



Improving the Mental Health of Older Adults through Evidence-based Practices

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SAMHSA's Major Older Adult Programs

- Targeted Capacity Expansion Grant Program: Meeting the Mental Health Needs of Older Adults
- Older Americans Substance Abuse and Mental Health Technical Assistance Center
- Older Adult Practice Implementation Resource Toolkit (under development)





Targeted Capacity Expansion Grant Program: Meeting the Mental Health Needs of Older Adults

- Helps communities provide direct services and to build the necessary infrastructure to support expanded services.
- Target population is defined as persons 60 years and older who are at risk for or are experiencing mental health problems.
- Grants are funded in 3 year cycles at approximately \$400,000 per year.





Meeting the Mental Health Needs of Older Adults

- At least 25% of grant funds used for direct services and 25% for infrastructure development.
- Diverse group of 11 grantees are completing second year of funding; range from community programs to health services organizations, universities, and county government.
- Each implementing an established or emerging EBP, e.g. cognitive behavioral therapy, Gatekeeper model, peer support, family psycho-education, etc.
- Each site completes an evaluation and reports SAMHSA National Outcome Measures data.



Boat People SOS, Falls Church, VA

- Serves Vietnamese older adults, many of whom are refugees and survivors of torture
- Counseling and health, mental health education activities such as workshops, exercise classes, lectures, and field trips
- Family education and support program
- STEP (Survivors of Torture Empowerment Program) trains and certifies peer companions
 - 9 month, 3 level training program developed with George Mason University
 - Outreach, home visits, “navigating the system”
 - Ongoing consultation and support for volunteers provided through clinical supervisors
 - First class of 15 graduating in September



Tiempo de Oro, Valle del Sol, Phoenix, AZ

- Serves Latino elder through a network of community centers and health clinics in the urban area
- Offers screening and assessment, cognitive behavioral therapy, health literacy workshops, and peer led support groups
 - Volunteers are trained and provided with clinical support
 - Help conduct group sessions and make friendly visits
 - Senior volunteers were recognized by AZ Governor and presented with certificate of appreciation
- Developing a manual for cultural adaptation of CBT
- Successful outcomes have led to support from local government that will promote sustainability



Some Tiempo De Oro Outcomes

- Significant increase in in health knowledge and understanding of risks after workshops
- Use of Geriatric Depression Scale indicate significant decrease in depressive and cognitive symptoms from pre to post CBT treatment





Sembrando Salud, Chiricahua Community Health Clinic, Elfrida, AZ

- Program promotes physical activity, social interaction, cognitive stimulation and prevention education through such on site activities as health literacy workshops, exercise classes, diet and nutrition seminars, art therapy, and counseling
- Engage elders through an organic community garden that promotes a holistic approach to health and mental health
 - Planning to expand to introduce small plots at people's home when mobility is a barrier
- Co-located with community health clinic
- Marketing produce and garden-based crafts at local farmer's markets



Some of Sembrando Salud's Outcomes

- IMDS Depression Subscale administered at baseline and 3 month intervals
 - Consistent, dramatic decrease in depressive symptoms are demonstrated
- Mean Arterial Blood Pressure at baseline and 3 month intervals
 - indicate statistically significant decline among participants



SPRY (Seniors Preparing for their Rainbow Years) Montrose Counseling Center, Houston, TX

- Targets older adults who are gay, lesbian, bisexual, or transgender
- Meeting the substantial challenge of engagement and stigma through innovative outreach and social marketing strategies
 - Fliers, billboards, business cards
 - Partnerships with local organizations that are known and trusted by target population
 - Discrete outreach at community events and venues
- Health literacy and mental health education workshops, assessment, case management, and referral to therapy and/or psychiatric services through local partners
- Employ peers as outreach workers and counselors



Some SPRY Outcomes...

- Measures used are Geriatric Depression Scale (GDS), Symptom Distress Scale (SDS) and Coping Skills Inventory (CSI) at baseline and 3 month follow up for participants in counseling
- Results show a trend toward decreased depression, decreased symptomology, and increased coping skills





Other TCE grantees

- Cambridge Public Health Commission, Boston, MA
 - Adaptation of Assertive Community Treatment
- Centerstone Community Mental Health Centers, Nashville, TN
 - Integrated, co-located primary care and mental health
- Cuyahoga County Community Mental Health Board, Cleveland, OH
 - Older adults system of care
- Jefferson Center for Mental Health, “Senior Reach”, Arvada, CO
 - Gatekeeper model
- Longview Wellness Center, TX
 - Integrated health/mental health; Gatekeeper model
- Nachas Health & Family Network, Brooklyn, NY
 - Culturally competent support services for survivors of the Holocaust
- University of Hawaii, Honolulu
 - Cultural adaptation of Family Psycho-education



Some common strategies

- Address problem of stigma through targeted and innovative practices
- Plan and host public events that honor the contributions of elders in the community
- Employ a holistic approach that addresses health and mental health in an integrated manner
- Develop population-specific, culturally competent strategies for engaging elders
- Integrate peer support through employment and through volunteer programs
- Older adult consumers serve prominent roles on Advisory Councils that monitor and provide direction for the program





Some common challenges

- Overcoming isolation and stigma to get seniors to come to the program, then to continue coming
- Silos of health and mental health systems and cultural differences between mental health and medical professionals can challenge the partnerships that are needed
- Finding clinical staff that are qualified in mental health and geriatrics; in programs that serve elders with ESL, finding staff that are bilingual
- “Out of the box” strategies are promising, but are hard to match with established conventional funding streams
- Transportation is often limited and can be expensive



Partnership with National Implementation Research Network

- Contract to provide technical assistance on EBP implementation
- Provide web and conference trainings to all grantees
- Focus on 4 key sites to solidify their success and disseminate the results widely to the field





Other SAMHSA Updates

- National Registry for Evidence Based Programs and Practices (NREPP) recently added 10 programs that have an older adult focus (www.nrepp.samhsa.gov/)
- Toolkit for implementing evidence based mental health services for older adults is under development (Contact: Pam.Fischer@samhsa.hhs.gov)
- Older Americans Substance Abuse and Mental Health Technical Assistance Center (www.samhsa.gov/OlderAdultsTAC/)
- Continue to publish results from PRISM-E study
- Agency wide Older Adults Matrix Workgroup



SAMHSA Older Adults matrix Workgroup Action Plan

Promote adoption of evidence-based mental health and substance abuse programs for older adults

Annual measure: Increase the number of candidate programs addressing older adult mental health and substance abuse that apply for review by the National Registry of Evidence-based Programs and Practices (NREPP).

Promote the integration of older adult issues into SAMHSA's other Matrix priority areas

Annual measure: Increase the number of participants who attend training and technical assistance activities sponsored by SAMHSA's Older Americans Substance Abuse and Mental Health Technical Assistance Center, which address the mental health and substance abuse needs of older adults.



SAMHSA Older Adults programs

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