



WORKSHOP SERIES

# Understanding Mental Health and Well-Being in Later Life



Becoming a workshop facilitator  
March 2025

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# Understanding Mental Health and Well-Being in Later Life Workshop Series

## Becoming a workshop facilitator

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## Project Overview

The *Understanding Mental Health and Well-Being in Later Life* project aims to:

1. Raise awareness among older adults about mental health, addiction and substance use issues and where to access help
2. Respond to the unique needs and strengths of older adults from immigrant, refugee, ethnocultural and racialized groups and among Indigenous older adults
3. Address the needs of older adults living in long-term care and retirement homes.

To meet these goals, a set of evidence-based workshops, courses and resources were developed for service providers, community partners, caregivers and adults 65 years and older. Subject matter experts in the community supported the development of these resources. The series of 12 evidence-based workshops to be delivered to adults over 65, covering a broad range of mental health, addiction and substance use topics, include:

- Overview to mental health and well-being in later life
- Depression
- Anxiety disorders
- Bipolar disorder
- Psychosis
- Dementia
- Delirium
- Opioids and other medications
- Cannabis and alcohol
- Gambling
- Positive mental health
- Navigating the healthcare system

The community workshops are available in English and French and have been adapted to honour the traditional knowledge and community expertise of Métis peoples.

## Steps to Becoming a Community Workshop Facilitator

This guide was developed to assist people who are interested in facilitating these workshops to older adults in their communities. By following the steps outlined in this guide, you can become a workshop facilitator and help support the mental health and well-being of older adults in your network.

### Step 1: Meet the Requirements

To become a workshop facilitator, you need to:

- Have experience working with older adults
- Have experience facilitating groups, and
- Have experience in the mental health and addictions field.

### Step 2: Review this Workshop Facilitator Guide

- Ensure you complete all the steps to prepare for facilitating workshops for older adults.

### Step 3: Complete the Training to Become a Community Workshop Facilitator

You will need to complete the free, self-directed training before accessing the workshop material and delivering the workshops. The training includes:


- A. An online orientation session that gives an overview of the initiative and the available materials
- B. The online course: "Supporting the mental health of older adults in care," and
- C. The online course: "Aging and mental health: A primer on health equity, diversity and anti-racism."


The training curriculum is available on a facilitator portal hosted on the Moodle platform and will take about three (3) hours to complete in total. Here is how to access the training:

- A. Create a Moodle account:** [Access the portal](#). If this is your first time using Moodle, click "Create new account" and fill out the form.

Customize and control Brave


## CAMH PSSP Knowledge Exchange Hub

Username 

Password 

Log in

[Forgotten your username or password?](#)

Cookies must be enabled in your browser 

### Is this your first time here?

Please ensure you are using most recent version of Google **Chrome**, Mozilla **Firefox**, Apple **Safari**, or Microsoft **Edge**. Using an outdated web browser (such as Microsoft Internet Explorer 11) may result in a suboptimal experience.

If you require any technical assistance, please contact [keweb@camh.ca](mailto:keweb@camh.ca).


Create new account

- B. Access the training:** Go to the home page and click "Understanding Mental Health and Well-Being in Later Life: Workshop Series Portal" and select "Enroll me."



Dashboard / Courses / Workshop Series Portal / Enrol me in this course


### Enrolment options

**Understanding Mental Health and Well-Being in Later Life: Workshop Series Portal** 

This portal gives interested facilitators and organizations serving older adults access to ready-to-deliver mental health promotion and awareness programming for older adults.


▼ Self enrolment (Student)


No enrolment key required.



**C. Select “Workshop Series Portal”**

### Understanding Mental Health and Well-Being in Later Life: Workshop Series Portal




Workshop Series Portal 

**D. Complete the course registration:** Fill out the registration questions (see image below).

**E. Watch the online orientation session:** Access the orientation video by clicking “Start your training.”

**Understanding Mental Health and Well-Being in Later Life: Workshop Series Portal** ⚙️



[Dashboard](#) / [My courses](#) / [Workshop Series Portal](#)

The Provincial System Support Program (PSSP) at the Centre for Addiction and Mental Health (CAMH) has developed a mental health and addictions curriculum that is ready for organizations to deliver to their older adult population (65+).

