

# National Dialogues on Behavioral Health

## Collaborative Approaches for Older Individuals with Complex Needs

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# National Council on Aging - Who We Are

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## Vision

A just and caring society in which each of us, as we age, lives with dignity, purpose, and security

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## Mission

Improve the lives of millions of older adults, especially those who are struggling

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## Goal

Impact the health and economic security of 40 million older adults by 2030, especially women, people of color, LGBTQ+, low-income, and rural individuals

# NCOA's Equity Promise



## We...

- Demand equity in aging
- Advocate for change
- Empower economic security
- Ensure equitable access to health care
- Listen and act
- Deploy resources and support
- Use community-driven and diversity first approach at every turn.

<https://www.ncoa.org/page/our-equity-promise>

# National Council on Aging – The Work We Do

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## Resources



Trusted, unbiased information that enable older adults and their caregivers to take small steps that can have a big impact on their health and financial security

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## Funding and Best Practices



Funding, technical assistance, and support for professionals in community-based organizations who serve older adults every day

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## Tools



Personalized, online support for individuals to find benefits, choose a Medicare plan, prevent falls, and plan for a healthy and secure life

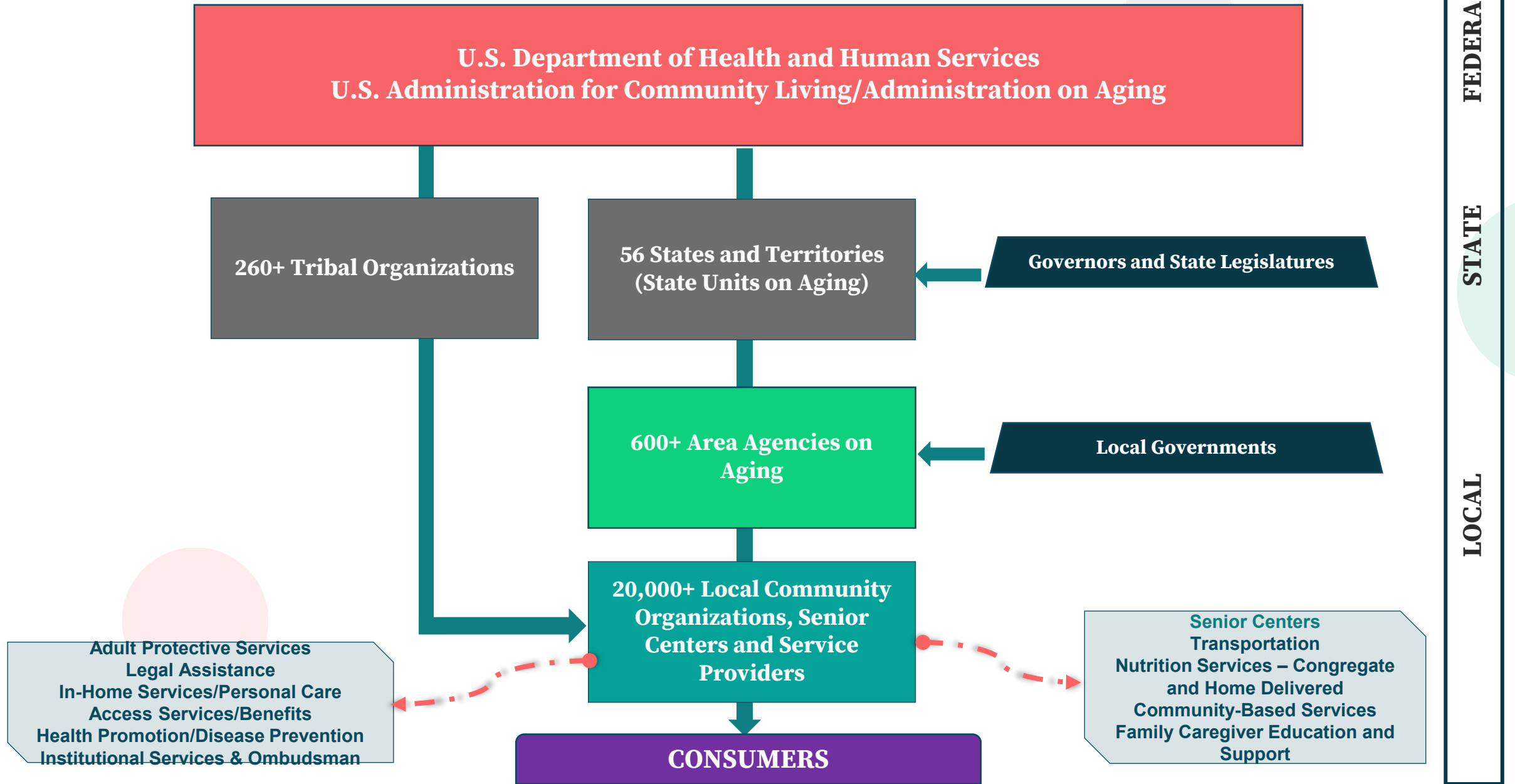
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## Advocacy



