

Advocates for African American Elders Network

hosted by

***Bryan
Gaines***



AAAE Talk Show

Soul Food



Recipes for Mental Wellness

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The Case



Ms. Jackson



The Context

62 Year Old Woman

- 1955 Emmett Till murdered
- 1955 Rosa Parks refuses to give up her seat
- 1957 The Little Rock Nine are blocked
- 1963 March on Washington
- 1963 4 Black girls bombed
- 1964 Civil Rights Act prohibits discrimination
- 1965 Malcolm X assassinated
- 1965 Watts riots

62 Year Old Woman

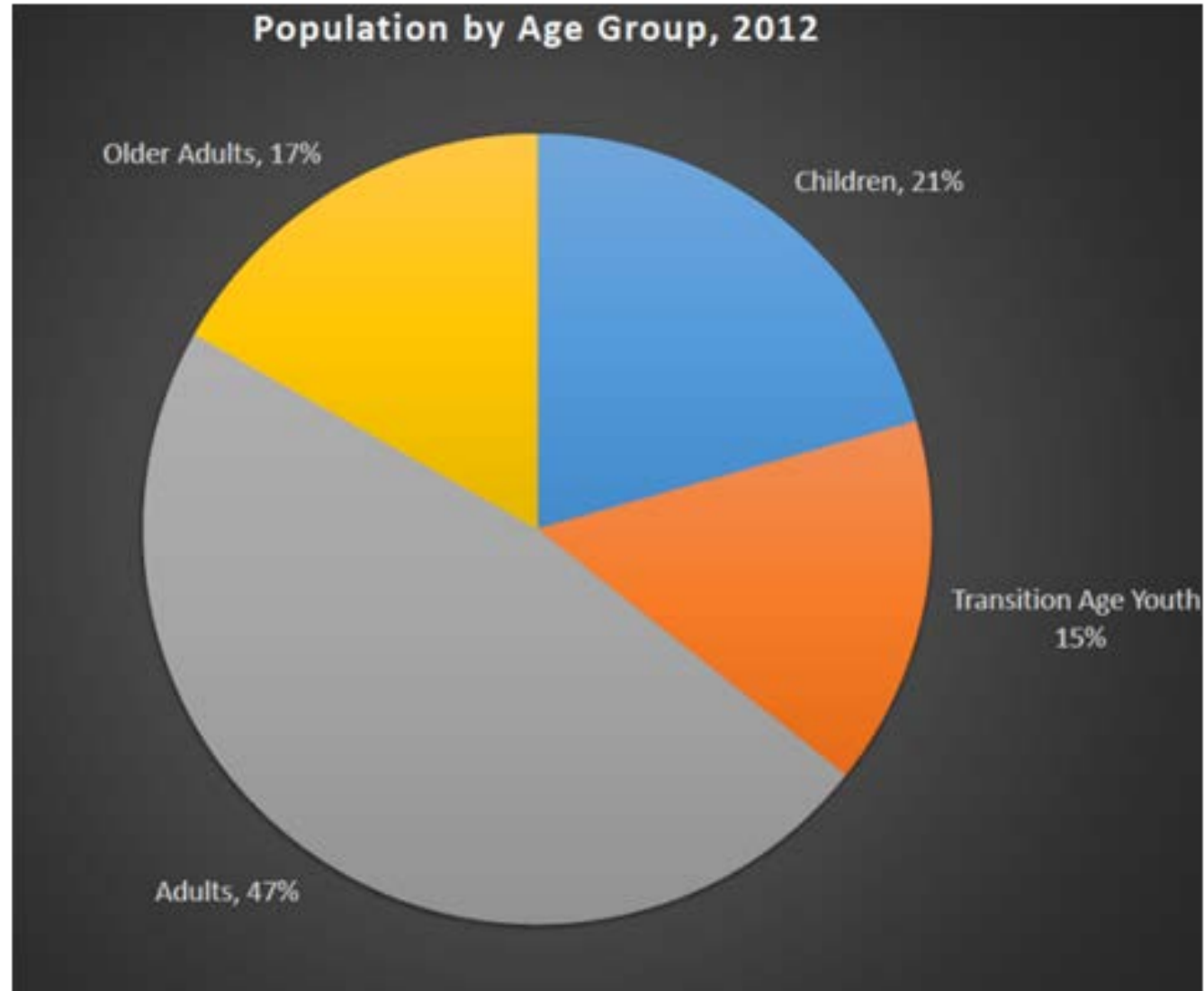
- 1967 Detroit Riot
- 1967 Thurgood Marshall to Supreme Court
- 1968 Dr. Martin Luther King, Jr. assassinated
- 1972 Tuskegee Syphilis experiment ends
- 1993 Riots in L.A. following acquittal of officers that beat Rodney King
- 2001 Colin Powell is first U.S. Secretary of State
- 2005 Condoleezza Rice is first Black female U.S. Secretary of State
- 2008 Barack Obama is first African American president
- 2014 Michael Brown killed by police in Ferguson, MO
- 2017 Donald J. Trump elected president



