



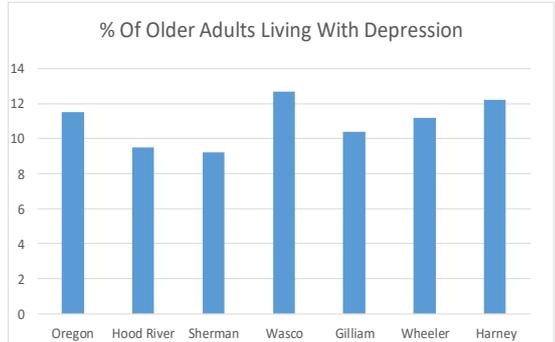
OLDER ADULT NEWS

Older Adult Behavioral Health Initiative

Older Adult Behavioral Health Needs: Depression

Depression is treatable even when other illness is present.

Do not dismiss depression as a normal part of having a chronic illness. Effective treatment for depression is available and can help even if you have another medical illness or condition. If you or a loved one think you have depression, talk to your healthcare provider and explore treatment options. Depression is not a normal part of aging.



For More Information on Depression and Other Medical Illnesses
National Institute of Mental Health

https://www.nimh.nih.gov/health/publications/older-adults-and-depression/19-mh-8080-olderadultsanddepression_153371.pdf

Psychological First Aid

Psychological First Aid can help support family and friends through a crisis.

15 Dos and Don'ts

1. Do remain calm when speaking to a person in distress. Show concern but be a confident reassuring presence. The other person will gain from your confidence.
2. Don't get caught up in the situation. Remember the antidote for stress is calm and confidence.
3. Do listen. Encourage the person to talk about what happened and their reactions to those events. If the person does not want to speak at that time, ask if you can check back with them later.
4. Don't interrupt, unless the disclosure seems to be escalating the distress.
5. Do try to identify "the worst part" of the situation, if possible. Do this carefully, and it can help you identify the core issues at hand if they are not otherwise obvious.
6. Don't rush. If the person is medically stable and safe, the passage of time alone begins to de-escalate situations.
7. Don't be dismissive. Don't minimize their concerns or say, "Well at least..." as an attempt to distract, or help the person feel better.
8. Don't act on some preconceived notion of what you think the person needs. Ask what they need (Everly, Brelesky & Everly, 2018). Perspective taking such as this will foster trust.
9. Don't hesitate to ask specific questions about the person's ability to competently attend to others (significant relationships, childcare, eldercare) or perform the duties of their job.
10. Don't hesitate to ask about intention to harm themselves or others. Seldom will this be an issue, but sometimes you may sense feelings of profound hopelessness or vindictiveness. In such cases, it's important to inquire and follow up. In the most rare and extreme cases, you may have to help the person get immediate professional care.
11. Don't make promises you can't keep.
12. Do determine what else if anything is needed after your initial conversation. Don't hesitate to ask for guidance or assistance from a healthcare professional if you are worried about the person's well-being.
13. Do serve as a liaison to connect the person with continued assistance, if necessary.
14. Do advocate for this person in seeking further assistance, if necessary.
15. Do follow up a day or so later to see how the person is doing.

For more info

<https://www.psychologytoday.com/us/blog/when-disaster-strikes-inside-disaster-psychology/201810/psychological-first-aid>

<https://www.apa.org/practice/programs/dmhi/psychological-first-aid>

Resources for Isolated Older Adults

If you are feeling anxious or want to talk to someone about the current COVID-19 situation, you can call one of the following lines:

Call the Oregon Warmline at 1-800-698-2392, available 7 days a week, 9am-11pm to speak with a trained peer.

Call SAMHSA's Disaster Distress Helpline at 1-800-985-5990 or text TalkWithUs to 66746 to speak to a trained crisis counselor to help people experiencing distress related to natural or human-caused disasters

The Aging & Disability Resource Connection (ADRC)
1-855-673-2372

Alzheimer's Association Helpline
1-800-272-3900

Meals on Wheels
1-800-441-4038

Websites for Older Adults on Covid19

Very Well Mind

<https://www.verywellmind.com/how-to-cope-with-loneliness-during-coronavirus-4799661>

Healthy Aging

<https://www.healthinaging.org/covid19>

American Society on Aging

<https://www.asaging.org/blog/cdc-covid-19-coronavirus-resources>

National Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org>
1-800-273-8255

Friendly Chats

Scheduling Virtual Visits Now

***Free virtual visits for isolated residents**

Available to residents in the following counties: Clatsop, Columbia, Tillamook, Hood River, Wasco, Wheeler, Sherman, Umatilla, Harney, Union, Grant, Lake, Wallowa, Baker, Malheur and Morrow