The workshop series Understanding Mental Health and Well-Being in Later Life aims to raise awareness about mental illness and addictions issues among older adults in Ontario and promotes help-seeking behaviours. This standardized, evidence-based curriculum was funded by the Ontario Ministry for Seniors and Accessibility and the Ministry of Health with support from the Mental Health and Addictions Centre of Excellence at Ontario Health. The workshops are free, easy to use and requires minimal preparation for delivery.

The workshop materials were developed with support from advisory committee members, subject matter experts, and CAMH Staff, including educational design experts. We thank all contributors and partners who have supported this project.

Through this portal, you will learn more about each of the 12 workshops and how you can access the materials. To get started, please click on the Complete your Registration button below.

For all questions related to the workshop series, please email [kmb@camh.ca](mailto:kmb@camh.ca)

[Complete Your Registration](#)
D

[Start Your Training](#)
E

[Supporting the mental health of older adults in care](#)
F1

[Aging and mental health - A primer on health equity, diversity and anti-racism](#)
F2

[Access the Workshop Materials](#)

[Accédez aux documents de la série d'ateliers en français](#)

[Done: Submit feedback](#)

[Done: View](#)

[Done: Complete the activity](#)

[Done: Complete the activity](#)

[Done: View](#)

[Done: View](#)

Progress: 100%

Click the **"Supporting the mental health of older adults in care"** button to mark this requirement completed.

Progress: 100%

Click the **"Aging and mental health - A primer on health equity, diversity and anti-racism"** button to mark this requirement completed.

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## F. Complete the two online courses:

1. Supporting the mental health of older adults in care
2. Aging and mental health: A primer on health equity, diversity and anti-racism.

Each course consists of a short orientation that provides an overview of the topic at hand and what you can expect to learn in this course, a quiz that will test your knowledge on the subject matter pre- and post-course, and the course material. Once you completed all required activities for each course, the module will be marked "complete."

Once your training is complete, you are now ready to plan and deliver workshops in your community!

#### Step 4: Plan Your Workshops

- **Identify your audience:** Determine the specific group of older adults you will be targeting. Consider their needs, interests, and any specific mental health topics that may be particularly relevant to them.
- **Select workshop topics:** Choose from the [12 available workshop topics](#), such as depression, anxiety, dementia, and positive mental health. You can tailor the selection based on the interests and needs of your audience.
- **Determine if you will deliver the workshop in English or French:** If you are bilingual, consider if your audience is more fluent in either English or French. All workshop materials are available in both languages. Each workshop has a corresponding handout summarizing learnings from the presentation and highlighting key resources for help in Ontario. [These handouts](#) are also available in 12 languages and can be used as standalone resources with the older adults you serve.
- **Determine if you will deliver the workshop in person or virtually:**
  - If you are planning to deliver the workshop virtually, this resource, [Video Conferencing with Older Adults](#) developed by the Centre for Research and Expertise in Social Gerontology (CREGÉS) offers great tips that facilitators can apply when facilitating workshops online for older adults.
  - For in-person workshops, confirm a venue in your centre or a partner organization to host your workshop. Consider room capacity and ensure the venue is accessible and comfortable for older adults. Verify that the room has access to a computer and projector screen.

#### Step 5: Access the Workshop Material


You can access all workshop materials in English and French on the facilitator portal.

To access all relevant workshop materials in **English**, click the "Access the Workshop Materials" button on the portal main page.

To get access to all relevant support and workshop materials in **French**, click the "Accédez aux documents de la série d'ateliers en français" button on the workshop series portal main page.



# Understanding Mental Health and Well-Being in Later Life: Workshop Series Portal



[Dashboard](#) / [My courses](#) / [Workshop Series Portal](#)

The Provincial System Support Program (PSSP) at the Centre for Addiction and Mental Health (CAMH) has developed a mental health and addictions curriculum that is ready for organizations to deliver to their older adult population (65+).

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Through this portal, you will learn more about each of the 12 workshops and how you can access the materials. To get started, please click on the Complete your Registration button below.

