Enhanced Services to IHSS Clients Through MHSA Collaboration

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County of Sonoma
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+)
Mental Health Liaison

Adult & Aging Division

Behavioral Health
Older Adult Collaborative

- Adult and Aging
- Petaluma People Services Center
- Jewish Family & Children’s Services
- Community & Family Service Agency
- Council on Aging
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

- Hire
- Enroll
- Terminate
- Supervise
- Train
- Schedule
# IHSS DEPRESSION SCREENING (60 and older)

<table>
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<tr>
<th>IHSS Client Name</th>
<th>Case ID</th>
<th>Date</th>
<th>Social Worker</th>
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- **Screening Not Appropriate**: Yes*  
  *If Yes*, demographic information **not** required; form goes to Case File

- **Screening Declined**: Yes**  
  **If Yes**, demographic information **required**

## CLIENT INFORMATION

<table>
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<tr>
<th>Age</th>
<th>Gender</th>
<th>Receives Medi-Cal</th>
<th>Lives Alone</th>
<th>Zip Code</th>
<th>Culture (if known)</th>
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<td>Yes</td>
<td>Yes</td>
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<td>Transgender</td>
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<th>Language</th>
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<td>3 African American</td>
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<td>4 Asian</td>
<td>6 Other</td>
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<td>4 Pacific Islander</td>
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<td>5 Native American</td>
<td>B Mandarin</td>
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<tr>
<td>Multi</td>
<td>D Cambodian</td>
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<tr>
<td>6 Other</td>
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<td>U Farsi</td>
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<td>V Vietnamese</td>
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</tbody>
</table>

## DEPRESSION SCREENING (PHQ 2)

1. **During the last two weeks have you often been bothered by having little interest or pleasure in doing things?**  
   - Yes  
   - No

2. **During the last two weeks have you been bothered by feeling down, sad or hopeless?**  
   - Yes  
   - No

## SUICIDE SCREENING

- **If there is any** indication of potential suicide, use this Suicide Screening. Review **SUICIDE PROTOCOL** below for every suicide screening.

1. **Over the last two weeks, have you had thoughts that you wanted to hurt yourself in some way?**  
   - Yes  
   - No

2. **If the answer is yes, ask:**  
   Do you feel these thoughts are a problem for you or something you might act on?  
   - Yes  
   - No

## 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)
4. **IF Positive Screening AND Referred to MHL**  
   - complete **Mental Health Screening Form**, attach to completed Depression Screening form, and submit to Anne Percy...
## Depression Screening (PHQ-2)

- **During the last two weeks have you often been bothered by having little interest or pleasure in doing things?**
  - Yes [ ]
  - No [ ]

- **During the last two weeks have you been bothered by feeling down, sad or hopeless?**
  - Yes [ ]
  - No [ ]

If client answers Yes to both Depression Screening questions, complete Suicide Screening and offer MHL referral (Sara Obstarczyk).

## Suicide Screening

- **If there is any indication of potential suicide, use this Suicide Screening. Review SUICIDE PROTOCOL below for every suicide screening.**
  - Over the last two weeks, have you had thoughts that you wanted to hurt yourself in some way?
    - Yes [ ]
    - No [ ]

- **If the answer is yes, ask:**
  - Do you feel these thoughts are a problem for you or something you might act on?
    - Yes [ ]
    - No [ ]

Referred to MHL [ ]
Declined Referral [ ]

## 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)
4. **IF Positive Screening AND Referred to MHL**
   - complete Mental Health Screening Form, attach to completed Depression Screening form and submit to Anne Percival

## 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 (24/7) ............................ 576-0181 or (800) 745-0181
North Bay Suicide Prevention Hotline of Sonoma County ....... (855) 597-4373 (Call-free)
The Friendship Line (24-hour suicide prevention service) ........................................... (800) 971-0001
Sonoma County Mental Health Access Team .................. 565-8900 or (800) 870-8788
Evaluation and Referrals for Non-Emergency Mental Health Services

Sonoma County Counseling Services at Health Care Clinics
Brookwood Health Center (Medi-Cal, Medicare, Sliding scale fee restricted) ........................................... 303-4000
Sonoma County Indian Health Project (Medi-Cal) ......... 521-6400
Southwest Community Health Center (Medi-Cal, Medicare, Sliding scale fee restricted) ............................... 547-2222
Vista Family Health Center (Medi-Cal, Medicare, Sliding scale fee restricted) ........................................... 202-9600
Alliance (Medi-Cal, Medicare, Sliding scale fee restricted) ......................................................... 433-9404
Alexander Valley Regional Medical Center (Sliding scale fee restricted) .................................................. 894-4229
Petaluma Health Center (Medi-Cal, Medicare, Sliding scale fee restricted) ............................................ 559-7500
West County Community Health Centers:
- Occidental Area Health Center (Medi-Cal, Medicare, Sliding scale fee restricted) ........................................ 874-2444 or 823-1616
- Russian River Health Center (Medi-Cal, Medicare, Sliding scale fee restricted) ........................................ 960-2800
- Sebastopol Community Health Center (Medi-Cal, Medicare, Sliding scale fee restricted) .............. 842-9999

Low Fee Counseling Agencies
Chrysallis Counseling Services for Women (Sliding scale available) .................................................. 545-1670
Family Service Agency (Sliding scale available) ......................................................... 545-4651
Jewish Family and Children’s Services (Sliding scale available) ...................................................... 571-0311
Loomis Psychotherapy Clinic (Sliding scale available) ......................................................... 579-0485
Petaluma People Services Center (Sliding scale available) ..................................................... 765-8488
SOS Counseling Services (Sonoma Area, Coots, Petaluma, Sliding scale available, free services) ....... 254-5444
Verity Counseling for people who have experienced trauma, and their loved ones (Sliding scale available) .......... 545-7273

AIDS 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 (Senior Peer Counseling, Additional Services for Senior - Social, Financial, Legal & Health Services) ......................................................... 525-0143 x 125
Family Service Agency (Senior Peer Counseling) ....................................................... 545-4551 x 508
Spectrum LGBT Center ......................................................................................... 418-472-1945
Wendington & Advocacy Center (Peer-operated & Managed Will Help Center for Alcohol Health Consumers) ......................................................... 565-7800

Family and Other Support
Budview Programs: Support for Families .................................................................. 571-5801 or 571-8101
For Elsie Make ............................................................................................................. 571-0402
NA/NAA Sonoma County ......................................................................................... 827-6655
Offering education, support, and advocacy for those affected by sexual addictions
Petaluma People Services Center: Support Services ............................................. 765-8488
Offering counseling, sober buddies, dry program, case management, caregivers support
West County Community Services ........................................................................ 885-0518
Offering case management, sober buddies, sober resources

Sonoma County Information and Referral
Dial 2-1-1
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
Barriers to Traditional Treatment

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

- Diane Kaljian, Adult and Aging Division Director
  - dkaljian@schsd.org

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  - Sara.Obstarczyk@sonoma-county.org