

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.

Approaches to Expand Strengths and Support Challenges as People Age with Serious Mental Health Conditions

Michelle Zechner, PhD, LSW, CPRP

Rutgers, SHP

March 30, 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

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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.

This work is supported by grant H79SM081783 from the DHHS, SAMHSA.

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 tall building and some greenery under a blue sky with clouds. The window frame is visible on the left.

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

Explore the strengths and challenges of people aging with serious mental health conditions (SMHC)

02

Identify specific strategies to engage and motivate people aging with SMHC

03

Discuss strategies to build resources and social supports




Welcome

First name, role & state



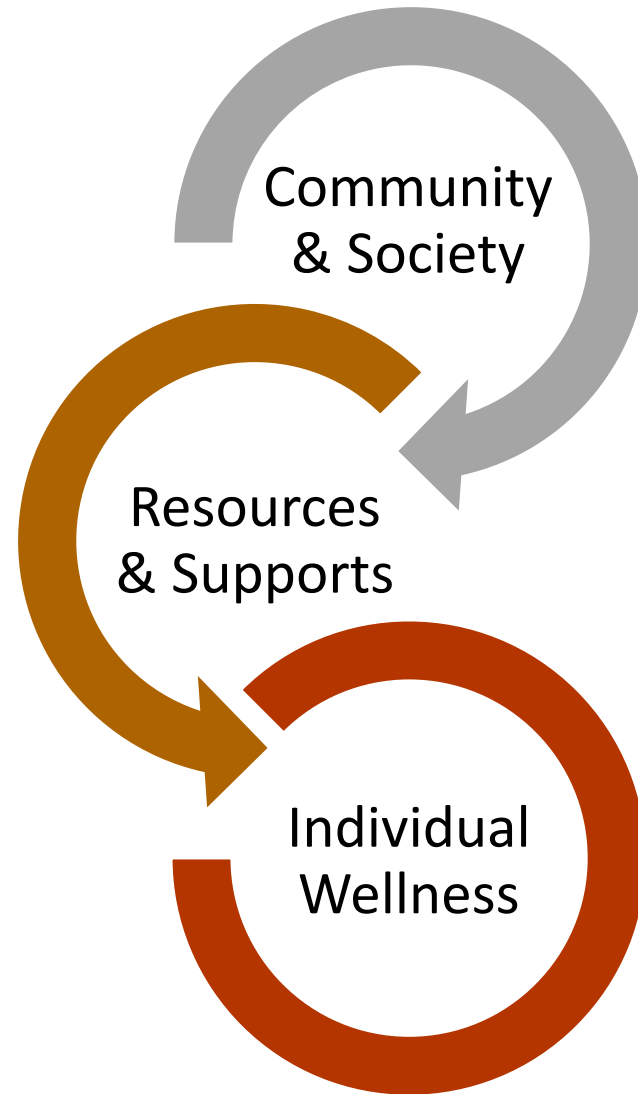
Session 2 Review (Best Practices)

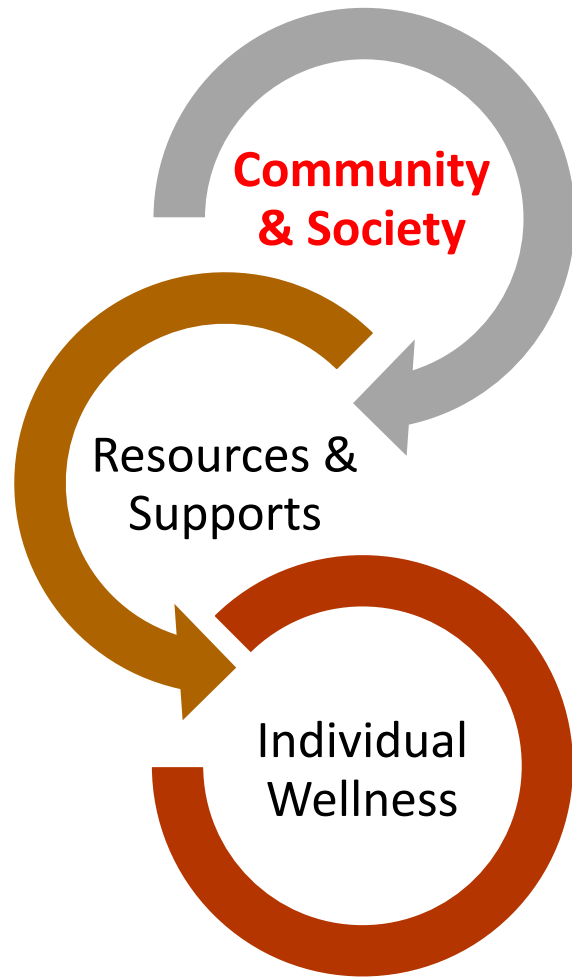
- Healthy aging means taking actions for health and resilience throughout life
 - Shared decision-making empowers clients to make informed and supported decisions
 - Examples of PsyR programs include skills training, self-management, integrated programs and peer services
 - Aging programs may offer benefits for people aging with SMHC
- 



