

Enhanced Services to IHSS Clients Through MHSA Collaboration

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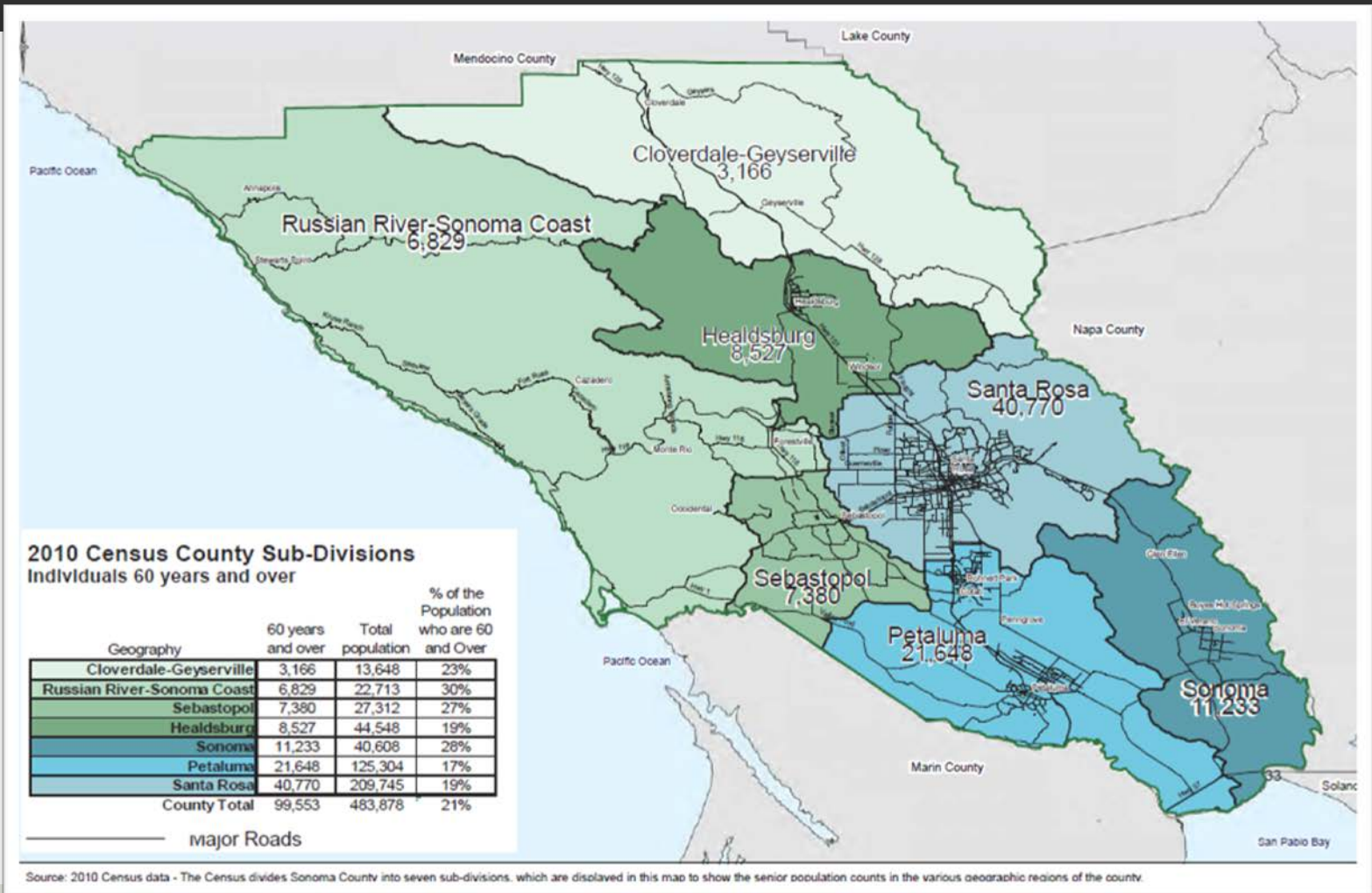
At Risk Elders



