

A Conversation About Resident Mental Health

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Land Acknowledgement

Together, let us now pause as we acknowledge the Indigenous Peoples of all the lands that we on today, from wherever we are virtually participating in today's meeting. Let us take a moment to acknowledge the importance of the land we each call home.

We do this to affirm our commitment and responsibility to improving relationships between nations, and to improving our own understanding of local Indigenous peoples and their cultures.

We acknowledge the ancestral and unceded territory of all the Inuit, Métis, and First Nations people who call this nation home.

Let us now join in a moment of reflection to acknowledge the harms and mistakes of the past and to consider how each of us, in our own way, can move forward in a spirit of reconciliation and collaboration.

Webinar Housekeeping



Chat Box

The Chat feature is disabled during this session.



Question Box

Type your questions in the Question/Answer box. A response will be posted during the webinar OR addressed after the presentation



Recording

A recorded version of this webinar will be available on OARC's website.
www.ontarc.com



Evaluation

After the webinar, a screen will pop-up and ask you to complete a survey. Your Feedback and suggestions are appreciated

Our Presenter and Resident Voice Panelists



JENNIFER BLAIK



DEVORA GREENSPON



DAVE STANYON



GALE RAMSDEN



MELISSA MATHESON

Our Time Together

- What is Mental Health
- What is a Mental Health Problem?
- Combating Stigma around Mental Health Problems
- Mental Health in the Long-Term Care Home Setting
 - Depression
 - Anxiety
 - Positive Treatment Outcomes
 - Self-Care – What can we do?
- Wellness Supports & Residents' Strategies

What is Mental Health?

“A state of (complete) physical, mental and social well-being and not merely the absence of disease or infirmity.”

World Health Organization



What is Mental Health?

- More than the absence of a mental health condition or illness
- The capacity to enjoy life and to deal with the everyday challenges we face

If you are struggling with maintaining positive mental health, please know that you are not alone. **Help is available.**



What is a Mental Health Problem?

- Not the same as occasionally feeling sad, worried, or having unusual thoughts
- A person living with a mental health problem experiences:
 - Several symptoms
 - Symptoms that continue for a long time
 - Symptoms that cause distress and interfere with his or her ability to function in terms of self-care, work, leisure or relationships



What is a Mental Health Problem?

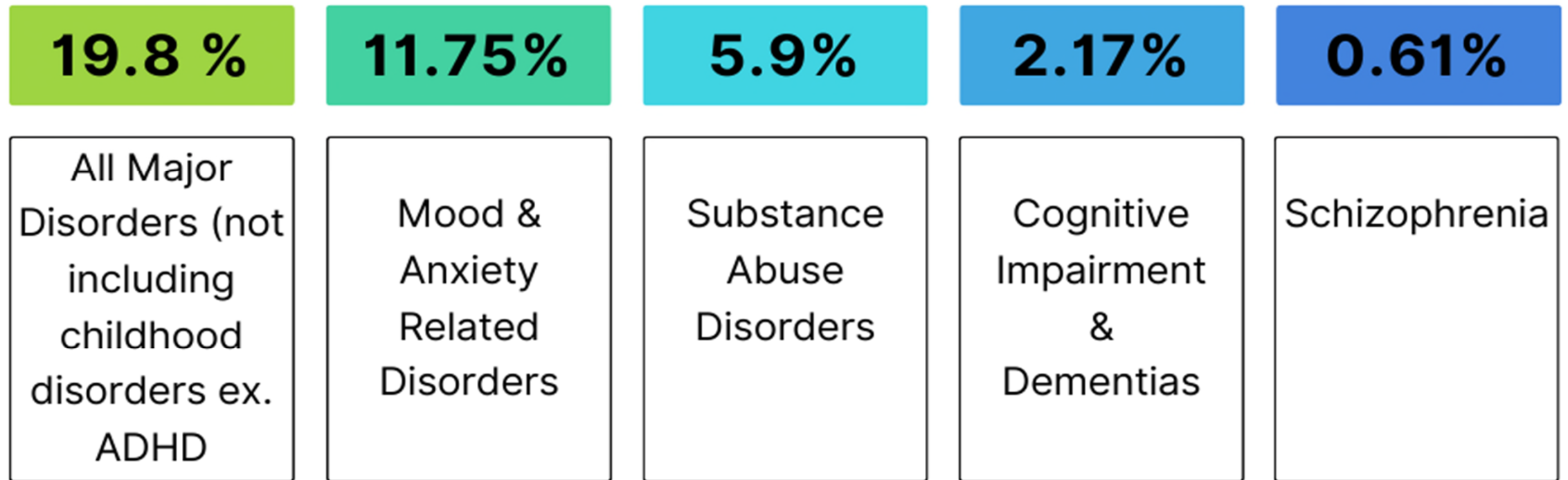
“A disturbance in thoughts and emotions that decreases a person’s capacity to cope with the challenges of everyday life.”

Report on Mental Illness in Canada



What is Mental Health Problem?

1 in 3 Canadians will experience a mental health problem at some point in their life.

