



## ***Fountain of Health Initiative for Optimal Aging***

### ***Fall 2016 National Report: A Year in Review***

**This Inaugural national report on the Fountain of Health provides an overview of the initiative and its activities in the past year for dissemination to our stakeholders, partners and community.**

#### **Background:**

##### **What is the Fountain of Health?**

Founded in 2010, *The Fountain of Health Initiative for Optimal Aging* was developed at Dalhousie University Department of Psychiatry in the Nova Scotia Health Authority, and expanded to a national initiative in 2016. The *Fountain of Health Initiative for Optimal Aging* is one of the first seniors' mental health promotion initiatives of its kind: The Fountain of Health (FoH) Initiative translates the science of healthy aging to support health behaviour change with evidence for improving wellbeing, resilience, brain health and longevity. The project also specifically provides clinicians with current research on healthy aging and with evidence-based tools to activate those behaviors in primary care and other clinical settings. The FoH is informed by cognitive behavioural theory and aligned with "Positive Psychiatry," a new branch of psychiatry dedicated to science of wellbeing and resilience.

##### **Why Is FoH Relevant?**

With global population aging, there is an international call for health promotion to foster resilience, to prevent illness and to improve health outcomes in aging (Alzheimer Society, Mental Health Commission of Canada, World Health Organization). Agism and stigma of mental illness are social barriers that need to be redressed in order to optimize population health across the lifespan. For our health care system to better meet the needs of older adults, the dominant paradigm of "pathological aging" needs to shift to include the science of healthy aging as well as psychosocial and brain health within an appreciation of the social determinants of healthy aging. Efficient, evidence-based clinical tools to activate healthy aging attitudes and behaviors in office and practice settings are much-needed.

##### **What is FoH's Mission?**

*The FoH is a national non-profit organization that promotes health and wellness with age for all Canadians. The Fountain of Health has 3 main aims: 1) to shift negative attitudes about aging and mental illness and 2) to improve health behaviours and outcomes, by translating the science of resilience to clinicians and the public, and 3) to help catalyze a collective and meaningful investment in Canada's aging population, particularly within the healthcare system, but also in the context of Age Friendly Communities and other supportive social networks that will better meet*

the mental health needs of older adults.

The Fountain of Health supports all Canadians to become more aware current science of healthy and active aging and promotes translation to action by:

- ❖ Raising public awareness about the science of healthy aging, and practical steps to promote resilience, emotional wellbeing and health over the lifespan. See **Tools and Links**
- ❖ Offering clinical tools for health professionals to use with patients to promote changes in outlook and health behaviours. See **Clinicians' Corner**.
- ❖ Providing a Speakers' Bureau of national experts on topics of resilience, emotional well being and healthy aging. See **Speakers' Bureau**.
- ❖ Contributing to national/ international research fostering collaborative research in positive psychiatry of aging, optimal, active aging and brain health. See **Our People**.
- ❖ Engaging **national partner organizations** to prioritize healthy aging/ seniors health promotion
- ❖ Providing international leadership in Positive Psychiatry through the **World Psychiatric Association**.

### **Fountain of Health Content: From Science to Practice**

The FoH Initiative condenses current science of resilience and healthy aging into 5 key domains: 1) Positive Thinking 2) Social Activity 3) Physical Activity 4) Mental Health 5) Lifelong Learning. The FoH website, launched nationally in 2016, offers goal setting tools in the above 5 domains for the general public and for clinicians alike. FoH helps to shift attitude and health behaviours in 3 basic steps:

- 1) Use a self-assessment questionnaire, self-rate a baseline in the above five key areas
- 2) Learn about the new science of healthy aging, and rationale for behaviour changes
- 3) Set an achievable goal in one of these areas; share / track it to see if goal is attained

For the clinician, another step is to assess readiness for making change to help patients overcome psychological barriers. Visit the main page at [www.fountainofhealth.ca](http://www.fountainofhealth.ca) to "Take the Quiz", and the Optimal Aging section to set a health goal. A 3-minute summary of the project can be found on the main page under "Watch the Video." For a full list of Fountain of Health Tools, visit the Resources menu under "Tools and Links" for the public, and "Clinicians' Corner" for healthcare providers.

### **Who is the Fountain of Health for?**

The Fountain of Health is for practically everyone, but specifically targets the following:

**General Public (primary prevention)**: Since outlook and lifestyle patterns in mid-life (50 plus) can determine how well people age, it is crucial that more members of the general public know this information and apply it, in mid-life if not earlier.