Sonoma County



Sonoma County

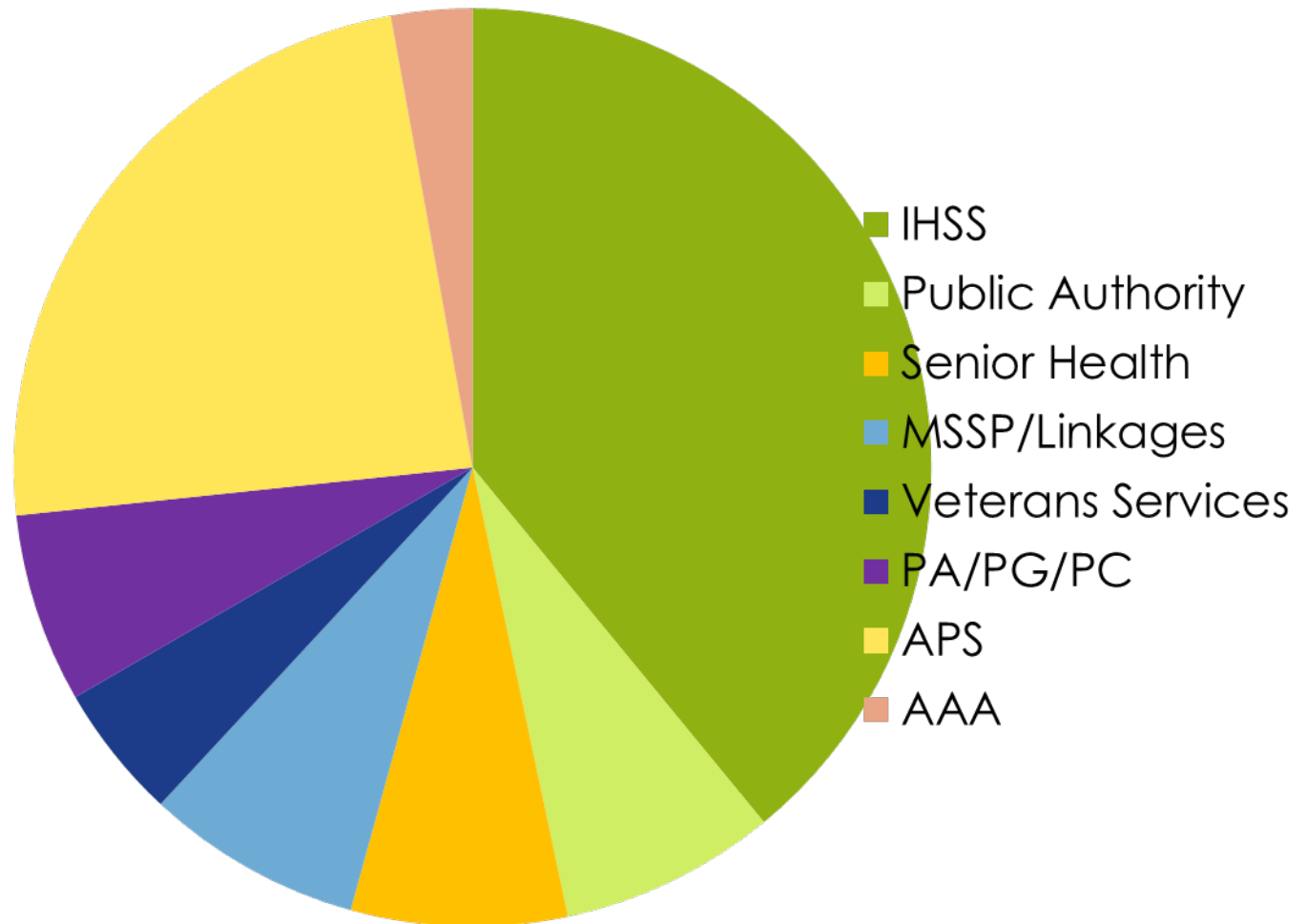


Elders in Sonoma County

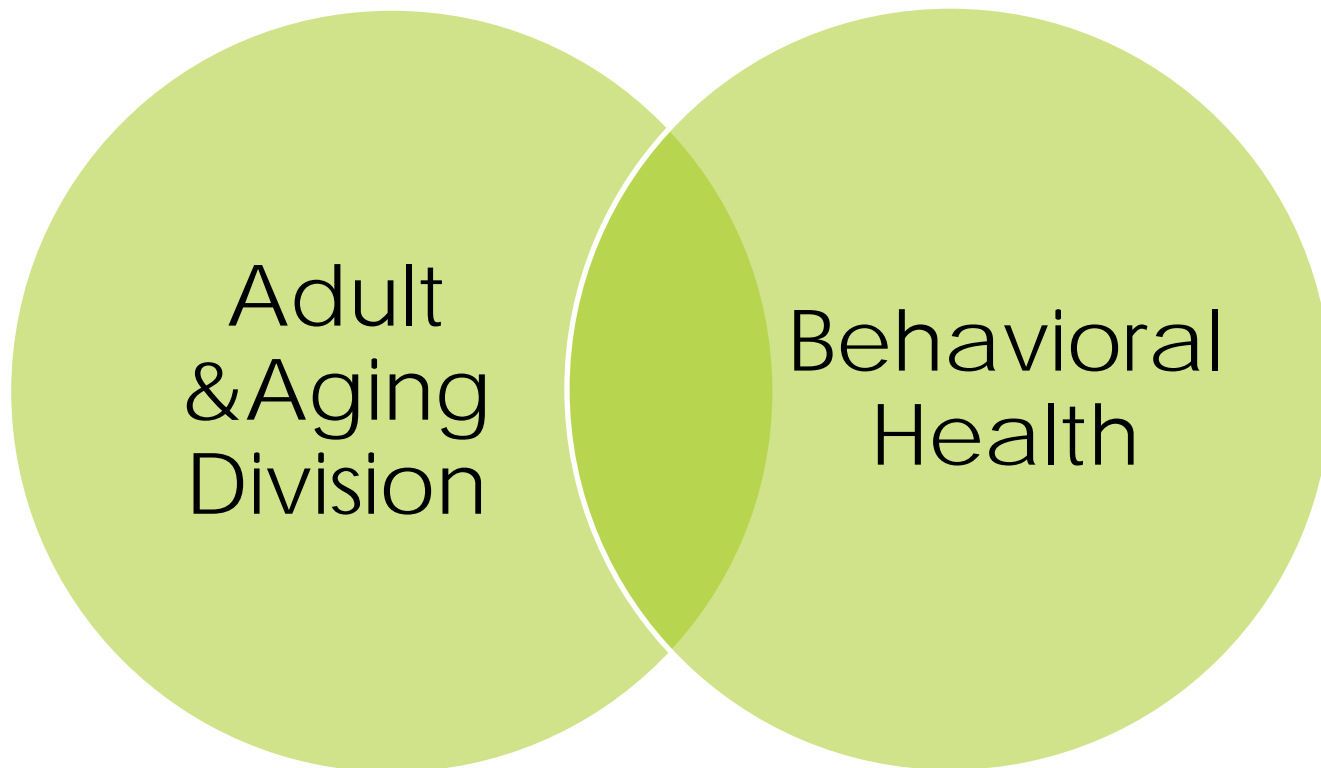


- 23% or 111,430 are aged 60 and over
- 41% of Sonoma County households have someone 60 or older living with them
- Over 12,000 people 60+ are geographically isolated (2010)
- 30% of people 65 or older live alone (no number available for 60+)