For all questions related to the workshop series, please email [kmb@camh.ca](mailto:kmb@camh.ca)

[Complete Your Registration](#)
[Done: Submit feedback](#)

[Start Your Training](#)
[Done: View](#)

[Supporting the mental health of older adults in care](#)

Progress: 100%
[Done: Complete the activity](#)

Click the **"Supporting the mental health of older adults in care"** button to mark this requirement completed.

[Aging and mental health - A primer on health equity, diversity and anti-racism](#)


Progress: 100%
[Done: Complete the activity](#)

Click the **"Aging and mental health - A primer on health equity, diversity and anti-racism"** button to mark this requirement completed.

[Access the Workshop Materials](#)
[Done: View](#)

[Accédez aux documents de la série d'ateliers en français](#)
[Done: View](#)

[← Main page](#)

Jump to...


[Main page →](#)

**A. Access and review the facilitator support material:**

Click "Download support material". This will generate a zip folder that you can save on your computer and that includes a Facilitator's Guide and a promotional toolkit for the workshop series overall. See next screenshot.

**B. Access the workshop materials of the workshop(s) you wish to present to your audience:**

For instance, if you are interested in delivering Workshop 2: Understanding Depression in Later Life, click the corresponding title to expose the drop down section, and click "Download workshop 2 material."

## Access the Workshop Materials

### Support Materials

Download the workshop support materials below. This includes:

- *Facilitator's Guide*: The facilitator's guide provides facilitators with a background on the workshop series, an overview of the workshop materials, considerations for preparing to deliver a workshop, and best practices for facilitating to an older adult population. There is also a checklist to support workshop preparation.
- *Promotional Toolkit*: The workshop series' success relies on the support of organizations across Ontario to deliver the series to older adults in local communities. The promotional toolkit includes key messages and tools to help promote the workshop in your setting.

Download support material

A

### Workshop Materials

Click on the workshop topics below to learn more about the evidence-based curriculum and download the workshop materials.

Each workshop topic comes with the following package of materials (available in both English and French):

- PowerPoint slides
- facilitator notes
- participant handouts
- customizable posters
- evaluation forms:
  - Online Version of Participant Evaluation Survey: [link](#)
  - Online Evaluation Survey and Tracking Form for Workshop Facilitators: [link](#) (to be completed post-workshop)

Workshop 1: Understanding mental health and well-being in later life

Workshop 2: Understanding depression in later life

B

Workshop 3: Understanding bipolar disorder in later life

Workshop 4: Understanding anxiety disorders in later life

Workshop 5: Understanding psychosis in later life

Workshop 6: Understanding delirium in later life

Workshop 7: Understanding dementia in later life

Workshop 8: Understanding the use of opioids and other medications in later life

Workshop 9: Understanding cannabis and alcohol in later life

Workshop 10: Understanding gambling in later life

Workshop 11: Positive mental health in later life

Workshop 12: Understanding your care options

Return to Home Page

This will generate a zip folder that you can save on your device. The folder contains the PowerPoint slides, facilitator notes, participant handouts, and a customizable poster specific for this workshop, as well as a participant evaluation questionnaire.

## Step 6: Schedule and Promote Your Workshops

- **Set dates and times:** Decide on the dates and times for your workshops that are convenient for your target audience.
- **Promote the workshops:** Use the promotional toolkit made available in the workshop materials to promote your workshops. Be sure to include your organization's logo and details about the upcoming workshop in the customizable fields. You can then use your promotional material in the appropriate channels, such as social media, newsletters, and community centres. You can also ask local organizations that support older adults to help promote the workshops.

A series overview:

## Understanding mental health and well-being in later life



Join a workshop for older adults (65+) where we'll discuss:

- What are mental health, mental illness and addiction?
- What can affect the mental health of older adults?
- How can you stay well?

[Insert location]  
[Insert date]  
[Insert time]  
Please contact [workshop contact] at  
[email or phone number]  
to register for the workshop.

