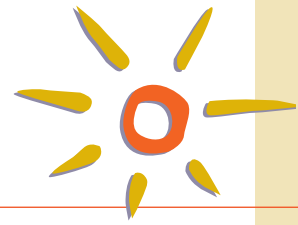


In the Mood



A Newsletter of the Fuqua Center for Late-Life Depression of Emory University

Volume 11, Issue 1
Spring/Summer 2013

Older Americans Behavioral Health Issue Brief Series

THE SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA), in partnership with the Administration on Aging (AoA) has published a series of Issue Briefs on Older Americans Behavioral Health in an effort to address mental health and substance abuse issues relevant to older Americans. Topics of focus include depression, anxiety, prescription drug misuse and abuse, alcohol abuse, and suicide.

SAMHSA reports that “one in four persons aged 55 and over experiences behavioral health disorders that are not part of the normal aging process.”“Despite the availability of proven interventions for mental health and substance use problems, the majority of older adults with these behavioral health issues do not receive the treatment they need. Older adults often do not know they may benefit from prevention and treatment because they are neither screened nor referred for diagnosis and care. Many older adults do not seek treatment because of stigma.”

A brief summary of several of the Older Americans Behavioral Health Issue Briefs follows below. The entire series can be accessed at <http://fuquacenter.org/EducationalMaterials>

ISSUE BRIEF 1: Aging and Behavioral Health Partnerships in the Changing Health Care Environment

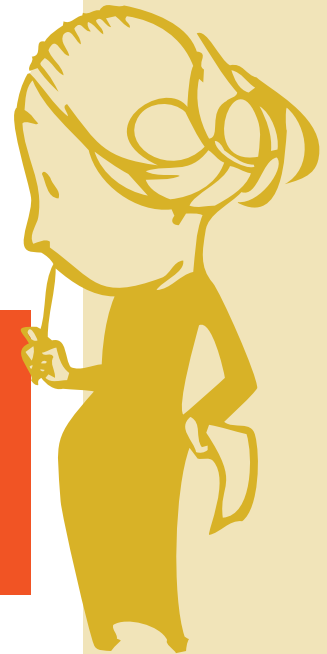
Focuses on the value of collaboration and partnerships between state’s Department of Aging Services

One in four persons aged 55 and over experiences behavioral health disorders that are not part of the normal aging process.

and their Department of Behavioral Health in addressing the mental health needs of older adults in their communities.

ISSUE BRIEF 2: Alcohol Misuse and Abuse Prevention

Substance misuse and abuse by the older adult population is a growing issue that needs to be addressed. “The misuse and abuse of alcohol in older adults present unique challenges for recognizing the problem and determining the most appropriate treatment interventions. (continued on page 3)



SYMPTOMS of DEPRESSION *Symptoms of depression usually last over two weeks.*

- :- (**Disturbed sleep**
(sleeping too much or too little)
- :- (**Changes in appetite**
(weight loss or gain)
- :- (**Physical aches and pains**
- :- (**Lack of energy or motivation**
- :- (**Irritability or intolerance**
- :- (**Loss of interest or pleasure**
- :- (**Feelings of worthlessness or guilt**
- :- (**Difficulties with concentration or decision making**
- :- (**Noticeable restlessness or slow movement**
- :- (**Recurring thoughts of death or suicide**
- :- (**Changed sex drive**

DID YOU KNOW?

Depression is a physical disorder of the brain that impacts over 20 million adults overall and affects more than 6.5 million individuals over the age of 65



Who to call



For information or education on depression, call the toll-free Depression Information Service (DIS) 1-877-498-0096 (M-F 7:00am-7:00pm)

For information about the Fuqua Center, call Michele Lyn Siverson at 404-728-6948

For NEW PATIENT appointments, call 404-728-6302

For telemedicine appointments, call 1-866-754-4325

For community clinical sites, call Jocelyn Chen at 404-728-4784

For information on community education call Cathy T. Rambach at 404-728-4558

For information on the Senior Peer Support Group Emphasizing Whole Health call Michele Lyn Siverson at 404-728-6948

For information about Transitions Senior Program, call Ed Lawrence at 404-728-6975

To be added to our newsletter mailing list sign up at www.fuquacenter.org/newsletter or e-mail m.l.siverson@emory.edu

Thanks Mom & Dad Fund Awards Grant to Fuqua Center

ON JANUARY 30, 2013, the Fuqua Center for Late-Life Depression was presented with a generous grant from the **Thanks Mom & Dad Fund**, a charity created to honor parents, grandparents and mentors. Founded by the Atlanta Regional Commission Area Agency on Aging in cooperation with The Community Foundation for Greater Atlanta, the **Thanks Mom & Dad Fund** provides financial support to programs and services that improve the quality of life for older adults.

The Fuqua Center for Late-Life Depression is utilizing this grant to employ a Certified Peer Specialist (CPS) as part of our continuum of mental health supports and services. Peer support services use an evidence-based model that draws upon principles from the Stanford Chronic Disease Self-Management Program (CDSMP). Peer support services address the whole health of an individual with mental illness by providing social and emotional support through a Certified Peer Specialist, a person in mental health recovery who has been trained to use his/her lived experience to support others struggling with similar mental and physical illnesses. This model shifts the focus from an individual's illness to a strengths-based, recovery perspective. Certified Peer

Specialists help individuals in setting health-related goals, which can focus on any aspect of their physical or mental health. Research has shown that peer specialists can decrease social isolation, foster self-management skills, restore participation in family and social roles, and decrease symptoms of depression.

