



# Overview of Behavioral Health For Aging Information and Referral/Assistance Professionals

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I and R/A Training Teleconference  
January 9, 2013



# Goals of Presentation

- Increase participants' understanding of the definition of Mental Health and the relationship between Mental Health/Illness and Behavioral Health
- Increase participants' understanding of various Mental Health problems/needs
- Provide resources to participants to use with people in your communities

# Mental Health

- More than absence of mental illness; some people are “mentally healthier” than others  
(About.com, 2005)
  - How people think, feel and act in their daily life
  - Way which people cope with everyday stress
  - Good mental and physical health are important in every age and stage of life
    - even in the face of physical illness or adversity  
(Scheinholtz, 2010)

# What is Behavioral Health?

- As defined by SAMHSA (2011)
  - a state of mental/emotional being and/or choices and actions that affect wellness
  - Substance abuse and misuse are one set of behavioral health problems
  - Other behavioral health problems include (but are not limited to) serious psychological distress, suicide, and mental illness
  - Such problems are far-reaching and exact an enormous toll on individuals, their families and communities, and the broader society.

# Behavioral Health is Essential To Health



Prevention Works



Treatment is Effective



People Recover

# Functional Aspects of Behavioral Health

- Characteristics of Behavioral (emotional and cognitive) Health
  - Ability to enjoy life
  - Resilience – Able to bounce back and handle stress
  - Balance in life choices
    - Social vs. time alone
    - Work vs. Play
  - Flexibility – versus Rigidity
  - Life skills that promote self actualization (realization of one's own potential, Maslow, 1954)

# World Health Organization (WHO)

## Definition and Statistics

- A state of well being where the individual
  - realizes his or her own abilities
  - copes with the normal stresses of life
  - works productively and fruitfully
  - makes a contribution to his or her community
- Mental and neurological disorders are responsible for 12% of all disability adjusted life years (DALYs) lost due to disease and injury
- 25% of families worldwide have a person with a mental disorder - these are common problems experienced by many people across their life span

# Depression

- Disorder of mood, thinking and life force
  - Symptoms include:
    - Sadness
    - Hopelessness
    - Difficulty concentrating
    - Suicidal thoughts, plan or actions
    - Weight change
  - Frequently co-occurs with another physical or mental disorder
- 1 in 4 women will have depression in her lifetime
- One of the most common mental disorders in older adults



# Substance Misuse, Abuse and Addiction

- Illegal and legal substances may be used for purposes other than their “prescribed” or designated use
  - or in greater quantities
  - or in combination with other substances
- Substance use disorders may co-occur with other mental or physical health disorders
- Prescription misuse is a major concern for older persons

# Depression and Anxiety in Older Adults

Neither depression, nor anxiety are a part of normal aging;

Being mentally healthy is a part of growing older

But depression and anxiety (worrying) are frequently experienced by older persons.

# Behavioral Health Problems in Older Persons

- Older adults comprised 12 percent of the U.S. population in 2004, while people age 65 and older accounted for 16 percent of suicide deaths
- Older adults die by suicide at a higher rate than the national average; these rates increase after age 64, primarily among white men
- One in four persons aged 55 and over do experience behavioral health disorders that are not part of the normal aging process
- Older adults are significantly less likely to receive any mental health treatment when compared to younger adults.

# Traditional Treatment for Behavioral Health Disorders in Older persons

- Medications, counselling and psychotherapy may be used with some older adults
- Older adults may not be willing or able to utilize these modalities
- Stigma is a large factor for current generations
  - May change with baby boomers
- Medications may be limited by side effects and/or drug interactions

# Evidence Based Practices/Programs For Mood and Anxiety Disorders in Older Persons

- Screening, outreach and engagement
  - SBIRT > BRITE
- Gatekeeper training and service linkage
  - Mental Health First Aid is one type
  - Senior REACH
- Healthy Ideas and PEARLS
- Primary care integration – Health Homes
- Psychosocial Rehabilitation

# Older Adult BH Programs Utilize:

## Evidence-Based Practice Modalities

- Problem Solving Therapy
- Behavioral Activation
- Telehelp/telecheck – Befriending
- Targeted Care management
- Development of social networks
- Activity Based Intervention

# Institute of Medicine (2012) Reports severe Lack of BH Practitioners with training in geriatrics

- IOM Report – 2012- Currently there is lack of trained providers to address behavioral health disorders in older adults; coming baby boomers will increase demands
- Methods must be used which are evidence based and produce positive outcomes
  - May arise from consumers, faith based communities or other social networks
  - Positive outcome - May drive training opportunities and funds for professionals and para-professionals in geriatrics

# SAMHSA and ACL/AOA Webinars and Issue Briefs

## Information and examples of:

- misuse and abuse of alcohol in older adults
  - innovative screening, prevention, intervention, and treatment methods for alcohol and drug
- critical behavioral health conditions and problems affecting older adults
  - prescription medication misuse and abuse,
  - suicide, depression, and anxiety
- evidence-based prevention and treatment programs to address these problems
- Available at [NCOA.org](http://NCOA.org), [NASUAD.org](http://NASUAD.org) and [AOA.gov](http://AOA.gov)



# E CPR -- Emotional CPR

- Goal -- **C** = Connecting > **P** = emPowering > **R** = Re Vitalizing
  - Assist people experiencing an emotional crisis
  - Make this practice accessible to people around the world
- Training involves
  - deepening listening skills,
  - practicing presence, and
  - creating a sense of safety for the person experiencing a crisis.
- Trainings through the National Coalition for Mental Health Recovery (NHCMHR)
- <http://www.emotional-cpr.org/index.htm>

# Resources

- SAMHSA Get Connected ToolKit- can order from SAMHSA website
- Evidence based Treatment of Depression in Older Persons - available to download from SAMHSA website
- SAMHSA NREPP (National Registry of Evidence Based Programs and Practices)

<http://www.nrepp.samhsa.gov/Index.aspx>

# Thank you

## Questions?

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