



# **Evidence Based Practices for Mental Health & Aging**

Experience from the Field

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## Key Issues:

- Why Evidence Based Practices (EBPs) in Mental Health are Important for older adults
- Depression is not a normal part of aging
- Older adults are at an increased risk for depression



# What to Expect Today

- Understand the basis of Evidence Based Practices in Mental Health (EBP)
- Recognize the value of EBP
- Learn about different EBP treatments for older adults and learn criteria for selecting an intervention
- Understand that some EBPs can be implemented in almost any program.



## Some Facts about Older Adults & Depression

- About 80% of older adults have at least one chronic condition and 50% have 2 or more (CDC)
- Depression is not a normal part of aging. (CDC)
- Depression affects 25% of people with chronic illnesses; it can affect up to 50% of those in nursing homes. (GMHF)
- Adults 65 and older will grow to 20% of the US population by 2030 (US Census Bureau, 2000)



# What is Depression in Older Adults?

- Depressed mood most of the time
- Loss of interest or pleasure in activities
- Disturbed sleep; fatigue or lack of energy
- Weight loss or gain; change in appetite
- Feelings of worthlessness or extreme guilt
- Difficulties with concentration or decision making
- Noticeable restlessness (agitation)
- Frequent thoughts of death or suicide, or suicide attempt

Depression

Tool Kit, SAMHSA



# Types of Depression

- Major Depression
- Minor Depression
- Dysthymia

# + How Depression Affects the Older Adult

- Poorer self care
  - Less motivation to eat, sleep, socialize
- Increase in health & cognitive problems
  - “Failing health” confused with depressive symptoms
  - Longer recovery time
- Increased hospitalization & doctor visits
  - Depressed patients more likely to be re-hospitalized
- Long term care
  - 65-80% of nursing home residents have a diagnosable mental disorder (depression being among the top 3)
- Mortality
  - Increased risk for mortality with continued depressive symptoms

# + How Depression Affects Family / Friends / Caregivers

- Caregiver stress
  - Concern over health of older adult
  - Anxiety for general care giving (e.g. waking up in the middle of the night)
  - Difficulty accepting the situation with the older adult
- Time management
  - Little time for the caregiver
- Family tug-of-war
  - Struggle to care for the older adult and their own family
- Financial burden
  - May not be able to work; expenses for caregiving



# + How Depression Affects the Community

- Increased cost
  - 50% higher for older adults with depression
  - Long term care use
  - Higher utilization of hospitals & doctors
- The Baby Boomers
- The next generation will have the financial burden

# **+ Why Treating Depression with EBPs is Important**

- Reduce Symptoms of depression
- Improve health and Improve functioning
- Evidence based practices are effective and cost effective, in part, because they work
- Improving the health and functioning of older adults will save health care dollars



# **What are Evidence Based Practices? (EBPs)**

- **Psychotherapy interventions**
- **Antidepressant Medications**
- **Outreach Services**
- **Collaborative and integrated mental and physical health care**
- **Interdisciplinary programs – some are un-tested**



## **EBPs: Examples of Treatment Models**

- Integrated service delivery in primary care
  - IMPACT, PRISMe, PROSPECT
- Mental health outreach services
  - Gatekeeper, PATCH
- Mental health consultation and treatment teams in long-term care
- Family/caregiver support interventions
- Psychological and pharmacological treatments



## **EBPs: Treatment Models – Problem based interventions**

- Behavioral (Activation) Therapy
  - Focuses on identifying and increasing participation in pleasant events. Examines the relationship between a person's behaviors and their mood.
- Problem Solving Therapy
  - Therapy designed to help older adults develop skills for dealing with stress and feelings of depression.

# **+ Focus on selected EBPs: Experience from the field – Interdisciplinary models**

- Collaborative and integrative mental and physical health care
- Outreach services
- Selected psychotherapy interventions in combination with other practices



# **EBP Example: Integrated mental health and physical health care (IMPACT)**

- Collaborative care model includes:
  - Care manager: Depression Clinical Specialist
    - Patient education
    - Symptom and Side effect tracking
    - Brief, structured psychotherapy: PST-PC
  - Consultation / weekly supervision meetings with
    - Primary care physician
    - Team psychiatrist
- Stepped protocol in primary care using antidepressant medications and / or 6-8 sessions of psychotherapy (PST-PC)

# **+ EBP Example: PEARLS Intervention**

Conducted in the home of participants, in 8 sessions over a 19 week period:

- Manualized Problem-solving therapy (PST)
- Social and physical activation
- Pleasant events scheduling
- Clinical supervision by a psychiatrist
- If necessary, recommendations for medication management via phone contact with physician and/or participant
- Follow-up phone calls (1/month, for 6 months)



# + **EBP Example: Community-Based Mental Health Outreach Services for Older Adults:**

## ■ **Results from a Systematic Review**

Models can include:

- “Gatekeeper” case identification program which is effective at identifying isolated elderly (i.e., training community members to identify and refer community-dwelling older adults who may need mental health services. (Ex. Florio & Raschko, 1998)
- Home and community-based care which can be effective at reducing depression symptoms (Ex. PEARLS program – Ciechanowski, 2004)



# **EBP Example: Systems Linkages and Interdisciplinary Care**

- These models use less specific treatment modalities.
  - In implementation, the model being applied often are modified.
- EBP example:
  - Elder Wrap: based on the wrap-around services used in children's mental health services



# **SAMHSA's Targeted Capacity Expansion Grants for Older Adults**

- Use EBPs for screening and treatment of depression & substance abuse among older adults
- Ten 3-year grants
- Goals:
  - Improve service infrastructure
  - To expand capacity for providing services



# Experience from the TCE Grant Program: Technical Assistance

- Important factors to implementing a successful program:
  - Utilize technical assistance as much as possible
  - Many developers provide TA
  - Maintain data for evaluation
    - Important for continuation of funding & billing
- SAMSHA will post on it's web site:
  - Treatment of Depression in Older Adults Evidence-Based Practice Tool Kit



## **EBPs:**

### **Where do we go from here?**

- How to support ongoing multi-disciplinary programs?
- SAMHSA did not renew the program
- Will the Admin. On Aging support mental health practices
- Will CMS pay for services in a package?
- How can AAAs collaborate with MH programs?



# For More Information

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## For More Information

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