

Building an Effective Statewide Network to Promote Older Adult Behavioral Health

Older Adult Behavioral Health Collaborative *October 2022*



Cassie Cramer, CPS, LICSW
Project Director, Older Adult Behavioral Health Network

Kathy Kuhn, LICSW
Director of Workforce Development, BU CADER

Older Adult Behavioral Health Collaborative and Network meetings



The Older Adult Behavioral Health Collaborative meets the second Friday of the month from 930-1030

Next meeting October 14th: Speaker from the Loneliness Task Force

<https://www.endlonelinessma.com/>

The Older Adult Behavioral Health Network (formerly the MA Aging and Mental Health Coalition) meets directly after the Collaborative from 1030-11

Agenda



- History
- Elder Mental Health Outreach Teams
- Certified Older Adult Peer Specialists
- OABHN Policy & Advocacy
- OABHN Workforce Development
- OABHN Public Education
- OABHN DEI
- Resources

Background



- Most older adults experience positive mental health, and research suggests that past experiences of adversity may contribute to greater wisdom and resilience as we age.
- Yet older adults with mental health conditions are more likely to experience poorer health outcomes, disability, frequent hospitalizations, with higher rates of suicide and nursing home admission occurring at younger ages.
- 23% of Massachusetts residents will be age 65+ by 2035
- One-in-four older adults experience mental health or substance use conditions
- 31% of MA residents 65 or older have been diagnosed with depression; some communities, the rate is closer to **49%** (MA Healthy Data Report, 2018)
- But few receive help: From 4% to 28% of older adults with mental health and substance use conditions receive mental health support, the least of any age group (National Coalition on MH and Aging)

Older Adult BH Collaborative History



- 1978 DMH/EOEA Meeting to identify “Goals for Mental Health Services for the Elderly in Massachusetts”
- 1999 first MA Aging and Mental Health Coalition meeting (with AARP and SAMHSA funding ; National Aging and Mental Health Coalition formed)
- 2001 Mayor’s Summit on Aging and Mental Health Building a Public Private Partnership for Community and Home-Based Intervention
- 2005 Elder Mental Health Resource Development Project Report (Lifetime Report- Pat Rivard)

History Continued



- 2012 Elder Mental Health Collaborative formed
- 2007-2009 Geriatric Mental Health Elder Affairs (EOEA) budget line item #9110-1640 was funded for critical and innovative home and community-based geriatric mental health services and supports, defunded after 2009
- 2014 MAMHC successfully advocated for restored funding to form first EMOTs (funded through DPH Suicide Prevention) and EMHOTs (originally funded through DMH, now through EOEA)
- 2021 MAMH received grant funding to form Older Adult Behavioral Health Network

Membership- MAMHC



MAMHC established after a meeting at Bentley College on October 21, 1999 supported by SAMHSA and AARP Foundation.

Members include/d:

- Mass Association of Mental Health
- NASW
- Mass Home Care
- Mass Councils on Aging
- BU Center for Aging & Disability & Education & Research (CADER)
- Simmons School of Social Work
- Jewish Family and Children's' Services
- Greater Boston Legal Services
- Elders Living at Home
- Cambridge Hospital

MAMHC Member's Perspective



Kit Clark Senior Services was a licensed Mental Health clinic-providing Geriatric MH and linguistic outreach

- Won SAMHSA best practices –recognition for Behavioral Health programs for older adults
- Best practices included:
 - Home visits
 - Wraparound services
 - 7 mental health groups with clinician and interpreters for Vietnamese, Cape Verdean and Spanish speaking older adults

Barriers identified

- Financially we were having a hard time
- Home visits were expensive
- Wraparound services were time consuming
- Only paid for clients who showed up
- Couldn't afford to do individual sessions with interpreter
- Joined MAMHC in 1999



Behavioral Health Vision Building on What Works



MAMHC proposed a behavioral health system for older adults that included:

- In-home counselling/ mobile outreach services
- Wraparound services (e.g., linguistic and cultural support/interpreter/family /work with other supports
- Housing and legal support
- Behavioral health case management
- Training
- Evaluation based on common outcomes to measure efficacy

Elder Mental Health Outreach Teams



- In-home short-term counseling, crisis intervention, resource and referral
- The EOEA Geriatric Mental Health Line Item is currently funded at 2.5 million
- There are 9 regional Elder Mental Health Outreach Teams, including two new EMHOTS (Lowell and Dudley) launched in December of 2021.
- The 9 EMHOTS cover 101 communities in Massachusetts, and are based in Amesbury, Bellingham, Boston, Dudley, Greenfield, Lowell, New Bedford, Pittsfield and Somerville/Cambridge
- Two new RFPs were released in August for new EMHOTS and

Older Adult Peer Support



- Buried in Treasures peer led support for de-cluttering trainings is introduced
- First Older Adult Peer Specialist training brought to the state in 2015 adapted from UPENN curriculum
- Pilot programs funded by DMH at two Aging Service Access Points (ASAPs)
- COAPS becomes billable through Frail Elder Waiver
- Today the pilot at NILP/NERLC has grown to a robust COAPS program which is contracted to provide support to 5 ASAPs: Minuteman, Agespan, Greater Lynn Senior Services, Seniorcare Mystic Valley

OABHN Advocacy 2021-22



- Partnered with advocates from [Dignity Alliance Massachusetts](#), who share the common goal of transforming long-term care and expanding community-based living options for older adults.
- Helped produce fact sheets and issue briefs including Nursing Homes and Antipsychotics, Elder Mental Health Outreach Teams, Nursing Home Social Work Staffing Levels
- Lead campaign to more than double the budget for Elder Mental Health Outreach Teams from 1.2 to 2.5 million in order to expand access to underserved populations
 - This year MCOA released [2 RFPs](#) for new EMHOTs and Older Adult Behavioral Health Innovations

OABHN Workforce Development



- Launched the Breaking Down Silos Series to provide cross-training and networking for providers in the behavioral health and older adult service systems
- Past webinars: <https://www.mamh.org/education/trainings-and-webinars>
 - [Caregiving Conversations: Reflecting on Race, Older Adults, and Implications for Behavioral Health](#)
 - [Preventing Evictions for At Risk Older Adults](#)
 - [Moving Beyond Silos: Building Aging and Behavioral Health Partnerships](#)
 - [Breaking Down Silos: Overview of Aging Resources for Behavioral Health Providers](#)
 - Reframing Aging: <https://www.reframingaging.org/>
 - Mindful Aging

Save the Date- In-Person Conference May 9th 2023

OABHN Public Education



Use the [Reframing Aging](#) lens to educate older adults, caregivers, and the public about the importance of addressing behavioral health in the context of aging

- Online web presence with access to partner resources, quarterly newsletter, social media
- Upcoming Webinar: AARP/OABHN Mental Health Matters: Interview with Geriatric Psychiatrist Dr. Steven Pinals
- Planned future public education webinars: Buried in Treasures, Recovery Panel

OABHN Diversity Equity and Inclusion



OABHN launched a DEI workgroup with the following goals:

- Promote and support a culturally responsive older adult behavioral health workforce;
- Ensure diversity of perspectives and voices in priorities and activities of OABHN; and
- Better understand and communicate the impact of race, ethnicity and culture on older adult behavioral health.
- The DEI workgroup's advocacy efforts led to the inclusion of language in the latest EMHOT RFPs requiring applicants to demonstrate their ability to provide services to underserved populations

Resources



Mass Options

1-800-243-4636

Aging Service Access Point (ASAP)

MA Council on Aging

Older Adult Behavioral Health Network

Dignity Alliance