

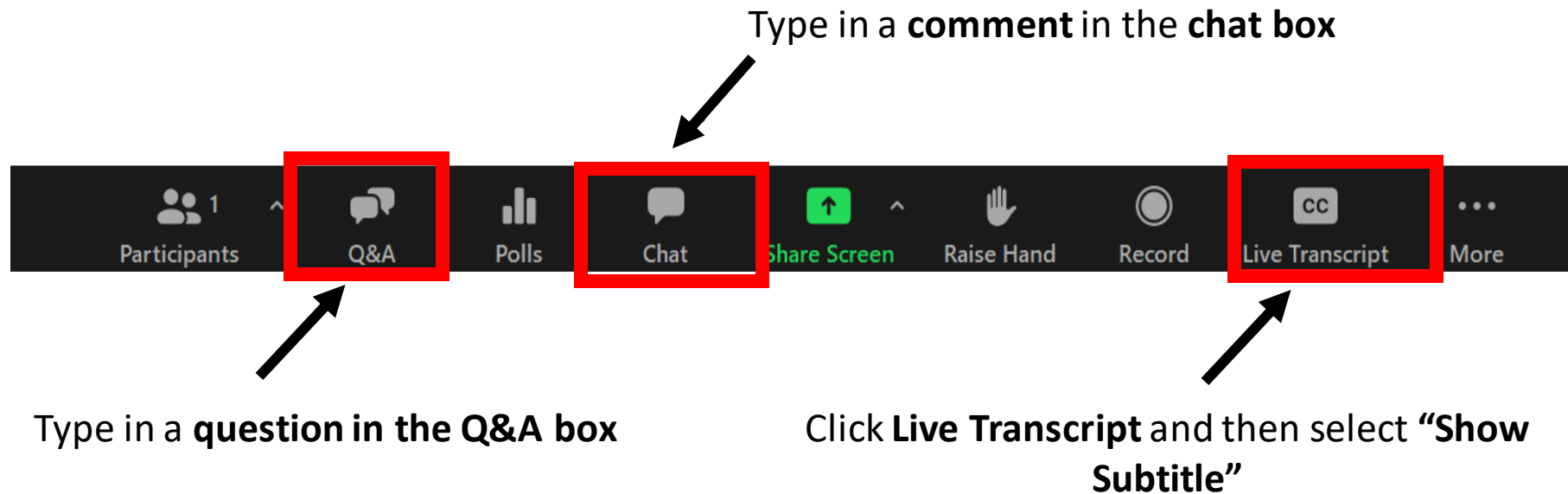
Integrated Approaches for Addressing Older Adult Aging and Behavioral Health Needs

July 13, 2023
2:00 – 3:00pm E.T.

CENTER OF EXCELLENCE for Integrated Health Solutions

Funded by Substance Abuse and Mental Health Services Administration and operated by the National Council for Mental Wellbeing

Questions, Comments & Closed Captioning



Disclaimer

The views, opinions, and content expressed in this presentation do not necessarily reflect the views, opinions, or policies of the Center for Mental Health Services (CMHS), the Substance Abuse and Mental Health Services Administration (SAMHSA), or the U.S. Department of Health and Human Services (HHS).

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Substance Abuse and Mental Health
Services Administration

www.samhsa.gov

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Poll #1: What best describes your role?

- Clinician
- Administrator
- Payer
- Policy Maker
- Other (specify in chat box)



Poll #2: Where is your organization in the process of integration?

- Learning/Exploring
- Beginning Implementation
- Advanced/Full Implementation
- Ongoing Quality Improvement
- Other (specify in chat box)



Today's Speakers



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Learning Objectives

After this webinar, participants will be able to:

- **Identify** losses experienced by older adults and risk factors for mental health and substance use challenges to address within integrated care.
- **Explore** different screening tools for older adults with substance use or mental health support needs within integrated care.
- **Discover** interventions and engagement opportunities for older adults in integrated care.



In the Chat...

Please add your ideas in the chat box

What are current changes and challenges that older adults are managing?



Aging Trends in the US

- 111% growth in the 65 and older population since 1950,
 - Over 50 Million seniors or 16.5% of the total population
 - California largest total population of seniors
 - Florida 21%, Maine 20%
 - Utah 10.8%, Alaska 11.1%
- Biggest increase occurred in the 2010's when baby boomers began turning 65
- 2030 all baby boomers will be over 65 years old
- 2038 the number of Americans 85 and older is expected to double from 6 million to 14.6 million
- 1 in 5 older adults have one or more mental health or substance use condition

Sources:

[Population Over 65 by State](#)

[Growing Older: Providing Integrated Care for an Aging Population](#)



Elevated Risk for Mental Health Concerns

- **Loss**
 - Decline in function – physical, mental
 - Health – chronic, co-morbid diagnosis, failing or frail health requiring increases support in home or even long- term care placement
 - Spouse/partner, family, friends
 - Financial
- **Retirement**
 - Socioeconomic status changes
- **Elder Abuse**
 - 1 in 6 experience elder abuse
 - Physical, verbal, psychological, financial, sexual
 - Abandonment and neglect

Source: [Mental Health of Older Adults - Who 12.12.17](#)



Elevated Risk for Substance Use

- 1 million adults over 65 live with a substance use disorder
- Increased vulnerability to misuse (social, physical, bereavement, abuse)
- Older adults metabolize medications and alcohol more slowly
- Drugs can worsen chronic health conditions
- Substance use may increase the risk of injury and accidents with a consequence of much longer recovery post incident
- Older adults with chronic health concerns are often prescribed medicines and are at risk for drug to drug or drug to alcohol interaction

Source: [Substance Use in Older Adults DrugFacts](#).



