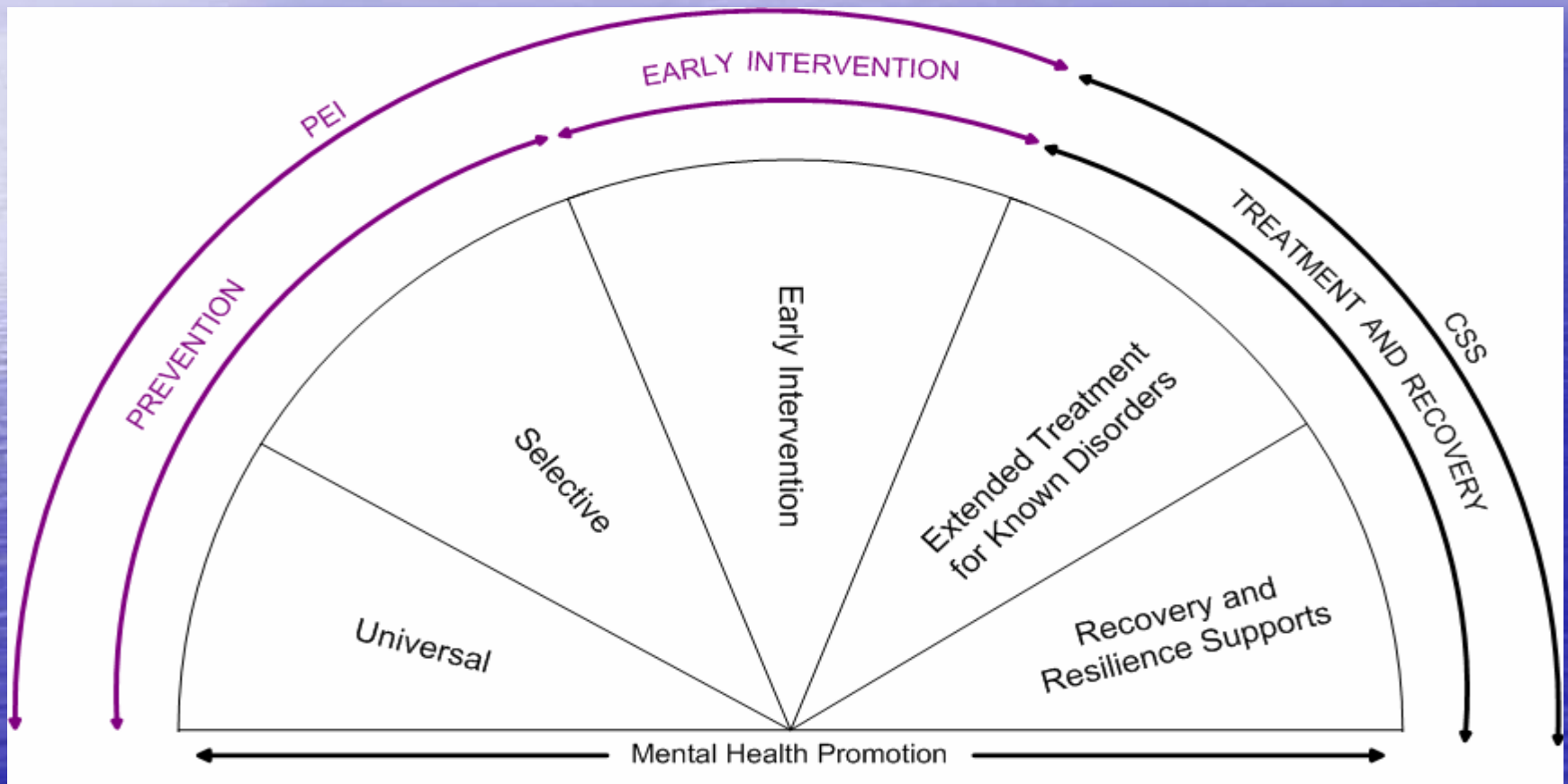


# Suicide Prevention and Early Intervention Strategies and Resources for Older Adults

Lin Benjamin, MSW, MHA

# Mental Health Intervention Spectrum Diagram



# Prevention Definition

- ▶ Institute of Medicine defines Prevention as Universal and Selective:
  - Universal-targets the general public/whole population group; not identified on basis of individual risk. (Ex: Gatekeeper suicide prevention training to community-warning signs and what to do)
  - Selective-targets individuals/subgroup whose risk of developing a mental illness is significantly higher than average. (Ex: Older adults in a home delivered meals program or experiencing recent loss of significant other)
- ▶ Prevention occurs prior to diagnosis of a mental disorder.

