

The Zoom Interface

The screenshot shows the Zoom Webinar interface with several key elements and annotations:

- Header:** "Zoom Webinar" title bar, "You are viewing David Terry's screen", and "View Options" dropdown.
- Session View:** "Click here to maximize your session view" and "Enter Full Screen" button.
- Content Area:** TTC Technology Transfer Centers logo, "Thank you for joining us today!", and "You will not be on video during today's session".
- Q&A Window:** "Question and Answer" window with "All questions (1)" and "My questions (1)" tabs. A test question "This is a test question!" is shown. Annotations explain that users can switch between questions and use the Q&A feature to ask questions of the host and presenters.
- Chat Window:** "Zoom Webinar Chat" window. Annotations explain that the chat feature allows users to talk with other people and that the "To" field indicates who will receive the message.
- Bottom Bar:** "Audio Settings" button, "Click Here to adjust your audio settings", "Chat" button, "Raise Hand" button, "Q&A" button, "Click here to leave the session", and "Leave" button.
- Audio Settings Panel:** "Select a Speaker" dropdown with options: "Speakers (Realtek(R) Audio)", "Same as System", "Test Speaker & Microphone...", "Leave Computer Audio", and "Audio Settings...".

All attendees are muted. Today's session will be recorded.

Best Practices in Psychiatric Rehabilitation for People Aging with Serious Mental Health Conditions

Michelle Zechner, PhD, LSW, CPRP

Rutgers, SHP

March 23, 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

EPBs 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

Services Available

No-cost training, technical assistance, and resources





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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)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

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.

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At the time of this presentation, Miriam Delphin-Rittmon served as Assistant Secretary for Mental Health and Substance Use at SAMHSA. The opinions expressed herein are the views of the speakers, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

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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.
- Use the Chat or Poll features in Zoom located on the task bar.
- You can control who can see your chat comments.

The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

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

HEALING-CENTERED AND
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

A woman with dark, curly hair and a nose ring is looking out a window. The view outside shows a blue sky with clouds and a tall building. The image is used as a background for the text overlay.

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

*Rutgers University, SHP
Assistant Professor*

OBJECTIVES

01

Identify components of best practice interventions for people aging with SMHC

02

Explore programs that support health, wellness and recovery for people aging with SMHC

03

Consider application of information to settings



Welcome

First name, role & state



Session 1 Review

- People aging with MHC have specialized needs
- PsyR promotes recovery, community integration and QoL
- Aging beliefs shape outcomes
- Recovery is possible



Recovery

“A way of living a satisfying, hopeful, and contributing life even with the limitations caused by illness”

-Bill Anthony, 1993



+



- What are some ways that your aging service recipients live a “satisfying, hopeful, and contributing life”?