Scope of Substances for Adults 65 and Older

- **Pain Meds / Opioid Use**
 - 4-9% of those 65 and older used opioids as pain management
 - The number of opioid prescriptions for older adults increased by 9 times in a 15-year period from 1995-2010
- **Marijuana Use**
 - Increased from .4% in 2006-2007 to 2.9% in 2015-2016
 - Medical Marijuana has been recommended to approximately 25% of marijuana users 65 and older to relieve chronic conditions and side effects of cancer treatment

Source: [Substance Use in Older Adults DrugFacts](#).



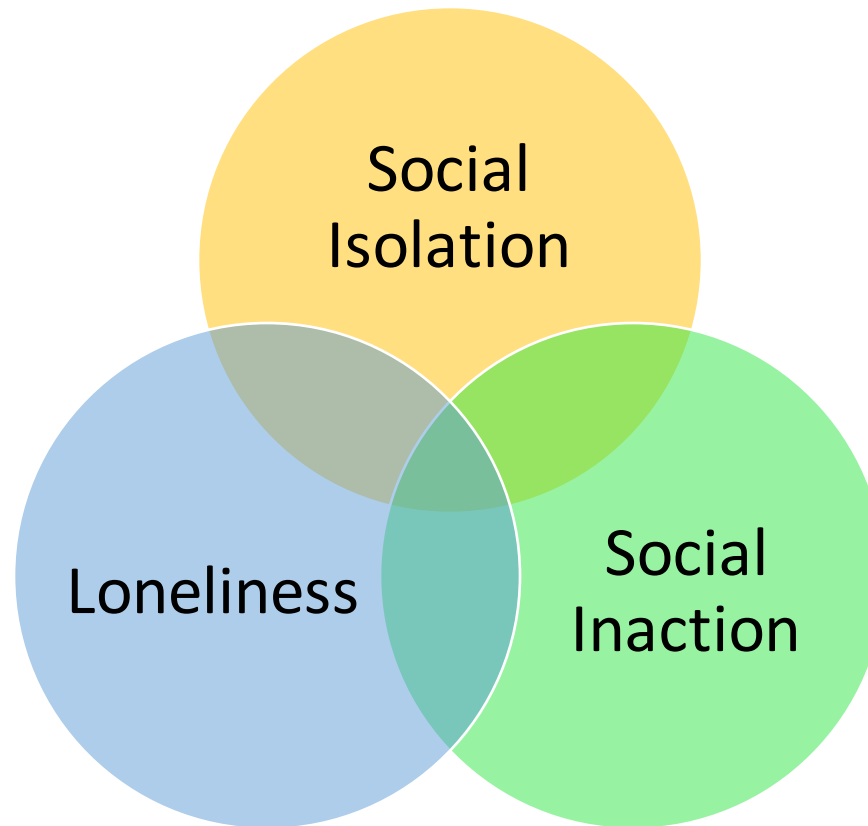
Scope of Substance for Adults 65 and Older Continued..

- **Nicotine**
 - 8 out of every 100 adults 65 and older smoked cigarettes, CDC reports in 2017
 - Increases risk of heart disease and cancer
- **Alcohol**
 - Most used substance in adults 65 and older
 - 65% report high risk drinking
 - More than 10% currently binge drink
 - More than 5 drinks for men, 4 for women on the same occasion
 - 107% increase in alcohol use disorder from 2001 to 2013

Source: [Substance Use in Older Adults DrugFacts](#).



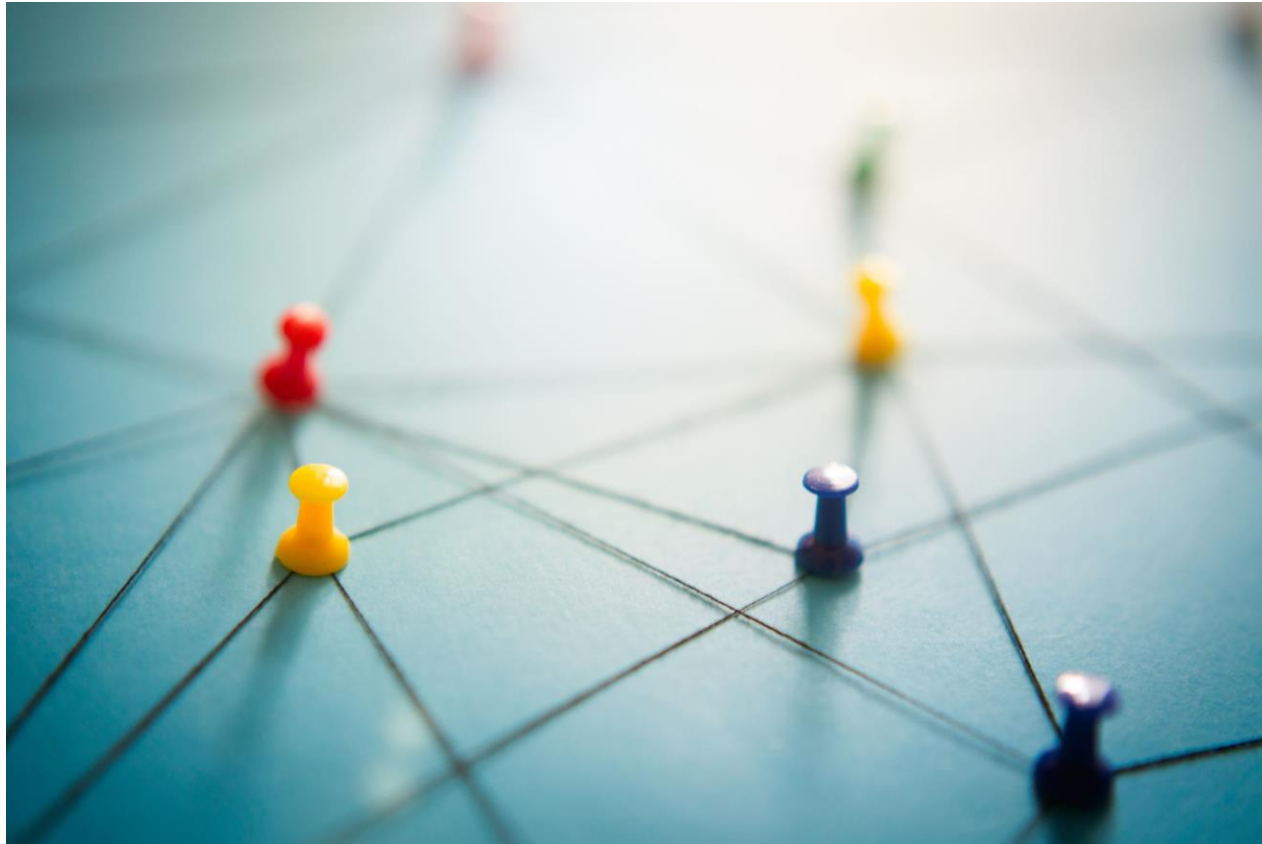
Social Isolation, Loneliness & Social Inaction



