

Wellness & Education Board of Central Oregon



Older Adult Behavioral Health Program
FY 2016/2017

Education



Strategically create a gero-focused workforce by engaging students' interest.

①

Partnerships with academic institutions and local agencies/entities to create stipend supported internships/field placements.

②

Collaborate with OSU's Human Development and Family Sciences School; PSU's School of Social Work; Central Oregon Community College's School of Nursing, and Addictions Studies to add older adult focused classes to their curriculum.

③

Interface with our local hospital system (St. Charles Health Care Services) and OHSU to provide stipend supported 5 week rotations for 3rd year medical residents, with a gero focus.

We've started a Task Force!

Task Force



Crook County



Deschutes County



Jefferson County

The Older Adult Behavioral Health Task Force is comprised of members from across the Central Oregon region. This Task Force will develop and guide the overall direction and success of the Older Adult Behavioral Health Initiative within the region. Our next meeting is October 20th.

Complex Case Consults



Maureen Nash, M.D., internist, psychiatrist and Medical Director of Providence ElderPlace. Former Medical Director of Tuality Center for Geriatric Psychiatry.

Dr. Nash has served as the Chair of the American Association for Geriatric Psychiatry (AAGP) Clinical Practice Committee, AAGP Board of Directors, Education and Research Committees and has a clinical appointment at Oregon Health & Science University Psychiatry Department.

She is a sought after public speaker on topics of geriatrics and psychiatry and has served on the State Plan for Alzheimer's Disease in Oregon Task Force, leading the medical/research subcommittee.

Dr. Nash has agreed to provide WEBCO with advisory and consulting time to assist with building a gero-psychiatric panel for Central Oregon.

Friendship Line



Dr. Patrick Arbore is the founder and the Director of the Center for Elderly Suicide Prevention and Grief Related Services (CESP), a program of Institute on Aging in San Francisco.

Dr. Arbore conducts workshops and lectures nationally on aging related subjects (elderly suicide prevention, ageism, hoarding, substance abuse, compassion fatigue, communication, depression, traumatic loss, and many others). He has authored numerous articles and book chapters on a variety of aging-related topics.

He is a Senior Lecturer at Notre Dame de Namur University in Belmont, CA.; a part-time Lecturer in the School of Social Welfare at the University of California, Berkeley; and an Adjunct Faculty at the Wright Institute. Patrick received the 2013 Mental Health and Aging Award presented by the American Society on Aging.

Discussions are currently underway regarding a more robust presence of the Friendship Line in Central Oregon as a means of addressing the social needs of isolated seniors and making an impact on the levels of depression in this vulnerable population.

Hoarding: Too Much Stuff!



Dr. Bratiotis is an Assistant Professor at Portland State University School of Social Work in Portland, Oregon where she teaches graduate level clinical practice courses.

She offers national and international consultation on hoarding disorder to families and communities. Her primary area of research is the formation and operation of multi-disciplinary community hoarding task forces highlighted in her book “The Hoarding Handbook: A Guide for Human Service Professionals”. A founding member of the Greater Boston Regional Hoarding Network, and the Omaha Metro Hoarding Task Force, she currently sits on the Multnomah County Hoarding Task Force.

Dr. Bratiotis has given more than 150 invited community lectures, key note addresses, clinical trainings and academic presentations on the nature and treatment of hoarding. Dr. Bratiotis developed the HOMES Multi-disciplinary Hoarding Risk Assessment instrument.

Her work has been highlighted by media outlets including the New York Times, Boston Globe, Chicago Tribune and MSNBC.

Dr. Bratiotis exemplifies the stellar quality of trainers that the Initiative has been able to bring to Central Oregon to assist with workforce development and caregiver support.

Gaps Analysis



Area Agency on Aging 2016 Survey:

Of 804 region wide respondents, 46% reported either currently, or recently, experiencing one or more mental health issues. Most notably: feelings of isolation, anger, frustration, and loneliness.

Portland State University/Institute On Aging:

132 PSU-developed narrative surveys were collected in Central Oregon, capturing 253 specific comments on gaps, barriers, and issues on Central Oregon's behavioral health system. Data analysis undertaken by Clara Pratt, PhD, reveals the top three concerns for respondents as:

- 1) Limited Access** to Knowledgeable OABH Providers
- 2) Limited Financial Resources** to Provide/Develop OABH Care
- 3) Lack of Behavioral Health Skills** Among Service Providers

Trainings: The Process of Aging

1

The Everyday Experience of Aging

A ninety minute training highlighting the physical changes that occur as we all age. An experiential and empathy building experience for those working with older adults and adults with disabilities.

