Promoting the mental health of older adults

November 24, 2015 • 10:00 a.m. – 11:30 a.m.

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Strategic Partnerships Lead, Health Nexus

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#SeniorsMentalHealth
Objectives

1. Increase awareness of the 2013 Mental Health and substance use estimates for older adults
2. Increase awareness of the purpose and content of the *Best Practice Guidelines for Mental Health Promotion Programs: Older Adults 55+* for those working with older adults
3. Increase awareness of the 11 best practice guidelines for older adults
4. Learn about a mental health promotion initiative for older adults called *Living Life to the Full*, which is applying these best practices.
• Introductions
• 2013 CAMH Monitor Survey data on older adults’ mental health and substance use
• Best practice guidelines for mental health promotion programs: Older adults 55+
• Examples on the ground – Living Life to the Full Program
• Q&A
Promoting the Mental Health of Older Adults

Tamar Meyer & Linda Yoo
CAMH Health Promotion Resource Centre

- Provide system support, capacity building, content expertise and access to information and research for Ontario health promotion and public health audiences related to:
  - Mental health promotion
  - Substance use
- Consult with CAMH colleagues from across the organization (clinical, research, etc.)
- Funding provided by the Health Promotion Division of MOHLTC
- [www.porticonetwork.ca/web/camh-hprc](http://www.porticonetwork.ca/web/camh-hprc)
Why Focus on Older Adults?

• Many factors influence the mental health & social well-being of older adults
  ➢ Contextual factors
  ➢ Physical changes
  ➢ Psychological distress and mental illness

• Different approaches may be required to promote older adults’ mental health
The CAMH Monitor Survey

• Longest annual, ongoing addiction and mental health survey of adults in Canada

• Describes trends in smoking, alcohol and drug use, mental health and physical health, impaired driving, and other risk behaviours

• Focuses on Ontario adults 18+ years old, as well as opinions on various policy measures in Ontario
CAMH Monitor Survey Design

• Repeated cross-sectional monthly telephone survey using list-assisted random digit dialling techniques

• Each cycle – aggregation of 4 independent quarterly surveys (approx. 3,000 completions per year)

• Design – two-stage (household, respondent) probability survey stratified by 6 regions

• Sample size – 3,021 adults (response rate: 48% of eligible respondents)
2013 Mental Health & Well-being Estimates
High Psychological Distress

65+ year olds reported the lowest levels of psychological distress (8%)
Self-Rated Frequent Mental Distress Days

65+ year olds also reported the lowest levels of mental distress (4%)
Past Year Suicidal Ideation and Suicide Attempts

55+ year olds reported lower rates of suicide ideation (2%)
2013 Substance Use Estimates
Daily Drinking

Among drinkers 65+ years old

65+ yrs old: 13%
50-64 yrs old: 9%

2003 - 2011
13% - 23%
Exceeding Low-Risk Alcohol Drinking Guidelines

8% of those 65+ years old exceeded the alcohol drinking guidelines

Your limits
Reduce your long-term health risks by drinking no more than:

- 10 drinks a week for women, with no more than 2 drinks a day most days
- 15 drinks a week for men, with no more than 3 drinks a day most days

Plan non-drinking days every week to avoid developing a habit.
Daily Cigarette Smoking

# of cigarettes smoked daily was highest among those aged 50 to 64 (16 cigarettes)
Past Year Cannabis Use

Among 50+ years old

1997 - 2013
3% - 19%
Summary

- Older adults reported fewer psychological distress and frequent mental distress days
- Alcohol is the most commonly used substance among older adults, and the proportion of drinkers among older adults has been increasing over time
- Older adults smoke more cigarettes per day
- Cannabis use is increasing among older adults
Questions?
Best Practice Guidelines for Mental Health Promotion Programs: Older Adults 55+
In the beginning...

- Partnership: CAMH, U of T Dalla Lana School of Public Health, Toronto Public Health


- Based on studies with high level of evidence
  - Categorized by:
    - Life span groups
    - Specific populations
Best Practice Guidelines for Mental Health Promotion: Older Adults 55+

11 best practice guidelines

Summary of guidelines

1. Identify and address a specific population for your program/initiative.

2. Address and modify risk and protective factors, including determinants of health, that indicate possible mental health concerns for older people.