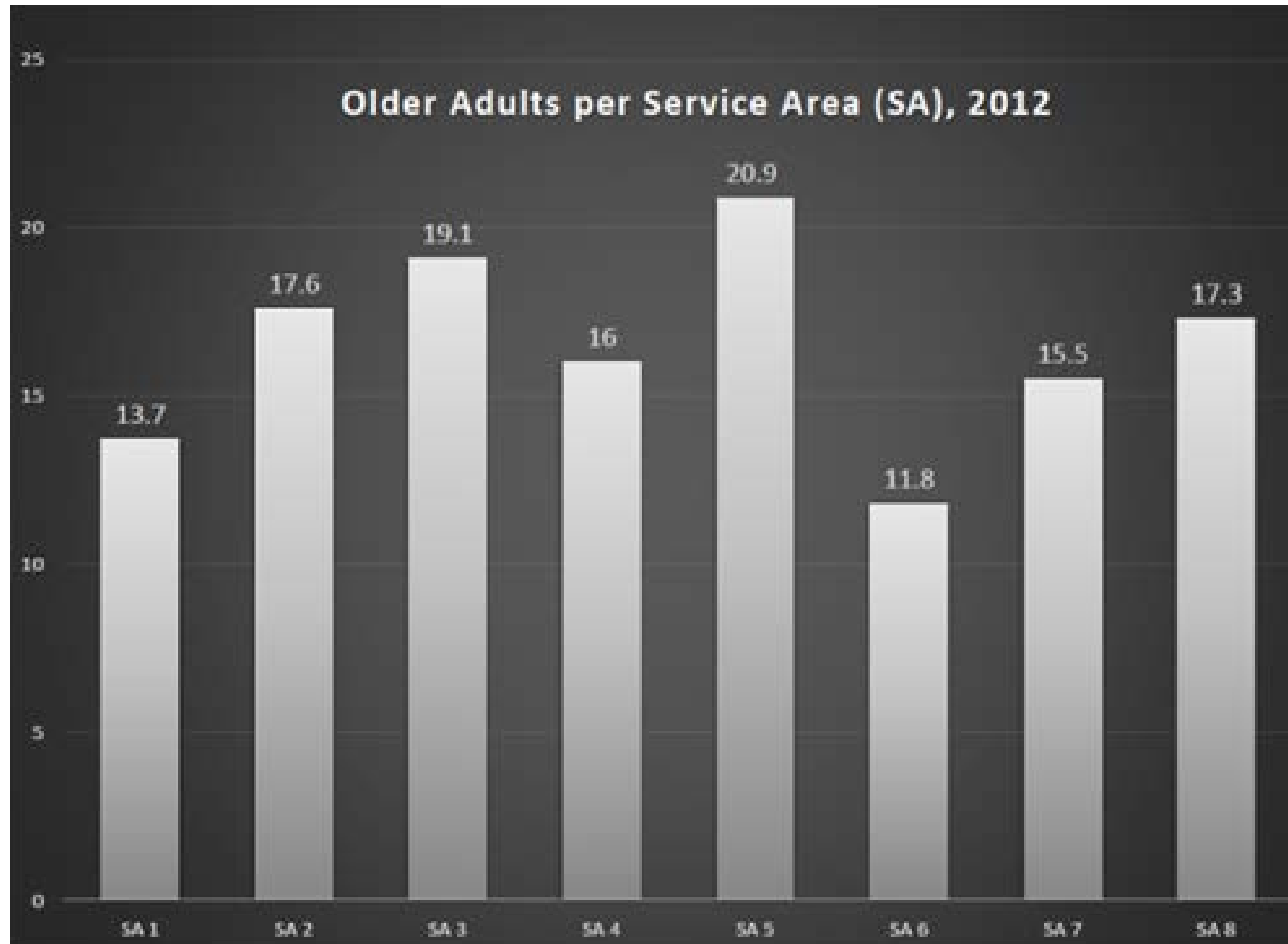
African American Culture

- Strong kinship bonds
- Religious involvement
- Strength & resilience
- Reverence for elders
- Filial obligations
- Stigma