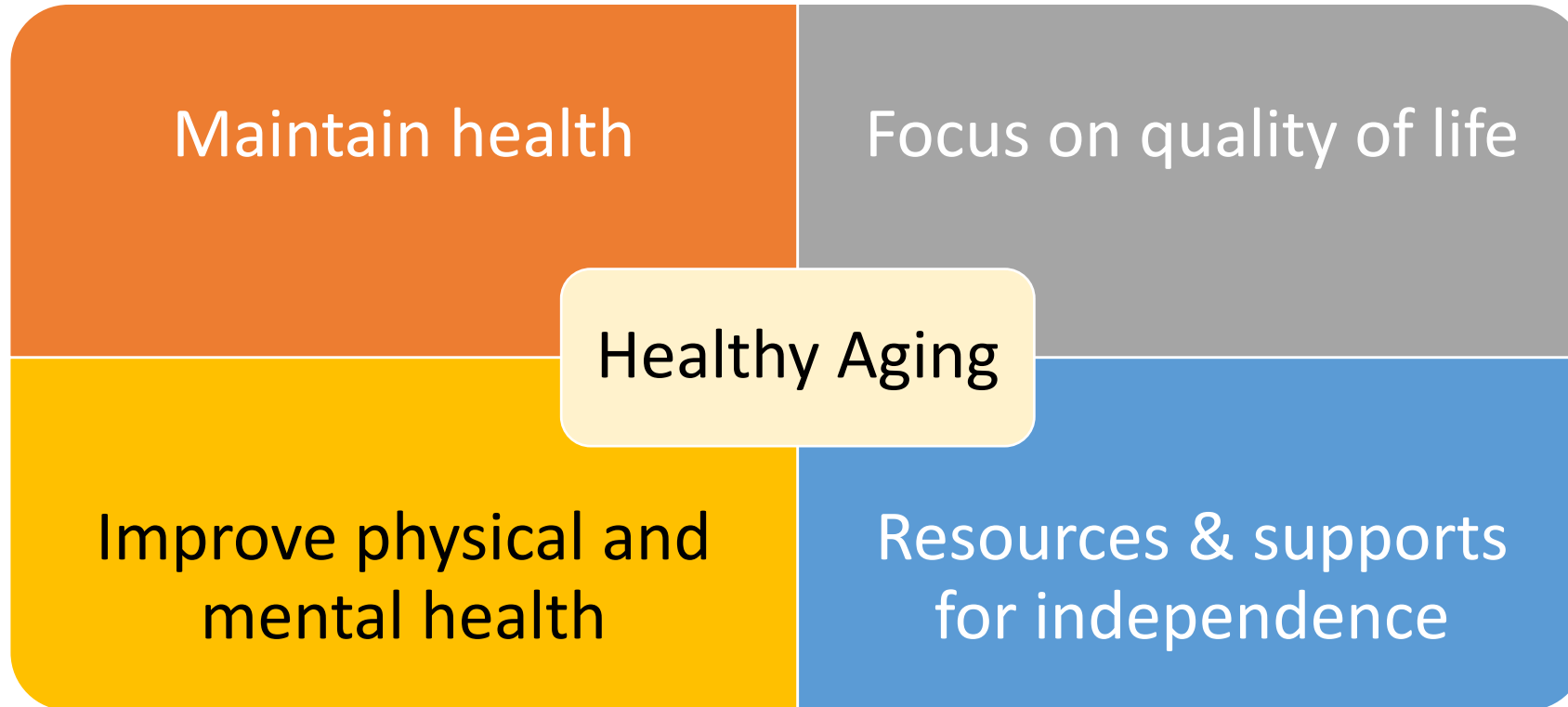
Healthy Aging

A continuous process of optimizing opportunities to maintain and improve physical and mental health, independence, and quality of life throughout the life course.”

PAHO, 2022



Healthy Aging through the Lifespan





*What does healthy aging
mean to you?*

Aging Positively

- Identify & use resources
- Flexibility
- Engaged in decisions
- Resilience



Cultivating Hope

- Positive aging beliefs
- Autonomy
- Tackle self-stigma





How do you inspire hope in the people you support?

Strategies for Hope

Motivational
materials

Spiritual or
faith
community

Gratitude

Forgiveness

Reflecting on
positive
feelings

Use strengths

Connections



Emotional



Physical



Cognitive



What is Shared Decision Making?

When clients and supporters work together to **make decisions** and select treatments and care plans **based on evidence** balancing **risks and expected outcomes** with client **preferences and values.**

HealthIT.gov National Learning Consortium, 2013

Shared Decision-Making Tools

Common Ground Software (Deegan)

Handouts and worksheets

- SAMHSA – The Role of Antipsychotic Medications in my Recovery Plan
- SAMHSA - Decisions in Recovery: Treatment for Opioid Use Disorders
- Ottawa Decision Making Guide

Ottawa Personal Decision Guide

For People Making Health or Social Decisions



1 Clarify your decision.

What decision do you face?

What are your reasons for making this decision?

When do you need to make a choice?

How far along are you with making a choice?

