

# Participant Companion Guide

## Module 2: *Behavioral Health Partners in Older Adult Behavioral Health*

Resources related to  
Oregon's behavioral health services systems



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**BUILDING PARTNERSHIPS FOR  
OLDER ADULT BEHAVIORAL HEALTH**

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## I. Demographics

Title: Aging well: Thoughts From a 75-year-old Study

Topic: Harvard's Study of Adult Development

Description: Discusses study findings. The greatest finding of the study was that we keep growing all our lives. For the majority of study members, until about three years before they died, despite the inevitable illnesses of aging, life continued to bring a great deal of pleasure.

Link: <http://www.asaging.org/blog/aging-well-thoughts-75-year-old-study>

Reference: American Society on Aging

Title: Healthy Aging Data Portfolio

Audience: Professionals

Topic: Healthy aging data

Description: Data indicators for the U.S., a region, state, or a metropolitan statistical area.

Link: [http://nccd.cdc.gov/DPH\\_Aging/Default.aspx](http://nccd.cdc.gov/DPH_Aging/Default.aspx)

Resource: CDC

Title: The Mental Health and Substance Use Workforce for Older Adults: In Whose Hands?

Audience: Professionals

Topic: Service needs of older adults

Description: Discusses the available information about the prevalence of mental health and substance use (MH/SU) conditions in older adults and identifies the additional information required to plan for a workforce capable of meeting their current and future service needs.

Link: <http://www.ncbi.nlm.nih.gov/books/NBK201406/>

Resource: Institute of Medicine

Title: About Multiple Cause of Death 1999-2013

Audience: Professionals

Topic: Healthy aging data

Description: Multiple causes of death data available on WONDER are county-level national mortality and population data spanning the years 1999-2013. Data are based on death certificates for U.S. residents.

Link: <http://wonder.cdc.gov/mcd-icd10.html>

Resource: Centers for Disease Control and Prevention (CDC)

Title: The Paradox of Scarcity in a Land of Plenty: Meeting the Needs of Older Adults with Mental Health and Substance Use Disorders

Topic: Scarcity of treatment for older adults with mental health disorders

Description: Discusses the scarcity of treatment, prevalence of older adults needing treatment and impacts on people and society, and challenges and solutions to address these issues.

Link: <http://www.asaging.org/blog/paradox-scarcity-land-plenty-meeting-needs-older-adults-mental-health-and-substance-use-disorde>

Reference: American Society on Aging

Title: The State of Mental Health and Aging in America

Audience: Consumers and Professionals

Topic: An issue brief focused on the mental health of older adults in the United States.

Description: Reviews existing data and key issues related to mental health in adults over 50.

Link: [http://www.cdc.gov/aging/pdf/mental\\_health.pdf](http://www.cdc.gov/aging/pdf/mental_health.pdf)

Resource: CDC

## **II. Need and Prevalence Issues Addressed in Other Modules**

For issues related to serious and persistent mental illness, including schizophrenia, see resource guide for Module 7.

For problems that develop in later life, including alcohol and substance abuse (George), anxiety (Gladys), depression (George), role changes, loss of friends and relatives (George), declining functional abilities and cognitive impairment (George and Bill), see Modules 4, 5, and 6.

For issues related to suicide, see Module 6.

For normal physiological effects of aging, see Module 1. For issues related to co-occurring disorders, see Module 6.

### **III. Services**

Title: The Aging and Disability Resource Connection of Oregon (ADRC)

Audience: Consumers and Professionals

Topic: Information, assistance, and referral to community resources and supports

Description: Provides people of all ages, incomes and disabilities with information on the full range of long-term support options available in their communities.

Link: <https://www.adrcforegon.org/consite/index.php>

Resource: ADRC of Oregon

#### **Directories and Guides**

Title: Adult Mental Health Services

Audience: Consumers and Professionals

Topic: Alcohol and drug services directory

Description: Provides links to mental health services including civil commitment, co-occurring disorders, psychosis, peer-delivered services, and trauma.