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The Link to Suicide



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Therapeutic Supports and Interventions



Screening



Group-based programs



Therapeutic interventions



Medications and Medication-Assisted Treatment



Behavioral Activation



Telehealth support

Screening

A systematic way of identifying potential for problems using a standardized, reliable and valid tool



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Common Screening Tools

AUDIT-C Plus 2 – alcohol, and other substances brief screen

Drug Abuse Screen Test (DAST-10) - brief self report substance use screening tool

Short Michigan Alcoholism Screening Test--Geriatric Version (SMASTG) - Screening tool for alcohol use

Mini-Mental State Examination (MMSE) – screening for cognitive impairment

Geriatric Depressions Scale (GDS) - self report instrument identify depression

Patient Health Questionnaire 9 Item Scale (PHQ-9) – depression screening tool

Generalized Anxiety Disorder 7 Item Scale (GAD-7) – Seven- item instrument to measure or assess the severity of generalized anxiety

Geriatric Anxiety Inventory (GAI) – screening for typical common anxiety symptoms

Columbia Suicide Severity Rating Scale (CSSRS) – screening tool for suicidality

De Jong Gierveld Loneliness Scale – 11 item questionnaire on loneliness

Brief Trauma Questionnaire (BTQ) – screening for trauma

Health screenings – various eye, hearing, blood pressure, bone density, cancer, etc. screens

Daily Living Activities-20 (DLA-20) – screening tool on activities of daily living



Protection and Prevention

Supportive
relationship with
family

Connected to at
least one trusted
person

Consistent
schedules/routines

Physical activity

Participation/Engage
ment with a variety
of individuals/roles/
age-groups

Healthy diet,
exercise, and sleep
routine.

Sense of self-
sufficiency and self-
control

Realistic optimism,
future orientation

Motivation to
achieve

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Source: [MHFA at Work, 2021. Home Alone: The Impact of Social Isolation on Youth and Paths to Resilience.](#)



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Socially Connected People Live Longer

Self-Compassion and Safe Touch

triggering the
release of oxytocin.

decreases our
cortisol levels

physical touch
releases oxytocin,
and calms
cardiovascular
stress



Physical touch
reduces cortisol

Oxytocin increase =
trust, calm, warmth

Source: [Self Compassion by Dr. Kristin Neff](#)



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Improving Social Connectedness and more!

- Volunteering, Befriending, Friendly Visiting, Home Visiting
- Cohousing
- Bumping Spaces
- Community and Social groups
- Having a spiritual or religious affiliation
- Institutional connections
- Pets



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Technology

Animatronic pets

Artificial
Intelligence (Alexa,
Google Home)

