



Central East (HHS Region 3)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

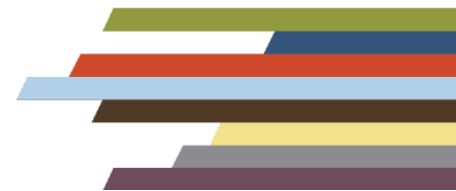
Improving Services for Older Adults

The Changing Older Adult Landscape & Planning for Service System Changes



Planning for Service System Changes

- Facilitator
- John Hudgens, Advocates for Human Potential, Inc.
- Speakers -
 - Daniel Herr, Virginia Department of BH & DD
 - Alice Straker, Regional Older Adult Facilities Mental Health Support Team



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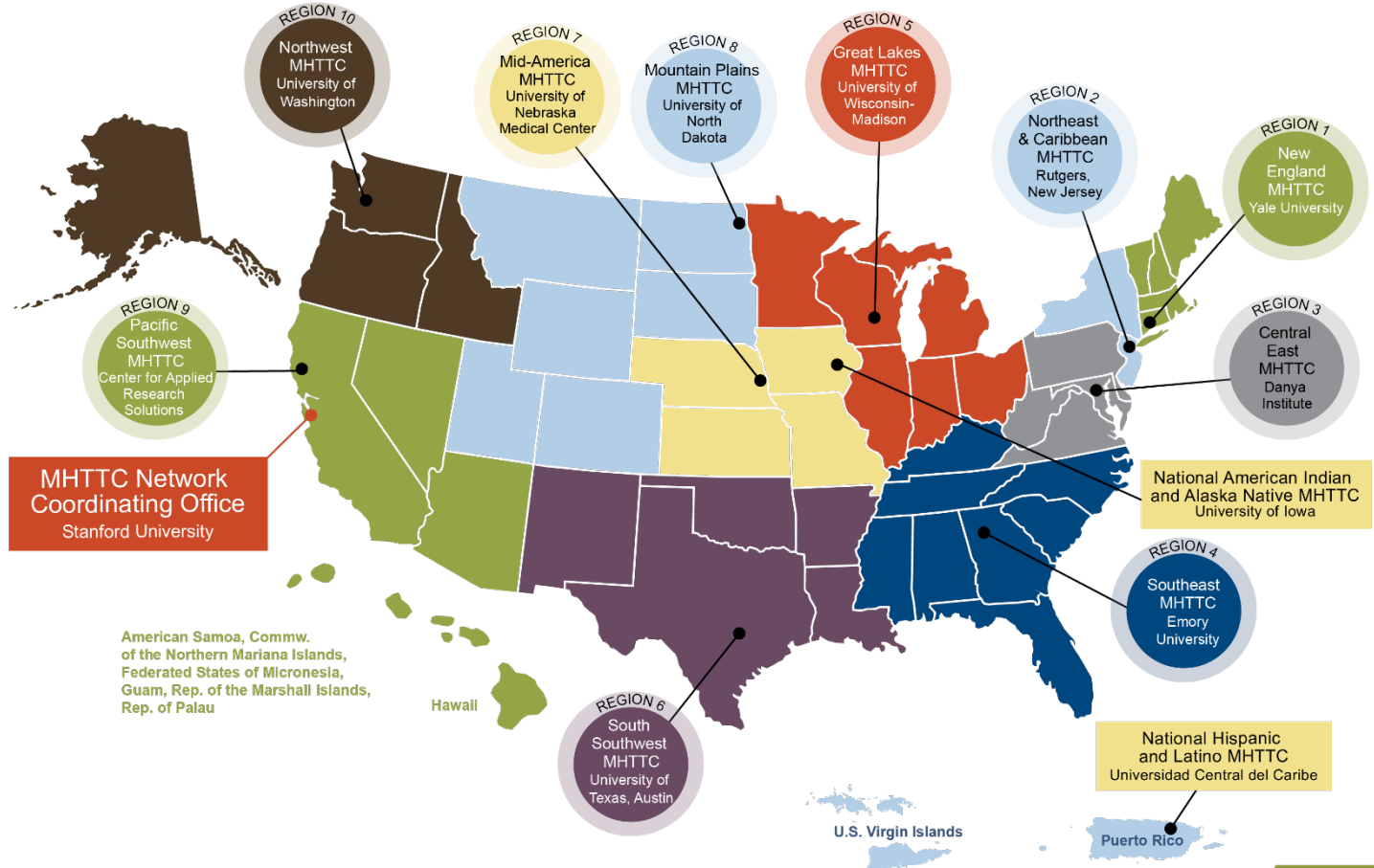


