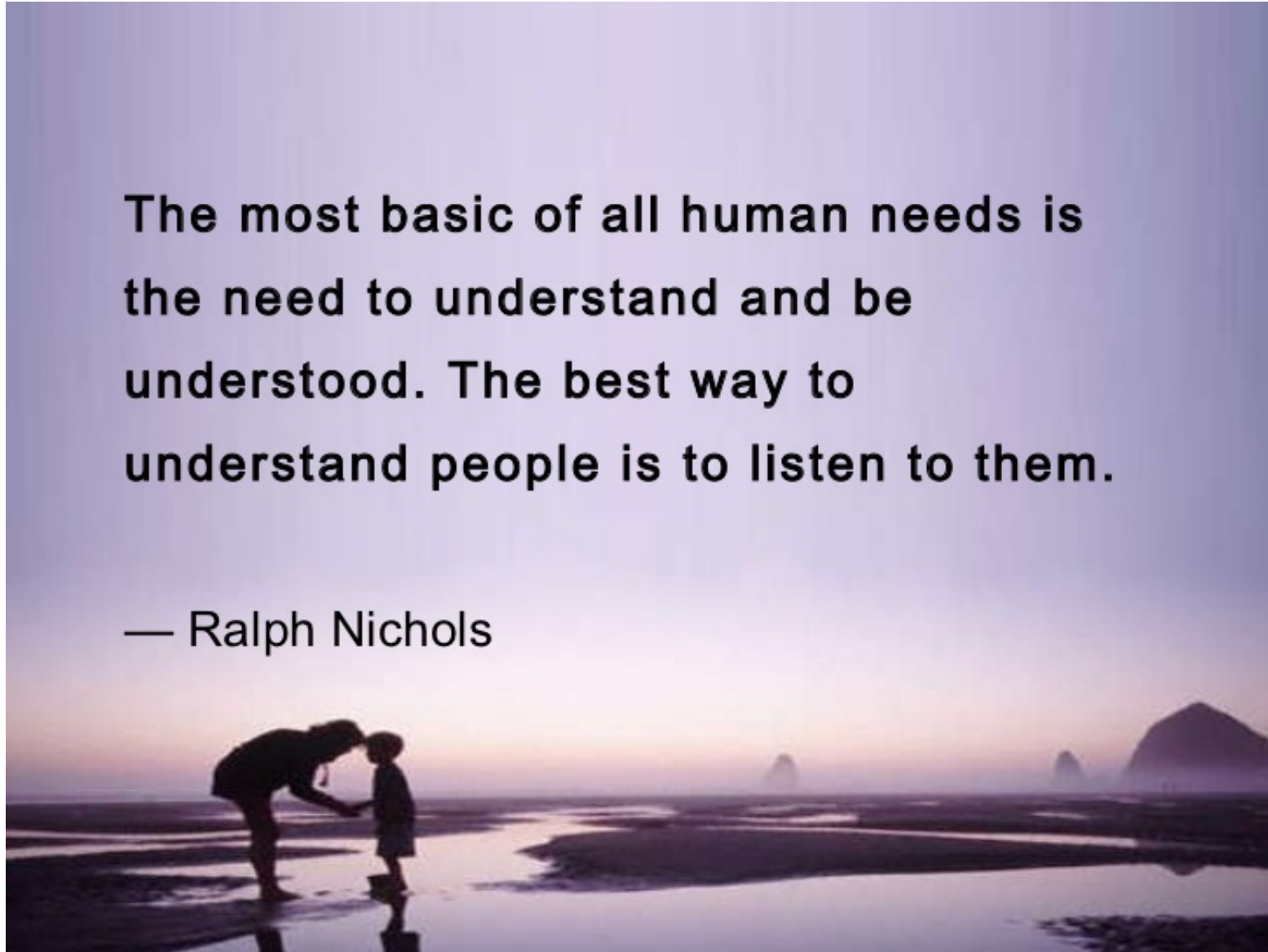
- Assess Safety: risk of suicide, serious physical deterioration, and/or harm to others
- Listen non-judgmentally
- Information and reassurance
- Facilitate the senior/caregiver getting appropriate professional help
- Encourage support for the senior and caregiver





**The most basic of all human needs is
the need to understand and be
understood. The best way to
understand people is to listen to them.**

— Ralph Nichols





Encourage Support for the Senior and Caregiver

Caregiver Challenges

- Lack of appropriate information
- What to expect/how to manage symptoms
- Lack of support to cope with adjusting to the role of caregiver





How do I take a course?