● 1/21/16

● 2/10/16

● 7/10/16

2

What Does Healthy Aging Look Like?

A one-hour training presenting the idea of healthy aging. What does it look like? Be active! Maintain those social connections and build exercise into your life. A multi-cultural view of aging with informative videos.

● 1/27/16

● 3/1/16



Trainings: Behavioral Health

①

Behavioral Health Emergencies in Dementia

Panel Presentation

Sponsored by Greater Oregon Behavioral Health, Inc.

Acute medical and behavioral interventions, legal considerations, guardianship information, in-patient and community resources; psychopharmacology and non-pharmacological approaches to care.

●2/12/16

②

Differential Diagnosis: Delirium, Dementias, and Alzheimer's **Maureen Nash, M.D.**

What differentiates the most common dementias from acute episodes of delirium; understanding of the tenets of non-pharmacological interventions, and best practices with psychopharmacology.

●3/10/16 Madras

●3/11/16 Bend



3

“Let’s Talk About Sex” & “A Toolbox for Managing Reactive Behaviors”
Liz vonWellsheim, MSN, GNP

A three-hour training highlighting the physical changes that occur as we age; and the issues of establishing capacity and consent for intimacy and screening for predators (both staff & residents) within group-living communities.

●4/22/16

4

“Determining Capacity & Consent: What to do if it’s Not There”
Panel Presentation Featuring Local Experts from Aging & Person’s with Disability; DHS; Law Enforcement; Elder Law; and Mobile Crisis Assessment Team

A follow-up panel discussion amongst local experts and the audience at large

●4/22/16



5

“The Tipping Point”

Centers for Independent Living Annual Conference

Angela Jensen, LCSW

A two-hour training exploring the physiological changes in the brain as aging occurs; normal vs. abnormal aging; various forms of dementia; and discussion on assisting adults with physical and developmental disabilities who may be experiencing dementia as they are transitioning between levels of care within the community.

●5/4/16

6

“Promoting Caregiver Resilience”

Area Agency on Aging Annual Caregiver Retreat

Angela Jensen, LCSW

Reducing caregiver stress through self-care. An experiential of Laughter Yoga to provide the benefits of passive cardiovascular exercise and the release of endorphins.

●6/4/16



7

**“Hoarding; To Keep Or Not to Keep...Is That A Question?...
(with apologies to Shakespeare)”**

Nirmala Dhar, LCSW

A two and a half hour training covering this enigmatic syndrome, it's prevalence, co-morbidities, characteristics, crisis team and case management, treatment, and the use of the Clutter Image Rating.

●7/13/16



8

**“Depression and Suicide Prevention of the Older Adult” and
“Military Service and Older Adults in Later Life”**

Patrick Arbore, EdD

Founder and Director of the Center for Elderly Suicide Prevention

A four hour training covering the issues of epidemiology, risk assessment, intervention strategies, and society’s need to address the rising numbers of older adults committing suicide.

●7/20/16

Roundtable Discussion on The Friendship Line

A gathering of regional representatives to discuss how the Friendship Line may utilized in Central Oregon

●7/20/16



Trainings: End of Life

1

“End of Life Issues”

OSU Guest Lecturer

Angela Jensen, LCSW

Two-hour overview of the death & dying industry in America and changing cultural norms; discussion of the actual death process as it occurs physically, emotionally, and internal processes; importance of Advanced Care Directives and early discussions of EOL preferences.

•5/23/16

2

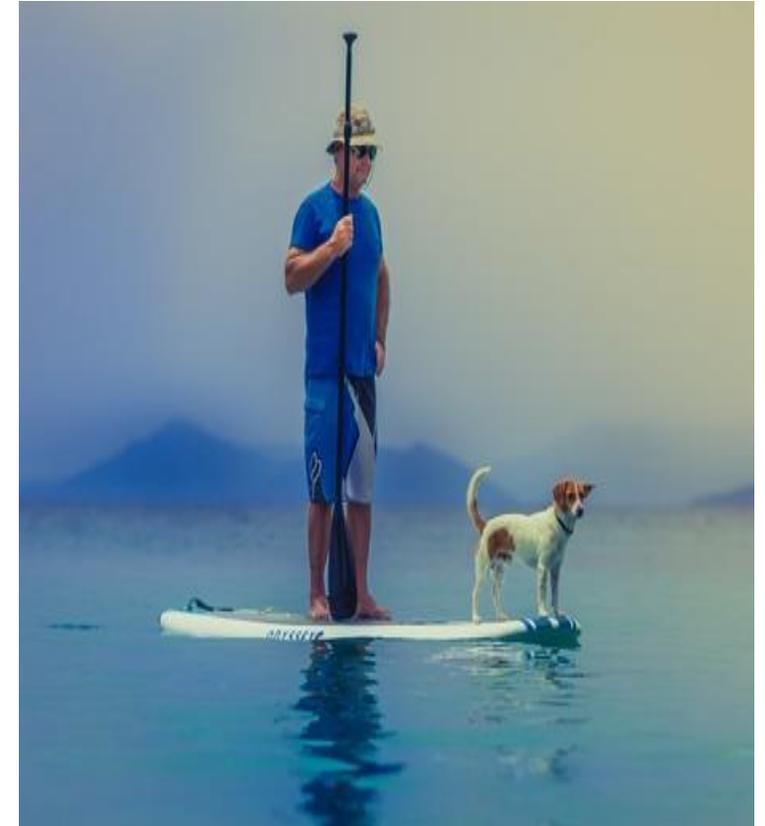
“Grief & Loss”