Not thought about it

Close to choosing

Thinking about it

Made a choice

2 Explore your decision.



Knowledge



Values



Certainty

Ottawa Personal Decision Guide

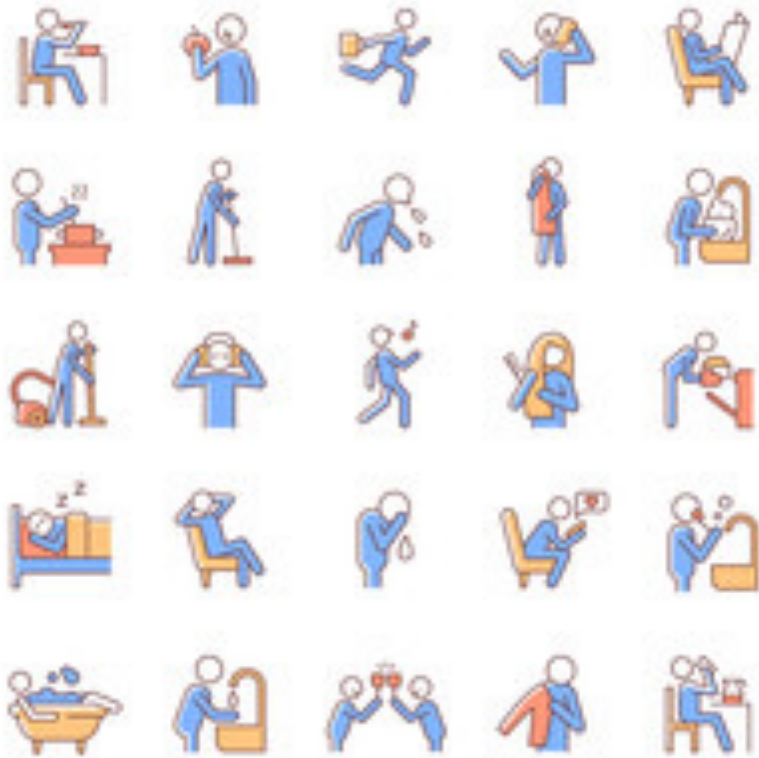


Have you tried shared-decision making tools with your clients?

Evidence Based Programs & Strategies

- Research & evaluation
- Adapted from other programs
- Targeted for people aging

How do EBP's Help?



- Functioning at home, in relationships and community
- Engaging with services
- Reducing symptoms

Types of PsyR Programs

Skills training

Self-
management

Integrated
care

Peer
Supports

Caregiving
Support

Skills Training

- Learn new behaviors
- Support independent living
- Improve relationships

What are some of the skills that people need?



Self-Management

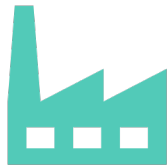
- Encourage responsibility
- Address physical health
- Regulate emotions