Exploring Strengths
& Challenges of
People Aging with
MHC

Explore Through Wellness

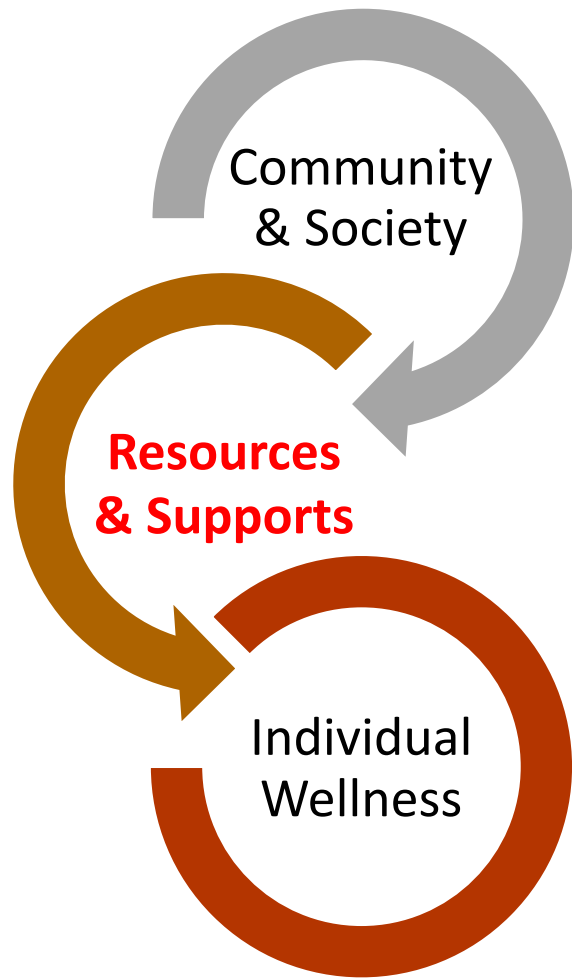




Community and Society

- Attitudes
- Policies
- Integrated services

Strengths & Challenges?