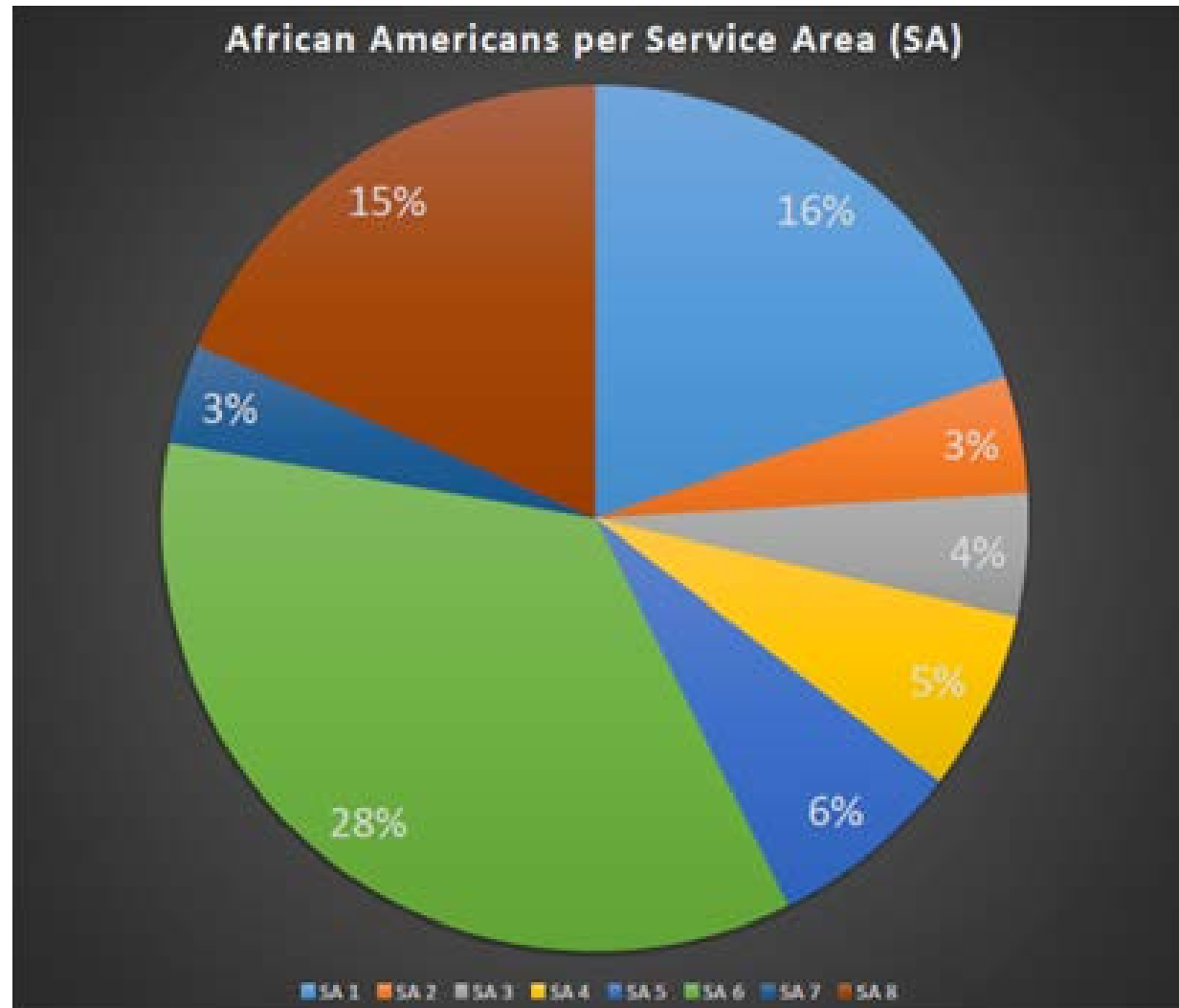
In Los Angeles



In Los Angeles



In Los Angeles





The Problem

Mental Illness among AA Older Adults

- 9% have depression (vs. 6.8% of whites)
- Older African Americans more likely to be diagnosed with depression, anxiety, and dementia
- Many have subthreshold depressive symptoms
- Different symptom presentation

Mental Illness among AA Older Adults

- Likely to go to primary care for support
- Less likely to get diagnosis or appropriate treatment than whites
- Lack of culturally competent treatment

*Side Dish:
Alzheimer's and Dementia*



The Faces of Alzheimer's and Dementia...



Recipes for Alzheimer's and Dementia

- ***Get educated.*** Know the difference between Alzheimer's disease, dementia and normal aging.
- ***Get a diagnosis.*** Get a proper diagnosis from a geriatrician or diagnostic center.
- ***Find a partner.*** Create a strong partnership with your doctor and community service providers to assist with referrals and resources.
- ***Provide quality care.*** Understand the role of being a caregiver and how to maintain your health and wellness. Contact the USC Family Caregiver Support Center for assistance. Visit <http://fcscgero.org/> or call (855) 872-6060.

Side Dish:

Alzheimer's and Dementia

- ***Protect your assets.*** Consult a local elder law attorney or legal expert to protect your assets and interests.
- ***Know your options.*** Find out about care options available to assist you. Learn about in-home support, residential care, home health care, and hospice care.
- ***Plan ahead.*** Making choices ahead of time can help spare your loved ones from having to make difficult decisions during a period of great stress and grief. Consider funeral options by contacting a local funeral home to help you prepare

The Approach

Assessment

- Few tools tested with older African Americans
- Symptoms can differ from other populations
- Must consider cultural and religious expression

Mental Health Promotion

- Multi-level strategy to improve mental health
- Social skills, ability to manage life, and emotional resilience
- Goal is mental fitness
- Wide spectrum of actions (i.e. exercising, praying, mental health treatment)

Individual (Micro) Level

- Goal: decrease symptoms + improve overall mental health
- Actions: improving physical health, engaging in meaningful and enjoyable activities, and getting educated about positive mental health and mental disorder
- Support sources: primary care, family & social networks, and church
- Culturally competent treatment: ethnic background, faith, experiences of discrimination, beliefs and attitudes about mental illness, aging issues

Seek Out New Healthy Recipes.....



Ingredients

serves 4

- 9oz baby spinach, torn
- 1 cup sliced strawberries
- 1 cup raspberries
- 1 cup blueberries
- 1/2 cup sliced almonds, toasted
- 1/3 cup chopped basil
- 1 avocado, chopped
- 4oz goat cheese



Stay Mentally Active.....