Tablets, VR
Headsets

Warm-lines

Hotlines

Assistive devices

Electronic Gadgets

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Peer Services



Connecting individuals to resources



Goal Setting and support



Helping self advocate



Recovery Coaching

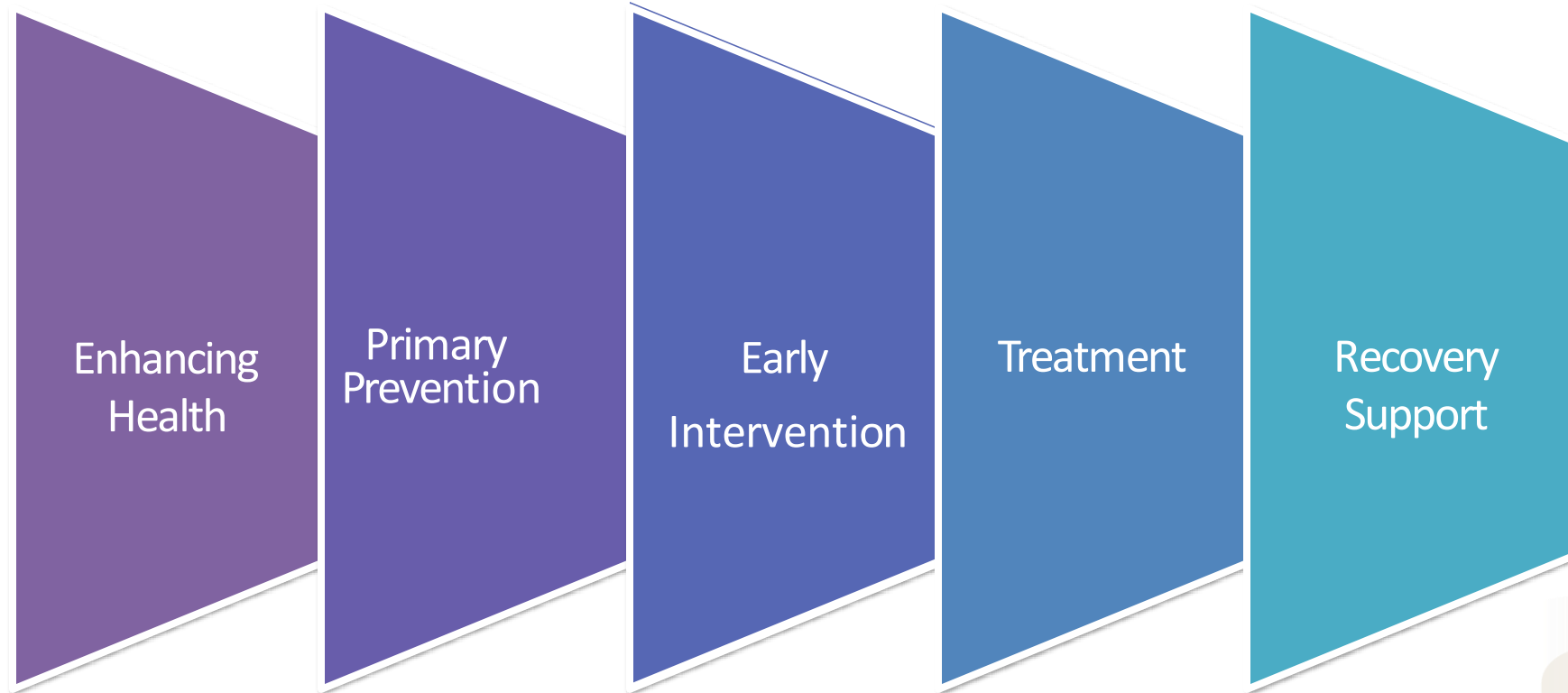


Facilitating support groups



Telephone Support

Substance Use Disorder Treatment Continuum of Care



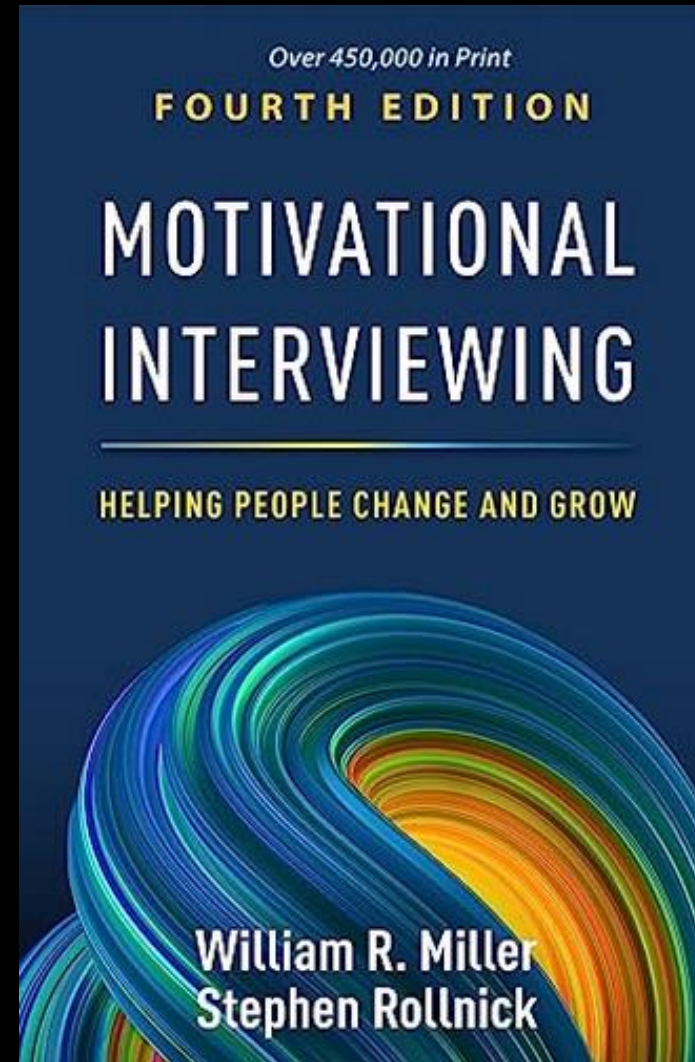
Source: [Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health](#)



