

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.
- Main Content:** 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:** A "Question and Answer" window is open, showing a question: "This is a test question!". It includes buttons for "All questions (1)" and "My questions (1)". Annotations explain that users can switch between questions and use the Q&A feature to ask questions of the host and presenters.
- Chat Window:** A "Zoom Webinar Chat" window is open on the right. It shows a "To: All panelists" field and a message: "Your text can only be seen by panelists". 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:** Contains "Audio Settings", "Chat", "Raise Hand", "Q&A", and "Leave" buttons. Annotations point to "Click Here to adjust your audio settings" and "Click here to leave the session".
- Audio Settings Menu:** A "Select a Speaker" menu is open, showing options like "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.

Encouraging Healthy Aging with Serious Mental Health Conditions

Michelle Zechner, PhD, LSW, CPRP

12/20/23



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





Grow Your Knowledge and Skills

Keep up with the latest effective practices, resources, and technologies!

Subscribe to receive our mailings.
All activities are free!



We Want Your Feedback

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.

Disclaimer

This presentation was prepared for the Northeast and Caribbean Mental Health Technology Transfer Center (MHTTC) under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA). All material appearing in this presentation, except that taken directly from copyrighted sources, is in the public domain and may be reproduced or copied without permission from SAMHSA or the authors. Citation of the source is appreciated. Do not reproduce or distribute this presentation for a fee without specific, written authorization from the Northeast and Caribbean Mental Health Technology Transfer Center (MHTTC). This presentation will be recorded and posted on our website.

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 window shows a view of a blue sky with clouds and green foliage. The woman is in the foreground, and the window is in the background.

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

Rutgers

Associate Professor

OBJECTIVES

01

Explore healthy aging for people aging with serious mental health conditions

02

List methods to promote healthy aging

03

Identify strategies to empower older adults to make informed decisions about resources for care and supports



Hello!



Introductions

Role, location



Polls

Do you currently work with people aging with mental health conditions?

What is your role with people aging with mental health conditions (case manager, nurse, peer, rehabilitation specialist, social worker, therapist/counselor, administrator, other)

What do you hope for your well-being and health in 20 years?



Healthy Aging

Healthy aging is 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





- Why should we talk about healthy aging for people aging with mental health conditions?



