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Behavioral Health Needs
in Older Adults

Stories of Recovery
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- [The prevalence of mental disorders among older people is greater than previously assumed](#)
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I am pleased to present this issue of the Newsletter highlighting the Office for the Aging. In Nassau County there are approximately 300,000 adults over the age of 60. It is predicated based on the growing census of this age group that 30% of Nassau county residents will be 60 years and over by the year 2024. It is important that we provide services for our seniors and that we plan for the future.

The Office for the Aging, under the direction of Victoria Meyerhoefer, serves the age 60 and over population of Nassau County assisting them to access services and address their needs. This includes services that help them remain independent, prevent premature institutionalization, relieve isolation and loneliness and improve their quality of life and health. The Office also serves as a funding agency for more than 50 community - based programs in the areas of health, counseling, legal services, home care, transportation, nutrition, etc., that improve the quality of life for older persons. These services include senior centers, adult day service programs, meals on wheels, case managers and programs for caregivers.

We see a growing number of mental health and addiction issues with this population and have highlighted some of the programs that deal with this issue in this newsletter. We do feel there is a growing need for more specialized mental health and substance abuse services for the elderly and we hope by bringing these problems to the forefront we can have fruitful discussions as to the best ways to meet the increasing demands of this population.

Sincerely,
James R. Dolan, Jr. DSW, LCSW
Acting Commissioner

[Download Agency Contribution Request Form](#)

What's News in Nassau?

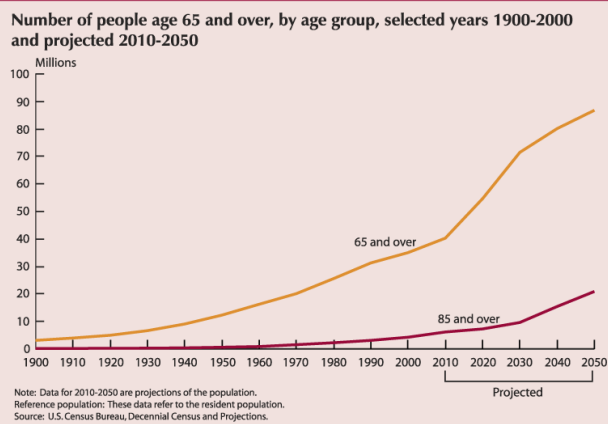
516-227-8900- it's the number to the **NY CONNECTS** helpline through the Office for the Aging. Due to the impending dramatic shift of individuals over the age of 60, as well as the number of disabled adults and children dealing with impairments, there is an increased need for long term care services. This requires innovative policies and programs that are available and accessible to seniors such as the NY Connects Helpline.

The NY Connects: Choices for Long Term Care program was established in 2006 by the New York State Office for the Aging in collaboration with the New York State Department of Health. NY Connects was implemented with the goal of promoting seamless access to long-term care services and supports for older individuals as well as people of all ages with disabilities, to enable them to remain at home and in the community.

In 2014, funds became available to enhance and expand NY Connects through the Center for Medicare and Medicaid Services (CMS) Balancing Incentive Program (BIP). BIP seeks to rebalance Medicaid long-term services and supports (LTSS) funds from institutions to home and community settings, and improve access to home and community-based long-term care services.

NY Connects is a locally based "No Wrong Door" system that provides one stop access to free, objective, comprehensive information and assistance for people with disabilities of all ages and older adults needing long term services and supports. The NWD system has a greater capacity to respond to the growing need and diversity of Information and Assistance requests.

Navigating the long term care system in order to access needed services is complex, fragmented and difficult, not only for persons who qualify for publicly funded support, but also for those who pay



Contact Us

Nassau County Department of
Human Services, Office of
Mental Health, Chemical
Dependency and
Developmental Disabilities
Services
(516)-227-7057

[Email](#)



privately. NY Connects has trained options counselors who provide unbiased information in order to meet the needs of those who call, whether they are a senior, a caregiver, or any consumer. NY Connects provides locally accessible, consumer-centered access points that provide comprehensive information about long term care options and linkages to services for individuals of all ages with long term care needs. NY Connects aims to empower individuals to make informed choices and to streamline access to long term care services and supports; NY Connects intends to advance the following vision: self-determination and personal responsibility; consumer-centered and meeting consumer needs; high quality care; efficiency and affordability.

NY Connects builds on the power of community by focusing on partnership. By improving communication and collaboration between existing resources, counties are able to address the long term care needs of the community.

What does our Older Adult population really want?