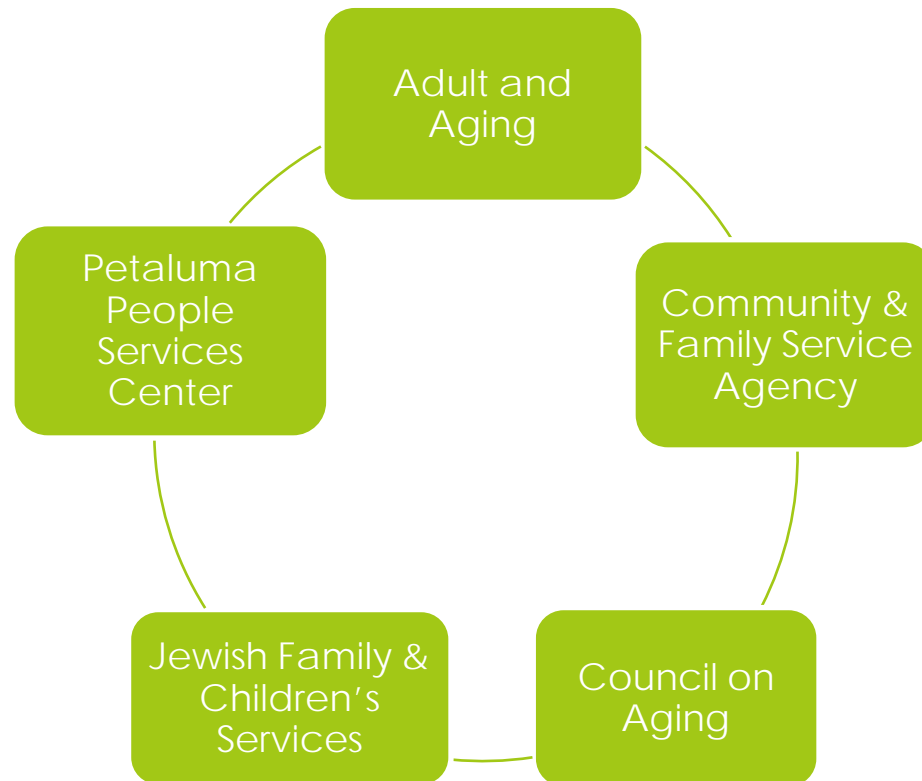
Adult & Aging Division



Mental Health Liaison

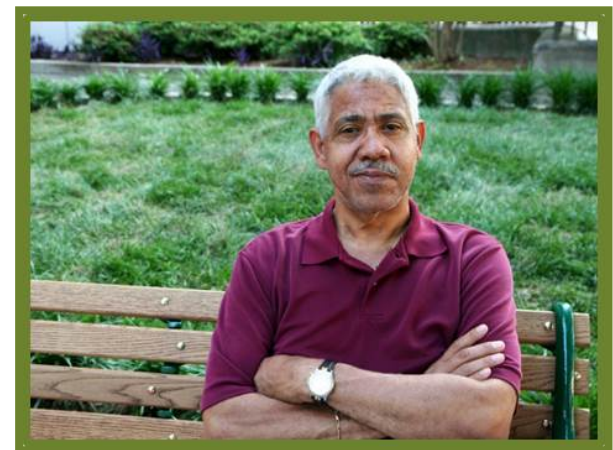


Older Adult Collaborative



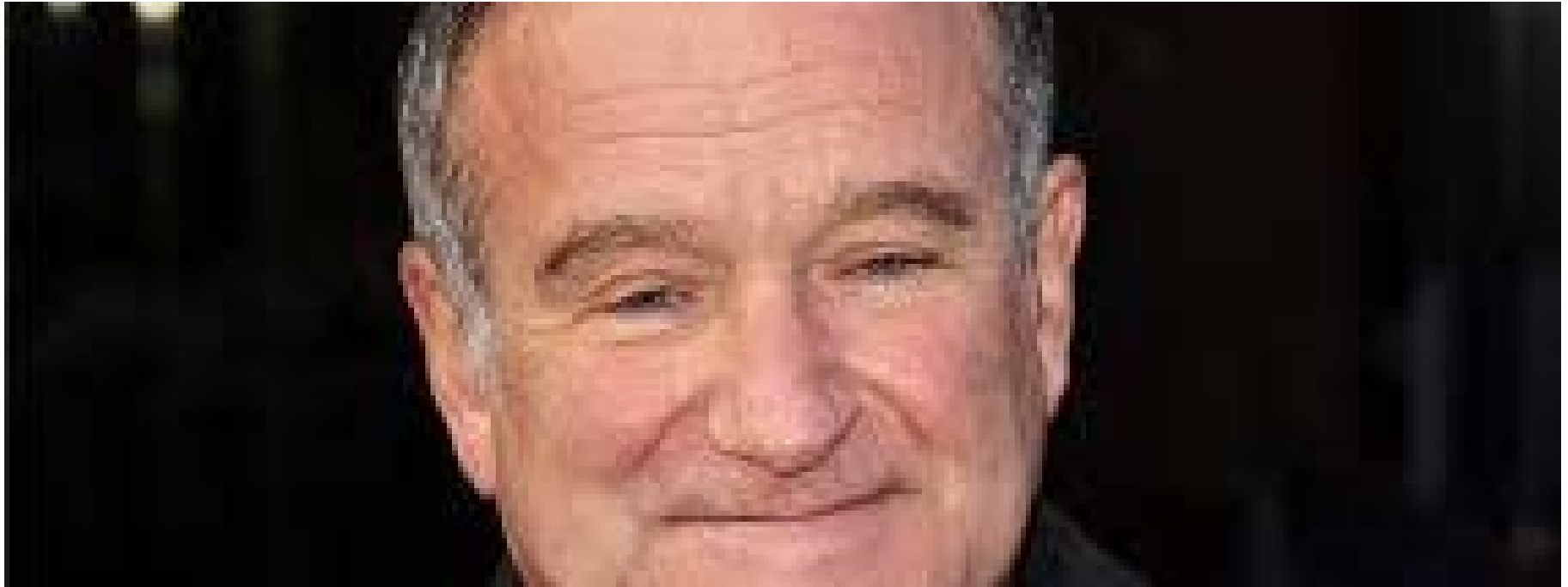
Mental Health Services Act

- Community Services & Support
- Capital Facilities and Technological Needs
- Workforce Education & Training
- Prevention & Early Intervention
- Innovation



Goals of Program

- Screen elders for depression
- Provide mental health education
- Provide mental health referrals
- Apply activity engagement
- Complete Healthy IDEAS
- Provide counseling



Depression is a medical disease

Depression in Older Adults

- Older adults, particularly white males, are at a higher risk for suicide than any other segment of the population
- Of the older adults that were successful at suicide:
 - 20% had visited their doctor that day
 - 40% within the week
 - 70% within one month
- Failure to Thrive

In-Home Supportive Services



IHSS DEPRESSION SCREENING (60 and older)

IHSS Client Name	Case ID	Date	Social Worker
Screening Not Appropriate <input type="checkbox"/> Yes* * if "Yes", demographic information not required; form goes to Case File		Screening Declined <input type="checkbox"/> Yes** ** if "Yes", demographic information required	