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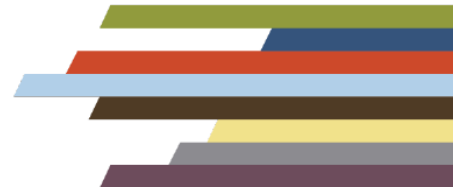
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Central East MHTTC Goals

Funded by SAMHSA to:

- **Accelerate** the adoption and implementation of mental health related evidence-based practices
- **Heighten** the awareness, knowledge, and skills of the behavioral health workforce
- **Foster** alliances among culturally diverse practitioners, researchers, policy makers, family members, and consumers
- **Ensure** the availability and delivery of publicly available, free of charge, training and technical assistance



Central East Region

HHS REGION 3

Delaware

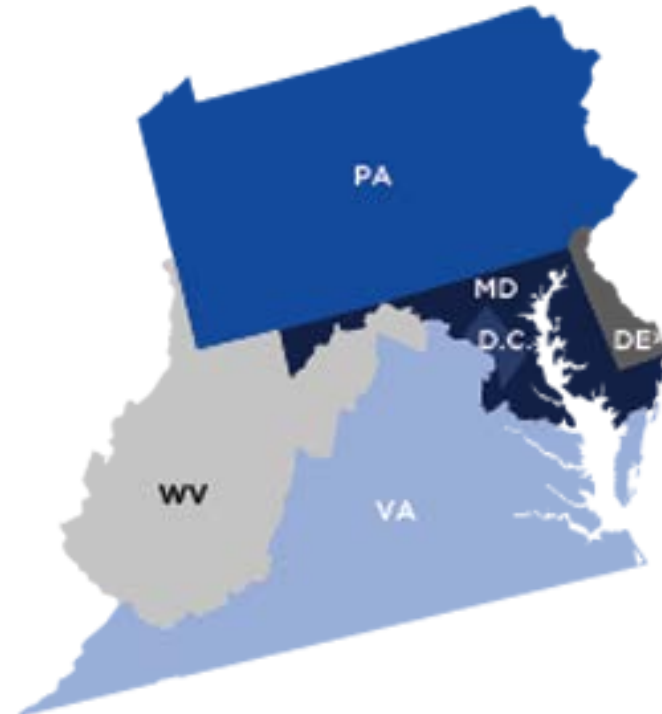
District of Columbia

Maryland

Pennsylvania

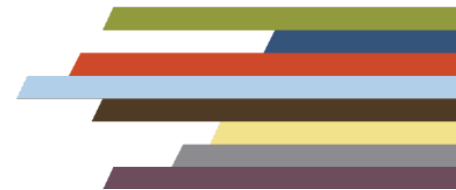
Virginia

West Virginia



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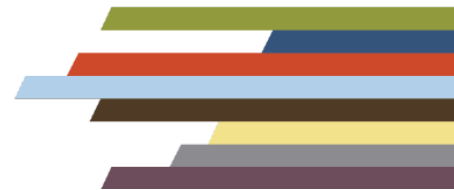
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Improving Services for Older Adults

- June 20 The Changing Demographic Landscape & Effective Planning to Achieve Service System Changes
- July 10 Integrated Care Needs of Older Adults with Serious Mental Illness and Implications for Effective Care Transitions
- August 8 Organizational and Systems Readiness for Ensuring Access to Appropriate Care Levels

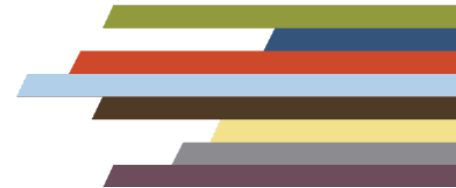
Optional Follow Up Discussion Groups - TBA



Session One Overview



- **Trending Characteristics of the Older Adult Population**
- **Mental health, Substance Use, and other Health Factors**
- **State Level Challenges – Older Adult Services**
- **Lessons Learned at the Community Level**



Landscape Elements



**Population
Characteristics**



**Overall Health
Issues**



**Mental
Health &
Substance
Use
Concerns**

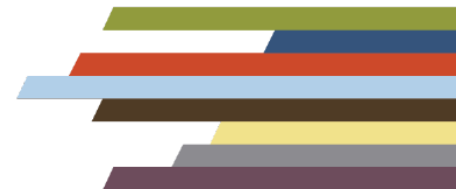


**Social
Determinants
of Health**



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Changing Demographics

Short Range Trends

- 2022 – 27% of men & 20% of women over 65 remain in workforce
- 2030 - Baby boomers age 65 or older
- 2035 – Older adults outnumber children