Link: <http://www.oregon.gov/oha/amh/Pages/mentalhealth.aspx>

Reference: Oregon Health Authority (OHA)

Title: Co-occurring Disorders

Audience: Consumers and Professionals

Topic: Co-occurring disorders resources

Description: Provides a directory of Oregon co-occurring disorders services and resources with links to those services and resources.

Link: <http://www.oregon.gov/oha/amh/Pages/co-occurring.aspx>

Reference: OHA

Title: Guardianship and other options in Oregon to help another person make decisions

Topic: Guardianship, conservatorship, power of attorney, representative payee or VS fiduciaries, advance directive, and civil commitment

Description: Provides information and links to the range of fiduciary and related decision-making options in Oregon.

Link: <http://www.oregon.gov/LTCO/Pages/Oregon-Public-Guardian-Resources.aspx>

Reference: Oregon.gov

Title: NAMI Oregon

Audience: Consumers and Professionals

Topic: Mental health services implementation

Description: This guide provides information about mental illness and links to resources available in Oregon

Link:

[http://www2.nami.org/MSTemplate.cfm?Section=Support2&Site=NAMI\\_Oregon&Template=/ContentManagement/HTMLDisplay.cfm&ContentID=131546](http://www2.nami.org/MSTemplate.cfm?Section=Support2&Site=NAMI_Oregon&Template=/ContentManagement/HTMLDisplay.cfm&ContentID=131546)

Reference: NAMI Oregon

Title: Older Adults + Mental Health: a Time for Reform

Audience: Professionals

Topic: Mental health services implementation

Description: This guide provides information about barriers to mental health services and evidence-based solutions to assist planning councils in addressing service gaps and barriers to service.

Link: <http://www.namhpac.org/PDFs/01/olderadults.pdf>

Reference: Substance Abuse and Mental Health Services Administration (SAMHSA)

Title: Oregon Alcohol & Other Drug Services Directory

Audience: Consumers and Professionals

Topic: Alcohol and drug services directory

Description: Provides a compilation of resources by county to better equip communities in making appropriate referrals to agencies that provide alcohol and other drug abuse prevention and/or treatment services.

Link: <http://www.oregon.gov/oha/amh/publications/provider-directory.pdf>

Reference: OHA

Title: Oregon Blue Book

Audience: Consumers and Professionals

Topic: Resources throughout Oregon

Description: This directory compiles agencies and resources in Oregon. It specifically focuses on complex or broad subjects that typically fall under the jurisdiction of multiple state agencies, boards, and commissions. Some non-governmental resources are included. Links to both State and Federal sites are included in each topic.

Link: [http://bluebook.state.or.us/state/executive/Human\\_Services/human\\_services\\_home.htm](http://bluebook.state.or.us/state/executive/Human_Services/human_services_home.htm)

Resource: OHA

Title: Oregon Guide to Medicare Insurance Plans  
Audience: Consumers and Professionals  
Topic: Medicare help  
Description: This booklet provides information on Medicare eligibility, plans including part D prescription drug coverage, Medigap plans, and resources.  
Link: [http://www.oregon.gov/DCBS/insurance/shiba/Documents/2015\\_medicare\\_guide\\_web.pdf](http://www.oregon.gov/DCBS/insurance/shiba/Documents/2015_medicare_guide_web.pdf)  
Reference: Senior Health Insurance Benefits Advisors Program (SHIBA)

Title: Treatment Programs  
Audience: Consumers and Professionals  
Topic: Treatment programs offered in the Oregon state hospital  
Description: Provides information about treatment programs and links to treatment program handbooks including civil, forensic, and Junction City programs.  
Link: <http://www.oregon.gov/oha/amh/osh/Pages/programs.aspx>  
Reference: OHA

### **General Programs and Services**

Title: Community Mental Health Programs  
Audience: Consumers and Professionals  
Topic: Oregon's community mental health programs  
Description: Provides links to services and treatment for behavioral health issues including mental health, substance and gambling addictions by county.  
Link: <http://www.oregon.gov/oha/amh/Pages/cmh-programs.aspx>  
Reference: OHA

Title: Client Services  
Audience: Consumers and Professionals  
Topic: Client targeted services and resources for addictions and mental health  
Description: Provides an alphabetical listing of client targeted services and resources addressing screening, treatment, housing, crisis and trauma.  
Link: <http://www.oregon.gov/oha/amh/Pages/client-services.aspx>  
Reference: OHA

