Working with African American Older Adults: The AAAE Cultural Competency Training

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Module 4

Engage

The AAAE Cultural Competency Training: Mental Health in Context

- **A**cknowledge: The importance and impact of culture, history, differences, unique experiences, individuality and expertise in one's own life.
- **A**ssess: Clients'/consumers' perspectives, beliefs, attitudes, cultural identity, strengths, assets, needs and previous experiences with mental health providers.
- **A**dvocate: For client/consumer needs, awareness and education, access to quality services, and supportive policies.
- **E**ngage: Clients/consumers using culturally competent methods. Participate in outreach strategies that are culturally relevant.

Engage defined

- 1. to occupy the attention or efforts of (a person or persons)
- 2. to attract and hold fast
- 3. To attract or please

How do you engage your clients?

Engage

- Allow space and time for African American seniors to converse.
- Engage in collaborative and active problem-solving at first contact, if appropriate.
- Acknowledge and identify barriers and facilitators to participation.
- Be prepared to work with other agencies involved with family, and link family to supportive services
  - 25% of African Americans reside in multigenerational households

Engage

- Develop and implement an immediate intervention to address at least one stressor.
- Acknowledge and address cultural beliefs and barriers.
- Take time to build trust and rapport
  - Let clients tell their story
- Engage in outreach efforts.

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Increasing Long-term Care Options for Low-Income Seniors

By Karen D. Lincoln, associate professor USC School of Social Work

SENIOR CARE CATEGORIES

- Activities for Seniors
- Aging in Place
- Choosing Senior Care
- Elder Abuse and Scams
- Caregiving
- Planning and Paying for Senior Care
- Legal Considerations When Caring for Elders
- Careers in Aging
- The Business of Aging
- Senior Care
- Updated Articles and Resources

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We need to educate low income seniors on their options so that they do not fall through the cracks. Getty Images

Updated April 01, 2015.

The long-term care landscape has been undergoing a major transformation in response to consumer preference and funding from Medicaid. Because older adults prefer to "age in place," we have witnessed an increase in the utilization of home- and community-based long-term care services and supports and a shift away from nursing homes.

However, findings from a study published in *Health Affairs* indicated that enrollment in skilled nursing facilities has declined for older Whites, but has increased for older seniors of color. It appears that many White seniors may have more choices of long-term care in their communities and the means to pay for alternatives to nursing homes such as assisted living facilities, which are largely used by those with private pay insurance.

Many seniors of color, however, are more likely to reside in socioeconomically disadvantaged communities with limited options for long-term care besides nursing homes. Unfortunately, families that have

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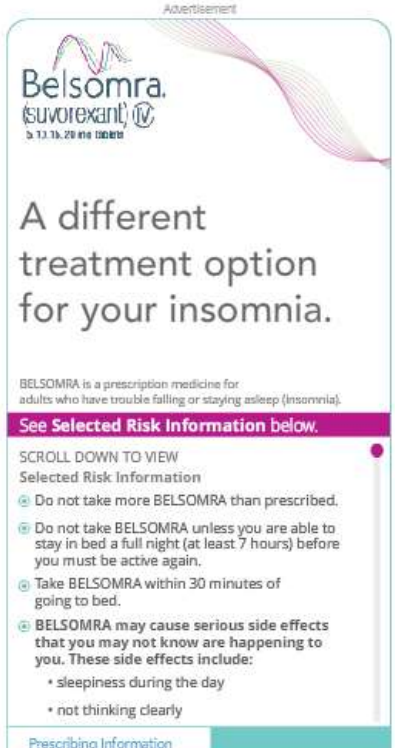

Practical engagement and outreach strategies

- Disseminate information about mental health, treatment, recovery and services to senior centers, senior housing communities, neighborhood clinics, local churches, community centers, beauty salons, barber shops, grocery stores, drug stores, and other places that African American seniors frequent.
- Use culturally appropriate images and messaging to engage African American seniors.

Practical engagement and outreach strategies

- Take advantage of ethnic and cultural media, including newspapers and radio to disseminate information.
- Partner with churches, physicians, neighborhood clinics, and pharmacies to help identify and educate African American seniors who might be “hard-to-reach” because they are poor, isolated, or in poor health.

The LACDMH Cultural Competency Plan identifies 19 strategies to reduce disparities, especially those due to race, ethnicity and culture

- 1. Outreach and Engagement
- 2. Community education to increase mental health awareness and decrease stigma
- 3. Multi-lingual/multicultural materials
- 4. Collaboration with faith-based and other trusted community entities/groups

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

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

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

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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.)

