SLT Standing Committee Meeting

Older Adult Break-Out Group

August 14, 2014

Trauma can be defined broadly as any historical, actual, perceived or potential experience that results in unwanted or negative physical, emotional, social or psychological harm, that impacts the context in which the individual views themselves or other in their social environment.

I- ROOT CAUSES OF TRAUMA FOR OLDER ADULTS

The subcommittee identified the following root causes of trauma for older adults:

- Losses
- Health Decline/ Chronic Medical Conditions
- Loss of Independence
- Death of Spouse, Partner and Friends
- Food Insecurity
- Inadequate Income to Meet Basic Needs
- Loss of Role and Meaning in the Community
- Isolation
- Physical, Emotional and Financial Abuse
- Violence in the Community
- Domestic Violence
- Diminishing Support System
- Unresolved Trauma from Child or Adulthood

II- COMMUNITY FACTORS IMPACTING TRAUMA FOR OLDER ADULTS

- Significantly Below the Poverty Level
- Community with a High Percentage of Older Adults
- Significant Crime Rate
- Low Level of Resident Involvement
- Few Resources Available to the Residents of a Community
- High Percentage of Liquor Stores in the Community in Comparison to Grocery Stores Available

III- POTENTIAL MODELS

Wellness Services for Seniors

Model

The Older Adult System of Care Bureau (OASOC) is proposing the development and implementation of three (3) Wellness Services for Seniors programs throughout Los Angeles County to address the unique needs of older adults. These programs would be implemented in a community setting and be culturally informed and developed based upon the targeted older adult under-represented population. The three (3) programs would each focus or highlight specific cultural group. The spectrum of services developed and offered in each community would be culturally sensitive and appropriate for the community in which the program would be located. Therefore, each program's activities and community partners would vary, depending on the needs of the older adults within that community.
The Wellness Services for Seniors program would offer the full range of out-patient mental health services, while also providing health screening and education and substance use treatment. The program would offer both clinic and community based services based upon the needs and preferences of the older adults.

Model Components

Clinic Based

Integrated System (IS) / IBHIS data demonstrates that many older adults are receiving mental health services in Adult Wellness Centers throughout Los Angeles County. During fiscal years 11/12 and 12/13, approximately 700 older adults received mental health services each year through DMH Directly Operated Adult Wellness Centers. These older adults would benefit from a specialized older adult focused program component that would fully and holistically address their mental health, health, sustenance use and other age related transitions (cognitive and physical changes). Given the fact that this cohort is accessing services through an Adult Wellness Center, they are comfortable obtaining clinic based services, thus being embedded in an Adult Wellness Center, would be one option in serving this population.

Community Based

The Wellness Services program could also be based or embedded within an organization or setting within the community. As such, this model would emphasize treatment in a natural setting, thereby decreasing the stigma often associated with accessing mental health services. The core array of services offered at both the clinic based and/or community based Wellness Services for seniors programs, would be the same. Locating and embedding this program within the community, would also allow for innovative partnerships with senior housing, health facilities, community centers and faith-based organizations.

Community partnerships would include a broad array of social and human services agencies. Potential partnerships would include the following:

- Senior Centers
- Faith Based Organizations
- Food Banks
- Health Centers
- Parks and Recreation Centers
- Department of Public Social Services
- Home Delivered Meals
- Public Libraries
- Senior Classes and Special Interest Groups
- Neighborhood Councils
- Community Senior Services
- Legal/Advocacy Services

Service Spectrum

The program would offer the full range array of mental health services via an older adult specific interdisciplinary treatment team. This team would consist of mental health clinicians, registered nurse(s) (RN), substance abuse counselor, service extenders, psychiatrist and a case manager. Consultation with a neuropsychologist, geriatric pharmacist and a geriatrician would also be essential components of the care team. The core services provided include the following:

- Mental Health Outpatient Services
- Substance Use Services
- Health Screening, Referral to Primary Care and Linkage.
- Psycho-educational Services
- Group Therapy: Bereavement Groups, Depression, trauma and Healthy Living
- Housing
- Peer Run Activities
- Employment/Vocational
- Computer and Technology Literacy Classes
- Social and Recreational Opportunities
- Grandparents as Parents Support Groups
- Mentoring and Coaching
- Exercise, Yoga, Music and Art
- Nutrition Planning
- Door Through Door Transportation

In order to provide comprehensive services, while at the same time containing costs, collaboration or services offered by and through other county departments, would be leveraged to augment the program's services. In instances where this is not possible, the program would need access to client supportive services (CSS) or flex funds, to facilitate accessing adjunctive services.