3. Intervene in multiple settings.

4. Support professionals and non-professionals in establishing caring and trusting relationships with older people.
Best Practice Guidelines for Mental Health Promotion: Older Adults 55+

11 best practice guidelines

5. Provide a focus on empowerment and resilience.

6. Promote comprehensive support systems.

7. Adopt multiple interventions.

8. Ensure that information and services provided are culturally appropriate, equitable and holistic.
11 best practice guidelines

9. Involve multiple stakeholders.

10. Address opportunities for organizational change, policy development and advocacy.

11. Demonstrate a long-term commitment to program planning, development and evaluation.
Best Practice Guidelines for Mental Health Promotion: Older Adults 55+

- **Resources** to help plan & implement
  - expanded roster of exemplary programs

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**Healthy Aging—Active 55+**

**Goals and objectives**

- to enhance the health and quality of life of older adults
- to show how existing health and social services can be efficiently enhanced with the help of health promotion strategies
- to increase older people’s community involvement and to help them to maintain healthy and independent living for as long as possible

**Start date**

2001

**Guideline 1: Audience, specific populations**

older adults (aged over 55) who have retired during the previous two years and/or are widowed

**Guideline 2: Protective and risk factors, and determinants of health**

*Protective factors...*
Best Practice Guidelines for Mental Health Promotion: Older Adults 55+

- **Resources** to help plan & implement
  - Worksheet

<table>
<thead>
<tr>
<th>Questions based on the guidelines</th>
<th>Actions relating to the guidelines (Use as a checklist)</th>
<th>What has your initiative achieved so far?</th>
<th>What would you like your initiative to further achieve in the next year?</th>
<th>What specific action(s) do you plan to take to achieve this?</th>
<th>When do you hope to achieve this by?</th>
</tr>
</thead>
</table>
| 11. Does your initiative demonstrate a long-term commitment to program planning, development and evaluation by... | - conducting a situational assessment to inform the design of initiatives, taking into account the diversity of the population(s) and their strengths and assets?  
- clearly defining for whom the mental health promotion programs, interventions and policies are intended?  
- involving members of the intended population(s) in program design and implementation?  
- ensuring that the length and | | | | |
| | | | | | |
Best Practice Guidelines for Mental Health Promotion: Older Adults 55+

- Outcome & process indicators

<table>
<thead>
<tr>
<th>Intervention type</th>
<th>Possible outcome indicator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Building relationships</td>
<td>Percentage of adults 55+ who report that they are satisfied with the relationships they have with professionals, family and friends</td>
</tr>
<tr>
<td>Building skills</td>
<td>Percentage of adults 75+ who report being able to shop, cook and clean for themselves</td>
</tr>
<tr>
<td>Policy change</td>
<td>List of policies introduced at the municipal level that enable adults 55+ to live at home in the community</td>
</tr>
<tr>
<td>Overall change in mental health</td>
<td>Scores on self-perceived health and happiness</td>
</tr>
</tbody>
</table>
Accessing the Guidelines

Available:

✔ Online on CAMH HPRC’s website: https://www.porticonetwork.ca/web/camh-hprc/

✔ Request a Hardcopy: Send your name, work address, and sector to hprcresources@camh.ca
Thank You!

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Questions?
OLDER ADULTS LIVING LIFE TO THE FULL

AN ONTARIO PILOT PROJECT

Jenny Hardy, MScOT, CMHA Ontario

jhardy@ontario.cmha.ca
UP TO 30% of Ontarians aged 65+ experience mental health challenges.

WHY IS THIS RATE SO HIGH FOR OLDER ADULTS?

- Loss of family and friends
- Loneliness
- Caregiving challenges
- Social isolation
- Physical and chronic health issues
- Transition to retirement

Canadian Mental Health Association Ontario
Mental health for all
PILOTING A NEW SOLUTION

"LIVING LIFE TO THE FULL" COURSE

Canadian Mental Health Association
Ontario
Mental health for all
“LIVING LIFE TO THE FULL” COURSE

- 8 weeks
- 12 hours
- Group-based
- A fun and interactive course
- Based on cognitive behaviour therapy (CBT) principles
- Developed by Dr. Chris Williams, UK psychiatrist

Canadian Mental Health Association Ontario
Mental health for all
BRINGING THE "LIVING LIFE TO THE FULL" PILOT TO LIFE

CMHA FACILITATORS HAVE DIVERSE BACKGROUNDS
Social Workers
Occupational Therapists
Nurses

All had mental health and facilitation knowledge.