Program evaluation will track effectiveness of these services and progress toward health-related goals. Results will be used to make recommendations regarding the appropriate use of Certified Peer Specialists in increasing access to services and the improvement of psychiatric and physical health among older adults with mental illness.

The Thanks Mom & Dad Fund provides financial support to programs and services that improve the quality of life for older adults.



Thanks Mom & Dad Fund is a charity created to honor parents, grandparents and mentors. Founded by the Atlanta Regional Commission Area Agency on Aging in cooperation with The Community Foundation for Greater Atlanta, you can read more about the good work the Fund supports at www.thanksmomanddadfund.org



Welcome Linda Pendley!

IN 2009, THE FUQUA CENTER FOR LATE-LIFE DEPRESSION HELPED coordinate and sponsor the opportunity for several older adults to attend Peer Specialist Certification Training through the Georgia Mental Health Consumer Network (GMHCN). The Consumer Network is a Georgia non-profit corporation founded in 1991 by consumers of state services for mental health, developmental disabilities, and addictive diseases.

Thanks to the **Thanks Mom and Dad Fund** Grant, we are pleased to have an opportunity to work with one of the older adults who attended the 2009 certification training and became a Certified Peer Specialist (CPS), Linda Pendley.

Linda joins the Fuqua Center after working for two years at the Decatur Peer Support and Wellness Center (444 Sycamore Drive, Decatur, GA 30030)

as a CPS. There, Linda used her lived experience of mental health recovery to support adults with a variety of mental health issues. Her main focus has been on whole health activities that help develop mind-body resiliency and promote self-management skills. Going forward, Linda will work with older adults at the Fuqua Center in groups and through educational and outreach activities. She will also educate our clinical team about peer support and help identify ways that the peer support and recovery model can be integrated into an academic geriatric psychiatry service.

To learn more about Certified Peer Specialists, please visit the GMHCN website:
<http://www.gmhcn.org>

To learn more about GMHCN's three Peer Support and Wellness Centers please visit:
<http://www.gmhcn.org/wellnesscenter>

"I am delighted to be on board and hope that I can be of value serving peers who are experiencing late-life depression."

—Linda Pendley

DID YOU KNOW?

You can access the latest articles on depression and other issues that impact older adults by visiting our website www.fuquacenter.org

(BRIEF SERIES COVER STORY *continued from page 1*)

Alcohol use problems in this age group often go unrecognized and, if they are recognized, are generally undertreated." Evidence-based practices for prevention and early intervention with older adults are discussed.

ISSUE BRIEF 4: Preventing Suicide in Older Adults

"An estimated 8,618 older Americans (ages 60+) died from suicide in 2010. Although the risk of suicide for women typically declines in older age, it increases with age among men. Older men die by suicide at a rate that is more than seven times higher than that of older women." Risk factors for suicide in older adults include such things as loss of a loved one, depression, social isolation, misuse/abuse of medications or alcohol and access to lethal means such as a gun. Prevention strategies, assessment, and guidance on actions for keeping older adults safe are discussed.

ISSUE BRIEF 5: Prescription Medication Misuse and Abuse Among Older Adults

"Prescription medication misuse and abuse are growing public health problems among older adults; these problems are associated with many serious consequences and often go unrecognized." Prevention strategies that can impact prescription medication misuse and abuse such as education, screening and early intervention are discussed.

ISSUE BRIEF 6: Depression and Anxiety: Screening and Intervention

"Depression is not a normal part of aging. It is a medical problem that affects many older adults and can often be successfully treated." It is estimated that 15 out of every 100 Americans aged 65 years and older suffer from depression. Similar to depression, anxiety that impacts daily life and activity is not a normal part of aging. Tools for assessing depression and anxiety as well as evidence-based treatments are reviewed.

Fuqua Center for Late-Life Depression

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www.fuquacenter.org

**WOULD
YOU LIKE
TO RECEIVE
“In the Mood”
VIA EMAIL?**



**Send an e-mail
with your full name
& current e-mail to
m.l.siverson@emory.edu with the subject
line: Newsletter
email address.**

Lifelong Mableton Mental Health Collaborative Awarded the 2013 Creating Community Award



The Lifelong Mableton Mental Health Collaborative was recently honored by the Cobb County Commission and Cobb Community Relations Council as a group that worked to foster diversity in Cobb County. The award recognized the Collaborative for its good work in the community as well as for serving as a model and inspiration for the Cobb community.

In partnership with the Atlanta Regional Commission (ARC), the Fuqua Center for Late-Life Depression helped establish the Lifelong Mableton Mental Health Collaborative and involved over 30 Mableton area individuals, organizations, agencies, and businesses that address some aspect of mental health and/or older adults. The overall long-term goal of the Lifelong Mableton Mental Health Collaborative was to improve the support and

resources available to older adults with mental health issues living in Mableton so they can effectively age in place and avoid negative outcomes.

The Lifelong Mableton Mental Health Collaborative provided a regular forum to discuss the needs of older adults with mental health issues living in Mableton as well as share knowledge and resources. The Collaborative was successful in 1) Identifying important trends in Mableton with regard to older adults and mental illness; 2) Increasing community awareness about mental health issues and access to care; 3) Improving resources and connections specifically targeting older adults with mental illness living in Mableton; and 4) Determining continuing gaps and future directions for improving the lives of Mableton's older adults with mental health issues.