On Wednesday, January 14, 2015, the Los Angeles County Department of Mental Health (LACDMH) partnered with several organizations and agencies to present the 9th Annual Promising Practices: Mental Health and Aging Conference – Shaping the Future for Mental Health and Aging at the California Endowment in downtown Los Angeles.

This year’s conference committee and partners included LACDMH, Jewish Family Service of Los Angeles, Pacific Clinics, Providence Health & Services, San Fernando Valley Community Mental Health Center, Inc., and the Tarzana Treatment Centers.

Open to clinicians who work with older adults, more than 225 people attended this year’s conference with a dozen agencies and organizations on-hand to pass out information about their programs and services.
The all-day conference began with opening remarks and an introduction of the key note speaker by Jose Salazar, Dr.PH. The morning key note, *Language of the Heart: Empowering the Dying & the Grieving*, was presented by G. Jay Westbrook, MS RN CHPN. The session was followed by morning breakout sessions (*Stories of Life: Enriching Lives and Enhancing Mental Activity in the Second Half of Life* – Cheryl M. Svensson, BA BFA MSG PhD; *Older Adult Substance Use Disorder* – Tricia L. Lethcoe, LMFT CATC IV; *Hoarding: Individual or Community Problem?* – Sheila Richman, LCSW and Marina Berkman, LMFT).

After lunch, attendees then listened to the afternoon key note speaker David I. Sitzer, PhD. Sitzer presented *Advances in Caregiver Support for Alzheimer’s Disease: Reducing Caregiver Burden*. More breakout sessions followed his presentation (*Cultural Competency and Service to the Older Adult Latino and Middle Eastern Individual* – Tomas Martinez, PhD and Haydeh Fakhrabadi, PsyD; *Combating Chronic Loneliness – Digital Literacy, Social Media and the Aging Problem* – Maureen Feldman, MA; *Sleeping Your Way to Health and Happiness* – Melissa Sander, MSW). The closing session ended the day with *Yoga in a Chair* by Travis Kronenberg, a Dahn Yoga Instructor.