Integrated Care



Includes mental &
physical health



Co-located
services



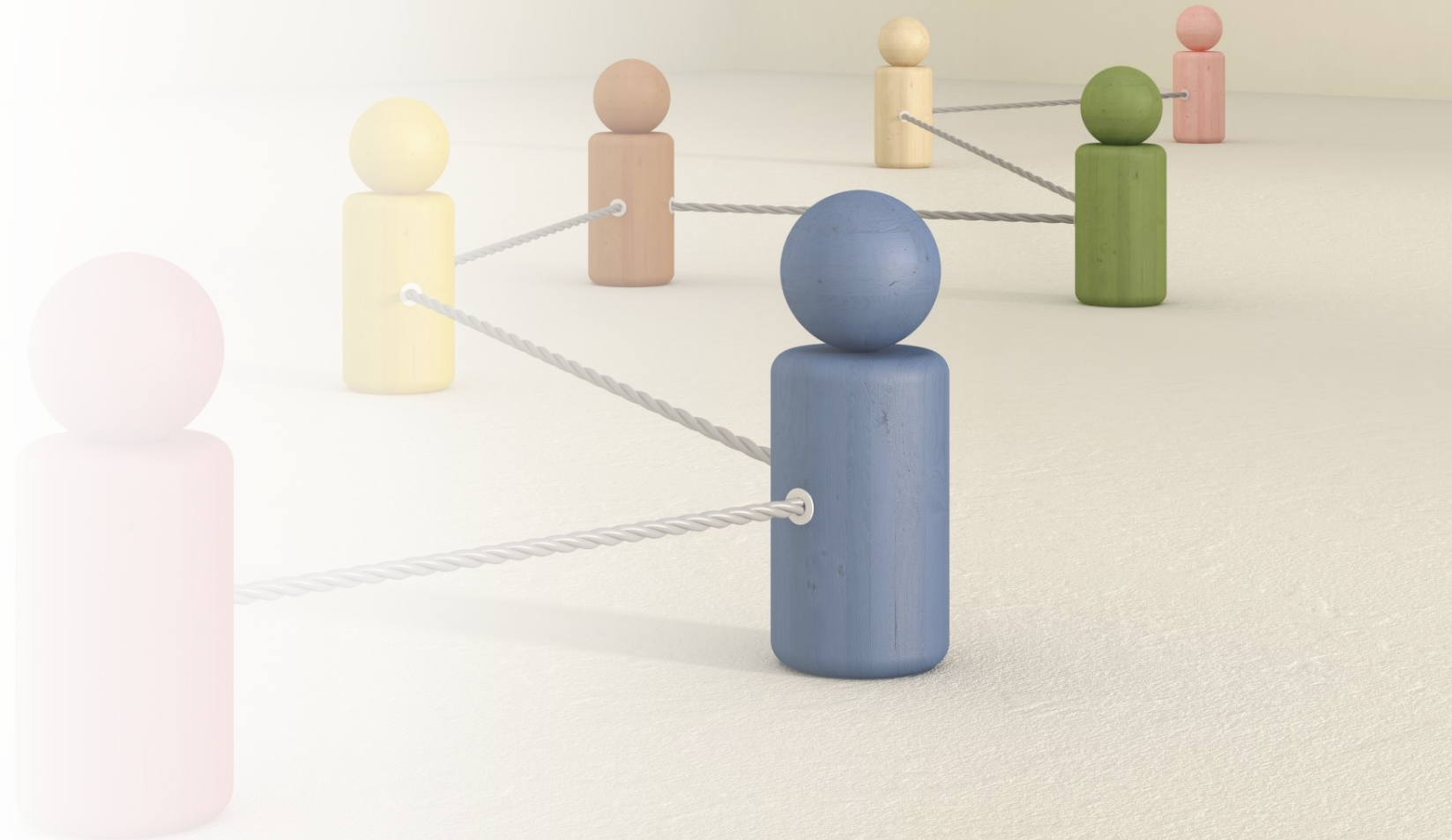
Shared treatment
plans



Reduces stigma

Peer Supports

- Shared experience
- Social support
- Modeling
- HOPE





Caregiving Support

- Education
- Linkages and referrals
- Client may be recipient or provider!



Program Examples

Skills Training Programs

- Cognitive Behavioral Social Skills Training (CBSST)
- Functional Adaptation Skills Training (FAST)/*Programa de Entrenamiento para el Desarrollo de Aptitudes para Latinos (PEDAL)*
- Helping Older People Experience Success (HOPES)





Self
Management
Programs

Integrated IMR (I-IMR)