**At-risk/ Ill Population (secondary prevention)** - For those at increased health risk or stress, such as caregivers or those with preexisting mental or physical health problems, the Fountain of Health information offers tools to promote resilience in the face of stress or ill health, to potentially offset significant human and healthcare costs.

**Healthcare Providers-** Healthcare providers are offered practical evidence-based health promotion information and tools to help patients set and meet health goals, and deal with psychological barriers to change in a busy practice setting. Visit **Clinicians' Corner** for additional tools to help clinicians address stigma of mental illness, assess late life mental illness, and offer non-pharmacological treatments (eg. *“Enhanced Group Cognitive Behavioural Therapy for Late Life Anxiety and Depression”* manual).

## Key Accomplishments of the Fountain of Health in 2015-16:

### I. National Fountain of Health Team Established

In past year, Fountain of Health (FoH) connected with leading national organizations and stakeholders in seniors' mental and cognitive health, and established a national leadership team. For more information see **Our People**. The mandate of the national team is to help to propagate FoH across Canada. Some of the organizations (and collaborative projects) include:

- **Alzheimer Society of Canada** – Representative from Alzheimer Society Ontario and national branch joined FoH National Team
- **Canadian Academy of Geriatric Psychiatry (CAGP)**- Partnership established with exchange of logos on mutual websites; 3 CAGP representatives joined FoH National Team
- **Canadian Coalition for Seniors Mental Health (CCSMH)**- Submitted CIHR Knowledge Synthesis grant on “beliefs on aging” with CCSMH as key partner; 2 representative from the CCSMH joined FoH National Team; Partnership established with exchange of logos on mutual websites.
- **Canadian Medical Association (CMA)**- FoH Blog posted on *Demand a Plan Campaign: “Experts in the Field”* series; See: [http://www.demandaplan.ca/experts\\_in\\_the\\_field\\_cassidy](http://www.demandaplan.ca/experts_in_the_field_cassidy); CMA representative joined FoH National Team and Speakers' Bureau
- **Canadian Mental Health Association (CMHA)**- Representative from CMHA Ontario and national branches joined FoH National Team; Shared logo as a partner
- **College of Family Physicians of Canada (CFPC)** )- Representative from CFPC and CGS joined FoH National Team, and Speakers' Bureau
- **Canadian Geriatrics Society (CGS)**- Representative from CFPC and CGS joined FoH National Team, and Speakers' Bureau
- **International Longevity Centre of Canada(ILCC)**- Representative from ILCC joined FoH National Team
- **University of California at San Diego Stein Research Institute on Aging**- Dr. Dilip Jeste, Director of the research centre, collaborated with FoH on CIHR Grant; mutually exchanged invites to Think Tanks on Healthy Aging
- **University of Toronto, Baycrest**- Two physician educators from Baycrest joined FoH National Team
- **World Psychiatric Association** – New WPA section of Positive Psychiatry was established, Dr. Keri-Leigh Cassidy was invited Editor; inaugural newsletter posted on FoH website. See [http://fountainofhealth.ca/sites/default/files/wpa\\_newsletter\\_summer\\_2016.pdf](http://fountainofhealth.ca/sites/default/files/wpa_newsletter_summer_2016.pdf)

### II. World Aging and Brain Health Institute Founded



The Fountain of Health Initiative established an international research arm called the World Aging and Brain Health Institute (WABHI) to foster research in health and wellness with aging, with a focus on health behaviour change. Through WABHI, the first International Think Tank on Optimal Aging was held in 2016, with Dr. Dilip V. Jeste as the keynote speaker. See **Our People** for details.

### III. First International Think Tank on Optimal Aging Held

The first national Think Tank on Optimal Aging was hosted in Halifax at Dalhousie University June 8<sup>th</sup> by Fountain of Health in collaboration with the World Aging and Brain Health institute, the Canadian Coalition for Seniors Mental Health, the UCSD Stein Centre for Research in Aging, the Canadian Consortium for Neurodegeneration in Aging, Baycrest and the Association for Positive Psychiatry of Canada. Members of WABHI and other key stakeholders were brought together for a Pecha Kucha style presentation to exchange knowledge with Dr. Dilip V. Jeste as the keynote speaker.

Dalhousie University R.O Jones lecture by Dr. Dilip Jeste took place on June 8<sup>th</sup> 2016. This event is held in the Dalhousie Department of Psychiatry for a medical professional audience. Dr. Jeste also presented at the Atlantic Provinces Psychiatric Association meeting held in St. John New Brunswick on June 9-10<sup>th</sup> 2016.

