

Recent Innovations in Geriatric Mental Health and Substance Abuse Services

Co-Occurring Disorders Conference
September 29, 2008
Yakima, WA

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Learning Objectives

- Learn what is happening on a national, state and local level to improve services to older adults with mental disorders and/or substance abuse problems
 - Resources
 - Evidence Based Practices
 - Model Programs

[http://www.samhsa.gov/
OlderAdultsTAC/index.aspx](http://www.samhsa.gov/OlderAdultsTAC/index.aspx)
Older Adults Technical
Assistance Center



<http://www.ncoa.org/>
National Council on Aging



Get Connected!

Linking Older Adults With
Medication, Alcohol, and
Mental Health Resources

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DEPARTMENT OF HEALTH AND HUMAN SERVICES
NATIONAL COUNCIL ON AGING

The poster features a graphic of a quilted square on the left and a box labeled "Get Connected!" on the right. The box contains several smaller quilted squares. At the bottom right, there is a logo for the Department of Health and Human Services and the National Council on Aging.

Get Connected Toolkit

A partnership

The National Council on the Aging

and

Substance Abuse and Mental Health Services
Administration (SAMHSA)
Administration on Aging (AoA)

U.S. Department of Health and Human Services



Get Connected Toolkit

Helps Aging Services Providers

- Build health promotion programs
- Offer prevention messages and education
- Provide screening and referral for mental health problems and misuse of alcohol and medications



Get Connected Toolkit

Toolkit Binder

- Program Coordinator's Guide
- Program Support Materials
 - Education Curricula
 - Fact Sheets and Handouts
 - Forms and Resources



SUPPORT MATERIALS

- Screening Instruments
 - Page 84; Michigan Alcohol Screening Test-Geriatric Version (MAST-G), short form, 10 questions, "in the last year," Score Yes on 2+ on items may indicate a problem.
 - Page 86; Geriatric Depression Scale (GDS), 15 questions, "in the past week," Score (+/-) questions, Score >5 on items may indicate a problem.
- Recommended Sensible Drinking Limits
 - Men: no more than one alcoholic drinks/day
 - Women: less than one alcoholic drink/day
 - 12 oz. beer OR 5 oz. wine OR 1 1/2 oz. distilled spirits
- Questions to Ask a Doctor or Pharmacist about medications

Video / DVD

*It Can Happen to Anyone:
Problems with Alcohol and
Medications Among Older Adults*

By AARP and Hazelden



Brochures and Guides

Aging, Medicines, and Alcohol

Good Mental Health is Ageless

*How to Talk to an Older Person Who
Has a Problem with Alcohol or
Medications*



Area of Expertise	Name of Organization	Contact Person and Phone	How to Request Assistance	What the Organization Can Provide
Medication				
Outpatient addiction treatment				
Geriatric medicine				
Social work				
Chemical dependency				
Mental health issues				
Support groups				
Health education				
Training				

Other National Resources

- **Substance Abuse & Mental Health Services Administration (1-800-729-6686)**
 - <http://www.samhsa.gov>
 - National Clearinghouse for Alcohol and Drug Information (1-800-729-6686)
 - Substance Abuse Relapse Prevention for Older Adults (Order # BKD525)
 - KAP Keys: Tip 26, SA Among Older Adults
 - National Registry of Effective Programs & Practices
 - IMPACT, Collaborative Care Model
 - PEARLS (Program to Encourage Active, Rewarding Lives for Seniors)
 - PROSPECT (Prevention of Suicide in Primary Care-Elderly: Collaborative Trail)

Continued

- **Positive Aging Resource Center (PARC)**
 - <http://www.positiveaging.org>
- **US Administration on Aging**
 - www.aoa.gov
- **OWL (Older Women's League)**
 - www.owl-national.org
 - Older American's Mental Health Week: May, 25-31
- **The Hanley Center**
 - www.hanleycenter.org/programs/olderadult.html
- **Hazelden. The Clinical Innovators Series**
 - <http://hazelden.org>
 - Older Adults & Addictions (1-800-328-9000, Order # 7908)

Older Adults & Addictions (Blow & Oslin). Hazelden Training Series

- **Epidemiology of Late Life Addictions**
- **Screening--Why it's Not Done**
- **How to Screen**
- **Assessment**
- **How to Communicate Results**
- **Referral & Treatment Approaches**

MENTAL HEALTH DIVISION

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- Promoting Resiliency with Older Adults, Sept. 16, 2008
- COD Among Older Adults Case Management Academy
- Aging Track, Behavioral Health Conference
- Expanded Community Services (ECS)
- Roads to Community Living Program
- Older Adults Treatment & Services Subcommittee, Mental Health Planning Advisory Committee, MHD

AGING & DISABILITY SERVICES ADMINISTRATION

www.aasa.dshs.wa.gov/

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DIVISION OF ALCOHOL & SUBSTANCE ABUSE

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- Aging Track, COD Conference
- COD Among Older Adults Case Management Academy
- Pilot Project with Home & Community Services, ADSA

- AGING TEAM: Kara, Traci and Ruth

Home & Community Services Pilot Project: Adult Care Counseling

Purpose of the Project:

Out-Station a Chemical Dependency Professional (CDP) to DSHS Home & Community Services (HCS) Office to:

1) Increase awareness of chemical dependency services within the HCS office, and

2) Successfully integrate chemical dependency services for individuals served by Home & Community Services Office (e.g. Area Agency on Aging)

Sites: Spokane & Pierce County

Numbers Served: 90/yr. admitted into treatment services

Direct/Consultation Service Hours: Minimum of 100 hours/month

CDP (1.0 FTE) Key Responsibilities

- Referral, education and staff development services within the overall culture of HCS
- Provide outreach, education, screening, and referral to treatment services for individuals that receive funding from HCS and services and/or funding from the Area Agency on Aging (AAA)
- Screen individuals in a setting appropriate to their needs
- Assist patients, HCS & AAA case managers in navigating the CD system
- Educate CD providers on aging & disability issues
- Work with cross-system partners to overcome barriers related to transportation and access to treatment services
- Coordinate referrals to an appropriate facility if individual requires in-patient CD treatment

CD Treatment Services

- Screening
 - Initial CD screening shall be maintained on current patients and new patients to assist in determining the need for CD treatment services
- Assessment
 - For those screening positive for substance abuse/dependency, complete full CD assessment (WAC 388-805-320)
- Treatment
 - Individual, Group, Conjoint

What Next?

- Mental Health, Aging & Substance Abuse Coalition
 - Lack Advocacy-Voice
 - Build Interest and Commitment
 - Other States; Governors Commissions, e.g. Oregon, NY
 - Increase Awareness, Educate and Build Support for Legislation--Older Adults Initiative
- Interest? What can you do?