CLIENT INFORMATION

Age	Gender	Receives Medi-Cal	Lives Alone	Zip Code	Culture (if known)
	<input type="checkbox"/> Male <input type="checkbox"/> Transgender <input type="checkbox"/> Female <input type="checkbox"/> Other	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No		<input type="checkbox"/> Veteran <input type="checkbox"/> LGBTQ <input type="checkbox"/> Homeless
Ethnicity			Language		
<input type="checkbox"/> 1 White <input type="checkbox"/> 2 Hispanic <input type="checkbox"/> 3 African American <input type="checkbox"/> 4 Asian <input type="checkbox"/> 4 Pacific Islander <input type="checkbox"/> 5 Native American <input type="checkbox"/> Multi <input type="checkbox"/> Other <input type="checkbox"/> Unknown			<input type="checkbox"/> 1 Spanish <input type="checkbox"/> 2 Cantonese <input type="checkbox"/> 5 Tagalog <input type="checkbox"/> 6 Other <input type="checkbox"/> 7 English <input type="checkbox"/> B Mandarin <input type="checkbox"/> D Cambodian <input type="checkbox"/> H Hmong <input type="checkbox"/> N Russian <input type="checkbox"/> R Arabic <input type="checkbox"/> U Farsi <input type="checkbox"/> V Vietnamese		

