

Mental Health Services Act: Prevention & Early Intervention
Work Group: Ages 60+
August 26, 2008 meeting notes

Attendees: Jerry Solomon (Facilitator), Angie Ledesma, Cecile Mill, Chris DiMaio, Clay Kempf, Francie Newfield, Ginny Gómez, Guy Grant, John Beleutz, Laura Orick, Linda Betts, Linda Robinson, Pam Bartholomew, Sheri Anselmi, and Steve Ruzicka.

1. Agenda was reviewed.
2. Introductions.
3. **Funding Guidelines:** The MHSA Steering Committee decided on funding guidelines for the PEI work groups as follows: 0-25 \$840,000 to \$1,050,000; 26-59 \$210,000 to \$350,000; 60+ \$140,000-\$280,000. These amounts are guidelines only; not set in stone.
5. **Program Speaker: John Beleutz, Del Mar Caregiver Resource Center** - The Del Mar Caregiver Resource Center has been providing services for 18 years, covering Monterey, San Benito, and Santa Cruz Counties. Services are available in Spanish. John spoke about the services that are targeted for caregivers. Traditionally, caregivers do not take care of themselves, the presumption being that the caregiver is competent. Approx. 33,000 caregivers in Santa Cruz County. Women are more affected than men. Outreach through advertising and fairs generally do not reach the target population; clients usually referred through physicians and cancer centers. Services provided are: respite (includes financial assistance and relief for caregivers), family consultation, financial & legal consultation, counseling (short term, 6 sessions), support groups, workshops & training, and online & telephone resources. Currently, there is a wait list for respite care.
6. **Reviewed risk factors for “onset” and “trauma.”**

<u>Onset risk factors</u>	<u>trauma risk factors</u>
Loss of functioning [10]	PTSD & military involvement [9]
Substance abuse [9]	Caregivers [9]
Medication over/under/cost [7]	Bereavement/loss [9]
Poor nutrition [7]	Isolation/loneliness [6]
Multiple loss [7]	Domestic violence [4]
Health issues [6]	
Suicidality [5]	
Isolation [4]	
Prior exposure to trauma [3]	
7. **Gatekeepers.** Emergency services, primary care providers, taxi drivers, home care workers (IHSS), housing management, beauticians, PG & E, mail carriers, animal control, pharmacies, department of motor vehicles, faith communities, funeral homes, family, neighbors, library, and medical equipment vendors.
8. **Priority populations. Persons that are 60+ and are underserved (or maybe resisting services), in residential care, and are monolingual non-English speaking.**
9. **Outcomes – Onset & Trauma (U=Universal, S=Selective, ST=Strategy).** The group refined and clarified some of the outcomes that were identified at the last meeting and added a few more.
 - To educate gatekeepers to detect and treat bereavement/loss (ST)
 - To offer support to those losing drivers license (ST)

- To identify early and provide counseling to those experiencing physical decline (ST)
- To educate system providers about LBGT and Latino concerns (ST)
- To ensure that services are accessible: transportation/in-home (U)
- To improve the quality of life for caregivers: respite in-home services, telephone/camcorder (S)
- To increase involvement: latch key program calling other home-bound, buddies (S)
- To increase mental health services to home-bound and in SNF
- To promote community wide sense of safety (U)
- To create social spaces in “non-traditional” setting, i.e. library
- To train gatekeepers in early detection of mental illness
- To offer education/support to caregivers of the elderly
- To train gatekeepers regarding LGBT issues/cultural competency
- To increase counseling services
- To promote the values of seniors in our community
- To increase awareness of the incidence of suicide
- To improve quality of life for 60+ consumers receiving mental health services
- To improve 60+ consumers about budgeting for healthy nutritious meals
- To offer those in SNF nutritional options for their diet
- Improved capacity for exercise
- Improve skills of consumer gatekeepers in early detection, etc.
- Early identification for those at risk for substance abuse/Rx problems
- To improve gatekeepers skills in responding to the needs of those identified with mental illness to make appropriate referrals
- To improve awareness of older adult mental health issues/services (U)
- To reduce depression/anxiety among targeted groups
- To increase and broaden (alternative) services that support mental health
- To offer healing life styles to those over 60

10. **Strategies:** The workgroup started the process of strategizing for outcomes; 24-hour call line, gatekeeper training component to train and educate on how to respond (need a program to refer them to or create the program), increase existing in-home and long-term care facilities peer to peer counseling (social support, target LGBT/Latinos), train gatekeepers: PCP’s, medical equipment providers, SVC providers, Community of faith, Housing mgmt, using a hi-intensity format the 1st year and low intensity the 2nd. Include the use of video/community TV, handouts, and information/referral services.

Next meeting: Tuesday, Sept. 9, 2008 from 9:30 to 11:30. Family Services Agency, 104 Walnut Avenue, Santa Cruz, Watsonville, CA