Integrated Care

Assertive Community Treatment

- Multi-disciplinary team
- Engage in services
- Evidence based

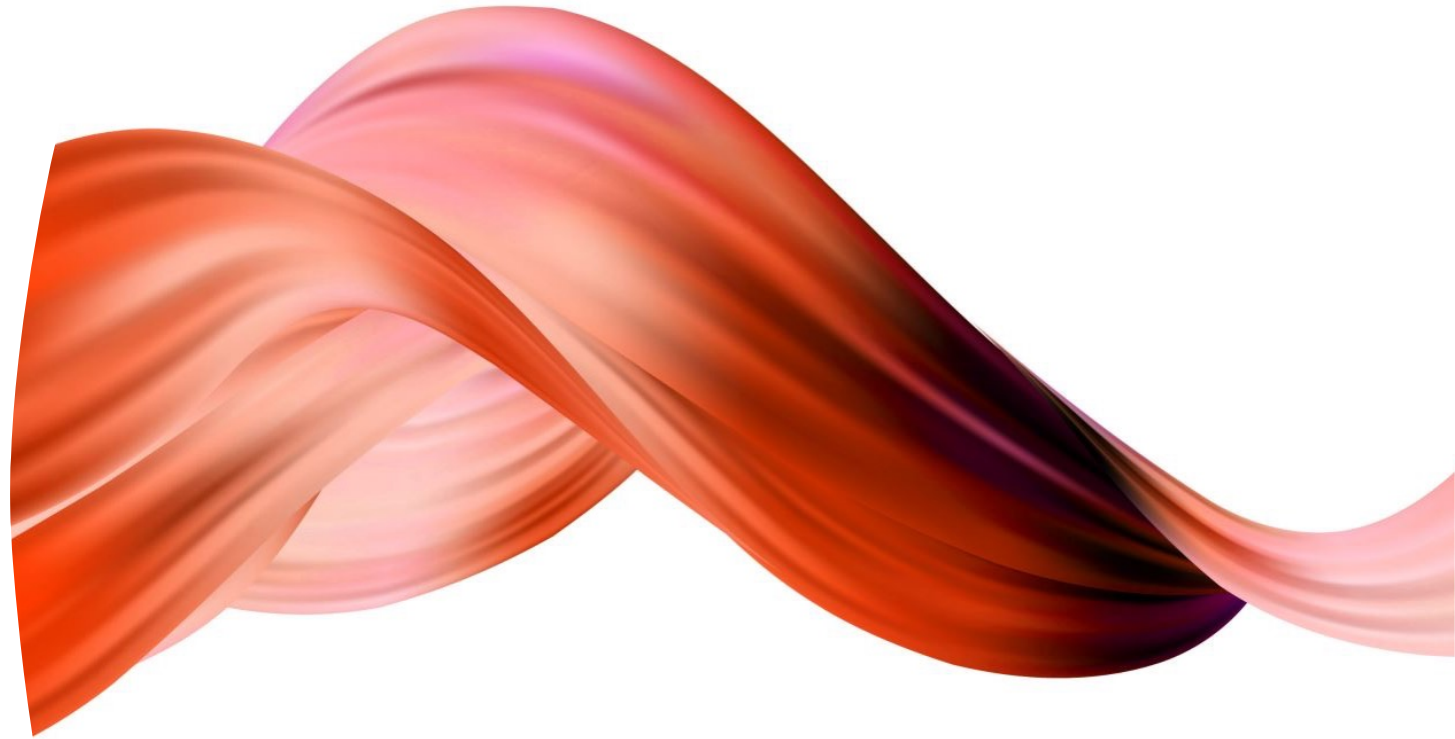
Psychiatric Collaborative Care

- Person centered care team
- Population based care
- Goal based treatment
- Evidence Based
- Focus on outcomes

Peer Programs

-
- WRAP for Healthy Aging
 - Health and Recovery Peer (HARP) program*
 - Peer Wellness Coaching for Older Adults
 - Certified Peer Specialists (PA, NY)

Others?



Caregiving Supports

- Area Agencies on Aging
 - Senior Centers
 - National Alliance on Caregiving
 - National Alliance on Mental Illness
-



Aging Programs

- PEARLS
- Falls Prevention
- Caregiver support

EXAMPLES

What programs, strategies and frameworks do you use to support people aging with SMHC?



An Example

John is 62 and lives with his partner of 20 years. He has lived with schizophrenia for many years and often forgets to take his medications. He has hypertension and diabetes. John gets very angry when you ask him about taking his medications. When you visit John you discover that his house has a pest problem, there is no food in the refrigerator and that his partner relies on him for assistance to dress, use the toilet and prepare meals.

What type of programs might benefit John?

(Skills Training, Self-Management, Integrated Care, Peer Programs or Caregiving Supports)



Additional Services to Consider

- End of life discussions
- Anti-stigma
- Purpose & meaning
- Healthy aging
- Physical activity
- Multi-dimensional wellness



Summary

- Healthy aging means taking actions for health and resilience throughout life
- Shared decision-making is strategy to empower clients in services that involve them
- PsyR programs types include skills training, self-management, integrated programs and peer services
- Aging programs may offer benefits for people aging with SMHC

Question and Answer



Resources

- Academy of Peer Services, Older Adult Peer Training <https://www.academyofpeerservices.org/>
- Centers for Disease Control Falls Prevention Program Guide https://www.cdc.gov/falls/programs/community_prevention.html
- Cognitive Behavioral Social Skills Training, <https://www.cbsst.org>
- E4 Center, Center for Excellence in Behavioral Health Disparities in Aging, <https://www.samhsa.gov/behavioral-health-disparities-in-aging>
- Integrated Illness Management and Recovery Manual
- <https://practicetransformation.umn.edu/wp-content/uploads/2018/09/I-IMR-Training-Manual.pdf>
- PEARLS, <https://depts.washington.edu/hprc/programs-tools/pearls/>
- Ottawa Personal Decision Guide <https://decisionaid.ohri.ca/docs/das/OPDG.pdf>
- SAMHSA Shared Decision Making https://antipsych.c4designlabs.net/pdfs/General_Issue_Brief_508.pdf
- TEDx Talks; (2017, August 9) (Presented by Ashton Applewhite) Let's End Ageism! {Video} YouTube. [talkhttps://www.ted.com/talks/ashton_applewhite_let_s_end_ageism?language=en](https://www.ted.com/talks/ashton_applewhite_let_s_end_ageism?language=en)

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Evaluation Information

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.

At the end of today's training please take a moment to complete a **brief** survey about today's training.





Preview

- 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)

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Northeast and Caribbean (HHS Region 2)

MHTTC

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Funded by Substance Abuse and Mental Health Services Administration

SAMHSA
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MHTTC

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Funded by 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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