2 COURSES delivered by each facilitator

16 Living Life to the Full facilitators from local CMHA branches were recruited, and attended a 2-day training workshop.
Partnerships with 16 older adult centres across Ontario were established to host the course.
Older adults (50+) self-referred to the Living Life to the Full course advertised at local community centres.

375 older adults enrolled in the course. Of those registered, 222 participated in the research study.

- Female: 89%
- Between 65 and 84 years old: 73%
- Retired: 82%
- University educated or higher: 54%
- Single, divorced, or widowed: 56%
Measures of mood, anxiety, quality of life and overall well-being were collected before the course, after the course, and three months later.
Improved Mood

BECK DEPRESSION INVENTORY

Before

After

3 months

Minimal Depression

Mild Depression

0 2 4 6 8 10 12 14
Improved Anxiety Levels

BECK ANXIETY INVENTORY

<table>
<thead>
<tr>
<th></th>
<th>Minimal Anxiety</th>
<th>Mild Anxiety</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Before</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>After</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>3 months</strong></td>
<td></td>
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</tbody>
</table>

0  2  4  6  8  10  12  14
Improved Overall Well-being

Point Change

<table>
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<tr>
<th>Before</th>
<th>After</th>
<th>3 months</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>12.61</td>
<td>2.56</td>
</tr>
</tbody>
</table>

0 10 20 30 40 50 60 70
AFTER THE COURSE

75%
Learned new skills for coping with stress

65%
Reported that they met new people

62%
Reported improvements in mood
3 MONTHS LATER

- Greater social support
- New social, problem-solving and coping skills
- Positive mindset
- Understanding the importance of behaviour change
LLTTF: Key Best Practice Guidelines continued

<table>
<thead>
<tr>
<th>Best Practice Guideline #</th>
<th>LLTTF Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><strong>Specific population</strong> — addressed older adults with mild/moderate depression and/or anxiety in individual communities</td>
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<tr>
<td>5</td>
<td><strong>Focus on empowerment and resilience</strong> by providing knowledge and life skills to the participant</td>
</tr>
<tr>
<td>6</td>
<td><strong>Social support</strong> through a group-based environment (meeting new people, building stronger bonds with old friends and learning about community resources).</td>
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## LLTTF: Key Best Practice Guidelines continued

<table>
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<tbody>
<tr>
<td>8</td>
<td><strong>Equitable, accessible service</strong> – free course, located nearby, low stigma attached to registration</td>
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<td>10</td>
<td><strong>Focus on supporting a cultural shift</strong> in older adult centres – enhanced comfort in speaking about and addressing about mental health issues in older adults</td>
</tr>
<tr>
<td>11</td>
<td><strong>Strong focus on evaluation</strong> through provincial research study (York, Baycrest) allowing for feedback and adaptations to course for future participants</td>
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Next Steps: Living Life to the Full for Older Adult Caregivers

- New Horizons for Seniors Program [EDSC]
- Collaborative Toronto impact plan:
  - Mount Sinai Hospital, Reitman Centre, Alzheimer’s Society of Toronto, Woodgreen Community Services, North York Community House
- Goal: “Reduce social isolation in older adult caregivers by 2018 and beyond”
- 15 new Living Life to the Full Facilitators in Toronto
- New partnerships for course delivery:
  - Toronto Community Housing
  - Community Health Centres
  - Older Adult Centres
- 3 new cultural/language adaptations of the course (including French language)
More resources on LLTTF

• Video summary of a Toronto-based LLTTF course: https://vimeo.com/131130604

• CBC story on the LLTTF course: http://www.cbc.ca/beta/news/health/innovative-workshop-helps-seniors-cope-with-depression-1.3296804#commentwrapper?


• List of participating CMHA Branches in Ontario: https://ontario.cmha.ca/public-policy/living-life-to-the-full/
Questions?
Comments?
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Continue the conversation on Twitter #SeniorsMentalHealth

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  to meet your specific needs

- **Learning Events**
  webinars, conferences, gatherings

- **Educational Resources**
  on healthy communities

- **Mutual Learning**
  peer sharing, online discussions, listservs, blogs, Twitter and our online learning community

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Our consulting services are funded by the Government of Ontario and are provided free of charge, when possible.

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