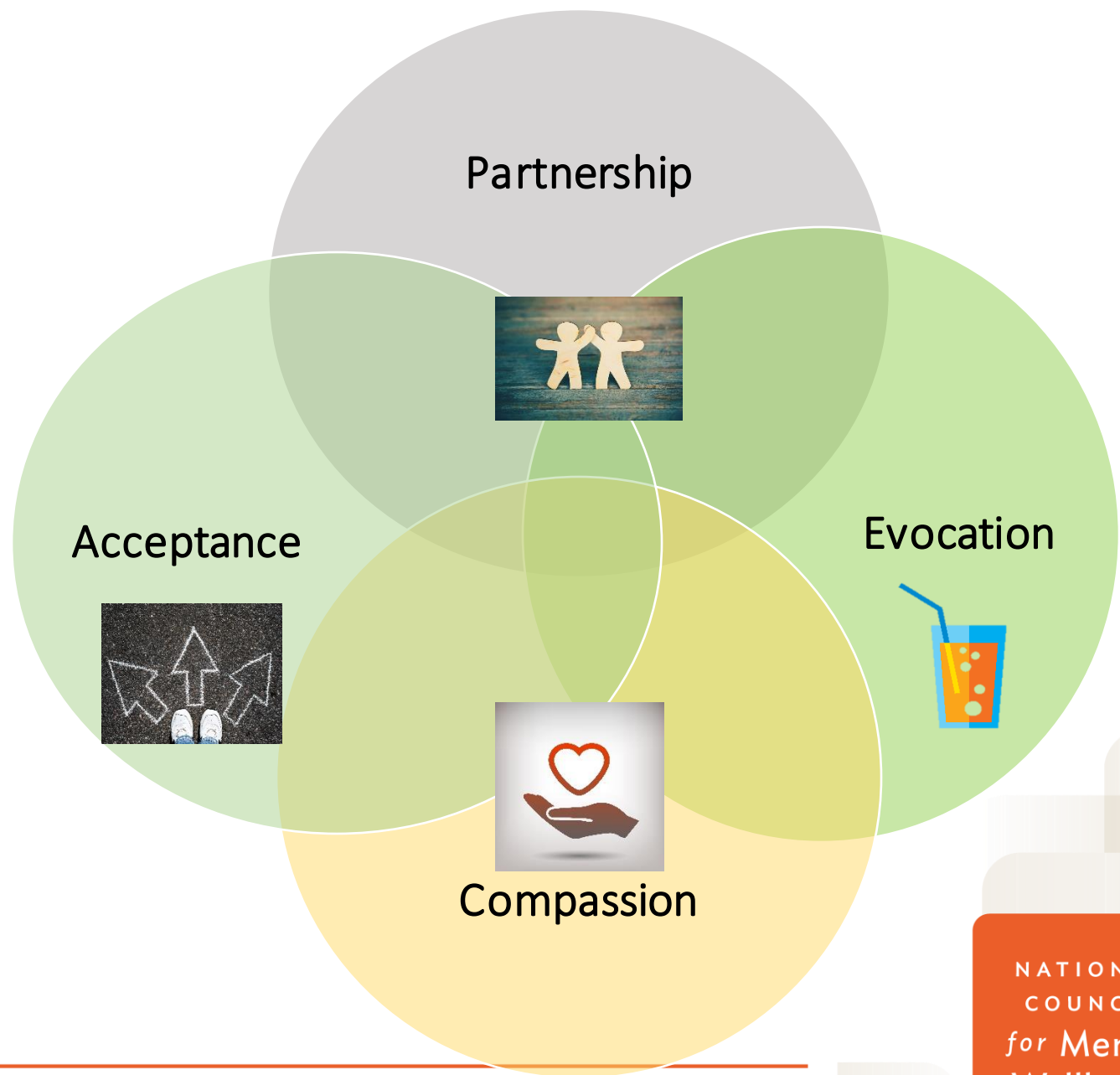
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Motivational interviewing (MI) is a particular way of talking with people about **change and growth** to strengthen their own motivation and commitment



The Spirit of Motivational Interviewing



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Our Actions Need to Match Their Readiness

Precontemplation: Not seriously thinking about it

- *Increase awareness & interest*

Contemplation: Seriously thinking about it

- *Risk vs reward, personal values & reasons*

Preparation: Starting or getting ready

- *Increase commitment, create a plan*

Action: Already doing it (less than 6 months)

- *Reward progress, flexible problem solving, refine plan*

Maintenance: (Doing it for more than 6 months)

- *Consolidate the change into lifestyle (harder now to not do it)*



Behavioral Activation

Engaging the Lower Brain



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Considerations for Supporting the Bereaved

- Grief counseling
- The family
- Grief is a normal
- Allow sufficient time
- The role of death rites or rituals
- Medications
- Use resources



Source: [Jan Anderson Continuing Education Program in End-of-Life Care](#)

