

Elder Mental Health Outreach Team Overview

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Agenda



- Background
- EMHOT Workflow
 - Referral Sources
 - Assessment
 - Ongoing Support
 - Closure
- Groups
- Resources/Training
- Older Adult Behavioral Health Network



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

EMHOT Services



- Counseling
- Resource management (getting food, furniture, medications, etc.)
- Wellness checks
- Crisis Intervention
- Benefit applications
- Family support/collaboration
- Provider collaboration
- Case management/care coordination
- Discharge planning
- Referrals
- De-cluttering

Referral Sources



- ASAPs (Protective Services, AgeInfo, Homecare)
- Self-referral/caregivers
- Inpatient/Outpatient geriatric psychiatry or local behavioral health providers
- Medical (PCP, VNA)
- COAs
- First Responders (Police, Fire, EMTs)
- Legal Services
- Other?

Initial Assessment



- Functional status
- Client report of Dx, Rx
- History of treatment/support
 - What was helpful? What wasn't?
- Home environment
- Current informal and formal supports
- Worker observation of behavior
 - (mood, affect, ability to answer questions/follow conversation, other non-verbal cues).
- Client report on mood
 - May utilize tool such as Ph-Q 9

Clutter Image Rating Scale



Clutter Image Rating: Bedroom

Please select the photo that most accurately reflects the amount of clutter in your room.



1



2



3



4



5



6



7



8



9

After Initial Assessment



- Client and SW agree on next point of contact.
- Within 3 business days of initial assessment, case review with Program Manager
- Make urgent referrals, as needed.
- Gather additional information from providers.
- Write up assessment in progress note in client's electronic record
- SOAP note resource: <https://positivepsychology.com/soap-notes-counseling/>

Ongoing EMHOT Support



- Agree on contact schedule (i.e. weekly/biweekly home or telehealth).
- Review/prioritize goals
- At each visit: Check on mood, behavior observation, note any other significant changes.
- Write progress note after every contact.
- Cases should be reviewed in supervision at least every other week.

EMHOT case closure



- Cases may close for a variety of reasons, including but not limited to:
 - Client and SW mutually agree services are no longer needed (ie client reports feeling better or has been referred to other, long-term services).
 - Client has not responded to outreach efforts and it has been decided in supervision that continued efforts are no longer beneficial.
 - Client has broken guidelines spelled out in a contract.
 - Other?

Closure Steps



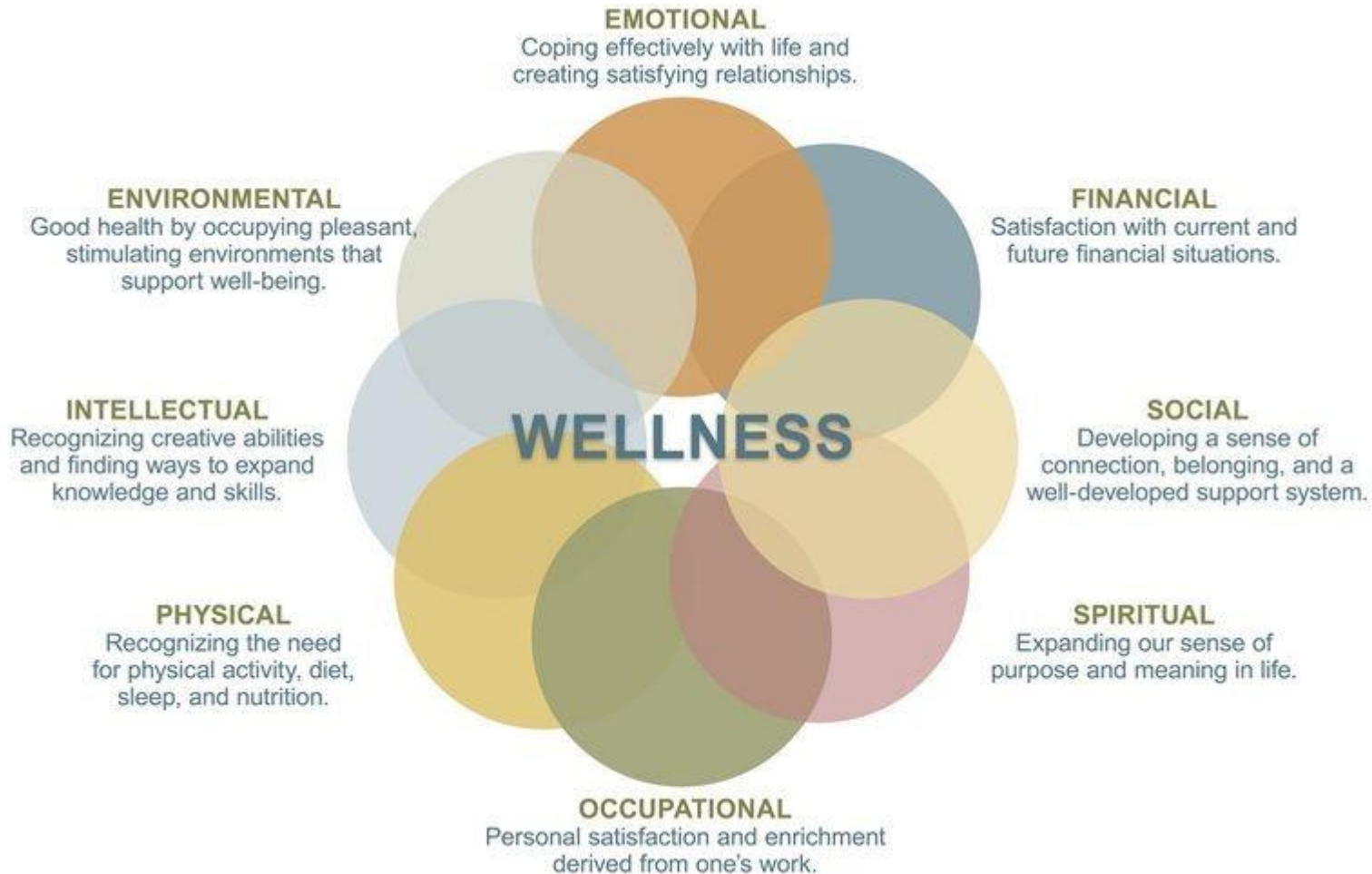
- Review potential closure with a supervisor.
- If still actively engaged with client, notify him/her of closure at least 3 weeks prior to closing.
- Provide resources, referral information, warmline/crisis information, etc
- If referrals have been made, ensure client is agreeable to referrals and that the referring agencies have started services or plan to in the near future.
- Write note in record. Notify providers, caregivers if applicable
- Supervisor to close client on tracking spreadsheet.

EMHOT groups



- Buried in Treasures
- Expressive Arts for Healing
- Mindfulness Based Stress Reduction (MBSR)
- Mind/Body/Spirit
- Nami Family to Family
- Peer Support for Depression
- Wellness Recovery Action Plan (WRAP)
- Other?

Expanding Definitions of Wellness



Resources- Network of Care



Network of Care Massachusetts | x +

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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

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>

OABHN trainings



- 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

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: December 9th

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