



“Supporting health promoters to foster healthy people and communities.”

Best Practice Guidelines for Mental Health Promotion Programs: Older Adults Now available in PDF!

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As the aging population in Canada grows, addressing the mental health of older people is a demographic imperative. *Best Practice Guidelines for Mental Health Promotion Programs: Older Adults 55+* is the second in a series of online guides for promoting positive mental health across the lifespan. This resource has been developed to support health and social service providers in incorporating best practice approaches to mental health promotion interventions for people aged 55 years and older.

The resource includes:

- **Guidelines:** 11 best practice guidelines for mental health promotion with older people.
- **Background:** Describes how older adults are defined in this resource.
- **Exemplary programs:** Describes several programs that incorporate good practice and exemplify the guidelines.
- **Outcome and process indicators:** Provides examples of indicators for measuring program success.
- **Theory:** Provides definitions and underlying concepts, with a focus on promoting resilience.
- **Resources:** Provides a **worksheet and sample** to help plan and implement mental health promotion initiatives, plus a list of **web resources**, and **glossary**.
- **References and Acknowledgements**

The resource is available for download in PDF at:

https://knowledgex.camh.net/policy_health/mhpromotion/mhp_older_adults/Documents/mhp_55plus.pdf

The *Best Practice Guidelines for Mental Health Promotion Programs* is a joint project between the Centre for Addiction and Mental Health; the Dalla Lana School of Public Health, University of Toronto; and Toronto Public Health.

In partnership with HC Link, the CAMH Resource Centre is offering 50 copies* of this resource free of charge (see details below**).

*Please note, the Best Practice Guidelines for Mental Health Promotion Programs: Older Adults 55+ offered is an earlier version (Nov 2010). Minor changes have been made to the resource including the addition of ISBN numbers and minor changes to the worksheets. If you would like a copy of the most up to date version (Sept 2011), it is available as a PDF on our website. The revised worksheets will be included in resource mail-out packages.

To receive a **free copy of this resource (shipping included), please send an email to resources@ohcc-ccso.ca with the subject line: “**Best Practice Guidelines Older Adults: English**”. Please note that this free resource is only available to those working in Ontario. Due to limited quantities, it is available on a first-come-first-serve basis with a limit of one per organization. Please include the following information in the body of your email: 1. Your name; 2. Organization; 3. Work address.

For further information about this resource, please contact:

Tamar Meyer
Health Promotion Consultant
Centre for Addiction and Mental Health
tamar_meyer@camh.net