### III. National FoH Speakers' Bureau Established

The FoH National Speakers' Bureau was established this year and is composed of academic leaders, researchers and clinicians from across the country. The speakers' bureau aims to reach interested audiences from coast to coast, whether government, health professionals or the public/community. See <http://fountainofhealth.ca/speakers-bureau>.

**IV. Fountain of Health Core Provincial Team Strengthened-** The Fountain of Health is a national non-profit organization, but was developed and piloted in Nova Scotia. Volunteer and in-kind support has come from numerous provincial and national agencies and organizations that support the initiative. Please see <http://fountainofhealth.ca/our-people>.

The FoH provincial core team was strengthened this year, now with representatives from the following organizations that are helping with knowledge transfer in healthcare and the public:

- Dalhousie Department of Psychiatry, Geriatric Psychiatry Program (Keri-Leigh Cassidy (Chair) and (Beverley Cassidy)
- Dalhousie Department of Geriatric Medicine (Ken Rockwood, Chris MacKnight)
- Dalhousie Health and Human Performance Program (Brad Meisner)
- Dalhousie Family Medicine (Ana Ortiz, Roger Hamilton, Maria Patriquin, Graeme Bethune)
- Member at Large, Senior and Caregiver (Bill Tait)
- Nova Scotia Health Authority Seniors Healthy Living Program (John Dicks, Lisa Woodworth)
- Nova Scotia Health Authority, Mental Health Promotion (Samantha Hodder)
- Nova Scotia Health Authority, Mental Health Communications (Maureen Wheller)
- Caregivers Nova Scotia (Angus Campbell)
- Community Links, Group of IX (Anne Corbin)
- Mental Health Foundation of Nova Scotia (Starr Dobson)- Note: FoH highlighted in radio interview, in CTV news "*Mental Health Minute*" as well as a *Chronicle Herald* newspaper article.
- Mount Saint Vincent University's Nova Scotia Centre on Aging (Pamela Fancey)- FoH featured at annual conference hosted by the Centre on Aging in June 2016
- Exercise is Medicine Canada (Jonathan Fowles)
- Alzheimer Society of Nova Scotia (Wenda MacDonald)
- Doctors Nova Scotia (Katie Mallam)\*- Note: FoH article published in April edition of the provincial *DoctorsNS Newsletter*
- Canadian Mental Health Association, Nova Scotia Chapter (Pamela McGee)

## **FoH Funding and Two Provincial Pilot Projects**

Financial funding for FoH to date has been through grants in the province of Nova Scotia, including: the Department of Health and Wellness, the Mental Health Foundation of Nova Scotia, the Department of Seniors and the Nova Scotia Health Authority.

**In 2015-2016, the Fountain of Health applied for and received funding for two pilot projects:**

### ***Peer Leadership Project***

The FoH Peer Leadership Project, funded by a \$25,000.00 grant from New Horizons for Seniors Program, engaged Nova Scotians aged 50+ in the community to learn about FoH and set and meet health goals through peer mentorship. Peer leaders shared FoH information and dialogue in their community group over a 6 week period. Six modules covered topics of the FoH initiative, with a detailed facilitator guide for each session and PowerPoint slides with speakers notes. Senior peer leaders in the pilot also received a half-day orientation. The series of sessions were promoted and organized through community agencies, clubs, and libraries and offered free of charge.

The result of the pilot showed a high rate of learning and attitude shift from those who participated, and some goal setting. The package of tools are now available online and are accessible to anyone across Canada who wishes to run a FoH Series in their own community.

### ***Primary Care Clinician Engagement Project***

The Primary Care Clinician Engagement Project was a pilot project funded through a \$10,000.00 Nova Scotia Department of Seniors Positive Aging Grant. FoH educational tools and resources were provided to primary care clinicians to use with patients 50 plus to guide them towards self-managed healthy aging. A clinician's guide provided an introduction to the FoH initiative, a step-by-step process to use in guiding patients toward self-management, information about SMART goal setting, and tracking tools.

