

Older Adult Behavioral Health Network and Network of Care ADRC Presentation

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Agenda



- Introducing: MAMH and the Older Adult Behavioral Health Network
- Why older adult behavioral health?
- OABHN meetings, advocacy and workgroups
- Network of Care
- Resources
- COAPS/Recovery Coaches workforce development

What is MAMH and OABHN



The Massachusetts Association for Mental Health (MAMH) is a nonprofit organization that works to advance mental health and well being by promoting prevention, early intervention, effective treatment and research to address social, emotional, and mental health challenges.

Older Adult Behavioral Health Network was formed with a generous grant from the Tufts Foundation. OABHN includes members from DPH, EOEA, DMH as well as community agencies stakeholders and advocates including: Mass Homecare, BU CADER, MCOA, Simmons SSW, BMC Elders Living at Home, NE Independent Living Center and more



Background



- Research suggests that most older adults experience positive mental health and increased resilience, wisdom
- Despite being at greatest risk of serious illness, older adults reported lower rates of pandemic-related anxiety than other age groups.
- However, while 1 in 4 older adults experience mental health conditions, less than 33% receive treatment, the lowest rate of any age group.

Barriers to Treatment



- Lack of transportation
- Cost of co-pays
- Co-occurring cognitive conditions
- Physical impairment, difficulty leaving home
- Isolation
- Ageism among providers
- Higher rates of stigma around mental health among older adults

Untreated Behavioral Conditions among Older Adults are associated with:



- Higher rates of ER use, hospitalization and nursing home admission
- Development of preventable health complications/higher rates of disability
- Isolation
- Caregiver stress
- Risk of suicide



COVID and LTC

- According to data collected from the COVID tracking project, as of March, 2021, **nearly one in 10 nursing home residents in the US died of COVID.**
- While residents of nursing homes and other LTC settings account for 1% of the population, by March 2021 they accounted for 34% of COVID deaths.

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

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



- 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

Your ideas!

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

OABHN Diversity Equity and Inclusion



- 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- Network of Care



Network of Care Massachusetts | x +

massachusetts.networkofcare.org/mh/

Select Language: Eng / Esp / Port / Kreyòl Ayisyen / 中文 / Việt / Other

Network of Care
Massachusetts

Find Behavioral Health Services

HOME ▾ SERVICES ▾ LIBRARY ▾ INSURANCE ▾ SUPPORT & ADVOCACY ▾ MY ACCOUNT ▾ EMERGENCY

COVID-19 Behavioral Health Information Hub [READ MORE](#)

WELCOME TO NETWORK OF CARE MASSACHUSETTS

If you are looking for information about resources in your community for children and adults with mental health and substance use needs, you've come to the right place.

Network of Care Massachusetts includes a directory of over 5,000 programs and organizations across the Commonwealth, searchable by keyword and zip code. If you are looking for an individual therapist or psychiatrist, please contact one of the many [helplines](#) in Massachusetts that can connect you to care. Let Network of Care Massachusetts help you take the first step in locating mental health, substance use, and related social services in your community to support good health and recovery.

FIND RESOURCES AND SERVICES NEAR YOU

Type here to search

9:32 AM
10/16/2020

Network of Care



[Find Behavioral Health Services](#)

[HOME](#) [SERVICES](#) [LIBRARY](#) [INSURANCE](#) [SUPPORT & ADVOCACY](#) [MY ACCOUNT](#) [EMERGENCY](#)

[COVID-19 Behavioral Health Information Hub](#) [READ MORE](#)

[Service Directory](#)

[Find Services](#)

[Update Listing](#)

[Add New Agency](#)

[NOC Inclusion Policy](#)

[MA DMH License Class Information](#)

OLDER ADULT SUPPORTS & SERVICES

Results: 16

- [Aging and Disability Resource Centers \(38\)](#)
- [Area Agencies on Aging \(28\)](#)
- [Congregate Meals/Nutrition Sites \(347\)](#)
- [Elder Abuse Prevention \(2\)](#)
- [Geriatric Psychiatric Inpatient Units \(25\)](#)
- [Home Delivered Meals \(29\)](#)
- [In Home Assistance \(27\)](#)
- [Long Term Care Options Counseling \(27\)](#)
- [Medicare \(4\)](#)
- [Medicare Advantage Plan Enrollment \(1\)](#)
- [Outreach Programs for Older Adults \(8\)](#)
- [PACE Programs \(8\)](#)
- [Personal Care \(25\)](#)
- [Senior Centers \(348\)](#)
- [Senior Ride Programs \(34\)](#)
- [Specialized Information and Referral for Older Adults \(30\)](#)

Connection to helplines



Feature on homepage to connect users to live navigators and specialists:

Connect With A Trained Specialist To Help Find Behavioral Health Services



Massachusetts Substance Use Helpline

Free & confidential information and referrals for alcohol & other substance abuse problems.

[LEARN MORE](#)



NAMI Mass Compass

Navigators answer a wide range of questions and refer to community resources.

[LEARN MORE](#)



Family Resource Centers

Information and assistance related to health care, safety, employment training, education and peer support for families with children ages 0-18.

[LEARN MORE](#)

Find an Individual Behavioral Health Practitioner



[Psychology Today](#)

Connect with Trained Specialists to Help Find Individual Behavioral Health Practitioners.

[LEARN MORE](#)

Selected Resources



DMH

application: <https://www.mass.gov/info-details/applications-for-dmh-services>

local area office: <https://www.mass.gov/guides/find-which-dmh-office-covers-your-city-or-town>

Referral/Systems Navigation

William James Interface Referral : <https://interface.williamjames.edu/>

Helpline: 888-244-6843 (toll free); 617-332-3666 (local)

Psychology Today: <https://www.psychologytoday.com/us/therapists>

NAMI MA Compass:

<https://namimass.org/nami-mass-compass-helpline/>

Peer Support

Recovery Learning Communities: <https://www.mass.gov/service-details/recovery-learning-communities>

Training: <https://www.mamh.org/education/older-adult-training-calendar>

Expanding Definitions of Wellness