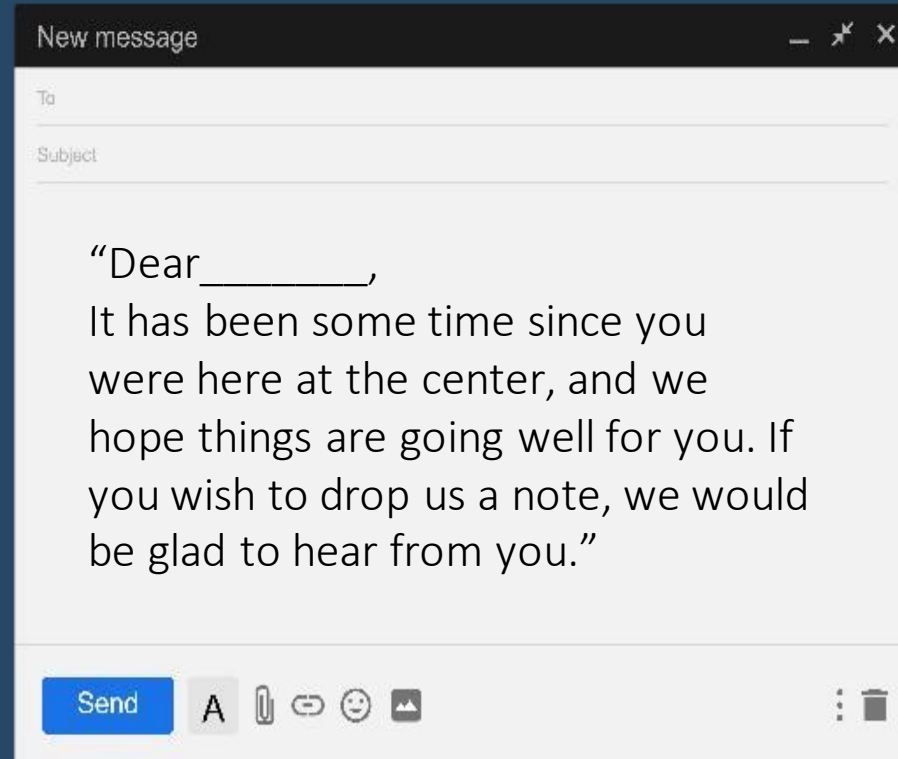


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Caring Contacts

- Letter, phone call, email , or text message
- Nondemand and nonpunitive
- Doesn't expect or require action



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Resiliency

Resilience is the process of adapting well, in the face of adversity, trauma, tragedy, threats or significant sources of stress, like loneliness.



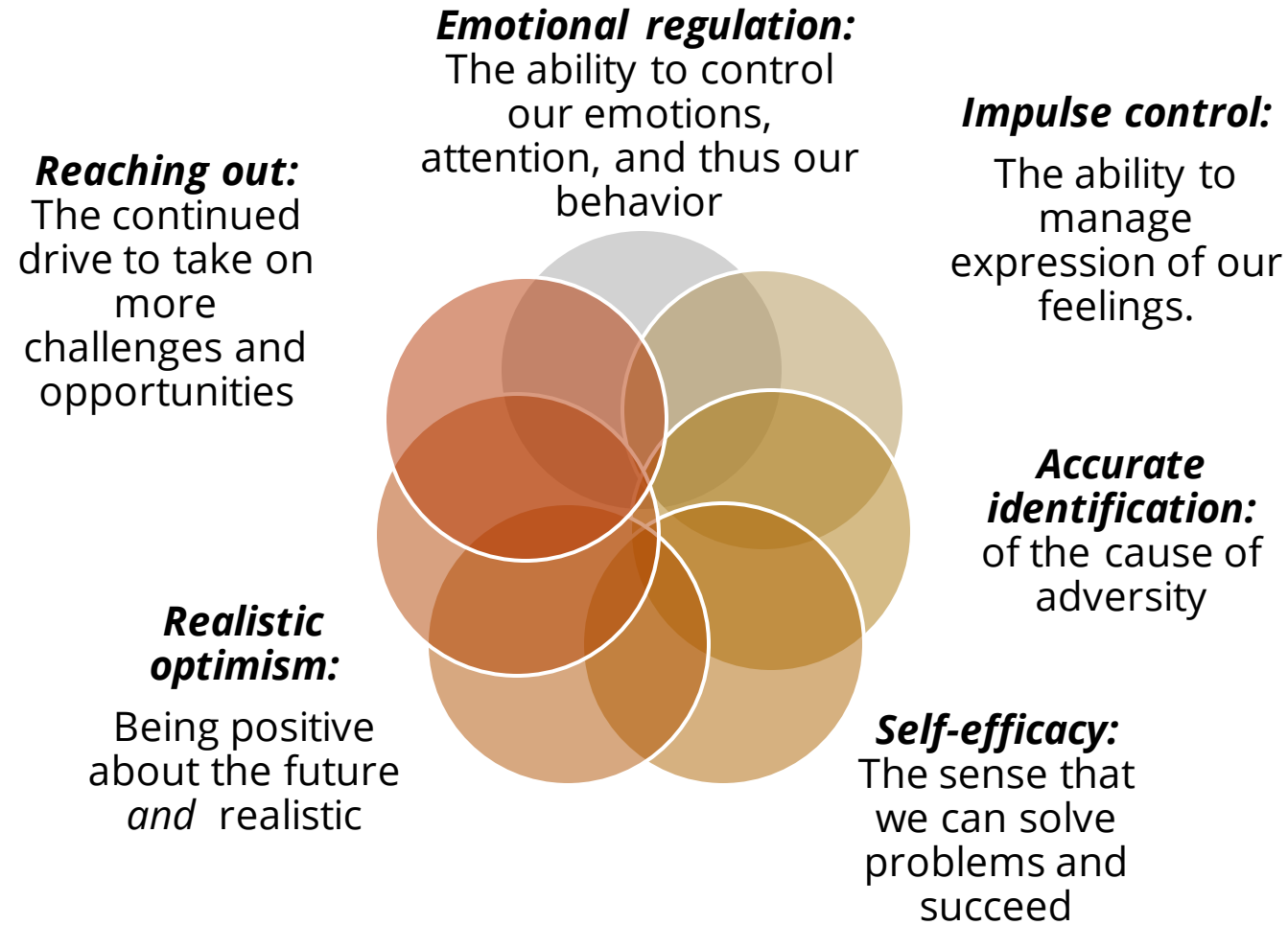
Source: [The Road to Resilience](#).



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Building Resiliency Skills



Source: [The Road to Resilience](#).