DEPRESSION SCREENING (PHQ 2)	SUICIDE SCREENING
During the last two weeks have you often been bothered by having little interest or pleasure in doing things? <input type="checkbox"/> Yes <input type="checkbox"/> No	If there is <u>any</u> indication of potential suicide, use this Suicide Screening. Review SUICIDE PROTOCOL below for every suicide screening.
During the last two weeks have you been bothered by feeling down, sad or hopeless? <input type="checkbox"/> Yes <input type="checkbox"/> No	Over the last two weeks, have you had thoughts that you wanted to hurt yourself in some way? <input type="checkbox"/> Yes <input type="checkbox"/> No
	If the answer is yes, ask: Do you feel these thoughts are a problem for you or something you might act on? <input type="checkbox"/> Yes <input type="checkbox"/> No
If client answers Yes to both Depression Screening questions, complete Suicide Screening and offer MHL referral (Sara Obstarczyk).	
	Referred to MHL <input type="checkbox"/> Declined Referral <input type="checkbox"/>

IHSS SOCIAL WORKER PROCEDURE FOR DEPRESSION SCREENING

1. During home visit, offer screening when appropriate to all clients 60 and older
2. SW completes *IHSS Depression Screening* form
3. IF **Declined Screening / Negative Screening / Declined Referral**
 - > submit for data entry (place completed form in IHSS DEPRESSION SCREENING BOX located in Form Dorm)
- IF **Positive Screening AND Referred to MHL**
 - > complete *Mental Health Screening Form*, attach to completed *Depression Screening* form and submit to Anne Perciva

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ADULT & AGING DIVISION SUICIDE PROTOCOL

1. If your client answers "Yes" to both *Suicide Screening* questions, begin a conversation to determine intent, plans and means
2. Issues to explore with your client:
 - a. Does the individual have a plan to commit suicide? If so, when and how?
 - b. Is the means/method available to the suicidal individual?
 - c. Is the individual alone?
 - d. Has the individual ever attempted suicide before?
 - e. Is the individual under the influence of drugs or alcohol?
3. If intent, plan and means are all indicated, call the Psychiatric Emergency Service at **576-8181** and/or call **911**.
4. Do not leave your client alone until a medical professional, a mental health professional, or a legal authority is contacted for advice and agrees to be involved.
5. Refer your client immediately to a physician for further assessment.
6. Contact your supervisor, so that you can get additional information and support.

Sonoma County Quick Mental Health Resource Guide

Sonoma County QUICK MENTAL HEALTH RESOURCE GUIDE Provided by Sonoma County Older Adult Collaborative

SUICIDE PREVENTION SERVICES

CALL 9-1-1 in the event of an emergency	9-1-1
MENTAL HEALTH CRISIS SERVICES, Psychiatric Emergency Services County of Sonoma <i>(24-hour crisis services & referrals)</i>	576-8181 or (800) 746-8181
NORTH BAY SUICIDE PREVENTION HOTLINE of SONOMA COUNTY.....	(855) 587-6373 (toll-free)
THE FRIENDSHIP LINE <i>(24-hour suicide prevention services)</i>	(800) 971-0016

SONOMA COUNTY MENTAL HEALTH ACCESS TEAM.....	565-6900 or (800) 870-8786
<i>Evaluation and Referrals for Non-Emergency Mental Health Services</i>	

SONOMA COUNTY COUNSELING SERVICES AT HEALTH CARE CLINICS

Brookwood Health Center <i>(Medi-Cal, Medicare; Sliding scale for uninsured)</i>	303-4060
Sonoma County Indian Health Project <i>(Medi-Cal)</i>	521-4500
Southwest Community Health Center <i>(Medi-Cal, Medicare; Sliding scale for uninsured)</i>	547-2222
Vista Family Health Center <i>(Medi-Cal, Medicare; Sliding scale for uninsured)</i>	303-3600
Alliance <i>(Medi-Cal, Medicare; Sliding scale for uninsured residents of Windsor, Healdsburg, Alexander Valley)</i>	433-5494
Alexander Valley Regional Medical Center <i>(Sliding scale for uninsured)</i>	894-4229
Petaluma Health Center <i>(Medi-Cal, Medicare; Sliding scale for uninsured)</i>	559-7500
West County Community Health Centers:	
• Occidental Area Health Center <i>(Medi-Cal, Medicare; Sliding scale for uninsured)</i>	874-2444 or 823-1616
• Russian River Health Center <i>(Medi-Cal, Medicare; Sliding scale for uninsured)</i>	869-2849
• Sebastopol Community Health Center <i>(Medi-Cal, Medicare; Sliding scale for uninsured)</i>	842-9999

