

Community Mental Health Program



LE CENTRE
Cummings
CENTRE

CENTRE JUIF CUMMINGS POUR AÎNÉS
CUMMINGS JEWISH CENTRE FOR SENIORS



Bénéficiaire de l'Appel juif unifié
A beneficiary of Combined Jewish Appeal



Centraide
of Greater Montreal

- **Older Adults who live with a mental illness: A diverse population with complicated needs.**

- Presented by: Noga Yudelevich, Supervisor, Mental Health Program at the Cummings Jewish Centre for Seniors.

One in Five

- 20% percent of the population will suffer from a mental health problem during their life time.
- Within this, it is estimated that 1 in 5 people aged 65 years and over have a mental disorder, including, depression, bipolar disorders, schizophrenia, and anxiety disorders. Canadian Mental Health Association (www.cmha.ca)

Elderly with mental illness

- Two groups:
 - Those who are aging with a mental illness
 - Those who develop a mental illness in late life.

Deinstitutionalization

- **Started to take place in the 1950's, and is considered a revolution in mental health care.**
- **Involved the release of patients from psychiatric hospitals to alternative facilities in the community;**
- **Development of specialized services in the community for the mentally ill population.**

Senior depression rates

- Depression is one of the **most common** mental health problems affecting seniors, yet the condition is often unrecognized and untreated.
- Senior depression rates are higher in geriatric hospital patients (11.5 percent) and highest in seniors who require in home healthcare (13.5 percent). Geriatric Mental Health Foundation (www.gmhfonline.org)

Triggers of elderly depression

- Depression symptoms can develop with no obvious cause, or there may be an event that acts as a catalyst for the depressive episode. :
 - Chronic/serious illness
 - Death of spouse/life partner/old friends
 - Loss of mobility
 - Loss of job/ retirement
 - Moving to nursing home/extended care facility.
 - (www.gmhfonline.org)

Understanding the mental health needs of older adults

Three of the key challenges include:

- 1) Combination of physical and mental health needs
- 2) The masking of depression and anxiety
- 3) The stigma attached to being an older person living with a mental illness.

What is stigma?

- The Greeks used the term stigma to indicate visually apparent signs, burnt or cut into the body.
- Throughout the centuries, the concept of “stigma” shifted from an actual mark of inferiority to an act of social labelling.

The Mental Health Program

- Created 12 years ago to answer a community need
- A team of social workers, art ,music and drama therapists provide ongoing support.
- Clients are encouraged to integrate in the center.

In our Community Mental Health Program we strive to:

- Enhance the quality of life of seniors who live with a mental illness
- Provide a sense of community
- Change negative attitudes towards individuals with mental illness
- Provide support and focus on strength
- Challenge and be creative

The Recovery Model

- It is possible to talk about “recovery”
- Recovery is a process
- People can experience active recovery regardless of the state of their illness.

Interventions: Recovery Model

- Treating the person and not the illness
- Empowering people to develop coping skills to help themselves recover
- The service provider works alongside the person
- People must take responsibility for their own recovery

We Offer:

- Tailored intervention plans
- Social groups
- Drama and art therapy
- Cooking therapy
- Volunteering in the center
- Programs and activities

Pet Therapy



Glee Club



Therapeutic Cooking



How to achieve these goals?

- Accept that you have a chronic illness
- Believe that recovery is possible
- Take responsibility for your own recovery
- Focus on your strengths
- Challenge yourself

Quote from Client:

- “ You made me realize that not EVERYTHING I do is an expression of mental illness and that you think my instincts are good. You made me feel that I am more than just 3 mental illnesses , that I am a whole person, not just a sick one.”