# Prevention Objectives

- Reduce risk factors/stressors
- Build protective factors, skills, supports
  - Social connection
- Promote positive cognitive, social and emotional development
- Promote health and well being

# Early Intervention Objectives

- Deliver services of low intensity and short duration to prevent progression of illness and negative outcomes such as suicide

# Prevention and Early Intervention Strategies

- **Older Adult Mental Health Prevention and Early Intervention Programs/Services**
  - Integrate mental health services/programs in places where people in the community go for routine, non-mental health treatment services
- **Education/Training (Gatekeeper Programs)**
  - Increase awareness about older adult mental health issues, signs, symptoms, resources (including crisis services)
  - Address stigma
- **Screening**
  - Provide screening in programs reaching older adults to identify early manifestation/onset of mental illness
    - Depression , suicide risk, alcohol use, conditions relevant to mental health /health( cognitive status, elder abuse/neglect, functional abilities/fall risk, sensory deficits, delirium/medical)
  - National Depression Screening Day (October 6, 2011)

# Target Audiences

- **Older Adults and Families**
  - Grandparents raising grandchildren
- **Providers**
  - Aging Services Providers-Area Agencies on Aging, Adult Day Health Care, Senior Living Facilities, Senior Centers; Mental Health; Alcohol/Drug, Social Services-APS, IHSS; Health-Hospitals, Emergency Departments, Physicians, Home Health, Pharmacists; First Responders-Law Enforcement, Paramedics; Faith-based; Ethnic services; Veterans services
- **General Public**
  - Community gatekeepers (postal carriers, grocery stores, banks, utilities)

# MHSA PEI Programs (County)

## Address Community Mental Health Needs:

- Psycho-Social Impact of Trauma (*Older Adults*)
- At Risk Children, Youth and Young Adult Populations
- Stigma & Discrimination (*Older Adults*)
- Suicide Risk (*Older Adults*)

# MHSA PEI Programs (County)

## Priority Populations:

- Trauma-Exposed Individuals (*Older Adults*)
- Individuals Experiencing Onset of Serious Psychiatric Illness (*Older Adults*)
- Children & Youth in Stressed Families
- Children & Youth at Risk for School Failure
- Children & Youth at Risk of or Experiencing Juvenile Justice Involvement
- Underserved Cultural Populations (*Older Adults*)

# CA Department of Aging Review of County MHSA PEI Plans

- **Primary Objectives**

- Determine extent to which counties are funding older adult prevention and intervention programs to prevent elder suicides, depression, trauma/abuse, disparities in access
- Utilize information to inform policy, planning, evaluation, training, advocacy

# CA Department of Aging Review of County MHSA PEI Plans

- Older Adult-Specific Program (versus Multi-Age Program)
  - Advances Older Adult System of Care development
  - Promotes geriatric-trained workforce
  - Serves more older adult clients

# CA Department of Aging Review of County MHSA PEI Plans

- Older Adult-Specific PEI Programs targeted the following Community Needs and Priority Populations:
  - Disparities in Access (88 percent)
  - Stigma/Discrimination (85 percent)
  - Suicide Risk (81 percent)
  - Psycho-social Impact of Trauma (74 percent)
  - Trauma-Exposed Individuals (77 percent)
  - Individuals Experiencing Onset of Serious Psychiatric Illness (69 percent)
  - Underserved Cultural Populations (54 percent)