LOW FEE COUNSELING AGENCIES

Chrysalis Counseling Services for Women <i>(Sliding scale available)</i>	545-1670
Family Service Agency <i>(Sliding scale available)</i>	545-4551
Jewish Family and Children's Services <i>(Accepts some private insurances; Sliding scale available)</i>	571-8131
Lomi Psychotherapy Clinic <i>(Sliding scale available)</i>	579-0465
Petaluma People Services Center <i>(Sliding scale available)</i>	765-8488
SOS Counseling Services <i>(Santa Rosa, Cotati, Petaluma, Sebastopol locations. Sliding scale available; please inquire about no fee counseling)</i>	284-3444
Verity <i>Counseling for people who have experienced trauma, and their loved ones (Sliding scale available)</i>	545-7273

Sonoma County QUICK MENTAL HEALTH RESOURCE GUIDE Provided by Sonoma County Older Adult Collaborative

ALCOHOL AND OTHER DRUG SERVICES

Drug Abuse Alternatives Center (DAAC)	544-3295
Sonoma County Dep. Of Health Services: Orenda Center.....	565-7450

PEER SUPPORT

Council on Aging <i>(Senior Peer Counseling, Additional Services for Seniors - Social, Financial, Legal & Nutrition Services)</i> 525-0143 X 125	
Family Service Agency <i>(Senior Peer Counseling)</i>	545-4551 x 308
Spectrum LGBT Center	415-472-1945
Wellness and Advocacy Center <i>(Peer-operated & Managed Self-Help Center for Mental Health Consumers)</i>	565-7800

FAMILY AND OTHER SUPPORT

Bucklew Programs: Support for Families	571-5681 or 576-8181
For Erika Klohe	571-8452
NAMI Sonoma County	527-6655
<i>Offering education, support, and advocacy for those affected by mental health challenges</i>	
Petaluma People Services Center Senior Services.....	765-8488
<i>Offering counseling, senior nutrition, day program, case management, caregivers support</i>	
West County Community Services.....	869-0618
<i>Offering case management, senior nutrition, senior resources</i>	

SONOMA COUNTY INFORMATION AND REFERRAL

DIAL 2-1-1



"Empower, Support, Protect"

Human Services Department

COUNTY OF SONOMA



Depression in Older Adults

- Affects more than **6.5 million** of the 35 million adults aged 65 years or older living in America
- Often goes untreated because many people think that depression is a normal part of aging and a natural reaction to chronic illness, loss and social transition
- Decreases independent functioning
- Increases dependency on social & medical services

