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Psychiatric Rehabilitation Philosophy and Goals to Promote Recovery for Older Adults

Michelle Zechner, PhD, LSW, CPRP

Rutgers, SHP

March 16, 2023

Mental Health Technology Transfer Center
Funded by SAMHSA

Northeast and Caribbean Region 2

General Mental Health Workforce

Provider Wellness

Youth & Young Adult Services

School Mental Health Workforce

Northeast and Caribbean (HHS Region 2)

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

EBPs for serious mental health conditions

Wellness & Recovery for Providers and people with mental health conditions

School Mental Health Comprehensive, multi-tiered services & supports

Hispanic and Latiné mental health education

Online Education Courses Wellness Matters, IMR, Functional Thinking & more

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Our funding comes from the Substance Abuse and Mental Health Services Administration (SAMHSA), which requires us to evaluate our services. We appreciate your honest, ANONYMOUS feedback about this event, which will provide information to SAMHSA, AND assist us in planning future meetings and programs.

Feedback about this training will assist us in developing future trainings that are relevant to your professional needs. Therefore, your feedback counts!

Northeast and Caribbean (HHS Region 2)

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Video Recording Information

Please Note:

We will be recording this webinar and posting it to our website along with the presentation slides and any relevant resources.

Disclaimer

Your Interactions With Us

Question and Answers

- Q & A will occur at the end of the call.
- Type your questions in the Q & A feature in Zoom located on the task bar (hover over task bar).
- Note: your question may be visible to other participants.

Chat and Polls

- Throughout the webinar, we will be asking for your input.
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The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

INVITING TO INDIVIDUALS PARTICIPATING IN THEIR OWN JOURNEYS

STRENGTHS-BASED AND HOPEFUL

PERSON-FIRST AND FREE OF LABELS

INCLUSIVE AND ACCEPTING OF DIVERSE CULTURES, GENDERS, PERSPECTIVES, AND EXPERIENCES

NON-JUDGMENTAL AND AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR AND UNDERSTANDABLE

HEALING-CENTERED AND TRAUMA-RESPONSIVE

CONSISTENT WITH OUR ACTIONS, POLICIES, AND PRODUCTS

988
SUICIDE
& CRISIS
LIFELINE

For people experiencing:
- **Suicide, mental health, substance use crisis**
- **Emotional distress**
- **People concerned about someone in crisis**

Meet Today's Presenter

Michelle Zechner, PhD, LSW, CPRP
Rutgers University, SHP
Assistant Professor

OBJECTIVES

01 Summarize considerations when supporting people aging with serious mental health conditions (SMHC)

02 Review and evaluate psychiatric rehabilitation for people aging with SMHC

03 Define mental health recovery and offer examples of mental health recovery goals for people aging with SMHC

Welcome!

Poll

- What is the age-range of the people you support?
  - Under 25 years old
  - 25-45 years old
  - 45 and up
  - All of the above

Who are Older Adults with Serious Mental Health Conditions?

- Living with long-standing thought (e.g. schizophrenia) or mood disorders (e.g. bipolar or major depression)

- Care from the public MH system

- Aged 50 and older

People Aging with SMHC

3% of population (people 50+)

Accelerated aging

Risks of health and functioning challenges

Resilience and strengths

NIA, 2021, SAMHSA, 2019, SAMHSA, 2021

# Inter-dependence of Physical & Mental Health

- Chronic health conditions
- Changes in metabolizing medications
- Substance use
- Challenges with health literacy
- Infection and delirium

What do you know about people aging with serious mental health conditions?

Facts on Aging Quiz

- The majority of people over 65 have Alzheimer's Disease
- As people age their intelligence declines
- It is very difficult for older adults to learn new things
- Personality changes with age
- Memory loss is a normal part of aging
- Clinical depression occurs more frequently in older than younger people.
- Most older people are living in nursing homes.