1. Set up an in-house course
2. Attend a public course
(www.mhfa.ca)
3. Contact a MHFA trained instructor in your area to deliver the course
(www.mhfa.ca)
4. Consider training members of your team to be MHFA instructors





Seniors Instructor



Profile of an MHFA Seniors Instructor

As a MHFA Seniors course instructor you:

- may deliver the MHFA Seniors course to the Canadian public
- may deliver the course on behalf of your organization or as an independent operator
- will be supported by the MHFA Canada team
- will have access to course updates and materials

Criteria and Expectations

Because participants in an MHFA course will have questions and experiences that go beyond the core content of the course, it is essential that our instructors have the background, skills, and attitudes that will allow them to be effective in their role and inspire confidence in their groups. The following are the essential criteria for being considered as an MHFA instructor:

- Minimum 2 years experience in a front-line position (paid or unpaid) within the last 10 years supporting seniors living with mental health problems. Examples include:
 - Crisis worker
 - Case manager
 - Social worker

[Find a course](#)

For your application

-  [MHFA Seniors Instructor Application Form - 2018](#)
-  [Seniors instructor agreement](#)
-  [Instructions for Letter of Support for MHFA Instructor Application](#)

Profile of an MHFA Seniors Instructor

Criteria and Expectations

How to Apply

Course Experience

Candidate Assessment





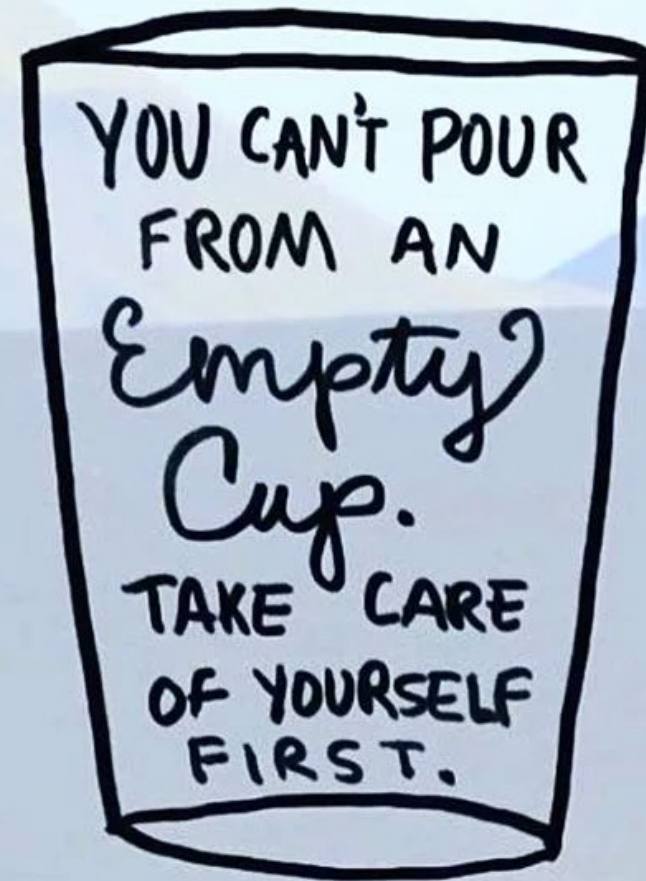
Mental Health First Aid

- List of **Public Courses**
Website: www.mhfa.ca
- To Organize an **In-House Course**
- Email: bd@mentalhealthcommission.ca
- Telephone: 1-866-989-3985





Self-Care





Denise Waligora B.S.

Training & Delivery Specialist

Email: dwaligora@mentalhealthcommission.ca

Telephone: 613-683-3758