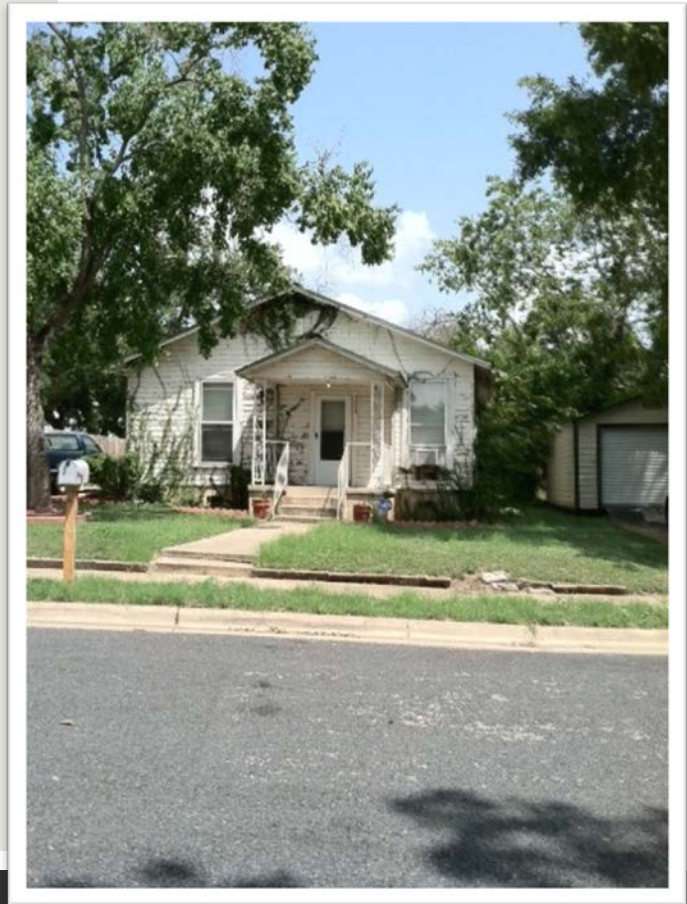
Depression Is Treatable

- Although the rate of depression symptoms tends to increase with age, **depression should not be considered a normal part of aging**
- Treatments include: medications, therapy, counseling, or self-management; used separately or in combination

Because depression is highly treatable but currently undertreated condition among community-based older adults, all disease prevention programs for older adults should include a depression treatment program.

The State of Mental Health and Aging in America, CDC

- Financial Issues
- Health and Mobility Issues
- Geographic Barriers
- Lack of Transportation
- Finding the Right Treatment Options
- Ambivalence



Barriers to Traditional Treatment

Healthy IDEAS

Identifying
Depression
Empowering
Activities for
Seniors

*Evidence-based
community depression
program designed to
detect and reduce the
severity of depressive
symptoms in older adults
through existing
community-based case
management services*



Healthy IDEAS

- Detect and reduce the severity of depression symptoms in older adults
- Reach underserved populations
- Train agency staff to deliver an intervention for depression to older adults
- Improve linkage between community aging service providers and health professionals
- Embed Healthy IDEAS into routine case management services



Mental Health Services at IHSS

- IHSS Social Workers are gatekeepers: designated helping professionals who have contact with those at risk for depression and suicide, and training on how to screen and recognize risk factors
- Social Workers screen IHSS recipients for depression annually using a tool called the PHQ-2
- **The PHQ-2 is a validated “first-step” screen that identifies the two most prominent depression symptoms**
 - Nationwide, adults aged 18 and older screen positive on two questions 18% of the time
 - Sonoma County Older Adult Recipients of In Home Supportive Services screen positive on two questions 28% of the time

Mental Health Services at IHSS

- Mental health consultation with the referring IHSS Social Worker

- Home Visit:
 - Assess needs and strengths
 - Provide education about depression and depression treatment
 - Warm hand-off to senior peer counseling, in-home therapy, no-cost case management programs with Healthy IDEAS, Sonoma County Behavioral Health Services, federally qualified health centers

- The Mental Health Liaison's role at IHSS and APS is to serve as a bridge between Human Services and Health Services



Depression Treatment Matters

Case Study

Outcomes 2013-2014



IHSS

- **1371** elders participated in depression screening

- **270** screened positive
- **140** accepted referral to the Mental Health Liaison for assessment and linkage to
 - Case management with health ideas: **14**
 - Peer Support: **45**
 - Therapy: **25**
 - Sonoma County Behaviors Health Services/Psychiatrist: **12**

Older Adult Collaborative

- **2925** elders participated in depression screening

- **684** screened positive
- **286** received mental health services

***83** elders participated in therapy including*

***339** therapy sessions were in the elder's home*



Challenges

- ❑ Holding fidelity to the evidence based model
- ❑ Maintaining programmatic motivation
- ❑ Serving non-English speaking clients

Successes

- ❑ Having the Older Adult Collaborative
- ❑ Depression screening and mental health services are imbedded into programs
- ❑ 90% of people who are offered the screenings accept
- ❑ Elders are engaging in treatment and realizing improvement

Discussion Questions

- What are ways Adult Programs in your county are collaborating with Mental Health?

Discussion Questions

- Has your county accessed Mental Health Services Act Funding? What program type? What services are you providing?
 - Community Services & Support
 - Capital Facilities and Technological Needs
 - Workforce Education & Training
 - Prevention & Early Intervention
 - Innovation

Contact Information

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- Eric Glentzer, IHSS Program Manager
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