# CA Department of Aging Review of County MHSA PEI Plans

- MHSA PEI Plans with at least one Older Adult-Specific PEI Program:
  - Alameda, Amador\*, Butte, Contra Costa, El Dorado\*, Inyo\*, Kern, Los Angeles, Lake\*, Marin, Mendocino\*, Napa\*, Riverside, San Benito\*, San Bernardino, San Diego (5 Older Adult-Specific PEI Programs), San Francisco, San Joaquin, Santa Cruz, Shasta\*, Solano, Sonoma, Stanislaus, Yolo\* (\*8 small counties)

# CA Department of Aging Review of County MHSA PEI Plans

- Friendship Line Model (Institute on Aging)
- Gatekeeper Program
- Healthy IDEAS (*Identifying Depression, Empowering Activities for Seniors*)
- Home Delivered Meals PEI Program
- IMPACT (*Improving Mood-Promoting Access to Collaborative Treatment*)
- PRISM-E (*Primary Care Research in Substance Abuse & Mental Health for the Elderly*)
- PROSPECT (*Prevention of Suicide in Primary Care Elderly Collaborative Trial* )
- PEARLS (*Program to Encourage Active, Rewarding Lives*)
- Promotores de Salud
- QPR (*Question, Persuade, Refer*)
- Senior Center Without Walls
- Senior Peer Counseling/Peer to Peer Program
- Stamp Out Stigma
- ASIST (*Applied Suicide Intervention Skills Training*)
- Warm Line

# CA Department of Aging Review of County MHSA PEI Plans

- **Calaveras** (Multi-Age Suicide Prevention Project)
- **El Dorado** (OA Home Delivered Meals Wellness Outreach Program for Older Adults)
- **Nevada** (Multi-Age Access to Services Project; Outreach Project)
- **Placer** (Multi-Age Bridges to Wellness; Bye Bye Blues; Ready for Success)
- **Sacramento** (Multi-Age Suicide Prevention Project; Strengthening Families; Integrated Health & Wellness; Health Promotion)
- **San Joaquin** (OA Connections for Seniors & Adults; Multi-Age Suicide Prevention and Supports)
- **Sutter-Yuba** (Multi-Age First Onset)
- **Yolo** (OA Senior Peer Counselors Community Volunteer Program)

# CA Department of Aging Review of County MHSA PEI Plans

- MHSA PEI Plans with Suicide Prevention Multi-Age Programs that include Older Adults: (Elder Suicide Rate)
  - Calaveras\* (25.6), Contra Costa (15.5), Humboldt\* (35.5), Marin (19), Sacramento (16.6), San Benito (14.7), San Joaquin (14), Shasta\* (33.4), Tulare (16.7), Tuolumne\* (30) (\*3 small counties)

# CA Department of Aging Review of County MHSA PEI Plans

- MHSA PEI Plans Implementing Mental Health/Primary Care Integration (Older Adult Specific and/or Multi-Age that include older adults)
  - Alameda, Butte, Fresno, Kern, Los Angeles, Marin, Merced, Sacramento, San Diego, San Mateo, Santa Barbara, Santa Clara, Stanislaus, Sutter-Yuba\*, Trinity\*, Ventura (\*2 small counties)

# MHSA PEI Statewide Projects

- **Suicide Prevention** (California Mental Health Services Authority/CalMHSA)
  - **California Strategic Plan on Suicide Prevention**  
[http://www.dmh.ca.gov/Prop\\_63/MHSA/Prevention\\_and\\_Early\\_Intervention/docs/SuicidePreventionCommittee/FINAL\\_CaISPSP\\_V9.pdf](http://www.dmh.ca.gov/Prop_63/MHSA/Prevention_and_Early_Intervention/docs/SuicidePreventionCommittee/FINAL_CaISPSP_V9.pdf)  
[http://www.dmh.ca.gov/Prop\\_63/MHSA/Prevention\\_and\\_Early\\_Intervention/docs/CDMH\\_ExSummary\\_Web.pdf](http://www.dmh.ca.gov/Prop_63/MHSA/Prevention_and_Early_Intervention/docs/CDMH_ExSummary_Web.pdf)
- **Stigma/Discrimination Reduction** (CalMHSA)
  - **California Strategic Plan on Reducing Mental Health Stigma and Discrimination**  
[http://www.dmh.ca.gov/PEIStatewideProjects/docs/Reducing\\_Disparities/CDMH\\_MH\\_Stigma\\_Plan\\_09\\_V5.pdf](http://www.dmh.ca.gov/PEIStatewideProjects/docs/Reducing_Disparities/CDMH_MH_Stigma_Plan_09_V5.pdf)
- **Student Mental Health Initiative** (CalMHSA)
- **Reducing Disparities Project** (DMH Office of Multicultural Services) [http://www.dmh.ca.gov/Multicultural\\_Services/CRDP.asp](http://www.dmh.ca.gov/Multicultural_Services/CRDP.asp)