Breytspraak, L. & Badura, L. (2015). Facts on Aging Quiz (revised; based on Palmore (1977;1981). Retrieved from http://info.umkc.edu/aging/quiz
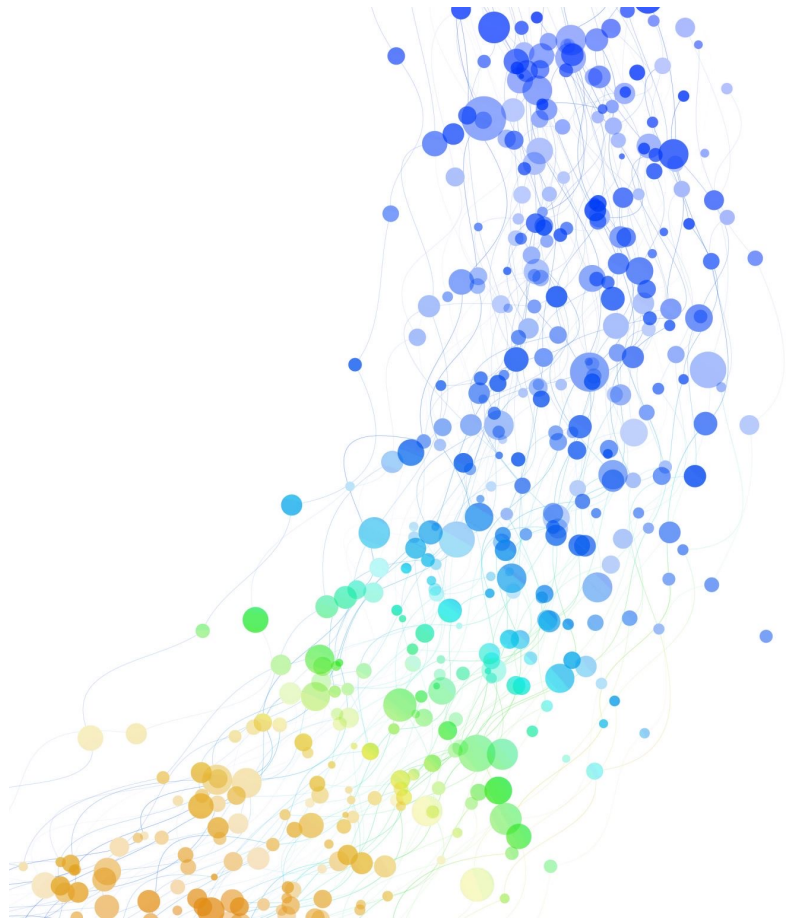
Perceptions on Aging

- Impacts health
- Influences emotional well-being
- Shapes cognitive health
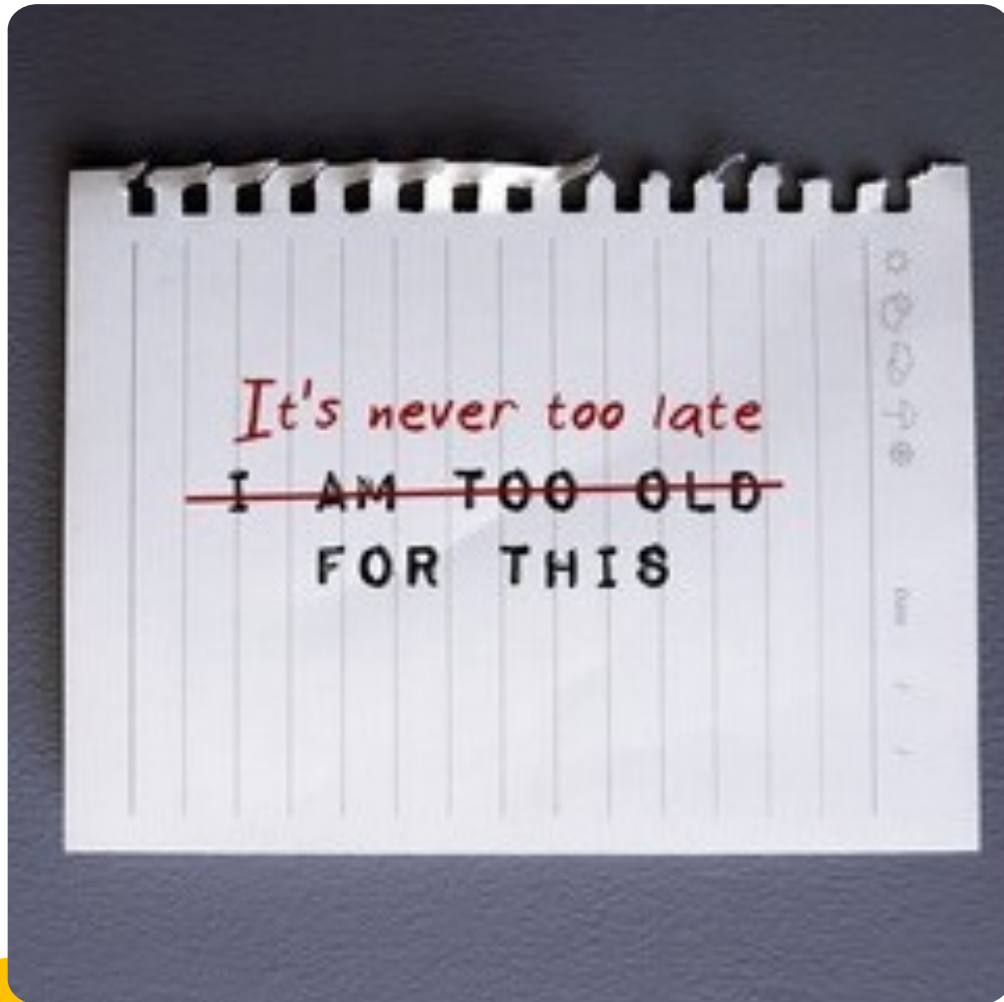
Ageism & Discrimination