The result showed a moderate rate of learning and attitude shift toward aging in patients, and a high rate of goal setting. A simplified Clinicians' Guide is now available online and accessible to clinicians across Canada who wishes to try out the tools in their own practices. See [http://fountainofhealth.ca/sites/default/files/primary\\_care\\_clinician\\_guide.pdf](http://fountainofhealth.ca/sites/default/files/primary_care_clinician_guide.pdf)

## **Fountain of Health Presentations**

### ***Provincial/ Regional***

The FoH was founded and developed in Nova Scotia. Numerous local FoH presentations were given in 2016 across Nova Scotia by many people involved including: Dr. Beverley Cassidy, Dr. Meagan MacNeil, Dr. Janya Freer, Mr. John Dicks, and Ms. Danielle Lawrence. Dr. Keri-Leigh Cassidy was an invited speaker on FoH Initiative at the Nova Scotia 50 Plus Expo held in June 2015. She also presented on the Fountain of Health at the Atlantic Provinces Psychiatric Association Conference in St. John New Brunswick in June 2016. A six-week public educational session was developed and run by health professionals at the Halifax Central Library in the fall 2015, and 2016, as well as the Keshen Library. For anyone interested in offering this series, please contact us at [info@fountainofhealth.ca](mailto:info@fountainofhealth.ca). Anyone wishing to arrange a talk by an expert, for a public, professional or other audience, please contact our Speakers' Bureau or email: [info@fountainofhealth.ca](mailto:info@fountainofhealth.ca).

## **National**

The Canadian Academy of Geriatric Psychiatry's 25<sup>th</sup> Annual Scientific Meeting took place September 2016 in Quebec City. Dr. Dilip V. Jeste was the keynote speaker on "Positive Psychiatry of Aging" and Dr. Keri-Leigh Cassidy was a plenary speaker on "The Fountain of Health Initiative" An interactive workshop on the "Optimal Aging" was held by Dr. Keri Leigh Cassidy, Dr. Dilip Jeste, Dr. Cindy Forbes, Dr. David Conn and Dr. Mark Rapoport.

The Canadian Academy of Geriatric Psychiatry 24<sup>th</sup> Annual Scientific Meeting (ASM) took place in Vancouver, British Columbia on September 30<sup>th</sup> 2015. Dr. David Conn of the Canadian Coalition for Seniors Mental Health presented a workshop on the Fountain of Health Initiative for Optimal Aging. This provided a valuable opportunity to give the local initiative a national profile. The CCSMH National Forum "Be Bold for the Old" was held May 6<sup>th</sup> in Toronto, bringing together key national organizations serving seniors Dr. Keri-Leigh Cassidy presented on the Fountain of Health Initiative to key national seniors stakeholder organizations.

## **International**

In October 2015, Fountain of Health was presented at the International Psychogeriatric Association conference in Berlin Germany. Dr. Beverley Cassidy presented a poster and interactive video on the FoH initiative and reviewed the FoH Handbooks with those attending the conference. This conference provided an opportunity to discuss healthy aging projects with other teams from a variety of countries from all over the world including: Ireland, the UK, Sweden, and provinces of Western Canada. In October 2016 Dr. Beverley Cassidy was an invited speaker giving a keynote address on the Fountain of Health Initiative and health promotion tools at the International Mental Health Nursing in London, England.

The World Psychiatric Association Positive Psychiatry Section held an informal meeting at the CAGP ASM in Quebec on October 1<sup>st</sup>, 2016. Canadian Geriatric Psychiatrists interested in this new section joined Dr. Dilip Jeste and Dr. Keri-Leigh Cassidy in a discussion about the interface and potential alignment among the WPA, IPA (International Psychogeriatrics Association), the CAGP, the CPA (Canadian Psychiatric Association) and the APA (American Psychiatric Association) in terms of moving forward Positive Psychiatry in our field. The inaugural WPA Positive Psychiatry Newsletter was posted on the Fountain of Health website (see <http://fountainofhealth.ca/press>).

## **Awards/ Publications**

Dr. Keri-Leigh Cassidy is the lead author of a book chapter on late-life psychotherapy for the Canadian Academy of Geriatric Psychiatry's (CAGP) national study guide, also currently in press. She is the 2016 recipient of the CAGP Outstanding Achievement in Geriatric Psychiatry Award.

Dr. Vanessa Thoo received a 2015 Canadian Academy of Geriatric Psychiatry Resident Research Award. Her research project was on the development of a seniors' mental health promotional tool for clinicians. She presented on this topic at the Canadian Academy of Geriatric Psychiatry Conference, Alzheimer Society Conference, and Atlantic Provinces Psychiatric Association Conference. Dr. Thoo's paper, "The Fountain of Health: Bringing Seniors' Mental Health Promotion into Clinical Practice" and was published in 2016 in the *Canadian Geriatrics Journal* (CGJ vol. 18 no. 4 pp.217-224).

National Partnerships with the Fountain of Health Initiative in 2016:

