

OLDER ADULT MENTAL HEALTH SYSTEM OF CARE

CALIFORNIA MENTAL HEALTH ADVOCATES FOR OLDER ADULTS

CALIFORNIA MENTAL HEALTH DIRECTORS ASSOCIATION

CALIFORNIA DEPARTMENT OF MENTAL HEALTH

CALIFORNIA INSTITUTE FOR MENTAL HEALTH

CALIFORNIA DEPARTMENT OF AGING



*Building
Partnerships:
Systems In Transition*

SECOND ANNUAL

OLDER ADULT MENTAL HEALTH SYSTEM OF CARE CONFERENCE

FEBRUARY 19 - 21, 2003

SAN MATEO MARRIOTT HOTEL

1770 South Amphlett Boulevard

San Mateo, California



PRE CONFERENCE

ASSESSING OLDER ADULTS: Using The Geriatric Field Screening Protocol

LAURA TREJO, MSG, MPA,
District Chief, Countywide Older Adult Programs, Los Angeles County

BARBARA MASSEY, MSNP, RN,
Principal Counselor, RN Program Coordinator, Genesis,
Countywide Older Adult Programs, Los Angeles County

This intensive workshop will present a holistic protocol using rapid assessment instruments developed for use with older adults.

\$79.00

(Lunch Provided)

(\$79.00 ON OR BEFORE FEBRUARY 6, 2003 /\$89.00 AFTER FEBRUARY 6, 2003)

10:00 AM – 4:00 PM

WEDNESDAY, FEBRUARY 19, 2003

San Mateo Marriott, 1770 South Amphlett Boulevard, San Mateo, California

Hotel group rates will be honored **through January 29, 2003**

(\$99 Single/Double) 650-653-6000

REGISTER ONLINE AT www.cimh.org

- PRE REGISTRATION MUST BE RECEIVED BY, FEBRUARY 6, 2003◄**
- REGISTRATION AFTER FEBRUARY 6, 2003 MUST BE DONE ONSITE◄**

SECOND ANNUAL
OLDER ADULT MENTAL HEALTH SYSTEM OF CARE CONFERENCE
Building Partnerships: Systems in Transition



FEBRUARY 19-21, 2003
San Mateo Marriott Hotel, San Mateo, California

REGISTRATION FEE

\$198.00 (Before February 6, 2003)

\$225.00 (After February 6, 2003)

Registration is for the full conference. There are no "one-day" registration fees.

Split Registration: If you would like to attend one day and have another person attend in your place the next day, it is your responsibility to share your name badge and training materials with the other person. A badge must be worn at all times.

Registration Includes: Training Materials, Dinner on Wednesday and Lunch on Thursday.

SAN MATEO MARRIOTT HOTEL- \$99.00 (Single/ Double Occupancy)

1770 South Amphlett Blvd. San Mateo, California 94402

Please make hotel reservations directly with the Marriott by calling the toll-free number: 800-228-9290 or the hotel directly: 650-653-6000. In doing so, please request the group rate for California Mental Health Advocates for Older Adults. *The hotel cut-off date for this group rate is January 29, 2003.*

Complimentary airport shuttle to and from San Francisco International Airport. **Complimentary hotel parking.**

CATHERINE CAMP SCHOLARSHIP FUND

Would you like to help send consumers to conferences? The Catherine Camp Scholarship is meant to aid consumers, who attend conferences, was instituted by CMHDA after the retirement of CMHDA's founding Executive Director, Catherine Camp. If you would like to help consumers and family members attend future conferences, please indicate so by contributing, and adding to your registration fee (check' and credit cards can still be billed to CIMH).

FOR FURTHER INFORMATION REGARDING THIS CONFERENCE, PLEASE CALL DEBRA JACOB AT CIMH 916-556-3480 EXT. 117

CONTINUING ED UNITS

CEUs for LCSWs, MFTs, RNs and PSYCH TECHs will be offered for the full conference for an additional **\$35.00**. The California Institute for Mental Health is an approved provider for the California Board of Behavioral Sciences (PCE 2617), and California Board of Registered Nursing (CEP 11779).

PLEASE PRINT

First: _____ Last: _____

County/Organization: _____ Title: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____ Phone: _____ Fax: _____

Special Need/Vegetarian: _____

PAYMENT INCLUDES: (Please Check Appropriate Boxes)

PRE CONFERENCE ONLY	CONFERENCE ONLY	PRE CONFERENCES & CONFERENCE	CEUS	CATHERINE CAMP SCHOLARSHIP FUND
\$79.00	\$198.00	\$277.00	\$35.00	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	(Please Indcate Amount)

PAYMENT: A check, money order, purchase order or VISA / MasterCard for the full amount of the conference **must** accompany each registration form. **If registration is faxed**, it will not be entered into the data system until one of the following methods of payment is received. No exceptions will be made. There will be a \$15.00 charge for all returned checks. **CIMH TAX I.D.#: 68-0314970**

PLEASE INDICATE YOUR METHOD OF PAYMENT Purchase Order: Check: Money Order: Visa/MC:

VISA / MASTER CARD #: _____ Exp. Date: _____

Name (As it appears on the card): _____

Credit Card Billing Address: _____

City: _____ State: _____ Zip: _____

Signature: _____



CONFERENCE PLANNING COMMITTEE

Denise Hunt, RN, MFT, Chief, Older Adult System of Care,
Stanislaus County Behavioral Health & Recovery Services

Lin Benjamin, MSW, MHA, Benjamin, Gero-Psych Consulting,
Sacramento, California

Phyllis Guerrero, CMP, Conference Planner,
California Institute for Mental Health

Debra Jacob, Conference Planning Assistant,
California Institute for Mental Health

Sharon Lopez, LCSW, Clinical Services Supervisor, Older Adult Services,
Shasta County Mental Health

Kim Mallock, MFT, Stanislaus County,
Older Adult System of Care Program Manager II, Stanislaus County Behavioral Health and
Recovery Services, Modesto

Barbara J. Mitchell, LCSW, Mental Health Service Supervisor, Older Adult Services,
Riverside County Mental Health

Helene A. Park, MSG
City of L.A. Department of Aging Planning and Research Division

Kim Porter, Conference Planner,
California Institute for Mental Health

Marietta Saavedra, RN, MSN, PHN,
California Department of Aging, Long Term Care and Aging Services Division,
Multipurpose Senior Services Program

Vicki Smith, MSW, RPRP,
California Institute for Mental Health Training, Policy and Research Associate II

Sandra Stiles, Older Adult Services Coordinator,
California Department of Mental Health

Heather Walters, System of Care Liaison,
California Mental Health Directors Association

WEDNESDAY, FEBRUARY 19, 2003

9:00 AM – 4:00 PM PRE CONFERENCE CHECK-IN AND REGISTRATION
10:00 AM – 4:00 PM PRE CONFERENCE

GERIATRIC FIELD SCREENING PROTOCOL BY LOS ANGELES COUNTY

Laura Trejo, MSG, MPA, District Chief, Countywide Older Adult Programs, Los Angeles County
Barbara Massey, MSNP, RN, Principal Counselor, RN Prgrm Coordinator, Genesis, Countywide Older Adult Programs, Los Angeles County

THURSDAY, FEBRUARY 20, 2003

7:00AM REGISTRATION

8:15 – 8:30 AM WELCOMING REMARKS

Gale Bataille, Director, San Mateo Mental Health Department

8:35 – 10:00 AM OLDER ADULT CONSUMERS: A NEW DAY IS DAWNING

Hikmah Gardiner, Mental Health Consumer, First Vice Pres., Older Adult Consumer Mental Health Alliance (OACMHA)

Hikmah Gardiner will address the importance of giving consumers a voice in the development of mental health services. She will describe her experience with the *Mental Health and Aging Advocacy Project* in Philadelphia, a successful program model that can guide the development of a national older adult consumer network. Ms. Gardiner will also discuss the *Older Adult Consumer Mental Health Alliance* (OACMHA), a national older persons advocacy and public education organization that is advocating for specialized mental health services for older persons. Information will be presented about the *President's New Freedom Commission on Mental Health* that is looking at the unmet needs and barriers to care within the mental health system. Ms. Gardiner participated in a presentation by OACMHA to the President's New Freedom Commission on Mental Health in October 2002, regarding the mental health needs and concerns of older adults.

10:00 AM – 10:15 AM BREAK

10:15 AM – 12:00 PM MEDICATIONS AND THE ELDERLY: A RISKY BUSINESS

Dianne E. Tobias, PharmD, Tobias Consulting Services

Medications can play a critical role in improving the health and quality of life of older adults, especially those with mental illness. Older adults are also inherently at higher risk for developing medication related problems as well as drug interactions and adverse reactions from medication. These and other considerations for treating older adults will be discussed, with the goal of ensuring appropriate, effective and safe use of medications in this vulnerable age group.

BUILDING A CONSUMER NETWORK IN CALIFORNIA

Hikmah Gardiner, Mental Health Consumer, First Vice Pres., Older Adult Consumer Mental Health Alliance (OACMHA)
John D. Piacitelli, MSW, MPH, Co-founder and President of the Older Adult Consumer Mental Health Alliance (OACMHA):

Hikmah Gardiner and John Piacitelli will address the disparity between the need for specialized geriatric mental health services and the availability of these services, that requires strong advocacy for the development of specialized mental health services for older persons throughout the United States. Results of a nationwide survey of public mental health services for older persons will be shared with participants. Speakers will discuss their experience with the mental health system as consumers and as mental health specialists. The history, purpose, and importance of the Older Adult Consumer Mental Health Alliance (OACMHA) will be highlighted, with a call to action by mental health and aging advocates. Using the experience from other states, strategies will be presented on how to build an older adult consumer network and involve older adult consumers at the state and local level.

12:00 PM – 1:30 PM LUNCH (Included w/Registration)

LUNCHEON SPEAKERS

12:30 PM – 12:50 PM

CALIFORNIA DEPARTMENT OF AGING HIGHLIGHTED

Helene A. Park, M.S.G. City of L.A. Department of Aging Planning and Research Division
Marietta R. Saavedra, RN, MSN, PHN, California Department of Aging, Sacramento

This lunch presentation will discuss the "aging network" functions in California. The focus will be on State and Local cooperation, funding flow and, of course, any programs that include mental health issues.

12:50 PM – 1:15 PM

PRESIDENT'S NEW FREEDOM COMMISSION ON MENTAL HEALTH

Stephen W. Mayberg, PhD, Director, California Department of Mental Health

1:30 PM – 3:00 PM ADULT DAY HEALTHCARE

Linda Franco, MSW, Director of Mills-Peninsula Senior Focus Adult Day Services
Jane Bono, RN, Administrator, Coastside Adult Day Health Ctr. and Former Dir. of Nursing, Belmont Psychiatric Hospital

Adult Day Healthcare and county Mental Health providers often share cases, and certainly share interests in terms of seeing that our clients and their families receive comprehensive, appropriate services. This workshop will discuss what Adult Day Healthcare programs can offer, and explore ways to work together with mental health providers so that seniors are well-served in our communities.

COGNITIVE AND FUNCTIONAL ASSESSMENT OF THE ELDERLY

Karen Josephson, MD, Assistant Professor of Clinical Medicine and Family Medicine,
Director of Geriatric Services Department of Family Medicine, Keck School of Medicine, University of Southern California

Dr. Josephson will be looking at recognition of cognitive impairment, screening for depression and how function can impact cognitive condition.

MANAGING DEPRESSION & AGITATION IN ELDERS LIVING IN RESIDENTIAL FACILITIES

Rowena L. Nery, MA, Senior Analyst, UCSF Institute for Health and Aging, Project Mgr, SAMHSA multi-site PRISMe project at UCSF, Consultant, California Endowment Mental Health Initiative Evaluation, The Lewin Group, Inc.
Patricia A. Arean, PhD, Associate Professor

Catholic Charities of the Archdiocese of San Francisco operates and Aging and Behavioral Healthcare Program. The Senior Behavioral Health Service Program (SBHS) is a community-based training, consultation and service delivery model based on the chronic illness care model developed by the Institute for Healthcare Improvement (IHI). Residential care facilities include licensed Board and Care Homes, Assisted Living Facilities and Skilled Nursing Facilities, ranging in size from four beds up to 200 beds per facility. The SBHS will expand its services to provide evidence-based prevention, early intervention and treatment of depression and agitation to elderly people living in residential facilities. Specifically, the program will (a) expand the existing program to create three SHS teams to train facility managers to screen for mental health problems, to provide direct treatment services, and to train residential facility staff for managing depression and agitation; (b) create better coordinated service linkage between residential facility and health providers through SBHS; (c) provide outreach to facility staff and consumers and families by involving them in monthly care management meetings; and (d) conduct service evaluation. We will review points (a) through (d), the implementation, staffing, challenges, and research and evaluation components of the program.

3:00 PM – 3:15 PM BREAK

3:15 PM – 5:00PM ELDER ABUSE – PREVENTION TO PROSECUTION IN STANISLAUS COUNTY

Jane Weinheimer, Catholic Charities/Stansilaus Elder Abuse Prevention Alliance, Modesto

Stanislaus Elder Abuse Prevention Alliance (SEAPA) is a coalition of local human services agencies and providers focused on joining together to provide community education and prevention of elder and dependent adult abuse. Participants include the Ombudsman program, Public Guardian, Law Enforcement agencies, Mental Health, Adult Protective Services, the District Attorney's Office, Area Agency on Aging, and California Rural Legal Assistance. It is supported by the Stanislaus County Board of Supervisors. SEAPA provides extensive community exposure for all partner agencies through a network and advocacy program, and has as part of its mission to enhance collaboration and communication between its partners. In existence for six years, SEAPA is a model of a local partnership focused on making a difference. This workshop will discuss how SEAPA began, some of its successful projects, and its partners' new directions.

OUT OF THE CLOSET, INTO YOUR AGENCY: WORKING WITH GAY AND LESBIAN OLDER ADULTS

Kristy Finzer, MFT, Program Manager, Outpatient Mental Health, Century City Hospital, Los Angeles

A workshop for all providers to discuss the needs and issues gay and lesbian older adults face as they age. We will look at ways to educate our staff and ourselves to identify and serve this diverse, underserved population in a sensitive and effective manner.

FRIDAY, FEBRUARY 21, 2003

7:30 AM REGISTRATION

8:15 – 8:30 AM WELCOMING REMARKS

8:30 – 10:00 AM HOARDING AND OLDER ADULTS

Barbara Massey, MSNP, RN

This workshop will present what is hoarding? Why Do People Hoard? Practical and clinical approaches for working with this group.

CAREGIVER SUPPORT: ADDRESSING THE UNIQUE EMOTIONAL AND MENTAL HEALTH NEEDS OF CAREGIVERS

Monique Parish, Project Manager of the Statewide Resources Consultant, Family Caregiver Alliance

This workshop will profile the hidden mental health and emotional needs of informal caregivers and the services and interventions currently available to assist this growing community within California. The presentation will also discuss legislative and policy efforts to promote an integrated long-term care system, which supports and benefits California's informal caregivers.

10:00 AM – 10:15 AM BREAK

10:15 AM – 12:00 PM STRENGTH FOR THE JOURNEY

Sara L. Armstrong

This workshop offers practical advice on how to survive the demands and stress of being a caregiver. Sara Armstrong will reveal how to find the power and toughness to making it through the important and difficult time of caregiving. She shares her own story of survival and discovery and reveals how to tap into the power of the human spirit. By using a few simple but powerful tools, you can effectively face and overcome any obstacle or adversity. These include eight truths for caregivers and the Ten Commandments of Caregiving.