- To make their own decisions
- To feel and to be empowered
- To stay in their homes and communities
- To maintain relationships that have purpose
- To receive assistance as needed, on their terms, on their schedules
- To feel comfortable about asking for and receiving help
- Help maneuvering various systems that are complex i.e. bills, health plan information, application assistance

Awareness Links

Impact of Loneliness and Isolation of Older Adults

[Senior isolation increases the risk of mortality.](#)

According to a study in the Proceedings of the National Academy of Sciences, both social isolation and loneliness are associated with a [higher risk of mortality](#) in adults aged 52 and older.

One possible explanation: "People who live alone or lack social contacts may be at increased risk of death if acute symptoms develop, because there is less of a network of confidantes to prompt medical attention." Efforts to reduce isolation are the key to addressing the issue of mortality, said the study's authors.

[Feelings of loneliness can negatively affect both physical and mental health.](#)

Regardless of the facts of a person's isolation, seniors who feel lonely and isolated are more likely to report also having [poor physical and/or mental health](#), as reported in a study using data from the National Social Life, Health, and Aging Project.

Connecting seniors with social resources, such as senior centers and meal delivery programs, is one way to combat subjective feelings of isolation.

[Social isolation makes seniors more vulnerable to elder abuse.](#)

Many studies show a connection between [social isolation and higher rates of elder abuse](#), reports the National Center on Elder Abuse. Whether this is because isolated adults are more likely to fall victim to abuse, or a result of abusers attempting to isolate the elders from others to minimize risk of discovery, researchers aren't certain.

[Loneliness in seniors is a major risk factor for depression.](#)

Numerous studies over the past decade have shown that feeling loneliness is associated with [more depressive symptoms](#) in both middle-aged and older adults. One important first step is recognizing those feelings of loneliness, isolation and depression and seeking treatment whether it's on your own behalf or for the sake of a loved one.

Services provided by the Nassau County Office for the Aging

- ❖ **Aging and Disability Resource Center (ADRC) :**
- ❖ **Nassau NY*Connects Helpline**
Online website and data-base
Options Counseling and Application Assistance
- ❖ **Home Delivered and Congregate Meals :**
Nutrition Counseling and Education
- ❖ **Health Insurance Counseling and Assistance (HIICAP)**
- ❖ **The Senior Law Program - Civil Legal Services**
- ❖ **Senior Community Service Centers**
- ❖ **Evidence Based Intervention Programs:**
Chronic Disease Self-Management Program, Falls Prevention Program
- ❖ **Case-Management Services**
Expanded In Home Services for the Elderly (EISEP)
Personal Emergency Response System (PERS)
- ❖ **Caregiver Support Services:**
Support group
Respite programs- Adult Day Care Programs

Did you know?

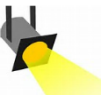
- Tragically, many of these suicides may have been prevented, as many older adults who die by suicide reached out for help; 20 percent see a doctor the day they die, 40 percent the week they die, and 70 percent the month they die. Yet depression is frequently missed by physicians because older adults are more likely to seek treatment for other physical ailments than they are to seek treatment for depression (NAMI, 2009)
- Recent data indicate that an estimated 20.4 percent of adults aged 65 and older met criteria for a mental disorder, including dementia during the previous 12 months (Karel, Gatz & Smyer, 2012)
- Increasing diversity in the older population will affect the provision of mental health/substance use services, requiring training in the provision of culturally competent care in the coming decades (APA, 2009)
- Because of their coexisting physical conditions, older adults are significantly more likely to seek and accept services in primary care versus specialty mental health care settings (IOM, 2012)
- Older Americans underutilize mental health services for a variety of reasons, including: inadequate insurance coverage; a shortage of trained geriatric mental health providers; lack of coordination among primary care, mental health and aging service providers; stigma surrounding mental health and its treatment; denial of problems; and access barriers such as transportation (Bartels et al., 2004)
- 15-20 percent of older adults in the United States have experienced depression (Geriatric Mental Health Foundation, 2008). Approximately 11 percent of older adults have anxiety disorders (AOA, 2001)
- Depression is a major risk factor for suicide. In 2006, 14.22 of every 100,000 people age 65 and over died by suicide, higher than the rate of 11.16 per 100,000 in the general population. Non-Hispanic white men age 85 and over are at the greatest risk for suicide, with a rate of 49.8 suicide deaths per 100,000 (CDC, 2006).
- Psychologists use psychological interventions, including various psychotherapies and supportive counseling, to treat mental health disorders and help older adults cope with late life stressors. These interventions have been shown to be effective either alone or in combination with psychiatric medications (APA, 2005)
- Dementia is an umbrella term describing a variety of diseases and conditions characterized by decline in memory, negative changes in behavior, and inability to think clearly. In Alzheimer's disease, these cognitive changes eventually impair an individual's ability to carry out basic bodily functions (e.g., walking and swallowing) (Alzheimer's Association, 2012)
- Current estimates suggest that 1 in 8 persons over 65 has Alzheimer's disease; a total of approximately 5.4 million older Americans. This number will continue to grow as the proportion of the U.S. population over the age of 65 increases (Alzheimer's Association, 2012)
- People with dementia often suffer from depression, paranoia and anxiety. Psychologists' skills in differential diagnosis and treatment are helpful in these complex cases. Psychologists also teach behavioral and environmental strategies to caregivers of those with dementia to deal with these common behaviors (APA, 1998). In addition, psychologists help individuals who are in early stages of dementia to build coping strategies and reduce their stress through psychotherapy and psychoeducational support groups. Memory training strategies often help to optimize remaining cognitive abilities (APA, 2005)