Angela Jensen, LCSW

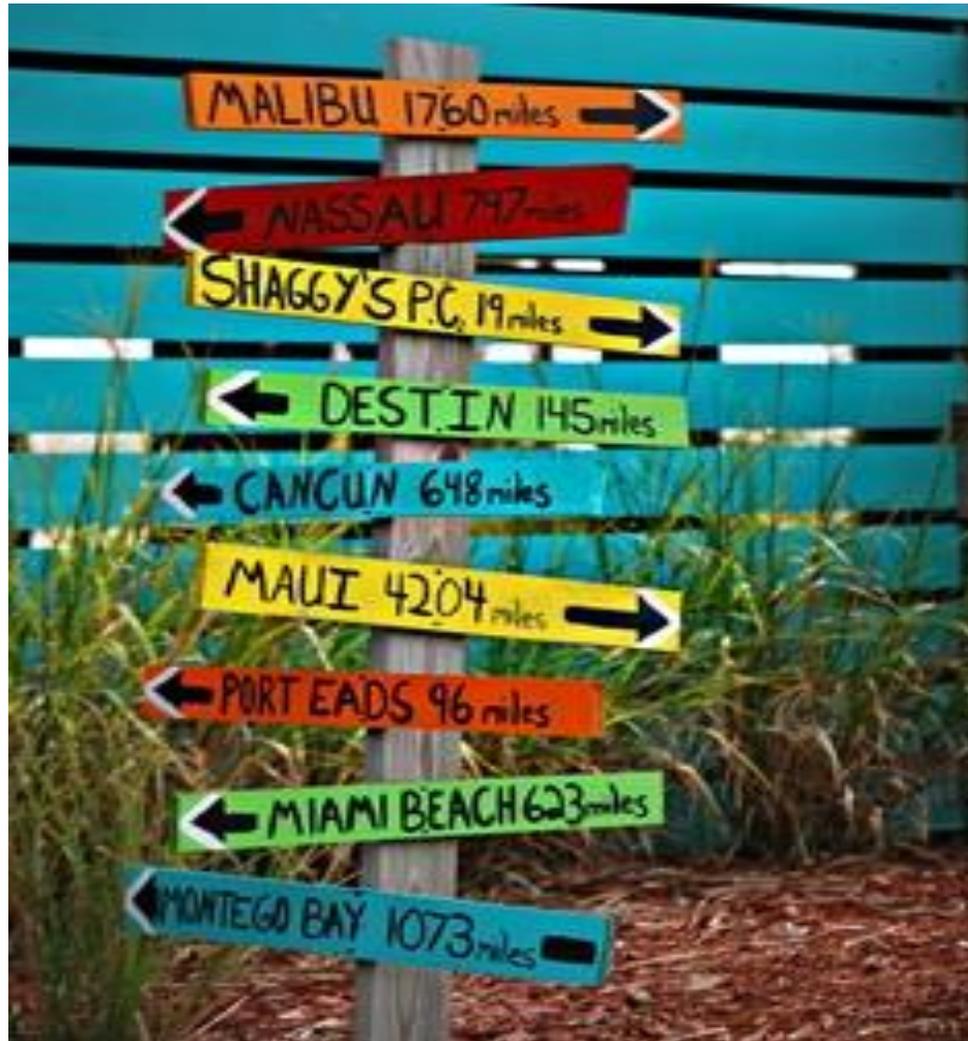
OSU Guest Lecturer

A two-hour training identifying compounding sources of grief for the older adult; normalizing the grief process; review of healthy vs. unhealthy grief processes; and identification of resources for grief support across the lifespan.