10:15 AM – 12:00 PM PROVIDING CULTURALLY COMPETENT MENTAL HEALTH SERVICES TO OLDER ADULTS IN HMONG, MEIN, AND LAO COMMUNITIES

Toua "Ricky" Thao, MSW, Sr. Clinical Therapist, Sacramento Cnty Dept. of Mental Health

Sharon Lopez, LCSW, Clinical Service Supervisor, Older Adult Services Shasta Cnty Dept. of Mental Health

Pamela Cao, IHSS Worker, Sacramento Cnty Dept. of Public Social Services

This workshop will deal with Culturally Competent Mental Health Services to the Hmong, Mein, and Lao communities. In these times of severe budgetary constraints, counties may not be able to hire staff fluent in these languages. Frequently counties are dependent upon translators. This workshop will educate service providers with information about cultural appropriateness, cultural incongruities between the two cultures in their view of elders, and no language to describe mental health symptoms.

12:00 PM – 1:30 PM LUNCH (INCLUDED IN REGISTRATION)

12:45 PM – 1:15 PM SB 639 PRESENTATION

Lora Connolly, Chief Deputy Director, California Department of Aging, Sacramento

SB 639, authored by Senator Deborah Ortiz, requires the California Health and Human Services Agency to develop a strategic plan for improving access to mental health services for persons with Alzheimer's Disease or related disorders for treatable mental health conditions. The plan, submitted to the Governor and the Legislature on January 1, 2003, was completed with the assistance of a work group involving the Alzheimer's Disease and Related Disorders Advisory Committee, the Mental Health Planning Council, DMH, CDA, CMHDA, and several other groups and individuals with expertise in the area.

1:30 PM – 3:00 PM GENERAL SESSION

Denise Hunt, RN, MFT, Assistant Director, Older Adult System of Care, Stanislaus Cnty Behavioral Health and Recovery Services

OLDER ADULT SYSTEM OF CARE DEMONSTRATION PROJECTS

Susan Balcarcel, MFC, RN, Tuolumne Cnty, Program Mgr., Clinician, Kingsview Mental Health, Sonora

Rick Crane, Partnership Assessment Service for Seniors (PASS) San Francisco

Laura Holmes, Humboldt Cnty, Supervising Clinician, Older Adults Program, Humboldt Cnty Mental Health, Eureka

Kim Mallock, MFT, Stanislaus Cnty Older Adult System of Care Program Mgr II, Stanislaus Cnty Behavioral Health and Recovery Svcs., Modesto

The California Department of Mental Health administers the Older Adult System of Care Demonstration Project. The Project is federally funded through the Substance Abuse and Mental Health Services Administration (SAMHSA) and is currently mid-way through its second of three years. Staff from Tuolumne, San Francisco, Stanislaus, and Humboldt counties will provide: (1) an overview of their programs; (2) the impact these programs are having on older adults and their families; and (3) some of the challenges encountered during the early phases of the project. They will tell us what they've learned about developing and implementing an effective system of care for older adults and present information on outcomes gleaned from preliminary data. Finally, they will share anecdotal information about some of their more memorable clients and experiences.

3:00 PM ADJOURNMENT

THE HISTORY OF THE CAMHAOA CONFERENCE



For many years, California Mental Health Advocates for Older Adults (CAMHAOA) sponsored a conference about older adult mental health issues at Asilomar, California. Our conference location has changed and we've drawn in a collaborative group of organizations interested in developing formal systems of care for mental health services to seniors.

CAMHAOA is joined this year by the California Mental Health Directors Association (CMHDA), California Department of Mental Health (DMH), California Institute for Mental Health (CIMH) and the California Department of Aging (CDA). We have a joint vision of a future focused on Older Adult System of Care development in California. Welcome to the Second Annual Older System of Care Conference.



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