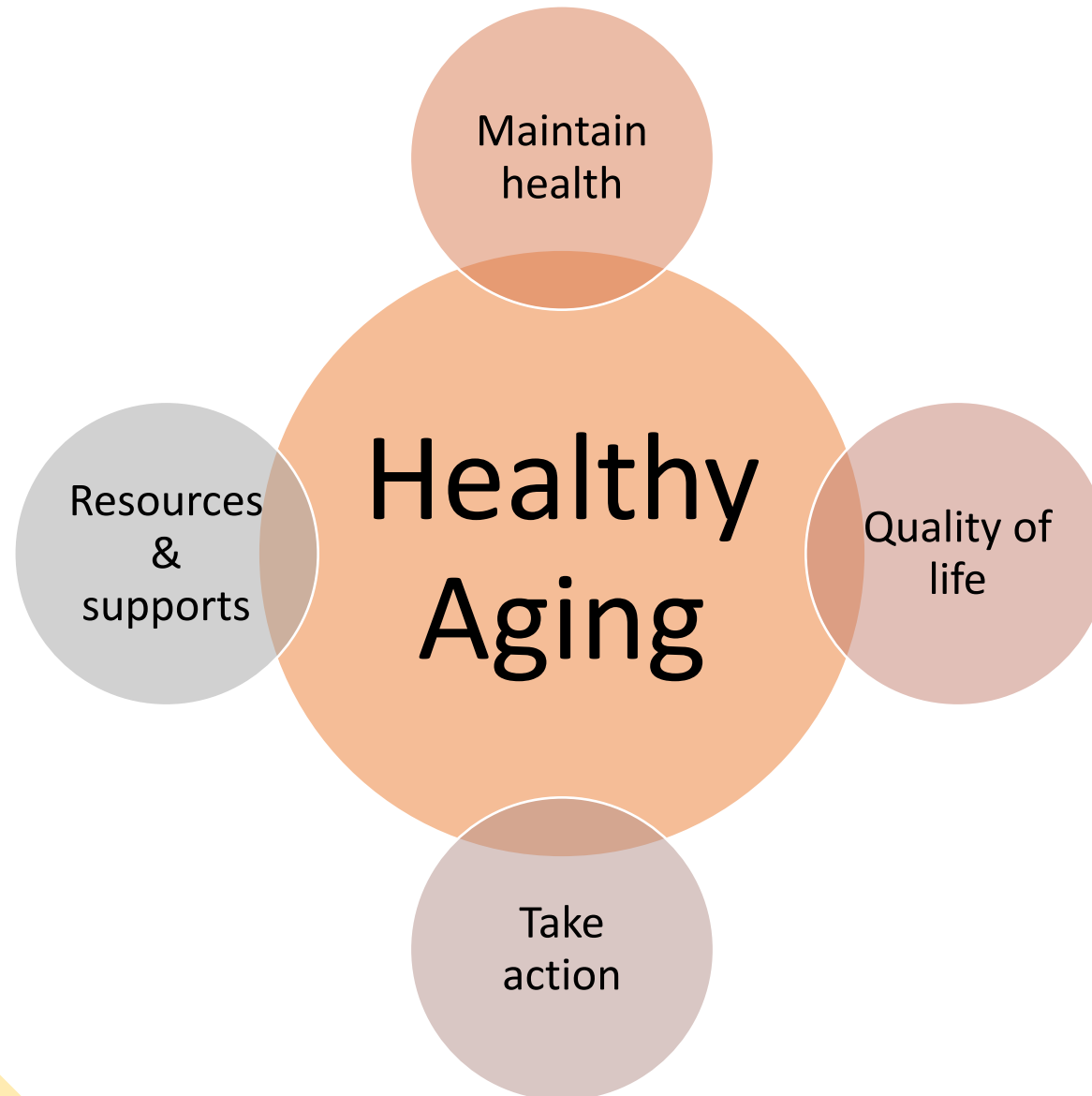
We all grow Older!

- Americans are growing older
- Healthy aging begins at birth
- Small changes help
- People in mental health services are aging

Why is Healthy Aging Important?

- Living an enjoyable life
- Contributing to communities, families and society
- An independent life
- Giving and receiving support
- And?

Everyone can move towards healthy aging



Maintain Health

- Encourage movement and mobility
- Address emotional well-being
- Nutritious foods
- Rest and sleep
- Preventative health care





Focus on Quality of Life

- Enjoyment and happiness
- Social connections
- Meaning and purpose
- Decision-making

“Adding LIFE to years” PAHO, 2023

Improve physical and mental health

- Set goals and intentions
- Daily choices
- Overcome barriers (WOOP!)

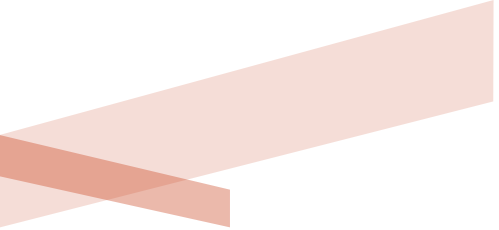



Resources & Supports for Independence

- Foster abilities of the person
- Match resources and support with preferences
- Use of resources and supports

What are some examples of resources & supports for independence?



- 
- 
- *What actions have you seen older adults take or have you taken to age well (MENTI word cloud)*



How can we Support Healthy Aging?