Contact Information

For more information, please visit
www.eachmindmatters.org,
or contact
Minister Monique Tarver at
510-552-5284, or
moniquetarver@yahoo.com

CalMHSA

EACH MIND MATTERS

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

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

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 Pla
Care1st | CareMore | Health Net | LA Care | Molina
Meet one-on-one with health plan representatives to discus
your personal health plan options.
If you have both Medicare and Medi-Cal and need help choosing a
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 Tod
Please call: (213) 740-1087

This event is supported by funding from The SCAN Foundation | LA Care | U

AAAE | USC Social Work

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
3980 Bill Robertson Lane, Los Angeles, CA 90037
Event Location: Next Door at Connie 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

AAAE | USC Social Work | EXPO CENTER

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.

search...

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

Talk show format

Talk show format

Game show

Prizes
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2 - $20 Gift Card
3 - $15 Gift Card
4 - $10 Gift Card
5 - Gift Bag
6 - Gift Bag
7 - Gift Bag
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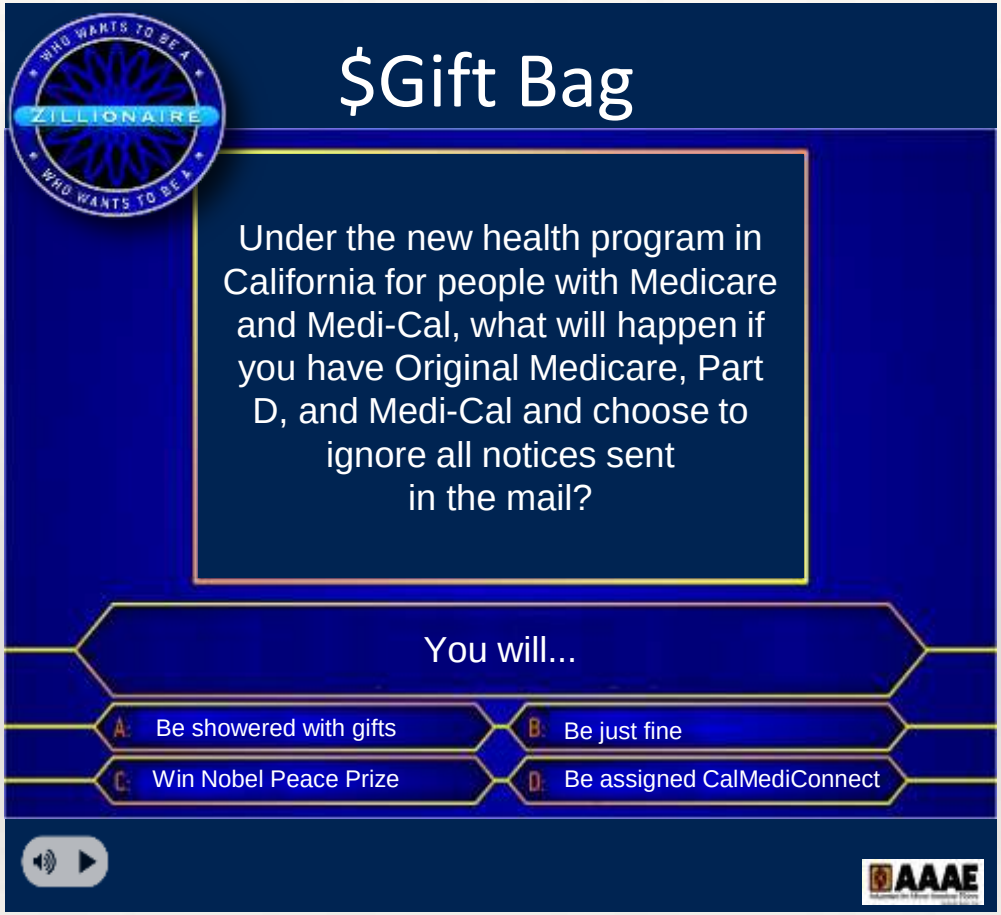
WHO WANTS TO BE A
ZILLIONAIRE
WHO WANTS TO BE A
$Gift Bag
Under the new health program in California for people with Medicare and Medi-Cal, what will happen if you have Original Medicare, Part D, and Medi-Cal and choose to ignore all notices sent in the mail?
You will...
A: Be showered with gifts
B: Be just fine
C: Win Nobel Peace Prize
D: Be assigned CalMediConnect
AAAE

Health plan information clinic

Evaluation

JUSTICE IN AGING
FIGHTING SENIOR POVERTY THROUGH LAW

THINKING OUTSIDE THE BOX
Creative and Culturally Competent Outreach Strategies in Health Care Transitions

ISSUE BRIEF • MARCH 2015

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[1]National Senior Citizens Law Center became Justice in Aging on March 2, 2015.

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African American Elder Sensitivity Exercise

Conclusion