Meet Our Older Adult Behavioral Health Initiative Team Members



Kris Boler, MBA
Older Adult Behavioral Health Manager



Janet Holboke, MSW, LCSW
Older Adult Behavioral Health Clinical Coordinator



Rod Harwood, MDiv, MA, QMHP-C
Older Adult Behavioral Health Coordinator



Aylee Rhea, QMHP-C, MBA
Older Adult Behavioral Health Coordinator

If your facility has access to:

Internet connection

Computer or tablet with a working camera and microphone

Email address

You can provide your resident with a friendly video chat!

*only for residents feeling isolated as a result of the Covid19 response, this is not virtual counseling for residents with behavioral health needs or those who are in crisis. Call 911 or Contact your local Community Mental Health Program for residents in crisis. Residents in need of behavioral health services will be referred.



To make an appointment:
Call Janet Holboke (503) 305-3633
or email: jholboke@gobhi.org



Why won't my clients do **anything**?

Depressed and deactivated consumers

By Nirmala Dhar, LCSW, ACSW
Oregon Health Authority
Older Adult Behavioral Health Initiative

LEARNING OBJECTIVES

Understand	Better understand depression in older adults and how it may contribute to consumers being behaviorally deactivated.
Identify	Identify activities that can help mitigate depression and increase activation.
Identify	Identify activities that help clients connect with their values.
Learn about	Learn about validated screening tools for depression And loneliness.

Join us May 21 9:30-11:30 AM/training will be offered virtually if necessary
GOBHI training room 401 E 3rd St #101, The Dalles, OR 97058

<https://www.eventsquid.com/event/9927>

RVSP Kris Boler, MBA Older Adult Behavioral Health Manager
Greater Oregon Behavioral Health * 541-380-1923 * kboler@gobhi.org
***Application for NASW CEU's and AFH CEU's in process.

Struggling with a particular client?

The Older and Physically Disabled Adult Behavioral Health
Complex Case Consultation Program may be able to help you.



Behavioral Challenges

- Clinical interventions and medication review with written recommendations
- In-home clinical tele-behavioral health assessments with written recommendations

Resource Challenges

Assistance connecting with resources in your area

Challenges with Collaboration

Assistance with facilitating a community partner meeting to discuss client needs/issues

To ask questions or make a referral, contact:

Kris Boler

kboler@gobhi.org
541.380.1923



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Fax: (541) 298-7996



BUILDING PARTNERSHIPS FOR
OLDER ADULT BEHAVIORAL HEALTH



Oregon Health Authority

Feeling lonely?
We're here to
LISTEN & connect.

Connecting with people can keep you healthy.

Nearly 1 in 5 adults over the age of 50 is at risk of social isolation, which may lead to loneliness. Any aging adult who is experiencing loneliness, isolation, depression or anxiety can benefit from a confidential phone call with our Senior Loneliness specialists. Sometimes knowing there is someone who cares and wants to listen can be of great help.

503-200-1633 | 800-282-7035

facebook.com/SeniorLonelinessLine
SeniorLonelinessLine.org

If you or a loved one are experiencing loneliness or isolation, please call us at

Oregon Senior Peer Outreach



Feeling lonely? Call on us.

Did you know?

- Seniors who lack a connection to others may feel depressed or anxious.
- Loneliness affects a senior's physical and mental health.

The Oregon Senior Peer Outreach Program can help!

- Are you a senior who feels isolated and alone?
- Are you a family member with a senior who is isolated?
- Are you a medical or social service provider that knows a senior who is lacking supportive social connections?

There's no need to go it alone!

- We serve seniors in rural and frontier Oregon counties.*
- A scheduled weekly phone call with a Senior Peer Support Specialist offers connection and conversation.
- It's confidential and free!

What people are saying:

"I look forward to weekly calls from my peer support specialist - I think of her as a friend."

"My Mondays are so much better because I look forward to my call."



Now available in Washington County.

*Available in the following counties: Baker, Clatsop, Columbia, Gilliam, Grant, Harney, Hood River, Lake, Malheur, Morrow, Sherman, Tillamook, Umatilla, Union, Wallowa, Wasco, Washington, Wheeler.



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