

Mental Health and Well-being in Aging

What you can do to help

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Gerontology



VIRGINIA DEPARTMENT OF
SOCIAL SERVICES

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Part 1:
Understand that good mental health is a critical component of older adults' overall well-being.

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Part 2:
Be familiar with mental illnesses that may occur in elder-hood; have tips for investigating an individual's mental wellness.

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Part 3:
Have a toolkit for promoting good mental health for older adults in care communities.

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Part 4:
Be able to link individuals and families to necessary and appropriate community mental health resources.

SERIES OBJECTIVES

Part 4 – Objectives

Be able to link individuals and families to necessary and appropriate community mental health resources.

Views of aging

“Out with the old, in with the new” culture

Various stigmas remain and some new created

Ageism – negative attitudes, stereotypes and behaviors towards the aging solely because of their actual or perceived age

Negative perception and impact on mental health of aging

VCU's view:

DISRUPT AGEISM

<https://gerontology.chp.vcu.edu/about-us/disrupt-ageism/>

Views of mental illness

- Light switch mentality. “Turn it off.”
- No processing required. “Just get over it.”
- Therapists just talk and are not helpful.
- Psychiatrists are “pill pushers”.
- Mind and body separate.
- Keep it a secret.



Access to Resources

YOU may be the missing piece of the mental health access puzzle for residents and their families!

What you know can help link others to getting help.

What you say can encourage someone to get help.


What you do can save someone's life!



Resources

Mental health resources can seem few and far between especially when there are barriers to access!

Elder suicides do occur in assisted living settings.



NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

This provides 24/7 free and confidential support for people in distress and for those offering help to others.

Treatment, Education and Training Resources

Support Groups

Telemental
Health Services

PHP/IOP

Community
Services Board
(CSB)

Interns/Residents

Counseling
Practices

Other agencies

Support Groups

Can be offered on-site at your community (FREE!!)

- Local therapist, college/university interns, Residents in counseling, other mental health agencies

Brings together people who share similar experiences

Enhances social connectedness

Combat loneliness

Builds network of support

Proactive approach

Can reduce symptoms or prevent worsening

Can be offered for residents and staff alike

Telemental Health Services

- Needs and numbers have increased
- Alleviates access problems
- Can be more cost effective for consumers and providers
- Quicker access to providers
- Removes insurance barriers
- Variety of communication methods and services offered
 - live video, synchronous messaging (live chat), asynchronous messaging (chat room), phone, group therapy, support groups
 - HIPAA compliant.

Log onto <http://www.telehealthresourcecenter.org> for telehealth providers and to contact your regional telehealth resource center (TRC)

Community Services Board (CSB)

- Point of entry into the publicly-funded system of services for mental health, intellectual disability, and substance abuse. CSBs provide pre-admission screening services 24-hours per day, 7 days per week.
- 40 throughout VA-service area specific to individual's place of residence
- 24/7 mental health crisis numbers
- Involved in the TDO process

*For more information on TDO process, follow this link to the two-part series:
<https://www.worldeventsforum.com/gmhp/education/>*

Partial Hospitalization Program (PHP)

- Level of outpatient care that provides clients with access to a safe, structured treatment environment.
- Most local hospitals offer a PHP service
- Insurance may cover cost
- Daily Groupwork (typically Mon-Fri 9am – 3pm for 2 weeks)

Intensive Outpatient (IOP)

- Held in a local hospital or agencies
- Substance abuse treatment
- 3 times per week for 12 weeks
- Insurance usually provides funding
- Group work
- Can transition to PHP upon completion

The Geriatric Mental Health Partnership (GMHP)

The Geriatric Mental Health Partnership (GMHP) was established as a voluntary, public-private partnership workgroup in 2007. The GMHP was formed when a group of representatives from the Virginia Department of Behavioral Health and Developmental Services (DBHDS), long-term care providers and administrators, and Virginia provider associations came together to discuss barriers to quality mental health services for older adults.

National Coalition on Mental Health and Aging (NCMHA)

- GMHP is the local coalition for Virginia
- Resources (Anxiety, Cognitive Aging, Dementia, Elder Abuse, Family Caregiving, General Mental Health, Serious Mental Illness, Substance Abuse, Medicare, Suicide Prevention, information and toolkits for communities)

National Alliance on Mental Illness (NAMI)

Nami Help Line

Text NAMI to 741-741

Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.

For more non-urgent information <https://www.nami.org/About-NAMI>



Mental Health America

Warm Line

**Monday to Friday
9 AM to 9 PM**

**Saturday & Sunday
5 PM to 9 PM**

1-866-400-MHAV (6428)



Substance Abuse and Mental Health Services Association (SAMHSA)

Can help individuals and families find treatment in their communities. Log onto the SAMSHA website to find help and treatment options near you

<https://www.samhsa.gov/treatment/index.aspx>

Support Groups for Substance Abuse

- **Alcoholics Anonymous (AA)** offers a free 12-step program whose purpose is to help people recover from alcoholism. <https://www.aa.org>
- **Celebrate Recovery (CR)**
Celebrate Recovery is a Christ-centered, 12 step recovery program for anyone struggling with hurt, pain or addiction of any kind.
<https://www.celebraterecovery.com/>
- **Narcotics Anonymous (NA)** describes itself as a "nonprofit fellowship or society of men and women for whom drugs had become a major problem". Narcotics Anonymous uses a traditional 12-step model that has been expanded and developed for people with varied substance abuse issues and is the second-largest 12-step organization.
<https://www.na.org/meetingsearch/>

Veteran's Crisis Line

1-800-273-TALK (8255)

TTY: 1-800-799-4889

Text838255

Website: www.veteranscrisisline.net

Connects veterans in crisis (and their families and friends) with qualified, caring Department of Veterans Affairs responders through a confidential, toll-free hotline, online chat, or text.

Ask yourself...

What is our vision for mental health wellness in the community?

What are we doing well?

What can we do better?

Who can help?

Is there a person or committee responsible for collaborating with those on resource list?

How can we use these resources to their full potential to meet the needs of our residents and staff?

THANK YOU FOR ALL THAT YOU DO!

Questions/Comments/Concerns?

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