- Influence services
- "isms" pileup (e.g. intersectionality)
- Self-reflection is important

Why on earth do we stop celebrating the ability to adapt and grow as we move through life?

Why should aging well mean struggling to look and move like younger versions of ourselves?

Ashton Applewhite, 2017

How Can We Help?
Psychiatric Rehabilitation

What is Psychiatric Rehabilitation?

Strategies and programs that help people living with SMHC to restore their abilities and move forward with their life

Programs that promote recovery, full community integration and improved quality of life.

Pratt et al., 2014, USPRA, 2007

Challenge for Providers
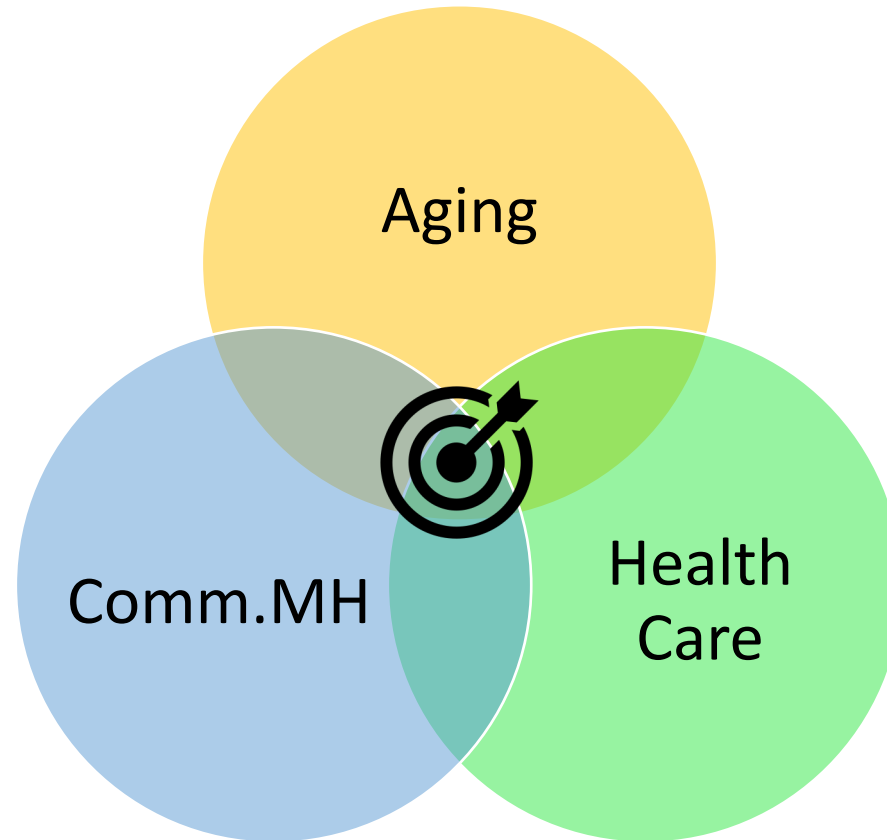
Goals of PsyR

Recovery

A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.
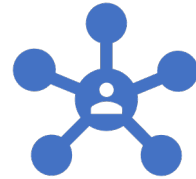
Community Integration

Living a life integrated in 'normal' environments and connected to local community.
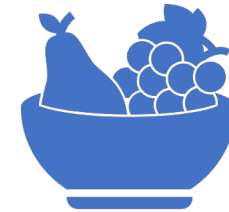
Quality of Life

Having a general sense of well-being and wellness in one's life.