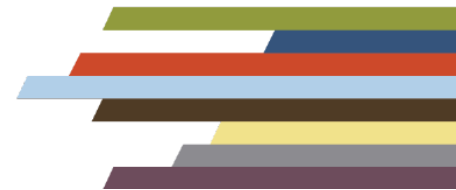
Longer range trends (2060)

- 25% of U.S. population 65 years or older
- Non-Hispanic white will drop from 78 % to 57%



Life expectancy

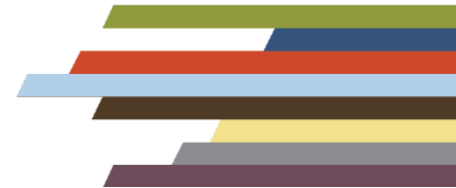
- Now > than 79
- Pace of increase slowing
- Gender difference narrowing



Health Care Considerations



- **80% of older adults affected by at least one chronic disease**
- **Diabetes affects 23% of older Americans 60 years or older.**
- **90 % of Americans 55 or older at risk for hypertension**
- **An older adult is treated for a fall/injury every 11 seconds in an ER setting**



Mental Health Factors

- **Mental health issues impact at least 20% of adults ages 65 and older**
- **As many as 5% meet the criteria for a serious mental illness (SMI)**
- **Depression often underdiagnosed among older adults**
- **Nearly 18% of suicide deaths – older adults**



Substance Use Factors



- **Alcohol effects often exacerbated in older adults**
 - Poor nutrition
 - Various medical conditions
- **At-risk drinking rates**
 - 16% for older men
 - 11% for older women
- **3.5 million older adults - frequent opioid users**
- **Polypharmacy in older adults doubled in recent years**

Social Determinants of Health

- **Conditions and factors that impact how we maintain our health**
- **Examples – Impacts on Older Adults**
 - Finances
 - Food security & nutrition
 - Safe housing
 - Reliable transportation
 - Social connectedness
- **Struggle with related SDOH factors**
 - Increase risks for health complications
 - Impedes ability to age in place



Trends to Keep In Mind

Life expectancy
increase stalling

Racial, ethnic, and socioeconomic disparities impact health

Rural concentration of older population

Family caregiver pool shrinking

Older adults **working longer**

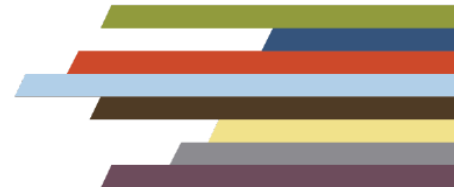
The number of **older adults living with a disability** is increasing



Daniel Herr, JD



Deputy Commissioner,
Virginia Department of
Behavioral Health and
Developmental Services

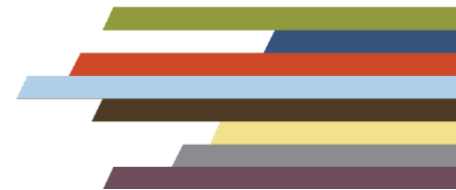


Background For Virginia's Planning

- Historical investment in institutional settings compared to community-based care
- Lack of care continuum for older adults with co-occurring neurocognitive disorders, behavioral challenges, and medically complex conditions
- “Last resort” legislation for state operated hospitals
- Misaligned incentives and funding structures for the community-based care

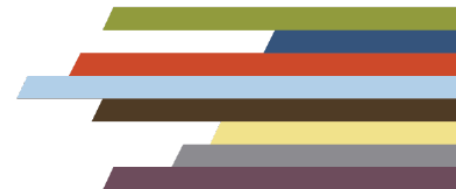
Initiatives For A Continuum of Care

- Federal planning grant for Certified Community Behavioral Health Clinics (CCBHC)
- Legislation to create consistent services array
- Increased investment in discharge assistance funds for individuals ready to leave state hospitals
- Comprehensive, state wide behavioral health needs assessment
- Medicaid expansion - January 2019
- Robust partnership between Medicaid and Mental Health Authority to establish a full continuum of services



Implementation Plans & Resources

- Continuum of community behavioral health services fully funded by July 2020
 - Adoption of evidence informed practices across the life span, including older adults
- Growing need for state general funds to target services for complex needs of older adults in crisis – including those receiving state hospital care
- Stakeholders involvement in revision of State Plan for full continuum of services and enhanced provider rates