LGBT Breaking Barriers Team

Model

The Older Adult System of Care Bureau proposes to develop and implement an innovative OA Breaking Barriers Team, to provide the full array of mental health services to the LGBT unserved or underserved community. This specialized services team would provide intensive case management and the full range of outpatient mental health services, enabling a broad spectrum of older adults who meet Medi-Cal necessity to be served. Initially this will be done by establishing relationships with gatekeepers in the LGBT community specifically those that have experience in working with the senior population. A multi-disciplinary team composed of mental health, health, and substance abuse staff will conduct outreach and engagement services and provide clinically appropriate care. These services may be field based, and offered in the home, at community agencies and at a mental health clinic. A network of community providers will be established to provide ancillary services such as housing, food, transportation, and recreational activities. This model is field-based so that the services can occur in the community and offer a high degree of flexibility in terms of service location.

Collaboration will be an essential component of this model. A wide array of County Departments and Community Based Organizations (CBO's) would be enlisted to support this innovative project, including the following:

- Home Delivered Meals
- Transportation Services
- LAC Department of Health Services (DHS)
- Substance Abuse Prevention and Control (SAPC)
- LGBT Peer Support
- LAC Department of Parks and Recreation
- LAC Department of Public Social Services (DPSS)
- In-Home Supportive Services (IHSS)
- General Relief (GR)
- CBO's with Demonstrated Expertise Serving the LGBT Community
- Spiritual/Faith-Based Support
- Legal and Advocacy Resources

Service Spectrum

This intensive outreach and engagement and treatment program would provide intensive care management, centered around connection to culturally sensitive and relevant community resources, housing, healthcare, substance use treatment, legal services and other natural supports. The team would also provide the full range of mental health services, including psychotherapy and medication management. Multiple evidenced based practices would be employed including the following: Cognitive Behavior Therapy (CBT), Interpersonal Psychotherapy (IPT), and Crisis Oriented

Recovery Services (CORS). Strong collaborative relationships with organizations that have demonstrated expertise in providing services to this underserved population are an essential element in building the trust necessary to access this population.

Senior Health Neighborhood

Model

The Senior Health Neighborhood model is designed to identify a specific cohort of older adults with mental illness that need assistance with care-coordination to improve health, social and behavioral health outcomes. The Health Neighborhood will identify at least one initiative it will promote to improve access to mental health, health and substance abuse services for older adults between the age of 60-75, who have presented with a mental health condition such as depression, health decline and a substance abuse disorder due to trauma associated with aging. The Health Neighborhood would be charged with establishing a network of providers that specializes in delivering services to this cohort. An interagency care-coordination team composed of staff from mental health, health, substance use treatment, and social service agencies will be created to serve as system liaisons. Their role will be to identify consumers to participate in the program, identify the type of services the consumers need, refer and link them to appropriate services, assist with care coordinate care and to facilitate activities involving the provider network. The team will also be responsible for following the client up to six months after linkage to appropriate services to ensure consumers are receiving the care they need and to provide follow up services as needed. In addition, the team will serve as advocates to assist consumers with securing the services they are entitled to; and other resources that they need. The following network of providers may be included in the network:

- Mental Health
- Health
- Substance Use Treatment
- Senior Centers
- Social Services
- Parks and Recreation Sites
- Employment / Vocational Development / Volunteerism
- Libraries
- Senior Housing
- In-Home Supportive Services (IHSS) / Caregiver Services
- Transportation
- Food Services/ Meals on Wheels
- Community Based Adult Services (CBAS)
- Faith Based Organizations
- Legal / Advocacy
- Adult Protective Services (APS)
- Inter-generational Care & Support