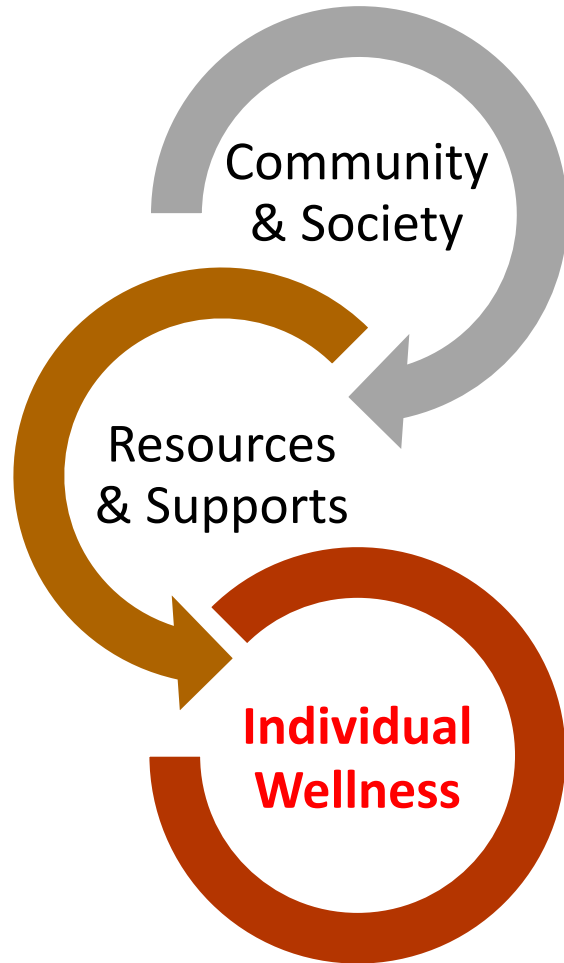


Resources and Supports

- Community
- Friends, family, peers
- Neighborhood
- Health literacy
- Transportation

Strengths & Challenges?

Multi-dimensional Individual Wellness



- Developmental
- Spiritual
- Emotional
- Physical
- Cognitive
- Occupational
- Social/Relational
- Financial
- Environmental

Which dimension may be a strength?

-
- Developmental
 - Spiritual
 - Emotional
 - Physical
 - Cognitive
 - Occupational
 - Social/Relational
 - Financial
 - Environmental



Strength Examples

Coping

Resilience

Perspective

Greater sense
of meaning &
purpose

Positive
Lifestyles

Knowledge

Others?



Sylvia

- Sylvia is 57 and lives in a senior high-rise apartment. She manages several health conditions and has lived with depression for more than 30 years. She is fluent in Spanish and English.

She walks for 15 minutes each day with a friend. She often jokes that her secret to a good life is the morning walk because it gets her out of her apartment, moving around, and she can catch up with her friend.

What are some of Sylvia's strengths?



Marcus

- Marcus is a 68 year-old who identifies as a black gay man. He has experienced Bipolar symptoms and trauma in his younger life; but relishes his role as a musician, an artist, and an advocate for his community. He has been sober for more than 30 years.

He actively advocates for others, is committed to good health through healthy eating and running 5K races and has a long-term partner. He believes his negative life experiences helped him to learn to speak up for himself and get his needs met. Marcus often refers to himself as a “good troublemaker” through his advocacy and thinks of himself as a fighter when he goes through difficult situations.

What are some of Marcus’s strengths?



Where are challenges common?

- Developmental
- Spiritual
- Emotional
- Physical
- Cognitive
- Occupational
- Social/Relational
- Financial
- Environmental

How can we help?

- Listening
- Explore purpose and meaning
- Encourage social connections
- Connecting to resources





Keeping a Focus on Recovery

- Reflect on life
- Consider personal responsibility
- Finding & using coping skills
- Managing physical health

Daley et al., 2013

Build strengths

Maintain hope

Identify strengths and focus on resilience

Acknowledge past success in overcoming adversity

Develop new resources & supports



*Move,
Groove &
Live Life*





How do we engage?

- Learn about values
- Promote self-direction
- Tailor approaches

Strategies for Engagement & Motivation



Shared decision making



Goal setting



Advocacy



Shared Decision-Making

Conversation between someone and their health care provider using a systematic process and tools.

Shared Decision-Making helps:

- Get, understand, and exchange complex information
- Consider and discuss options
- Make a health care decision





Goal-Setting

How do you help people aging with mental health conditions set goals?



Strategies for Goal-Setting

- Offer choices
- Use visual cues
- Go slowly
- SMART
- WOOP

Sample goal interest sheet

What area is most important to you?

Friends

Helping others

My health

What area would like you like to explore with me?

Feeling happy

?