Lessons Learned/Tasks Ahead

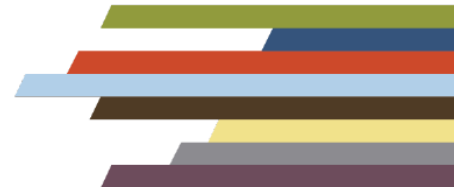
- Lack of comprehensive, coordinated network of services and supports resulted in older adults with complex needs being primarily served by public sector - *at times of crisis*
- State Level Long- and Short-Term Strategies
 - Rebalance use of institutional long-term care to **enhance community-based services**
 - Realign federal, state, and local funding streams to **enhance cross agency collaboration**
 - Embed **incentives for evidence informed practices** for older adults in all initiatives
 - Develop **centers of excellence and support** for providers to treat complex needs of older adults



Alice Straker, LCSW

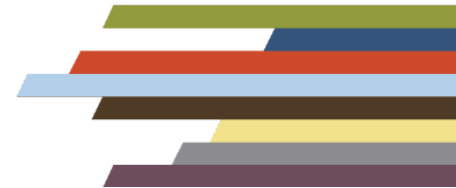


Director,
Regional Older Adult
Facilities Mental Health
Support Team (RAFT),
Northern Virginia



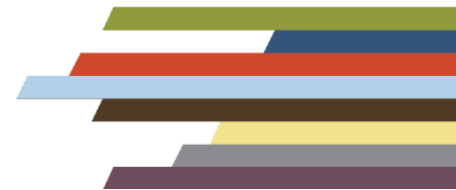
RAFT Background

- Unmet needs in Northern Virginia
- Challenging behaviors in Long Term Care (LTC) communities often result in hospitalization at state hospital
- Denied admission/readmission based upon mental health condition
- Advocacy resulted in creation of RAFT
 - Regional Older Adult Facility Mental Health Support Team



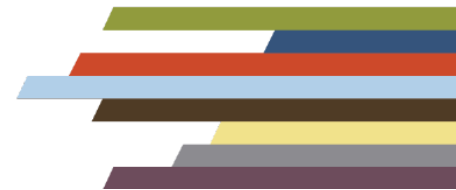
RAFT Description

- Discharge, Diversion, Training and Education
- Program Model
- Staffing
- Clinical Services
- Administrative Services
- Admission Criteria



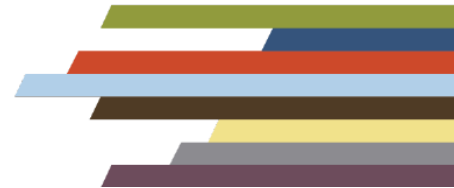
RAFT Successes

- Low Hospitalizations at State Facility
- Intensive mental health services = diversion
- Problem resolution with stakeholders to create flow to community
- Creating trust with LTC communities

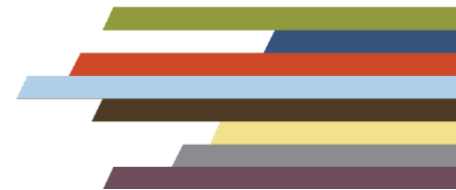


RAFT Lesson Learned

- Changes cultures of LTC communities
- Mental health conditions = Medical condition
- Education and training
- Funding

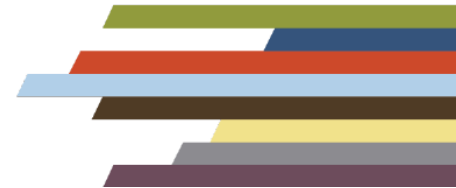


Questions



Fact Sheets and Resources

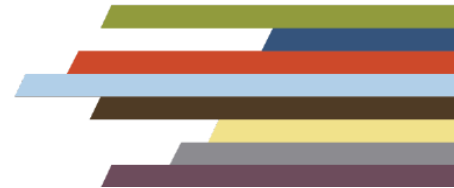
- Emerging Factors
- Aging Population, Changing Needs
- Substance Use
- Organizational Adaptations and Service Systems Improvements
- Older Adult Select Resources
- Presentation Slides



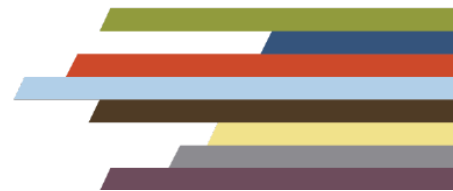
Evaluation

[Evaluation Link](#)

Once you complete the evaluation, you will be directed to the resource page and certificate request form.



Appreciation



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[Oscar Morgan](#), Project Director

[Danya Institute website](#)

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