Stay Physically Active.....



Community (Mezzo) Level

- Goal: Increased collaboration between social service agencies, mental health service providers, health care providers, churches, senior centers etc.
- Issues of access



ACCESS

assisting. improving. empowering.

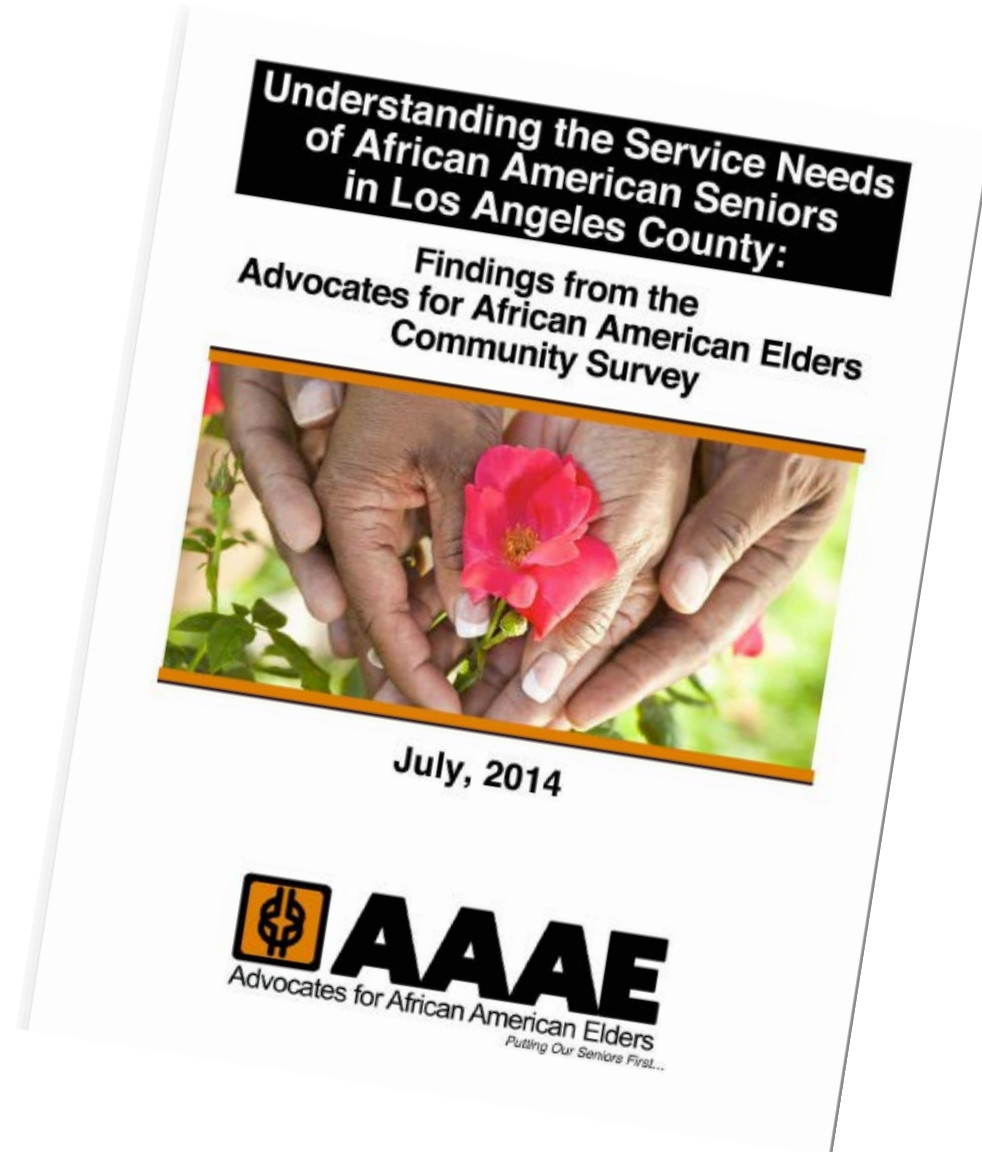
Policy (Macro) Level

- Policy and advocacy issues related to mental health and disparities (ACA)
- Social determinants of health (poverty, unemployment, low education, and poor neighborhood conditions)



African American Seniors in L.A.