SMART Goals

Specific	<ul style="list-style-type: none">• What do you want to do and why?• What is required? What are the challenges?• What are your assets and resources?
Manageable	<ul style="list-style-type: none">• How much time will you spend?• How often (daily, weekly, monthly)?• How will you note progress?• When will you reach your goal?
Action-Oriented	<ul style="list-style-type: none">• What actions are needed to achieve the goal?
Realistic	<ul style="list-style-type: none">• Is this goal worth it, does it line up with your values?• Do you have what you need to reach the goal?• Is it doable right now?
Timed	<ul style="list-style-type: none">• How long will it take?• When will you start?

Sylvia's SMART Example

Specific	Sylvia has decided she wants to lose 10 pounds because her blood pressure has been getting higher. While she walks most days, and has friends to support her, she loves cooking and eating fried foods. Her building has a dietitian that comes in once a month and there are healthy cooking classes weekly at the senior center.
Manageable	<ul style="list-style-type: none">• <i>How can you help Sylvia make this goal manageable?</i>
Action-Oriented	<ul style="list-style-type: none">• <i>What actions might Sylvia take to meet her goal?</i>
Realistic	<ul style="list-style-type: none">• <i>How can you help Sylvia to make sure that her goal is realistic?</i>
Timed	<ul style="list-style-type: none">• <i>How might you help Sylvia with the Timed section of this goal?</i>

Wish, Outcome, Obstacle, Obstacle, Plan (WOOP)

A four-step strategy to
“increase motivation and
change behavior” that uses
obstacles we see as a
motivation to help us achieve
what we want.

WOOP Kit – WOOP in one Glance

Wish: What is your wish, a wish that is challenging, but feasible?

Note your Wish in 3-6 words: _____

Outcome: What would be the best outcome of fulfilling your wish?

Note your best Outcome in 3-6 words: _____



Obstacle: What is your main inner obstacle that holds you back from fulfilling your wish?

Note your main inner Obstacle in 3-6 words: _____



Plan: What can you do to overcome your obstacle?

Note your action or thought in 3-6 words: _____

Fill in the blanks below:

If... _____, then I will... _____
(your obstacle) (your action or thought to overcome obstacle)

Imagine once more: If... (obstacle), then I will... (action).