A national platform and voice to fight against ageism—and to strengthen the federal programs we all depend on as we age

# The Aging Network/Ecosystem



# Older Adults and Mental Health

- Growth
- Diversity
  - Three generations – Silent Generation, Baby Boomers and Generation X
  - Racial and ethnic
  - Economic and health status
  - Lived experience and expectations
- One in four older adults live with a mental health condition or substance use disorder
- White men 85+ have highest rates of suicide
- Only 40 percent of older adults with mental health conditions/SUD receive any services for their conditions
- Ageism
- Stigma and lack of awareness of mental health conditions and effectiveness of treatment
- Challenges with multiple chronic conditions and medications
- Four Ds: Depression, delirium, dementia, drugs (alcohol, Rx, and illicit)

## Clinical and Community Programs

- **Collaborative/Integrated Care**
- **Certified Community Behavioral Health Clinics (CCBHCs)**
- Older Adults Mental Health First Aid
- Friendship Line CA, Institute on Aging
- Older Adult Assertive Community Treatment (ACT)
- Question, Persuade, Refer (QPR)
- **PEARLS**
- **Healthy IDEAS**
- **WRAP**
- SBIRT
- **Chronic Disease Self-Management Programs**

[www.ncoa.org/evidence-based-programs](http://www.ncoa.org/evidence-based-programs)

# Certified Community Behavioral Health Clinics (CCBHCs)

## The 9 Required CCBHC Services for people of all ages

**Directly or through formal partnership, CCBHCs provide:**

1. Crisis Services
2. Outpatient Mental Health and Substance Use Services
3. Person- and Family-Centered Treatment Planning
4. Community-Based Mental Health Care for Veterans
5. Peer Family Support and Counselor Services
6. Targeted Care Management
7. Outpatient Primary Care Screening and Monitoring
8. Psychiatric Rehabilitation Services
9. Screening, Diagnosis and Risk Assessment

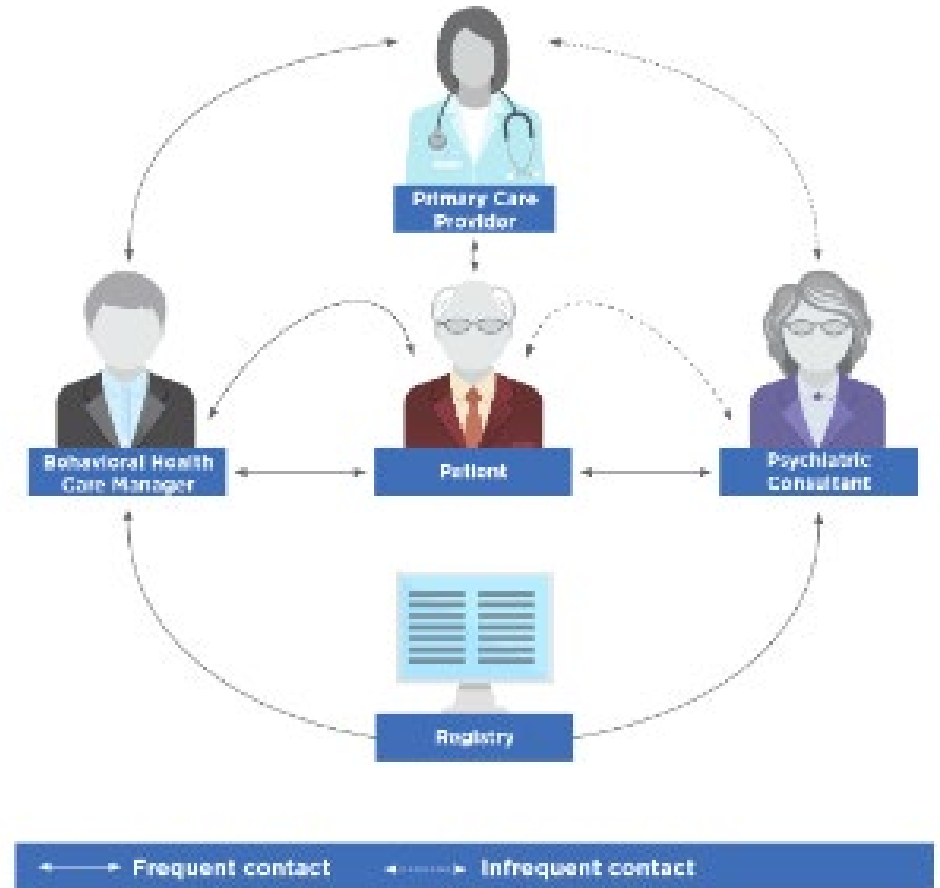
**Find a CCBHC:** <https://www.thenationalcouncil.org/program/ccbhc-success-center/ccbhc-locator/>



# Collaborative Care Model / Integrated Care

## Features

- Patient Centered Team Care
- Population based
- Measurement based
- treatment to target
- Evidence based
- Accountable
- Coverage under Medicare Part B



# Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors)



## Website:

[www.healthyideasprograms.org](http://www.healthyideasprograms.org)

## Format:

- Delivered over 3-6 months in the client's home & follow-up calls or can be delivered remotely
- Implemented by a case manager

## Description:

- Community depression program to detect and reduce depressive symptoms
- Embedded into ongoing case management services
- Improves linkages between community providers and healthcare professionals
- Reaches frail, high-risk, diverse, community dwelling older adults

## Outcomes:

- Decreased functional disability associated with depression
- Reduction in depression severity and pain
- Increased knowledge about how to get help for depression and how to reduce depression symptoms through increasing activities
- Participation in the behavioral activation component positively predicted reduction in depression severity scores at 6 months.

*Source:* The Journal of Applied Gerontology, 26(2), 139-156 (Quijano et al., 2007).

# Program to Encourage Active, Rewarding Lives (PEARLS)



## Website:

<https://depts.washington.edu/hprc/evidence-based-programs/pearls-program/>

**Format:** 6-8 one-on-one sessions in the client's home or other community setting or remotely

## Outcomes:

- Depression
  - 50% response:  $\geq 50\%$  drop pre/post PHQ-9
  - 50% remission: PHQ-9 < 5
- Improvements in:
  - Self-rated health
  - Recommended physical activity
  - Social activities
  - Pleasant activities

## Video:

[https://www.youtube.com/watch?v=G - Eh6AN0dk&feature=emb\\_logo](https://www.youtube.com/watch?v=G - Eh6AN0dk&feature=emb_logo)

## Description:

- Focuses on teaching each client the skills necessary to move to action and make lasting life changes
- Is designed to be delivered in the community through social service or other trusted community-based organizations
- Takes a team-based approach, involving the PEARLS counselor, clinical supervisor, and health provider
- Aims to improve quality of life and reduce depressive symptoms
- Is well-suited for individuals with chronic illness, including people with epilepsy

# Wellness Recovery Action Plan (WRAP)

## Website:

<http://mentalhealthrecovery.com/wrap-is/>

## Video:

<https://www.youtube.com/watch?v=ooaEWMJwj08>

## Outcomes:

Over 10 publications shared here-

<http://mentalhealthrecovery.com/research-findings/>



## Description:

- Peer Support
- Self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be.
- WRAP will help you:
  - Discover your own simple, safe wellness tools
  - Develop a list of things to do every day to stay as well as possible
  - Identify upsetting events, early warning signs and signs that things have gotten much worse and, using wellness tools, develop action plans for responding at these times
  - Create a crisis plan
  - Create a post-crisis plan

# Rush University - [e4center.org/](https://e4center.org/)



## Engage, Educate, and Empower for Equity: E4 Center of Excellence for Behavioral Health Disparities in Aging

The E4 Center measurably advances training and workforce capacity with a specific focus on the community-based implementation of evidence-based practices and programs for vulnerable older adults who experience the greatest behavioral and physical health disparities in the nation.

# Older Adult Mental Health Awareness Day Symposiums – Visit [connect.ncoa.org](https://connect.ncoa.org)

Keynote Q&A | May 2, 2024



7th Annual Older Adult Mental Health  
Awareness Day Symposium

## Jenifer Lewis

Actress known as the “Mother of Black Hollywood” and star of “Black-ish”

Register: <https://connect.ncoa.org/OAMHAD2024>



**Learn More - Please join us!**

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**Older Adult  
Mental Health Awareness Day  
Symposium | Online: May 1, 2025**

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**Call for Presentations**

**Deadline: November 15, 2024 at 11:59pm EST**



<https://na-admin.eventscLOUD.com/eSites/816180/Call%20for%20Presentations>

# National Coalition on Mental Health and Aging

## Join Us!

- An alliance of national, state, and local entities and individuals concerned with the mental well-being of older adults.
- We believe a strong system of mental health and substance use services benefits us all as we age.
- We provide Opportunities for multiple stakeholders to work together towards improving the availability, affordability, quality and equitable delivery of mental health and substance use preventive, treatment, and recovery services to older adults and their families.
- We achieve our objectives through collaboration, education, information sharing, contributions to policy formulation, increased public awareness, and engagement and support of state and local mental health and aging coalitions.





# National Coalition on Mental Health and Aging

## What We Do

- Quarterly member meetings
- Learning Collaboratives
- Webinar series
- Networking
- Provide information to policy makers, regulatory agencies and funders
- Author articles
- Assist with planning for the annual Older Adult Mental Health Awareness Day Symposium
- Visit us at [www.ncmha.org](http://www.ncmha.org)



# Policy Updates

## Recent Accomplishments

- Workforce expansion in Medicare began in Jan ‘24”
  - Marriage and family therapists
  - Licensed mental health counselors
- Medicare delivery and payment changes
- Peer support
- SAMHSA reauthorizations
- FY24 Budget
- Many behavioral health bills introduced during this session of Congress

*Thank  
You*

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