Pratt et al., 2014; SAMHSA, 2012

Values of PsyR

Self-direction

Respect

Hope for recovery, learning and growth

Wellness

Recognition of culture

Promoting valued social roles and normalized environments

Pratt et al., 2014; SAMHSA, 2012

Guiding Principles

Person-centered	Partnerships	Peer support
Natural Supports	Strengths focus	Situational assessment
Emphasis on skills training	Integration of treatment and rehabilitation	Research based

SAMHSA, 2012; Pratt et al., 2014

Which PsyR goals, values or principles do you rely on in your work?

Applying PsyR Strategies

- Goal-setting
- Motivational interviewing
- Strengths-focus
- **Voice and choice**

- Others?
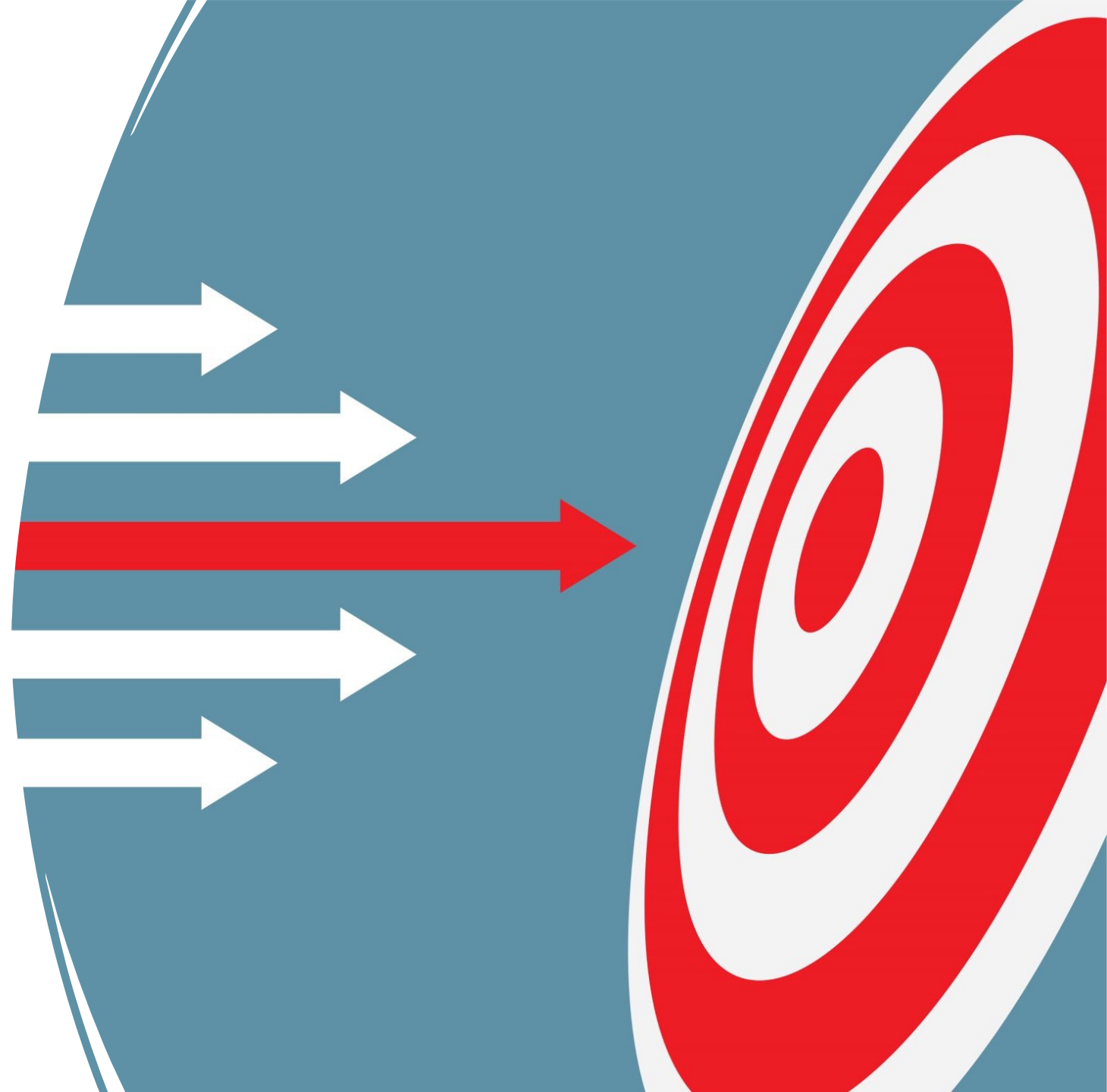
Meet Selena

Selena, 64, has lived in her apartment for over 20 years. She lives with bipolar disorder and diabetes. She has strong ties to her neighbors and her faith community. Recently, she started having more challenges at home such as falling, forgetting to take her medications, and not leaving her apartment.

What are Selena's strengths?

What PsyR strategies might support Selena's recovery?

- What might be some of Selena's goals?
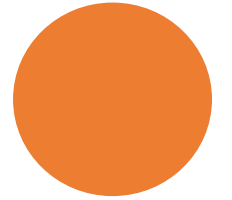
Recovery

Recovery is...

Living well

Relational

Deeply personal

New meaning & purpose

Connected to community

Anthony, 1993; Pratt et al., 2014; Slade, et al., 2008; SAMHSA, 2012

What Supports Recovery?

Hope → Personal Responsibility → Education

Focus on strengths → Growth potential

SAMHSA, 2012; Pratt et al., 2014; Corrigan et al., 2008

What might recovery mean for people aging with SMHC?

Recovery Examples

- New friends
- Work (paid or unpaid)
- Managing health conditions
- Living in an apartment with supports
- Sense of belonging
- New purpose

Selena Recovers

- After a recent visit to her health care provider, Selena receives a new dose of insulin and pill packs for medications. Selena is referred to aging services for an in-home assessment and gets weekly help to clean her apartment. She contacts her faith community to ask for extra support and invites 1 neighbor over for coffee. She begins attending a specialized program for older adults experiencing depressive symptoms.

- ***How might these strategies help Selena recover?***

Challenges to Recovery

- Brain health
- Ageism
- Lack of hope
- Loss of independence
- Silos of care
- STIGMA

Zechner et al., 2021

How can we support recovery for people aging with mental health conditions?

Summary

- Attitudes about aging matters

- PsyR goals, values and principles can guide our services to people aging with mental health conditions