# California Strategic Plan on Suicide Prevention

- **Strategic Directions (County & Statewide)**
  - Create System of Suicide Prevention
  - Workforce Training Enhancements
  - Educate Communities to Take Action to Prevent Suicide
  - Program Effectiveness and System Accountability
- **Executive Summary**  
[http://www.dmh.ca.gov/Prop\\_63/MHSA/Prevention\\_and\\_Early\\_Intervention/docs/CDMH\\_ExSummary\\_Web.pdf](http://www.dmh.ca.gov/Prop_63/MHSA/Prevention_and_Early_Intervention/docs/CDMH_ExSummary_Web.pdf)

# CalMHSA Statewide PEI Implementation Workplan

- **CalMHSA Statewide PEI Implementation Work Plan** <http://www.calmhsa.org/downloads/Revised-CalMHSA-Implementation-Work-Plan.pdf>
- **Suicide Prevention Strategic Initiatives**
  - Suicide Prevention Network Program (SPNP)
  - Regional Local Suicide Prevention Capacity-Building Program (RLSPCB)
  - Social Marketing Suicide Prevention Campaign (SMSPC)
  - Suicide Prevention Training Workforce Enhancement Program (SPTWEP)
- **Suicide Prevention Proposal Awards**
  - [http://www.cmhda.org/go/Portals/0/CMHDA%20Files/Committees/OASOC/1106\\_OASOC/CalMHSA\\_Suicide\\_Prevention\\_Program\\_Proposals\\_Approved\\_for\\_funding\\_\(5-6-11\).pdf](http://www.cmhda.org/go/Portals/0/CMHDA%20Files/Committees/OASOC/1106_OASOC/CalMHSA_Suicide_Prevention_Program_Proposals_Approved_for_funding_(5-6-11).pdf)
  - <http://www.calmhsa.org>

# Resource Information: MHSA

- **California Department of Mental Health (DMH)**

[http://www.dmh.ca.gov/Prop\\_63/MHSA/default.asp](http://www.dmh.ca.gov/Prop_63/MHSA/default.asp)

## **DMH Office of Suicide Prevention**

<http://www.dmh.ca.gov/PEIStatewideProjects/SuicidePrevention.asp>

## **DMH Office of Multicultural Services**

[http://www.dmh.ca.gov/Multicultural\\_Services/CRDP.asp](http://www.dmh.ca.gov/Multicultural_Services/CRDP.asp)

- **California Mental Health Services Oversight and Accountability Commission (MHSOAC)**

<http://www.mhsoac.ca.gov/default.aspx>

- **California Mental Health Services Authority (CaMHSA)**

<http://www.calmhsa.org/>

- **California Mental Health Directors Association (CMHDA)**

<http://www.cmhda.org/go/MentalHealthServicesAct.aspx>

<http://www.cmhda.org/go/Committees/OlderAdultSystemofCareCommitteeOASOC/OASOCDocuments.aspx>

- **California Mental Health Planning Council (CMHPC)**

[http://www.dmh.ca.gov/Mental\\_Health\\_Planning\\_Council/](http://www.dmh.ca.gov/Mental_Health_Planning_Council/)

# Resource Information: Older Adult Mental Health

- **California Association of Area Agencies on Aging**

<http://www.c4a.info/>

- **California Department of Aging**

<http://www.aging.ca.gov/>

## **CA State Plan on Aging (2009-2013)**

[http://www.aging.ca.gov/legislation/California\\_State\\_Plan\\_on\\_Aging\\_AoA\\_2009-2013\\_06-30-2009.pdf](http://www.aging.ca.gov/legislation/California_State_Plan_on_Aging_AoA_2009-2013_06-30-2009.pdf)