- 1 in 4 (23%) don't have enough money for food each month
- Half (52%) want to know where to get help with food



The Application

Ms. Jackson



The Church



Engagement



African Americans



African Americans are no different when it's come to prevalence of mental health conditions when compared to the rest of the population. However, your concerns or experiences and how you understand and cope with these conditions may be different.

This page focuses on how mental health affects the African American community so that you know how to find help.

Why Does Mental Health Matter?

Without mental health we cannot be healthy. Any part of the body—including the brain—can get sick. We all experience emotional ups and downs from time to time caused by events in our lives. Mental health conditions go beyond these emotional reactions to specific situations. They are medical conditions that cause changes in how we think and feel and in our mood. These changes can alter your life since they make it

FIND YOUR LOCAL NAMI



CALL THE NAMI HELPLINE

800-950-NAMI

info@nami.org

M-F, 10 AM - 6 PM ET

TAKE OUR POLL

How likely are you to recommend a NAMI education class or presentation?

- Very likely.
- Somewhat likely.
- Not likely.
- I have not taken a class.

Program Brochure



Completion of the four workshops listed below is required to become a certified Mental Health Friendly Community.

Mental Health 101

The training broadens the expertise of faith leaders, pastors and health ministry members as first responders to mental health crises, and inspires leaders to create welcoming communities for individuals and families living with mental health challenges. It corrects misinformation while educating faith leaders to recognize signs, symptoms and triggers of mental illness and provides culturally responsive wellness resources to those with mental health concerns.

Keepers of the Flock: "Becoming a Caring Community of Faith"

Designed for all stakeholders, workshop participants will learn through the parable of the "Lost Sheep," the caring, compassion and commitment of a loving shepherd. This training creates a climate of understanding and acceptance of those with mental health challenges and an awareness of the path toward mental wellness. The lessons learned from this training are essential for becoming a Mental Health Friendly Community, which is the calling, responsibility and privilege of the entire community.

A Bridge Over Troubled Waters

The training provides all stakeholders with a historical perspective of the development of faith within the African-American experience. It offers an understanding of the impact of how mental health services are currently being provided and bridges the divide between a western focused clinical approach, which was designed to serve all ethnicities, and the spiritual approach needed to support African Americans on a journey toward mental wellness.

Spirituality 101

Intended for mental health providers, the training builds an understanding of the important role of faith in creating mental wellness for African-American consumers and families. It focuses on how to include spirituality as a resource for wellness, recovery and multicultural competency and facilitates the development of a provider network to partner with the faith community to address specific needs of African Americans. [Recommended for all county mental health services staff.]



MENTAL HEALTH
friendly COMMUNITIES

Building Mental Health Friendly Communities...
one congregation at a time

Contact Information

For more information, please visit
www.eachmindmatters.org
or contact

Minister Monique Tarver at
510-552-5284, or
moniquetarver@yahoo.com



Funded by counties through the voter-approved
Mental Health Services Act (Prop. 63)

MENTAL HEALTH
friendly COMMUNITIES



AAAE CCI Talk Shows



Know Your Health Plan Options

ADVOCATES FOR AFRICAN AMERICAN ELDERS & WLCAC THERESA LINDSAY SENIOR CENTER INVITES YOU TO GET YOUR QUESTIONS ANSWERED ABOUT THE COORDINATED CARE INITIATIVE AND "THE BLUE ENVELOPE"

Join us to learn about CCI and the 5 Cal MediConnect Health Plans: Care1st | CareMore | Health Net | LA Care | Molina
Meet one-on-one with health plan representatives to discuss your personal health plan options.
If you have both Medicare and Medi-Cal and need help choosing a plan, we encourage you to attend.