- Mental health recovery means living life beyond symptoms

- We can support recovery using PsyR
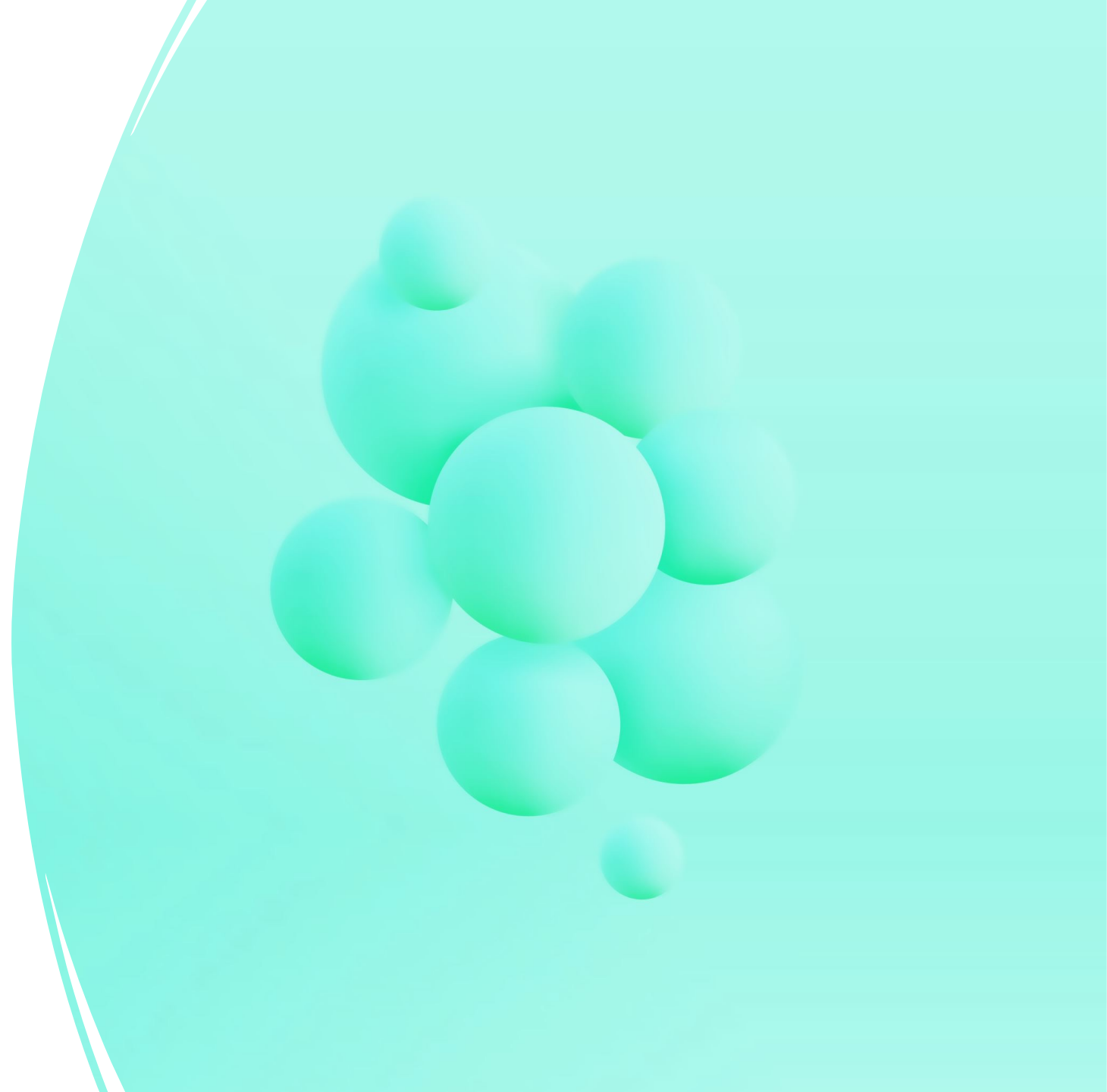
Preview

- 3/23/23 Best Practices in Psychiatric Rehabilitation for people aging with serious mental health conditions

- 3/30/23 Approaches to Expand Strengths and Support Challenges as People Age with Serious Mental Health Conditions

Learning Collaborative: Psychiatric Rehabilitation & Aging: Building New Programs 11-12 on Mondays (April 10,17,24, May 1)

Question and Answer

Resources

- Psychiatric Rehabilitation Association (PRA), https://www.psychrehabassociation.org/

- Substance Abuse and Mental Health Association (SAMHSA) Working Definition of Recovery

- https://store.samhsa.gov/sites/default/files/d7/priv/pep12-recdef.pdf

- Illness Management and Recovery (Module 1 on Recovery)

- https://store.samhsa.gov/product/Illness-Management-and-Recovery-Evidence-Based-Practices-EBP-KIT/SMA09-4462

- Recovery is Possible

- https://www.mentalhealth.gov/basics/recovery-possible

- National Empowerment Center (2020). *People Can Recover from Mental Illness,* https://power2u.org/people-can-recover-from-mental-illness/

- E4 Center, Center for Excellence in Behavioral Health Disparities in Aging, https://www.samhsa.gov/behavioral-health-disparities-in-aging

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• The MHTTC Network is funded through SAMHSA to provide this training. As part of receiving this funding we are required to submit data related to the quality of this event.

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Northeast and Caribbean (HHS Region 2)

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

SAMHSA
Substance Abuse and Mental Health
Services Administration

The purpose of the MHTTC Network is technology transfer - disseminating and implementing evidence-based practices for mental disorders into the field.

Funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), the MHTTC Network includes 10 Regional Centers, a National American Indian and Alaska Native Center, a National Hispanic and Latino Center, and a Network Coordinating Office.

Our collaborative network supports resource development and dissemination, training and technical assistance, and workforce development for the mental health field. We work with systems, organizations, and treatment practitioners involved in the delivery of mental health services to strengthen their capacity to deliver effective evidence-based practices to individuals.
Our services cover the full continuum spanning mental illness prevention, treatment, and recovery support.

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