- **California Elder Mental Health & Aging Coalition**

<http://www.cemhac.org/>

- **California Geriatric Education Center (CGEC)**

<http://www.geronet.ucla.edu/index.php/cgcec-overview>

- **California Mental Health Directors Association Older Adult System of Care Committee**

<http://www.cmhda.org/go/Committees/OlderAdultSystemofCareCommitteeOASOC.aspx>

<http://www.cmhda.org/go/Committees/OlderAdultSystemofCareCommitteeOASOC/OASOCDocuments.aspx>

## **Mental Health and Aging Workforce Education and Training (WET) Issue Paper**

[http://www.mhsoac.ca.gov/meetings/docs/Meetings/2011/Jan/OAC\\_Jan2011\\_Tab6\\_CMHDA\\_OASOCCommitteeWETpaper.pdf](http://www.mhsoac.ca.gov/meetings/docs/Meetings/2011/Jan/OAC_Jan2011_Tab6_CMHDA_OASOCCommitteeWETpaper.pdf)

# Resource Information: Older Adult Mental Health

- **Centers for Disease Control (CDC)**  
<http://www.cdc.gov/aging/>  
<http://www.cdc.gov/aging/mentalhealth/index.htm>  
<http://www.cdc.gov/aging/mentalhealth/>  
<http://apps.nccd.cdc.gov/MAHA/MahaHome.aspx>
- **Geriatric Mental Health Alliance of NYC**  
<http://www.mha-nyc.org/advocacy/geriatric-mental-health-alliance-of-new-york.aspx>
- **Geriatric Mental Health Foundation**  
<http://www.gmhfonline.org/gmhf/>
- **Institute on Aging Center for Elderly Suicide Prevention and Grief Counseling-Friendship Line**  
[http://www.ioaging.org/services/cesp\\_suicide\\_prevention\\_help.html](http://www.ioaging.org/services/cesp_suicide_prevention_help.html)
- **Mental Health America (MHA)**  
<http://www.mentalhealthamerica.net/go/information/get-info/older-adults>

# Resource Information: Older Adult Mental Health

- **National Coalition on Mental Health and Aging (NCMHA)**  
<http://www.ncmha.org/>
- **National Institute of Mental Health (NIMH)**  
<http://www.nimh.nih.gov/health/publications/older-adults-depression-and-suicide-facts-fact-sheet/index.shtml>
- **National Council on Aging (NCOA)**  
<http://www.healthyagingprograms.org/content.asp?sectionid=71>  
<http://www.healthyagingprograms.org/content.asp?sectionid=71&ElementID=11>  
<http://www.healthyagingprograms.org/content.asp?sectionid=70>  
<http://www.healthyagingprograms.org/content.asp?sectionid=85&ElementID=306>  
<http://www.healthyagingprograms.org/content.asp?sectionid=102>
- **Substance Abuse Mental Health Services Administration (SAMHSA)**  
**National Registry of Evidence-based Practice**  
<http://www.nrepp.samhsa.gov/>

# Resource Information: Older Adult Mental Health

- **Substance Abuse/Mental Health Services Administration (SAMHSA)**  
<http://www.samhsa.gov/>  
[http://www.samhsa.gov/aging/age\\_08.aspx](http://www.samhsa.gov/aging/age_08.aspx)  
<http://www.oas.samhsa.gov/aging.cfm>  
<http://promoteacceptance.samhsa.gov/audience/adults/brochures.aspx>
- **Suicide Prevention Resource Center (SPRC)**  
[http://www.sprc.org/about\\_sprc/index.asp](http://www.sprc.org/about_sprc/index.asp)  
<http://www2.sprc.org/sites/sprc.org/files/SuicidePreventionTrainingGatekeepersOlderAdults.pdf>  
<http://www2.sprc.org/sites/sprc.org/files/LateLifeToolkit.pdf>  
<http://www2.sprc.org/sites/sprc.org/files/NatGuidelines.pdf>  
**SPRC Best Practices Registry for Suicide Prevention**  
<http://www2.sprc.org/bpr/index>
- **US Department of Health and Human Services Office of the Surgeon General**  
<http://www.surgeongeneral.gov/library/mentalhealth/toc.html>