**camh**  
mental health is health

### Step 7: Prepare your Presentation

- **Review materials:** Go through the workshop materials you downloaded. Be sure to print the Facilitator's guide and notes for yourself, as well as the handout if you will be giving it out to participants. Familiarize yourself with the presentation content beforehand. Based on the facilitator's notes, determine the level of engagement you will provide during your presentation.
- **Review the participant survey:** Go through the participant survey made available in the workshop material. You can edit the evaluation questions based on your evaluation needs. Once the survey is to your liking, print enough copies to distribute to your participants after the workshop, or set up the survey on your preferred survey software to collect feedback online. If you will collect participant feedback online, be sure to print out the survey QR code so that participants can access the survey on their own device, or bring a few devices that participants can use to fill out the questionnaire at the venue.
- **Set up the venue:** Arrange the physical or virtual space where the workshop will be held. For both in-person and virtual, test the computer, sound, and multimedia before the presentation.

### Step 8: Deliver the Workshops

- **Engage participants:** It's go time! Go through the workshop presentation and be sure to utilize some of the interactive methods suggested throughout the deck to engage participants, such as group discussions, activities, and Q&A sessions. Encourage participation. If participants ask mental health related questions, answer to the best of your ability or refer them to relevant resources listed in the corresponding handout.

### Step 9: Collect Participant Feedback

- **Gather feedback:** After each workshop, distribute the printed participant survey for each participants to fill out to understand what worked well and what could be improved. Use this feedback to refine your future workshops.

### Step 10: Stay Connected

- **Join the online [forum](#):** Stay in touch with other facilitators by joining the growing network of regional community partners offering the workshop series. Use this online space to connect with others, ask questions, and share relevant mental health resources developed for older adults.

## Summary of resources and supports available to workshop facilitators

This list outlines the resources mentioned in the steps above, designed to support facilitators:

### Facilitator Portal

A [facilitator portal](#) has been created in Moodle, a learning platform, to guide you through the process of becoming a facilitator. It provides **free access to all courses and materials**.

### Facilitator's Orientation Video

The orientation video, available in English and French, introduces you to the Understanding Mental Health and Well-being in Later Life project and the steps to becoming a community facilitator.

### Online Courses

There are two online courses that service providers and stakeholders across Ontario can access to prepare them to deliver these workshops to older adults in their network. The courses are:

- Aging and Mental Health: A Primer on Health Equity, Diversity, and Anti-Racism
- Supporting the Mental Health of Older Adults in Care

The orientation and courses can be accessed through the [facilitator portal](#).

### Facilitator's Guide

The facilitator's guide provides facilitators with a background on the workshop series, an overview of the workshop materials, considerations for preparing to deliver a workshop, and best practices for facilitating to an older adult population. There is also a checklist to support workshop preparation.

### Promotional Toolkit

The promotional toolkit includes key messages and customizable tools to help promote the workshop in your setting.

### Community Workshop Materials

Each workshop comes with the following package of materials (in English and French):

- PowerPoint slides
- facilitator notes
- participant handouts
- customizable posters
- evaluation forms

### Video Versions of the Five Most Popular Community Workshops

These [prerecorded workshops](#) can be shared with those who are unable to attend in-person and/or used during a virtual workshop.



## Handouts

Alongside the 12 workshops, corresponding [handouts for older adults](#) are available in 12 languages ([English](#), [French](#), [Spanish](#), [Italian](#), [Portuguese](#), [Traditional Chinese](#), [Simplified Chinese](#), [Punjabi](#), [Arabic](#), [Vietnamese](#), [Tamil](#) and [Urdu](#)).

## Voices of Aging Vides Series: Navigating Mental Health, Care, and Connection

This [series of informational videos](#) offers valuable insights to help you understand mental health and well-being in later life.

## Understanding Mental Health and Well-Being in Later Life forum on EENet Connect

The [forum](#) is a dedicated space for community workshop facilitators and service providers working with older adults to connect with peers and share best practices and resources. It is open to caregivers, health service providers, and community staff supporting older adults, as well as older adults interested in the project.

## Frequently Asked Questions

See our [FAQ document for facilitators](#).

**Please note:** *Funding for the project ends on March 31, 2025 and the content and resources will not be updated moving forward. However, the resources will still be available for use and workshops will continue to be offered by community partners.*

If you have any questions about the workshop series, please contact [kmb@camh.ca](mailto:kmb@camh.ca).