KNOWLEDGE IS KEY

Agency Spotlight

Link-Age Project



According to the U.S. Census and multiple studies, Nassau County is one of the fastest growing "going gray" counties in the country. The growth rate for the over-55 population in Nassau is 6 times greater than for our overall population and the median age of county residents exceeds that of the state and nation. People aged 60 and older will comprise an estimated 30% of Nassau County residents by 2024. Further, older adults represent a growing proportion of residents experiencing issues such as anxiety, depression, and suicide, alcoholism, misuse of prescription drugs, and isolation.

In order to address these growing concerns, Nassau County Department of Human Services through a 5 year grant awarded by NYS Office of Mental Health has funded the **Link-Age Project**. This project is a partnership consisting of our Department's Office of the Aging, Nassau County Office of Mental Health, Chemical Dependency and Developmental Disabilities Services, Central Nassau Guidance and Family and Children's Association. The **Link-Age Project** targets individuals aged 55 and older whose independence, tenure or survival in the community is jeopardized due to behavioral health and/or substance abuse issues.

The **Link-Age Project** goal is to pre-empt the pervasive issue of isolation in older adults. **This Link-Age Project** provides mobile outreach and off-site services to older adults to address behavioral health needs with the objective of maintaining independence and promoting wellness. While originally the goal was to be pro-active with the older adult population, we have come to realize that most of our referrals find themselves in critical circumstances concerning financial exploitation, chemical dependency and/or chronic mental health issues.

The **Link-Age Project** also aims to connect older adults to a range of needed services by working together with them to develop an individualized care plan. **The Link-Age Project Care Team**, consisting of a Case Manager and Registered Nurse makes home visits to evaluate and assess needs comprehensively and confidentially in order to connect the older adult to needed community services. This care plan will also address any barriers to accessing care.

[Central Nassau Guidance & Counseling Services](#)

516-822-6111

[Family and Children Association](#)

(516) 746-0350

Stories of Hope

GLEN COVE ADULT DAY PROGRAM

Written by Melanie Raymundo

At times, older adults are in need of more care and support due to their medical conditions. Individuals who are exhibiting physical frailties, behavioral health issues and cognitive impairments will require more specialized strategies to accommodate those needs. Social Adult Day Services (SADS) is a structured comprehensive program that provides functionally impaired individuals with services such as socialization, supervision, personal care and nutrition within a protective setting. Services also include providing information, transportation and caregiver assistance. The goal is to help delay or prevent nursing home placement by providing a safe, nurturing and stimulating environment, while also allowing the significant other caregiver an opportunity to take care of other needs, lessening the opportunity for "burnout". Activities are aimed to assist in the achievement of optimal physical and mental/cognitive functioning. SADS improves the quality of life for older adults by reducing social isolation through social and community engagement, as well as, provides ancillary supports for caregivers.

When **T.C.** started at our program he would repeatedly reference his amazing career as Head Anesthesiologist at Glen Cove Hospital. He was a person that always wanted to be the center of attention and when he wasn't, he would become angry, a little abusive and very disruptive. With time, patience, creative strategies and much empathy, we discovered the things T.C. loved: exercise, music and art, which now have become his passion. He loves our live exercise programs-enthusiastically moving, bending and stretching. He is happy and engaged when working with our young art therapists, proudly signing all the projects he participated in. But it's the music that really lights him up. To our musicians, he is known as the conductor. He loves to interact with them, throwing his hands in the air and conducting to the beat of the music. He hugs, claps and sings along, smiling at the group, encouraging them to interact too. He has even spoken to us, very excitedly, about how he is dancing with his wife. He has undergone a complete transformation and is so happy and engaged. His wife is beyond thrilled as she has told us many, many, times that the program has saved her life as well as his.