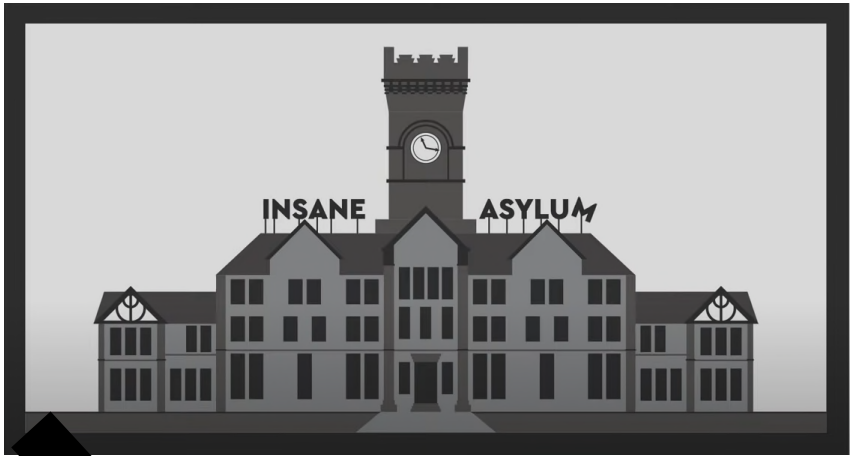


*estimated 12-month prevalence of any mental illness in Canada

Examples of Mental Health Problems

- Depression
- Anxiety
- Dementia
- Delirium
- Substance Related Problems
- Post Traumatic Stress
- Personality Disorder
- Schizophrenia
- Psychosis

Why the Stigma Around Mental Health Problems?



Stigma Makes Things Worse

- Stigma
 - is often more difficult to overcome than the illness itself
 - stops people from getting help

**50% of people living in
LTC are living with depression.
Of those, 50% do not receive help.**



Addressing Stigma

Do:

- Put the person first
- Become informed about mental health problems
- Speak up about stigma
- Talk openly about mental health problems

Don't:

- Refer to people by their illness
- Let jokes or misinformation go
- Treat mental health problems as something to be embarrassed about
- Be judgmental

Living in Long-Term Care

Residents May Experience:

- Loss
- Grief
- Loneliness
- Adjustment



Depression

- Depression affects all ages
- Depression is not the same as Sadness
- Is Very Treatable
 - When recognized
 - When properly managed
 - Different options and interventions are available

Anxiety

- Worry is not the same as Anxiety
- Rates are higher for Older Adults living in Retirement and LTC homes
- Women are twice as likely to have anxiety than men
- 5.5% - 10% of Older Adults have anxiety
- Treatable with supports and therapies



Positive Treatment Outcomes

- Improved emotional, social, and physical functioning
- Improved Quality of Life
- Reduced mortality
- Better self-care



Self-Care : What can I do?

- Taking time to practice healthy coping techniques
- Looking after yourself is especially important when things get tough and you're struggling
- Self-care is about self-preservation - it's a necessity, not an indulgence



Strategies to Help Others

- Listening without judgement
- Checking in with your neighbours
- Spend time together
- Sit silently with the person
- Engage in an activity, find out what your neighbour enjoys (examples: offering of music or movies)
- Avoid arguing with your neighbour



Living in Long-Term Care

Wellness supports that may be available:

- Physician
- Family
- Residents' Councils
- Social Work
- Spiritual Care
- Therapeutic Recreation Services
- JAVA programs
- Volunteer Support
- Behaviour Supports Ontario
- Music Therapy, Music Programs
- Community Supports



physical health

mental health



health.

Continuing the Conversation

- The Ministry of Long-Term Care has committed to helping residents improve mental wellness through the [Resident Health & Well-being Program \(RHWB\)](#)
- Ask your Residents' Council to invite your home Administrator to attend a Council meeting to review how the home is using the RHWB funding
- Ask your Recreation Manager or Social Worker to go over the wellness supports available to residents in your home
- If you have more questions about Mental Health and the supports available to you at your LTC home, connect with a trusted team member – it starts with asking for help
- [OARC's Mental Health Fact Sheet](#)

Connect With Us!

- OARC hosts a weekly forum for Residents
- Facilitated by Residents
- Connect with Peers from all over Ontario
- Work through challenges, celebrate success
- Make friends

RESIDENT FORUMS

OARC Ontario Association of Residents' Councils



THURSDAYS



TIME
2 PM

HOW TO GET CONNECTED

USING THE ZOOM PLATFORM ON A COMPUTER, SMART PHONE OR TABLE, YOU CAN JOIN THIS MEETING LINK:

<https://us06web.zoom.us/j/84213430006pwd=SFNCQyt2MkZ5ZG42U2NMR3lnbk9Mdz09>

Clicking the link should automatically launch you into the Forum waiting room, however, if you are prompted to enter any additional information, you can enter the following:

- 1.Meeting ID: 842 1343 0006
- 2.Passcode: Resident



PEER LED - RESIDENT FACILITATED
FROM ACROSS ONTARIO SHARE IDEAS,
CHALLENGES & EXPLORE SOLUTIONS TOGETHER

Questions?



Thank you!

Don't hesitate to connect with a trusted team member, family or friend— it starts with asking for help.

Crisis Support Lines:

ConnexOntario: 1-866 -531-2600 or www.connexontario.ca

Hope for Wellness Help Line: 1-855-242-3310