# Resource Information: Older Adult Evidence-based/Promising Practices

- **Healthy Aging Programs**

<http://www.healthyagingprograms.org/content.asp?sectionid=102>

<http://www.prc-hanconferences.com/action-briefs>

- **Healthy Ideas**

[http://careforelders.org/default.aspx/menuitem\\_ID/494?menugroup/Healthy+IDEAS.htm](http://careforelders.org/default.aspx/menuitem_ID/494?menugroup/Healthy+IDEAS.htm)

- **PEARLS**

<http://www.pearlsprogram.org/>

- **IMPACT**

<http://impact-uw.org>

- **PROSPECT**

<http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=128>

- **Home Delivered Meals Prevention and Early Intervention Program**

[http://www.dmh.ca.gov/Prop\\_63/MHSA/Prevention\\_and\\_Early\\_Intervention/Training\\_Opportunities.asp](http://www.dmh.ca.gov/Prop_63/MHSA/Prevention_and_Early_Intervention/Training_Opportunities.asp)

# Resource Information: Education/Training

- **American Society on Aging (ASA) Alcohol and Other Drugs**  
<http://webcast.streamlogics.com/audience/index.asp?eventid=37607973>
- **Boston University Institute of Geriatric Social Work (IGSW) Online Training**  
<http://www.bu.edu/igsw/online-training-programs/>
- **California Association of Area Agencies on Aging Allied Meeting & Conference (November 14-16, 2011- Los Angeles)** [http://www.c4a.info/index.php?option=com\\_content&view=article&id=24&Itemid=19](http://www.c4a.info/index.php?option=com_content&view=article&id=24&Itemid=19)
- **Mental Health Screening Inc.**  
**National Depression Screening Day (10/6/11)**  
<http://www.mentalhealthscreening.org/programs/community/ndsd.aspx>  
<http://www.mentalhealthscreening.org/programs/community/feelgood-bingo.aspx>
- **NCOA Webinar Series on Healthy Aging and Depression**  
<http://www.healthyagingprograms.org/content.asp?sectionid=71&ElementID=784>  
<http://www.ncoa.org/content.cfm?sectionid=379>

# Resource Information: Education/Training

- **SAMHSA Promoting Mental Health and Preventing Suicide: A Toolkit for Senior Living**  
<http://store.samhsa.gov/shin/content//SMA10-4515/SMA10-4515-02.pdf>  
<http://store.samhsa.gov/product/SMA10-4515>  
<http://www.sprc.org/pctoolkit/index.asp>  
[http://www.sprc.org/traininginstitute/disc\\_series/disc\\_21.asp](http://www.sprc.org/traininginstitute/disc_series/disc_21.asp)
- **SAMHSA Get Connected Toolkit: Linking Older Adults with Medication, Alcohol, and Mental Health Resources**  
[http://www.samhsa.gov/Aging/age\\_10.aspx](http://www.samhsa.gov/Aging/age_10.aspx)
- **SAMHSA Addressing Stigma and Discrimination toward Older Adults**  
<http://www.promoteacceptance.samhsa.gov/teleconferences/archive/training/teleconference051104.aspx>
- **Stanford Geriatric Education Center Ethnogeriatrics**  
<http://sqec.stanford.edu/>

# Resource Information: Crisis Services

- **National Suicide Prevention Lifeline**

<http://www.suicidepreventionlifeline.org/>

- **National Suicide Prevention Lifeline-Crisis Centers**

<http://www.suicidepreventionlifeline.org/CrisisCenters/Default.aspx>

- **California Crisis Centers**

<http://www.suicidepreventionlifeline.org/CrisisCenters/Locator.aspx>

- **California Local County Mental Health Crisis Intervention Numbers**

[http://www.dmh.ca.gov/docs/24\\_Hour\\_MH\\_Crisis\\_Hotline\\_List.pdf](http://www.dmh.ca.gov/docs/24_Hour_MH_Crisis_Hotline_List.pdf)