Team-Based Care

- **Fundamental definition:**
 - At least two healthcare staff who work collaboratively with clients and their caregivers – to the extent preferred by client – to accomplish shared goals and achieve coordinated, high-quality care
 - Inter-disciplinary (e.g., behavioral health professional, primary care provider, social worker, nutritionist, peer support specialist)
 - Clear roles, mutual trust, effective communication, measurable processes and outcomes

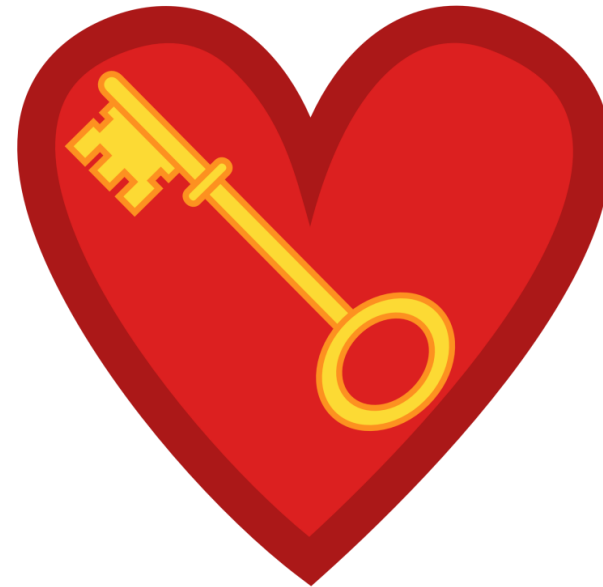
Sources:

[Core Principles and Values of Effective Team-based Health Care](#)
[Affordable Care Act Definitions in sections 2703 and 3502](#)



Strong and Clear Communication

- Person-centered Language
- Team Meetings



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Daily Huddles

A huddle is a brief meeting (10-15 minutes) that typically takes place at the start of each workday; the huddle is an opportunity for teams to communicate and prioritize needs for the day.



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A blurred background image of a man with a beard and mustache, wearing a light blue button-down shirt. He is smiling and pointing his right index finger directly at the camera. A semi-transparent white rectangular box is centered over the image, containing the text 'Warm Hand-offs'.

Warm Hand-offs

Care Coordination

Activities performed by health care professionals with a goal of achieving the person-centered treatment to target outcomes with the person.



Source: [Closing the Quality Gap: A Critical Analysis of Quality Improvement Strategies, Volume 7—Care Coordination](#)



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Continuum of care



- **Across health states:** e.g., palliative care to hospice, or personal residence to assisted living
- **Between providers:** e.g., PCP to a psychiatrist, or acute care provider to a palliative care specialist
- **Within settings:** e.g., primary care to specialty care team, or intensive care unit (ICU) to ward/department
- **Between settings:** e.g., inpatient hospital to outpatient care, or ambulatory clinic to senior center

Source: [National Transitions of Care Coalition \(NTOCC\)](#)





Integrated services are more than what happens in one organization.



Connect with other services in the community – remember whole health and wellness




Identify service gaps and needs

Building Strong Partnerships & Workflows

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It is a sequence of processes through which a piece of work passes from initiation to completion.



In healthcare we sometimes call them Care Pathways!

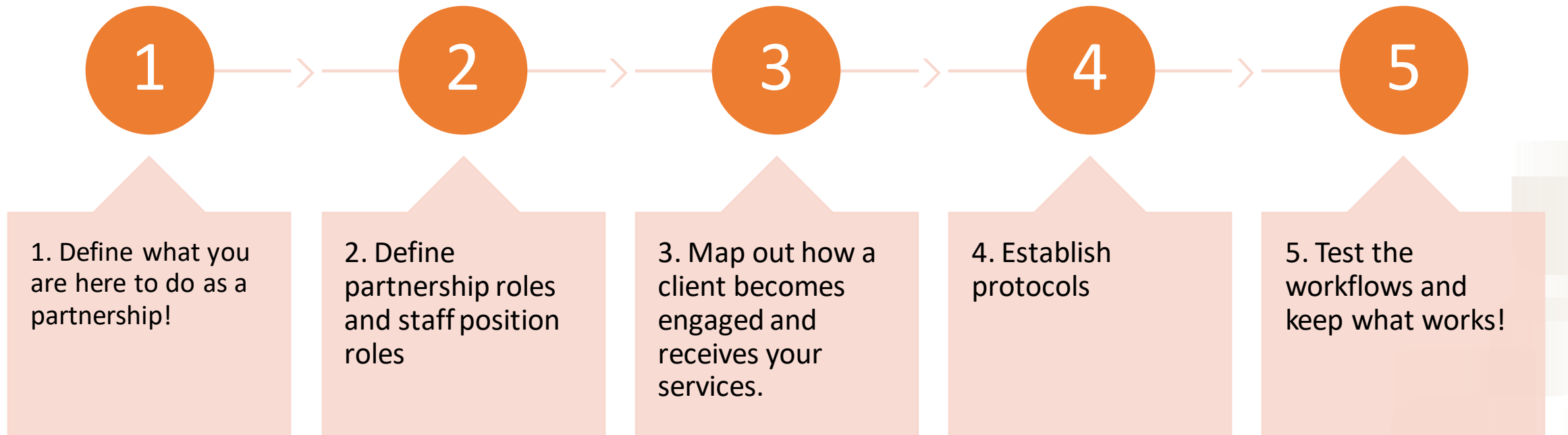


Care Pathways are made up of administrative workflows (e.g., billing, documenting, meetings, data capture/review, community engagement) and clinical workflows (e.g., screening/assessment, care coordination, etc.).

