



Frequently Asked Questions

What are the workshops about?

The 12 workshop topics include an overview of understanding mental health and well-being in later life as well as understanding the following in later life: depression, bipolar disorder, anxiety, psychosis, delirium, dementia, use of opioids and other medications, cannabis and alcohol, gambling, positive mental health and care options.

Who are the workshops for?

The workshops have been designed for adults over the age of 65.

How were the workshops developed?

The workshop series was piloted in 2019. A total of 41 workshops were delivered by community-based organizations with varied mandates. Evaluation of the pilot phase helped inform the final curriculum materials available today. Edits included the use of plain language, shortening of the workshop content and increased functionality of videos.

Are there any pre-requisites to becoming a facilitator?

To become a facilitator, we are looking for community members/service providers who have

some experience with the following:

- working with older adults
- mental health and substance use issues
- facilitating group sessions.

How do I become a facilitator?

E-mail olderadults@camh.ca to schedule an orientation session and access the training platform.

What's involved in the training?

- Attend an orientation call with the project team
- Complete two self-directed training modules.
- Review facilitator supports and workshop

How long does the training take?

Participants can expect to spend approximately 3–4 hours to complete all training components.

Does it cost anything?

All workshop materials, training and resources are free.

FREQUENTLY ASKED QUESTIONS

The folks I work with are likely interested in only three of the 12 workshops. Can I deliver only those three?

We encourage facilitators to deliver workshops that resonate with their service users. We only ask that facilitators deliver a minimum of two workshops as a part of this series. Workshops can be delivered in any order, but many facilitators and service users have found it helpful to start with “A Series Overview: Understanding Mental Health and Well-being in Later Life” workshop.

Can I deliver workshops virtually?

Workshops can be delivered in person or online, depending on infection prevention safety protocols of the host organization.

Do you need anything from me?

We ask everyone who completes the training to:

- deliver at least two workshops from the series
- complete facilitator evaluations after every workshop delivered
- encourage completion of participant evaluations
- send workshop tracking information to olderadults@camh.ca
- spread the word about the workshop series to anyone you think may be interested to offer the workshops in their area.

I need support facilitating. Can you help?

Please be in touch with olderadults@camh.ca to determine how we might be able to help.

What if I want to change the curriculum?

Each facilitator has their own unique style, so we invite trained facilitators to facilitate sessions in ways they make the most sense for them. As the curriculum is evidence-based, any proposed changes to the core material must be approved in writing by CAMH.

Are there additional resources available?

Additional resources for facilitators are available here:

<https://kmb.camh.ca/eenet/initiatives/olderadults>.

Pre-recorded videos of the top five workshops here (English only): <https://kmb.camh.ca/eenet/resources/mental-health-workshop-recordings-for-older-adults>.

You can also join our community of interest, open to caregivers, health service providers, and community staff supporting older adults, as well as older adults interested in project updates and resources.

SELECT HERE TO JOIN OUR COMMUNITY OF INTEREST ON EENET CONNECT :
<https://www.eenetconnect.ca/g/olderadult>