F.M. owned many properties, horses and to this day, owns a very successful fruit market. F.M. suffers from Parkinson's and when he started with us he had very low energy, was unresponsive and sleeping most of the time. Over time, we discovered his love for Zumba and singing. Dancing and music transport him and we learned he was a mandolin player. F.M. comes to life at our Zumba sessions, singing along to Sinatra's "My Way" and dancing with his aid. He participates in our sing-alongs, singing the songs he loves, despite the fact he struggles to stand and to get into his lungs. We have a very talented piano player/singer who plays tunes from around the world and through this; we have discovered that F.M. can sing in Italian, French, German and Polish. He is an extraordinary person who has become a real favorite of all of us. His wife loves the fact that he has re-engaged and is enjoying life again.



I.M. was a classically trained pianist who performed in famous concert halls all over the world. She does not engage in any music programs and was incredibly resistant to any kind of interaction with the group and all activities. She preferred to sit alone and read a magazine until the bus came to take her home. We learned that I.M. could not process language unless very short sentences were used and would become frustrated because everything sounded garbled. Getting her to interact in a very social and verbal environment was a huge challenge for us. How do we make her feel part of our community? We capitalized on having someone sit with her at the table and write down conversation or share the articles they were discussing. Now I.M. feels very comfortable being part of the group. When I.M. gets off the bus, she greets us with a huge smile and tells us she loves us. She thrives during the exercise and arts programs. I.M. also loves interacting with some of the children that visit our program. But most of all she relishes our meals. I.M. is now fully engaged with the program because she understands and feels it's a community that completely embraces her. Her family is so grateful that she has a safe, welcoming and creative environment to come to, a place where she is no longer socially or verbally isolated.

The group sessions at our local art museums have been a real eye-opener for all of us. The creativity, passion, intelligence and verbal interactions with the docents have been exhilarating. On a recent visit to the Stony Brook Art Museum, we were introduced to a very famous Long Island artistic couple; he being a painter and she being a magnificent pocketbook designer. We were all so inspired, that the very next day, we set out to create our own version of the famous handbags. With amazing energy, enthusiasm and laughter, we paired up with our participants. We had them pick a vessel which would represent the 'bag'. We had tin cans, plastic boxes, clamshells and pasta boxes. We then introduced a wide range of media to decorate their chosen vessel with. The results were astonishing. Their creations were the most imaginative pieces you could ever think of. Even though some of our participants had difficulty attaching the materials to the vessels, they would give very definitive instructions on the materials, colors, design and the overall look and feel of pieces. One of our favorite, very dry humored participants, M. G. commented on her end product by saying, "do you think anyone will buy it?" to which we all exclaimed, "Of course". It was such a beautiful couple of days spent basking in the wonder of these amazing people. We sent pictures of their products to the museum. The director was thrilled and said they would pass the pictures along to the famous couple as well. Our families are all so happy and grateful that their loved ones days' are filled with creativity and sense of dignity.

In life, I feel that we find inspiration everywhere. For me, the biggest inspiration is with the group that I live and work amongst; the people with cognitive or physical challenges that, even though some of them are in their 90's, can still see the magic, wonder and beauty in everyday things.

Opioid Epidemic Information

The National Center on Addiction and Substance Abuse



More than 90% of people with a substance problem began smoking, drinking or using other drugs before age 18.



[Drug Overdoses May Now Be the Leading Cause of Death for Young People](#), June 7, 2017

[As a Former Heroin Addict, the Documentary Warning: This Drug May Kill You Reminds Me How Lucky I Am](#), May 14, 2017

[This Mom Lost Her Son to Fentanyl—Now, She's Warning Other Parents](#), May 3, 2017

[How to Avoid Opioid Addiction When You're Prescribed Pain Medication](#), March 24, 2017

[Rapid Growth in Medicaid Spending on Medications to Treat Opioid Use Disorder and Overdose](#), June 2017

[As the Drug That Reverses Opioid Overdoses Gets More Expensive, Can Cities Afford It?](#), July 3, 2017

[Prescription Opioid Addiction and Chronic Pain in Older Adults](#), October 2014

[New Report shows that Opioid Misuse Increases among Older ...](#) July, 26, 2017