What is a workflow?



Steps to Creating Workflows



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Want to Learn More?

Join us for our follow up office hour on **July 18th from 1-2 p.m. ET** to continue the conversation and have your questions answered!

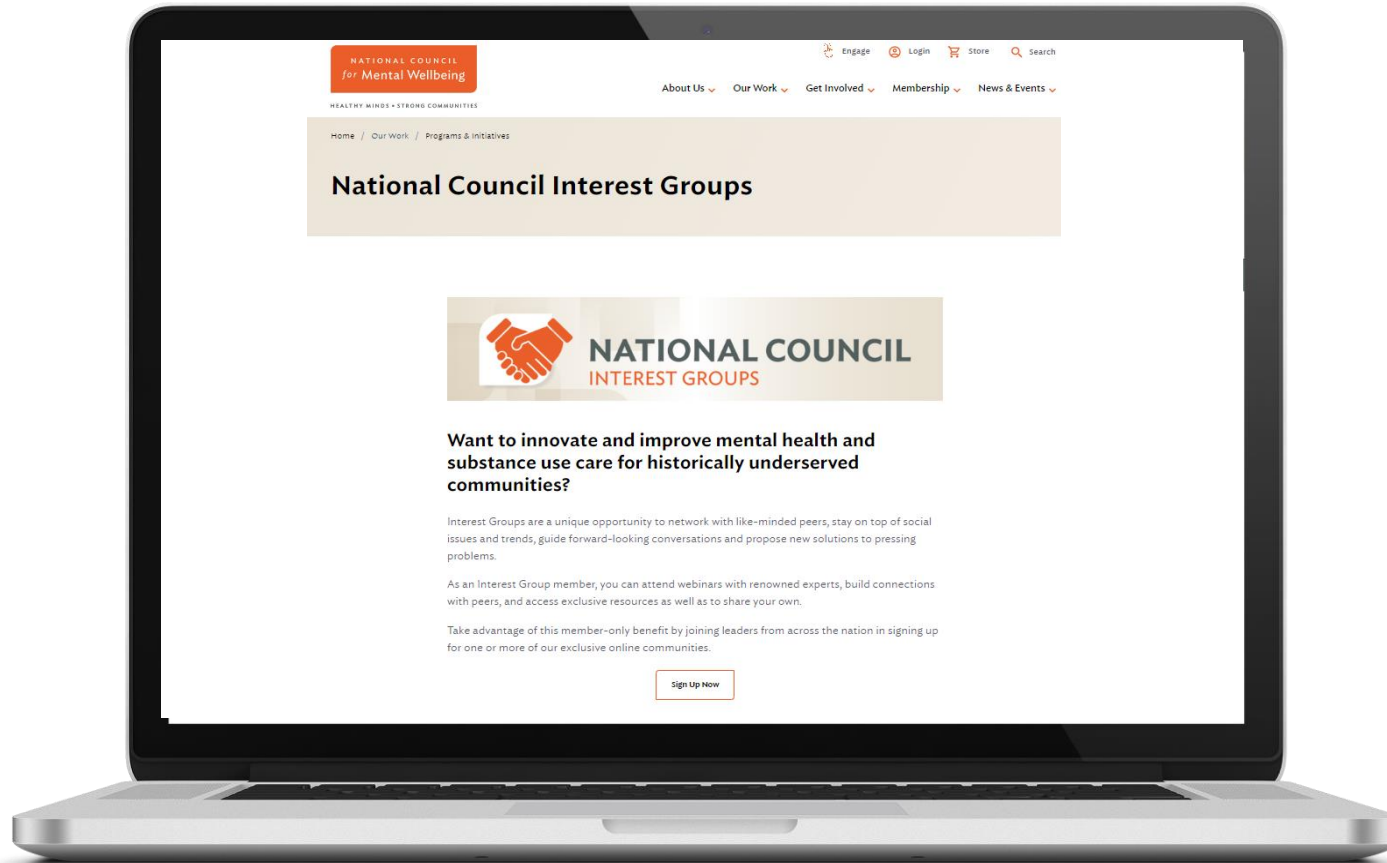


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Join the Older Adult Interest Group or Other National Council Interest Groups



[Click here](#) to sign up
now!

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Explore All of Our Interest Groups



**Intellectual and
Developmental
Disabilities**



LGBTQ+



Older Adults



**Children, Young Adults
and Families**



Rural Health



Crisis Response



Substance Use

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Thank you for joining us!



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Tools & Resources

- [Center of Excellence for Integrated Health Solutions](#)
- [Geriatric Technical Assistance Center – Older Adults & Behavioral Health](#)
- [National Council on Aging](#)
- [Behavioral Health & the Older Adult Population](#)
 - Clinical Practice
 - Operations & Administration
 - Health & Wellness
 - Addictions
 - Archived Webinars
- [National Council Interest Groups](#)
- [Mental Health First Aid](#)
- [Substance Use Challenges in Older Adults](#)



Upcoming CoE Events

CoE-IHS Office Hour: Integrated Care for Aging Populations

[Register for the office hour](#) on Tuesday, July 18th from 1-2pm ET

CoE-IHS Office Hour: BIPOC Populations & Communities of Color – Addressing Integrated Care Needs

[Register for the Office Hour](#) on Wednesday, July 19th from 3-4pm ET

Interested in an individual consultation with the CoE experts on integrated care?

[Contact us through this form here!](#)

Looking for free trainings and credits?

[Check out integrated health trainings from Relias here](#)

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Thank You

Questions?

Email integration@thenationalcouncil.org

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