

Older Adult Behavioral Health Initiative

Training Resources for People Working with Older Adults



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Clinical Resources

Clinical Assessment and Intervention:

- The 3 D's: Dementia, Depression, Delirium
- Behavioral Activation for Older Adults
- Treatment and Billing Strategies for Older Adults with Mild Neurocognitive Disorders
- Tools for Cognitive Assessment
- Evidence-based Interventions for older adults with anxiety
- Self-neglect
- What is Cognitive Assessment?
- Hoarding Disorder
- Assessment of Capacity
- Gambling Disorder in Older Adults
- Evidence-based Interventions for older adults with depression
- Working with Older Adults with Substance Use Disorders
- Other topics of interest upon request

Working with Facilities and other Systems:

- Navigating APD eligibility for Complex BH Clients
- Responding to Older Adults : Training for Law enforcement
- A case for collaboration
- Sex and Sexuality in Long Term Care
- What is PASRR?
- Dementia and Elder Abuse

Clinical Consultation:

- Behaviors related to dementia, caregiver needs, resources, treatment options
- Medical and medication consultation

Primary Care Resources

Module	Purpose	Length
1. Anxiety	<ul style="list-style-type: none">• Risk profile• Symptom presentation• Use of screening tools• Best practices for treatment of geriatric anxiety	15-20 minutes
2. Depression	<ul style="list-style-type: none">• Sub-syndromal depression• Risk factors• Warning Signs• Screening tools• Suicide• Differential Diagnosis• Evaluation• Best Treatment Practices	30 minutes
3. Behavior & Psychological Symptoms in Dementia	<ul style="list-style-type: none">• Common Symptoms• Collaborative Solutions• Philosophy of Care• Evaluation:<ul style="list-style-type: none">» Physical Domain» Care Practices• Non-Pharmacological Strategies• Pharmacological Interventions• Resources	30 minutes
4. Geriatric Substance Use Disorders	<ul style="list-style-type: none">• The Invisible Epidemic• Alcohol and medication interactions• Aggravating factors• Screening tools and tips• Evidence-based treatment	10 minutes
5. Suicide	<ul style="list-style-type: none">• Epidemiology• Risk Factors• Protective Factors• Geriatric Practice Guidelines• Suicide Screening• Resources	10 minutes
6. Psychiatric & Behavioral Health Consultation	<ul style="list-style-type: none">• Medication Consultation with June Longway, PMHHP, Geriatric Specialist• Behavioral Health Consultation with Janet Holboke, LCSW, Older Adult Specialist	To schedule, contact Janet Holboke jholboke@gobhi.net (503) 706-6248 (cell)

Workforce Development

General Sessions

The Everyday Experience of Aging

This session features interviews with a diverse group of older adults who vary in age, gender, life experiences, sexual orientation, income and living situations.

Information presented includes:

- The vital role of older adults in their families and communities
- Age related changes and how older adults adapt to those changes
- Ways older adults optimize mental health in the face of physical and social challenges

Behavioral Health Partners in Older Adult Behavioral Health

This session provides an overview of behavioral health services.

Information presented includes:

- How the behavioral health services system works in Oregon
- How to access services
- The role of Older Adult Behavioral Health Specialists in bridging service gaps

Aging Services Partners in Older Adult Behavioral Health

This session provides an overview of aging services.

Information presented includes:

- The aging services needs of older adults
- How aging services are provided in Oregon
- How to access services
- The role of community aging services providers in bridging service gaps

Behavioral Health Issues and Advanced Care Planning

This session presents information on advance care planning and providing end-of-life care when behavioral health issues are involved.

Information is presented using examples from the clinical sessions and includes

- Assigning health care representatives
- Making wishes known
- Advanced Directives

Clinical Sessions

What's Happening with Gladys

This session focuses on anxiety and the fear of falling. In this session you will hear from Gladys and the Multidisciplinary Team as they describe their approaches to working with someone like Gladys and model best practices.

Information presented includes

- General information on anxiety and falls including, prevalence and symptoms
- Screening and assessment
- Treatment and interventions

Bill's Search for Lois

This session focuses on Parkinson's disease and dementia. It shows the challenges of medical management of Parkinson's disease symptoms and understanding behaviors associated with dementia.

Information presented includes

- General information on Parkinson's and dementia including prevalence and symptoms
- Screening and assessment
- Treatment and interventions.

Has Anyone Seen George

This session focuses on issues of isolation, depression, grief, substance abuse and suicidal behavior.

Information presented includes

- General information regarding depression and suicide, substance abuse and suicide, and grief and depression
- Prevalence and symptoms
- Screening and assessment
- Treatment and interventions

We Have Another Call About Nell

This session focuses on severe mental illness and diabetes. It demonstrates the difficulty of finding and maintaining services for someone with severe mental illness.

Information presented includes

- General information on schizophrenia and co-occurring disorders
- Prevalence and symptoms
- Screening and assessment

Nursing Facilities, Assisted Living & Residential Programs

Staff Training

(All staff trainings are modified to meet the individual needs of staff members and residents.)

- Challenging behaviors (tailored for specific residents)
- Schizophrenia, bi-polar and other major mental illnesses
- Caring for people with traumatic brain injuries
- The role of trauma in the caring relationship
- Positive Approaches to Care (Teepa Snow)
- Mental Health First Aid (8 hour training)
- Helping depressed residents
- Helping anxious residents
- Other trainings as needed: may be able to develop a training or find a local expert to work with your staff

Complex Case Consultation

(Available when other options to resolve the situation have been exhausted.)

Behaviors related to dementia, caregiver needs, resources, treatment options:

Janet Holboke, MSW, LCSW is an Older Adult Specialist with over 20 years of experience working with older adults in a variety of settings.

Medical and medication consultation:

June Longway, PMHNP, BC is a Psychiatric Mental Health Nurse Practitioner with over 20 years of experience in Behavioral Health working with the older population in both the inpatient and outpatient settings

Contact

To arrange for trainings or consultation, contact the OABHI Specialist for your county

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