Community Bulletin

Events	Dates	Location	Register
National Council for Behavioral Health	8-8-17	Applying Best Practices to Develop Survivorship Care Plans for Behavioral Health Populations	Register (2:30pm-3:30pm)
CASA/MCTAC	8-10-17	Substance Use Disorders - What You Need to Know	Register (12:00pm-1:00pm)
National Committee for Quality Assurance (NCQA)	8-15-17	HEDIS® Behavioral Health Measures: An Update From NCQA©	Register (12:00pm-1:00pm) (1:00pm-4pm)
5K/10K Walk and Run for Veterans	8-26-17	Eisenhower Park Entrance on Hempstead Turnpike & Stewart Avenue, East Meadow	Register (9am to 12noon) Registration fee: \$30
Bi-County Recovery Health and Wellness Expo	8-26-17	Eisenhower Park – Field 8	ElaiKin@nassaucountyny.gov (516) 571-6105 (2:00pm-5pm)
MCTAC	Pre-Recorded	Children's SPA Service Webinar: Family and Peer Supports	View Webinar
MCTAC	Pre-Recorded	2016 Family Peer Advocate Credential Application Overview	View Webinar
MCTAC	Pre-Recorded	Introduction to Family Peer Support Services	View Webinar
MCTAC	Pre-Recorded	Family Peer Support Services: Partnering with Hospitals	View Webinar
ASAP NY Peer Recovery Institute	Fall 2017	An innovative new 60-hour blended learning program for individuals interested in becoming certified and employed as peer recovery professionals in New York State	Click here for details
Vivitrol Education & Support Group (7pm- 9pm)	Every Tuesday	St Bernard Parish School, 2 nd floor, Room 207 3100 Hempstead Turnpike, Levittown NY	
Mental Health Association	Aug.-2017	Please see calendar of training opportunities	
National Council for Behavioral Health	9-12-17	Promising Practices to Track, Monitor and Address the Needs Across the Cancer Continuum in Behavioral Health Populations	Register (2:30pm-3:30pm)
SAMHSA	Pre-Recorded	Financing Peer Support Services through Medicaid - Billing Codes and Other Factors	View Webinar
MCTAC OASAS Certified Part 822	Pre-Recorded	In-community guidance for OASAS certified Part 822 programs	Introductory Webinar Q&A Billing Guidance

Programs			<u>"Benefits and Opportunities"</u> <u>Webinar</u>
CTAC OASAS 820 Implementation Videos	Pre-Recorded	Providers discuss their experiences in transitioning to a Part 820 from an administrative and billing perspective	<u>Chapter 1: Administrative Readiness</u> <u>Chapter 2: Clinical Readiness</u>
MCTAC Webinar	Pre-Recorded	Training Series for Designated Adult BH HCBS Providers	<u>View Webinar</u>
MCTAC Pre-Recorded Webinar	Pre-Recorded	The DSM 5 and the Cultural Formulation Interview: What It Is and How to Implement It	<u>English</u> <u>Spanish</u>
MCTAC Follow the Yellow Brick Road	Pre-Recorded	Steps for a Smooth Transition into the Electronic Health Systems World	<u>Presentation Slides</u> <u>Webinar recording</u> <u>Project plan</u>
THE 8TH ANNUAL CONFERENCE ON CO-OCCURRING DISORDERS (8:30am – 4pm)	10-20-17	Sondra and David S. Mack Student Center, North Campus Hofstra University	This year's conference will bring together Co-Occurring Mental Illness & Chemical Dependency and Intellectual & Developmental Disabilities
<u>Nassau County Adult Art Expression</u>	Oct.-2017	To Be Determined	Would you like to submit your art work? Jeff McQueen at 516-489-2322 x 1202 Email: jmcqueen@mhanc.org.

Additional Resources

[The Association of School Prevention, Intervention, Resource and Educational Professionals \(ASPIRE\)](#)

[Disaster Preparation Brochure](#)

[Long Island Advocacy Center](#)

[Long Island Families Together LIFT](#)

[National Alliance on Mental Illness NAMI Queens/Nassau](#)

[Nassau Alliance for Addiction Services NAFAS](#)

[Nassau County Local Community Coalitions](#)

[Nassau Suffolk Law Services](#)

New Grant Opportunities

Due date

NIH	<u>Behavioral Interventions for Prevention of Opioid Use Disorder or Adjunct to Medication Assisted Treatment-SAMHSA Opioid STR</u>	8/4/17
Office of Justice Programs	<u>Vision 21: Integrated Services for Victims Program: Increasing Access to Mental Health Services for Victims of Crime</u>	8/10/17
Office of Justice Programs	<u>A National Training and Technical Assistance Initiative to Improve Police-Based Responses to People with Mental Health Disorders and Intellectual and Developmental Disabilities</u>	8/22/17

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