A WOOP for Marcus

W_ISH

Experience more joy in my life

O_UTCOME

Feel more positive



O_BSTACLE

Self-critical



P_LAN

If I'm self-critical then I will Remind myself of my strengths & take a run

obstacle

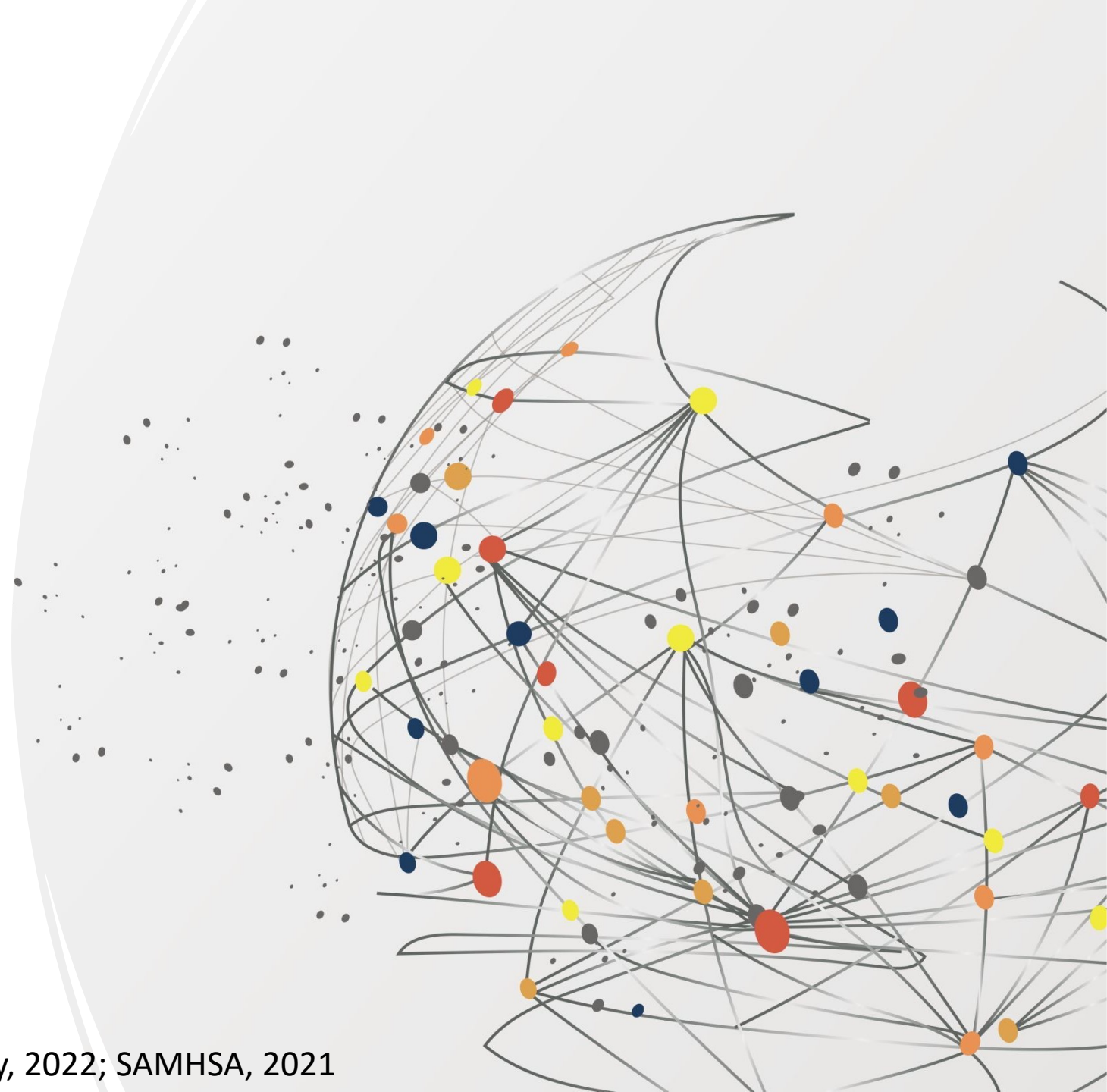
action

Advocacy



Advocacy

- Specialized services
- Address ageism in programs/services
- Create age-positive places and spaces
- Locate and access preferred resources
- Billing and reimbursement





In what ways are you advocating for people aging with mental health conditions?



Building Motivation

- Explore interests and values
- Use of peers
- Motivational Interviewing
- Recovery orientation



Build Resources

- Link to community services
- Work on strategies to manage day-to-day tasks
- Access to appropriate care
- Financial entitlements
- Housing adapted to needs
- Natural support systems

Encourage
social
support

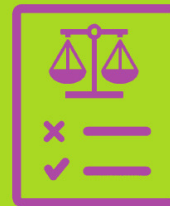
Social isolation and loneliness can be reduced through:



Face-to-face or
digital contact



Promoting age-friendly
environments



Laws and policies
that foster social
connections





Social supports
are vital to
health

*How can you encourage social interactions with
the people you support?*



Where do you want to go from here?



Summary

- Wellness frameworks can guide assessments of strengths and challenges
- Shared Decision-Making, goal-setting and advocacy support engagement and motivation
- Social support and resources can support well-being



Question and Answer



Resources

- Academy of Peer Services,
<https://www.academyofpeerservices.org/>
- SAMHSA Technology Transfer Center Resources for Older Adults <https://www.samhsa.gov/resources-serving-older-adults/ttc-resources>
- E4 Center, Center for Excellence in Behavioral Health Disparities in Aging, <https://www.samhsa.gov/behavioral-health-disparities-in-aging>
- Motivational Interviewing & Older Adults, <https://uofazcenteronaging.co/care-sheet/providers/motivational-interviewing-older-adults/>

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Northeast and Caribbean (HHS Region 2)

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SAMHSA
Substance Abuse and Mental Health
Services Administration



MHTTC

Mental Health Technology Transfer Center Network

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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