ENTERTAINMENT | FOOD | PRIZES
FRIDAY, MARCH 13, 2015

10:00am-1:00pm
WLCAC THERESA LINDSAY SENIOR CENTER
429 E. 42nd Place
Los Angeles, CA 90011

Registration Required | Reserve Your Seat Today
Please call: (213) 740-1887

This event is supported by funding from The SCAN Foundation | L.A. Care | USC



You are Invited to the AAAE CCI Talk Show!

ADVOCATES FOR AFRICAN AMERICAN ELDERS (AAAE) & EXPO CENTER/AHMANSON SENIOR CENTER INVITE YOU TO GET YOUR QUESTIONS ANSWERED ABOUT THE COORDINATED CARE INITIATIVE (CCI)

Join us to learn about the Coordinated Care Initiative (CCI) and Cal MediConnect Health Plans: Care1st | CareMore | Health Net | LA Care | Molina
If you have both Medicare and Medi-Cal, and you have questions: How to find the right health plan to meet your needs? Who to call if you need help or more information? Whether Cal MediConnect is right for you?, we encourage you to attend.

ENTERTAINMENT | FOOD | PRIZES
FRIDAY, JUNE 12, 2015
10:00am-1:00pm

City of Los Angeles Department of Recreation and Parks
EXPO Center - Ahmanson Senior Center
3990 Bill Robertson Lane, Los Angeles, CA 90037
Event Location: Next Door at Comrie Hall, 2nd Floor

Registration required by Friday, June 5, 2015
Please call: (213) 763-0118

This event is supported by funding from The SCAN Foundation



Crenshaw & Around New Changes to Medicare and Medi-Cal Impact South L.A. Seniors

New Changes to Medicare and Medi-Cal Impact South L.A. Seniors

Published on Thursday, 12 March 2015 23:41
Written by Sentinel News Wire

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Outreach, engagement and education are greatly needed especially among African American seniors and their caregivers, many of whom are impacted by the new changes to Medicare and Medi-Cal under Cal MediConnect.

Advocates for African American elders address the need for outreach and education to seniors in the New 9th District on March 13th

New changes to Medicare and Medi-Cal will impact health care to seniors. It is estimated that almost 300,000 Medicare and Medi-Cal beneficiaries are eligible for passive enrollment into a Cal MediConnect health plan in Los Angeles County. Cal MediConnect, the name for the state's dual eligible demonstration project, is part of California's Coordinated Care Initiative (CCI). LA County has the most complex enrollment strategy and the largest population affected by the CCI.

The Cal MediConnect program includes five health plans and seeks to improve care coordination and quality of care for dual eligible beneficiaries – those with both Medicare and Medi-Cal benefits. Due to the complexity of the CCI, there is great potential for consumer confusion and limited access. This is especially the case for low-income, African American seniors, who experience barriers to health care information and access due to cultural and socioeconomic differences and low literacy.

African Americans comprise 11% or over 30,000 of the dual eligible population in

search... 

WIN TICKETS to see Alvin Ailey American Dance Theatre April 15th - 19th at the Dorothy Chandler Pavilion!



Click to Win!



Talk show format



Talk show format



Game show





\$Gift Bag

Under the new health program in California for people with Medicare and Medi-Cal, what will happen if you have Original Medicare, Part D, and Medi-Cal and choose to ignore all notices sent in the mail?

You will...

A: Be showered with gifts

B: Be just fine

C: Win Nobel Peace Prize

D: Be assigned CalMediConnect





FOOD

• for your •

SOUL



Our mission is to engage African American elders in enhancing their quality of life through advocacy, education and increasing access to community resources.

www.aaaeonline.com

(213) 740-1887