System Approaches

Best Practice Intervention

Practitioner Strategies



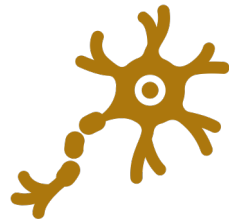
System/Organizational Approaches

- Combat Ageism
- Develop age positive spaces

Best Practice Interventions



Integrated health, mental
health & aging programs



Use of multi-dimensional
wellness assessments



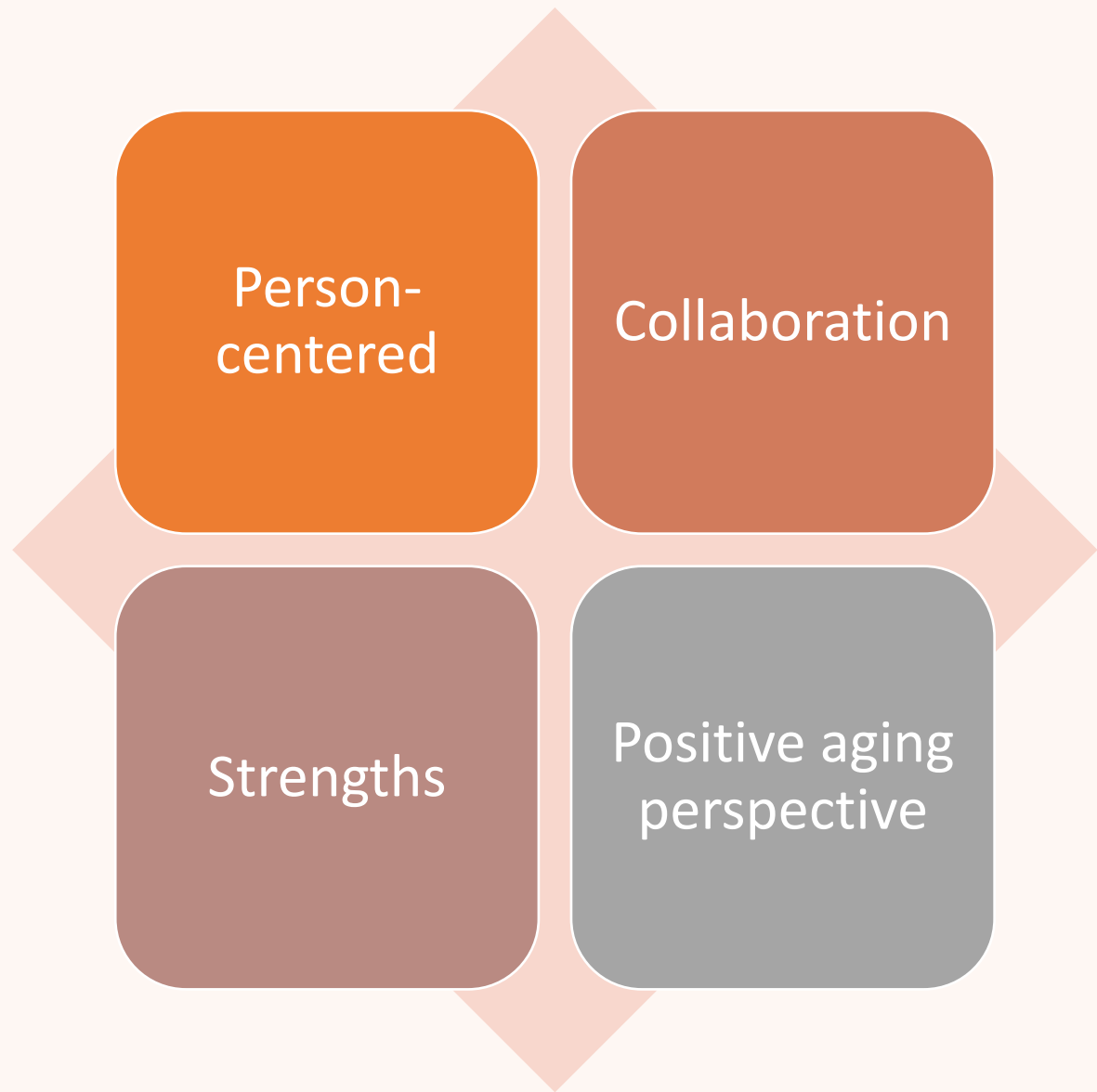
Promote physical
functioning



Encourage social
relationships



Practitioner Strategies



Suggestions

- Talk about healthy aging
- Know what's important
- Acknowledge person's expertise
- Encourage a plan





Empower Older Adults

- Listen
- Explore strengths, abilities and needs
- Values
- Self-advocacy

WOOP

WISH

OUTCOME



OBSTACLE



PLAN


If _____ then I will _____

obstacle

action



Summary

- Healthy aging means maintaining current health, focusing on quality of life, taking actions to improve physical and mental health and identifying resources & supports for independence
 - We can support healthy aging using system approaches, best practice interventions and collaborative relationships
- 

