

Happy New Year to all of you - our Northern Neighbours!

As we reflect on our fall 2010 Northern highlights, several key events come to mind that celebrate *Northern Neighbours Working Together*

In September, we continued our commitment to bringing Northern service providers together virtually to share expertise through our Meeting of the Minds series. Dr. Terry Krupa from Queen's University presented her research on an Integrated Case Management in Crisis Model.

In October, in collaboration with Aboriginal Services, we had the great pleasure of introducing our CEO, [Dr. Catherine Zahn](#), Lori Spadorcia, Director, Office of the President, Trevor Wereley, Deputy Director Provincial Services, to Aboriginal leaders and mental health and addictions leaders in Northeastern Ontario.

On October 25th and 26th, our Physician-In-Chief, Dr. Benoit Mulsant presented on aging and related mental health & addictions concerns (article below).

We began November hosting an inaugural Northern Ontario Area Mental Health and Addictions Data & Research Summit. If you are interested in learning more about the first meeting and/or would like to be involved in the next meeting, please contact [Sylvie Guenther](#).

We ended our fall schedule with Northern Ontario service providers participating in two OTN events. The first was a three-part Metabolic Health Monitoring training event. This was the premiere offering of this course via OTN and was adapted from our one-day on-site course offered in Toronto. Fifty-two health care providers from 15 communities across Northern Ontario participated. Staff from CAMH's [Mental Health and Metabolism Clinic](#) delivered this learning opportunity to help health care providers learn how to identify and modify metabolic disturbances (e.g. diabetes, heart disease, hypertension) in clients living with serious mental illness. For more information on MHM, you can link to a Can J Psychiatry article entitled [Metabolic Monitoring for Patients Treated with Antipsychotic Medications](#).

Thanks to you, our Northern community partners, for your collaborative spirit! Best wishes as we all begin 2011.

Upcoming Events

ADAT Training - Provincial Services is in the process of providing ADAT training in every LHIN in the province.

Two ADAT trainings in the Northwest will take place in February which have already reached capacity registration.

Due to the very high interest, a course is being held in Thunder Bay on September 13 and 14 -- contact [Kim Karioja](#) to express interest in attending.

If you're interested in learning more about the ADAT trainings, please contact [Elizabeth Hendren-Roberge](#).

Knowledge Exchange/Meeting of the Minds

The Northern Ontario Lived Experience collaboration continues to build momentum through our regular virtual meetings and information sessions.

If you're interested in participating in any of the Meetings of the Minds, contact the person listed by

Looking into the crystal ball - what services do we need in the future to address an aging population with mental health and addictions issues?



Dubbed the “Grey Tsunami” by [Dr. Benoit Mulsant](#), Physician in Chief at the Centre for Addiction and Mental Health (CAMH), participants at this year’s “CAMH in the Community” event heard how the elderly population across the world is increasing. Along with this increase comes the realization that we need to pay significant attention to the specialized addiction and

mental health needs of those who are aging.

This year’s event was sponsored by the Northern Ontario School of Medicine (NOSM), the Mental Health and Addiction Program at Sudbury Regional Hospital and CAMH. Professionals across the north could partake in the presentation in a variety of ways – in person; via videoconference through NOSM & OTN; or via webinar.

To reach a broad audience, Dr. Mulsant, who also serves as CAMH’s Clinical Director of the [Geriatric Mental Health Program](#), presented one session for professionals in English to 44 sites; another one in French to 21 sites and a presentation specifically for physicians and psychiatrists at 13 sites on addressing clinical issues.

Average age span versus average life span; quality of life issues; the complex role of the caregiver; the relationship between adult depression and later onset of dementia; prescription drug use in later life; and double stigma were a few of the key topics that Dr. Mulsant covered. He also briefly touched on various CAMH services and resources that are available when [responding to older adults](#).

The bottom line is that [aging can increase our vulnerability to problems](#). Our population is aging and we are living longer. Our current healthcare system will not be able to address all of the unique and specialized needs ([mha 101 series - older adults](#)) of those who are elderly, especially when mental health and/or addiction problems are already present or develop in later life.

While various models of care are available, some may not be sustainable into the not-so-distant future. Though not evaluated, Dr. Mulsant offered one model that has some promise where seniors are involved in providing care to those who are even older – similar to a community of care.

Dr. Mulsant’s extensive knowledge in the field was evident as he helped health care professionals look inside the crystal ball to see how the future of aging

February - Let's Talk About Schizophrenia (2nd meeting) contact [Christine Lebert](#)

Youth Best Practice Series
February - Youth and Stigma
March - Young Women-Girls Talk - VALIDITY program
Please contact [Michelle Ott](#)

April - Case Management (3rd session) - contact [Michelle Ott](#) or [Sandra Watson](#)

May 18 - Mental Health and the Workplace with Dr. Ash Bender, contact [Kim Karioja](#) or [Louise Larocque-Stuart](#)

June - Successful MHA Wait Time Strategies - contact [Christine Lebert](#)

New in the North

OSDHUS Mental Health Report

Our second OTN event was a provincial webinar to learn about the CAMH 2009 Ontario Student Drug Use and Health survey results. The November 24th event reached participants at over 30 OTN sites across the province, with just over 50 participants from across the north.

You can view the [archived presentation](#) or access the [detailed or highlights report](#)

The next edition of Info-Franco is coming in February... watch for it!

might unfold and the services that will be required.

If you're interested in receiving this French newsletter, contact [Suzanne Cyr](#)

CAMH Social Network Sites



Visit CAMH's You Tube Channel

CAMH is now producing and uploading short video presentations on popular and emerging topics. Visit our You Tube Channel and see for yourself.



CAMH now on Facebook

Visit the CAMH Facebook page and sign up as a 'friend' to be connected with one of the world's leading research centres in the area of addiction and mental health.



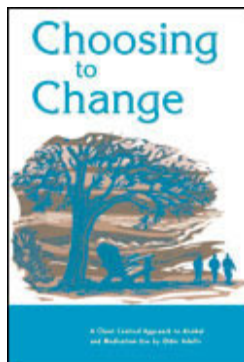
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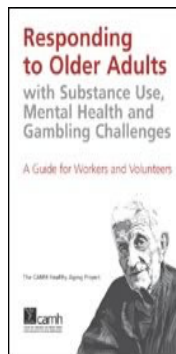
Publications



[Improving Our Response to Older Adults](#)



[Choosing to Change](#)



[Responding to Older Adults](#)



[Mental Health & Addiction 101 Series \(Section on Older Adults\)](#)

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