•5/25/16



Where We're Going



September 26-30, 2016

Mental Health First Aid

Staff training with future emphasis on the older adult

October 7 – 9, 2016

Oregon Geriatrics Society Annual Conference

Table sponsor for OABHI

October 11, 2016

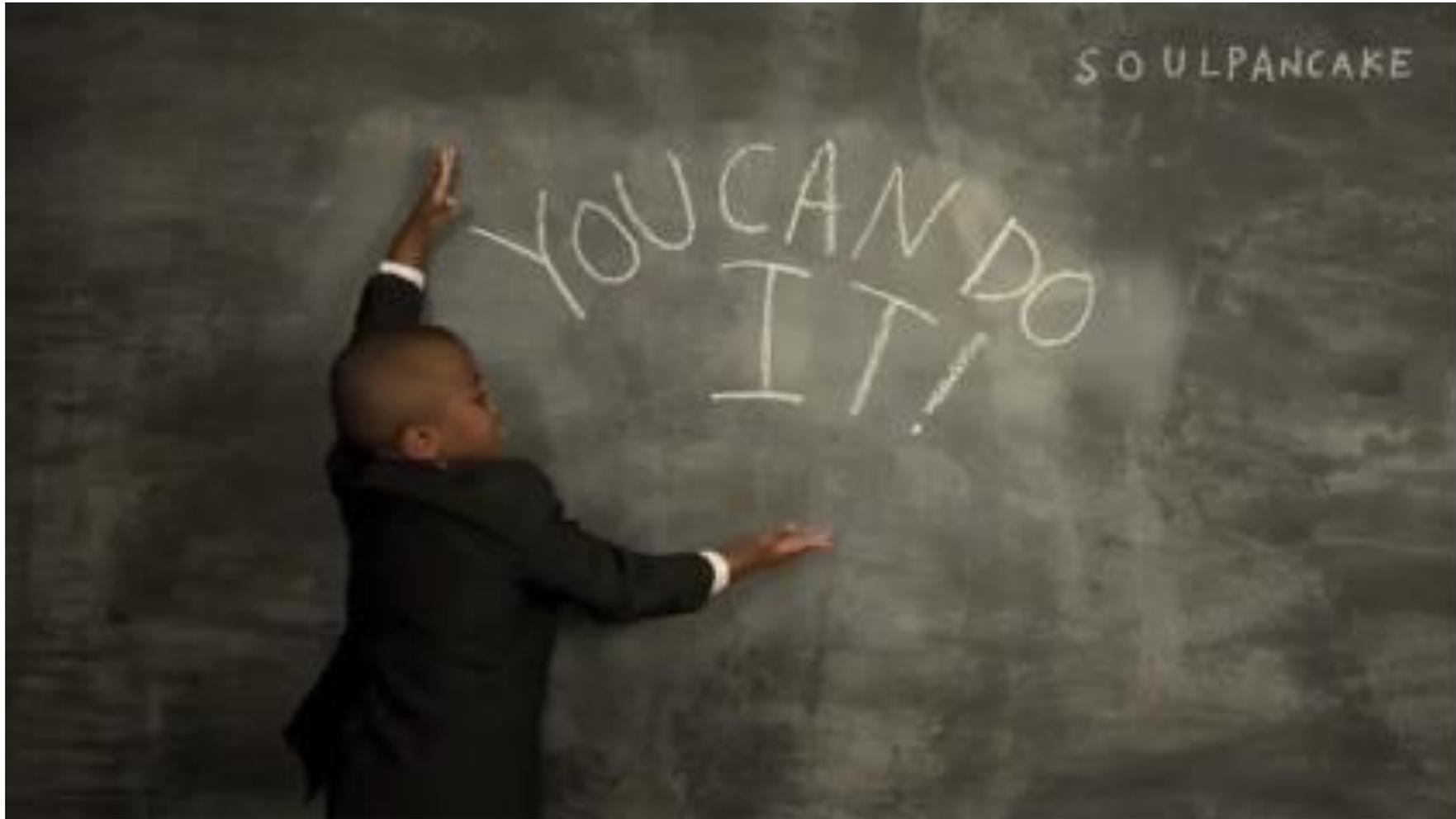
Dr. Christiana Bratiotis: "Hoarding: Too Much Stuff"

October 27, 2016

Parkinson's Resources of Oregon Caregiver Training

June 22, 2017

Teepa Snow "Positive Approach to Caregiving"



<https://www.youtube.com/watch?v=u1zNHoYmhUI>

Find Us



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