SHARE



Question and Answer



References

- Center for Supported Housing (2022). *Healthy Aging in Supported Housing*. Retrieved from <https://www.csh.org/aging/>
- Michielutte R, and Diseker RA. (1984) Healthcare providers' perceptions of the elderly and level of interest in geriatrics as a specialty. *Gerontology and Geriatrics Education*, 1984;5(2): 65-85
- National Institute on Aging (2022). What Do We Know About Healthy Aging? Retrieved from <https://www.nia.nih.gov/health/what-do-we-know-about-healthy-aging>
- Oettingen, G. (2014). *Rethinking Positive Thinking*. Penguin Random House.
- Pan American Health Organization (2021). *Healthy Aging*. Retrieved from: <https://www.paho.org/en/healthy-aging>
- Substance Abuse and Mental Health Services Administration (SAMHSA). (2021). Psychosocial Interventions for Older Adults With Serious Mental Illness. SAMHSA Publication No. PEP21-06-05-001. Rockville, MD.
- WOOP my Life <https://woopmylife.org/en/home>
- World Health Organization; 2019 (WHO/FWC/ALC/19.1). Integrated care for older people (ICOPE): Guidance for person-centred assessment and pathways in primary care. Geneva: Licence: CC BY-NC-SA 3.0 IGO.
- World Health Organization (2022). *UN Decade of Healthy Ageing: 2021-2030*. Retrieved on December 11, 2022 from <https://www.who.int/initiatives/decade-of-healthy-ageing>
- Zechner, M., Webb, A., Tedesco, B., Blumenthal, C & Laudor, R., (October, 2022). *Promoting Healthy Aging*. Content prepared for e-learning Certificate in Aging for Peer Supporters in the Academy of Peer Services funded by the New York State Office of Mental Health and the New York Association of Psychiatric Rehabilitation Services.
- Zechner, M., Swarbrick, P., Fullen, M., Barrett, N., Santos, S. & Pratt, C. (2022). Multidimensional Wellness for People Aging With Mental Health Conditions: A Proposed Framework. *Psychiatric Rehabilitation Journal*, 45, 160-169. <https://doi.org/10.1037/prj0000510>

Resources

- Academy of Peer Services, Peer Support for Older Adults (Certificate) <https://www.academyofpeerservices.org>
- Pan American Health Organization (2021). *Healthy Aging*. Retrieved from: <https://www.paho.org/en/healthy-aging>
- SAMHSA (2021). Psychosocial Interventions for Older Adults With Serious Mental Illness. SAMHSA Publication No. PEP21-06-05-001. Rockville, MD.
- Aging with Serious Mental Health Conditions Resources, NEC-MHTTC, <https://mhttcnetwork.org/centers/northeast-caribbean-mhttc/aging-serious-mental-health-conditions>

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.



Toward Wellness and Recovery

Our Podcast Channel



Check out our latest podcast series!

Flourishing at Work: A Plan for Helping Professionals

Search then Subscribe wherever you get your podcasts!

[Spotify](#) Apple Music [Podbean](#)

Webinars Recordings

Did you miss a previous webinar
or just want to watch one again?

Access all of our recorded webinars!

The recording of this webinar will be made available in the Northeast and Caribbean Products & Resources Catalog on our website. To view this and all previously recorded webinars that are currently available go to the link below. Check back often as new additions are always being added.



**Please allow 14 business days for all recordings to be made available.*

Certificate of Completion

A Certificate of Completion will automatically be emailed to all online participants within 7 days of webinar broadcast.

Connect With Us

Phone: (908) 889-2552

Email: northeastcaribbean@mhttcnetwork.org

Website: <https://mhttcnetwork.org/centers/northeast-caribbean-mhttc/home>

Like and follow us on social media!

Facebook: Northeast & Caribbean MHTTC

Twitter: @necmhttc

LinkedIn: @Northeast and Caribbean MHTTC



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



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.

CONNECT WITH US



MHTTCnetwork.org



[Sign-Up for Newsletter](#)



[MHTTC News](#)