Title: Gatekeeper Training Video  
Audience: Consumers and Professionals  
Topic: Oregon's gatekeeper program  
Description: Provides a training video for employees of community businesses and organizations to recognize and refer at-risk older adults and people with disabilities to the ADRC.  
Link: <https://www.youtube.com/watch?v=mifg-MLdEPU&feature=youtu.be>

Reference: ADRC of Oregon



Title: Getting Help

Audience: Consumers and Professionals

Topic: Crisis lines and support and treatment services

Description: Provides crisis line telephone numbers and links to trauma, alcohol and drug treatment providers, abuse and neglect support, Oregon community mental health programs, and suicide prevention.

Link: <http://www.oregon.gov/oha/amh/Pages/gethelp.aspx>

Reference: OHA

Title: Help in your home

Audience: Consumers and Professionals

Topic: In-home help with activities of daily living and instrumental activities of daily living

Description: Provides information about resources for older adults and people with physical disabilities about services they might be eligible to receive while living in their own homes.

These services include personal assistance, nursing tasks and help with housekeeping. Home-delivered meals can also be arranged. Medicaid may be able to pay for some of these services for eligible individuals.

Link: <http://www.oregon.gov/dhs/spwspd/pages/ltc/inhome.aspx>

Resource: Department of Human Services (DHS)

Title: Humor-Related Social Exchanges and Mental Health in Assisted Living Residents

Audience: Professionals

Topic: Social exchanges and mental health

Description: The study investigated whether the psychological well-being of assisted living residents was influenced by factors associated with residents' social interactions involving humor.

Link:

[http://pdxscholar.library.pdx.edu/cgi/viewcontent.cgi?article=1298&context=open\\_access\\_etds](http://pdxscholar.library.pdx.edu/cgi/viewcontent.cgi?article=1298&context=open_access_etds)

Resource: Portland State University (PSU)

Title: Preadmission Screening and Resident Review (PASRR)

Audience: Professionals

Topic: Addiction services

Description: Provides information about PASRR program goals, purpose, and elements, and links to forms and instructions, and current list of health services.

Link: <http://www.oregon.gov/oha/amh/Pages/pasrr.aspx>

Reference: OHA

## **Housing**

Title: Adult mental health residential treatment in Oregon

Audience: Consumers and Professionals

Topic: Residential treatment

Description: Provides information about personal care, habitation services, rehabilitative mental health services, and settings.

Link: [http://www2.nami.org/MSTemplate.cfm?Section=Support2&Site=NAMI\\_Oregon&](http://www2.nami.org/MSTemplate.cfm?Section=Support2&Site=NAMI_Oregon&)

Reference: National Alliance on Mental Illness: Oregon

## **Services and Interventions for Addiction, Aging with Mental Illness, and Civil Commitment**

Title: Addiction Services

Audience: Professionals

Topic: Addiction services

Description: Provides links to information about co-occurring disorders, driving under the influence, gambling, trauma, and medication assisted treatment and recovery.

Link: <http://www.oregon.gov/oha/amh/Pages/addictions.aspx>

Reference: OHA

Title: Aging With a Severe Mental Illness: Challenges and Treatments

Audience: Professionals

Topic: Mental illness

Description: Discusses issues individuals with severe mental illness and their families face as they age, intervention approaches, and current practice and research.

Link: <http://www.tandfonline.com/doi/abs/10.1080/01634372.2010.538815#.VcPQE8mPQZ8>

Reference: PubMed

Title: Civil Commitment

Audience: Consumers and Professionals

Topic: Civil commitment

Description: Provides information about who can be committed, the process for commitment, Oregon administrative rule for commitment, and contact information for the civil commitment coordinator.

Link: <http://www.oregon.gov/oha/amh/Pages/civil-commitment.aspx>

Reference: OHA

Title: Prevention of Mental Disorders in Older Adults: Recent Innovations and Future Directions

Audience: Professionals

Topic: Preventative interventions for individuals with mental disorders

Description: This article presents findings from existing preventive interventions in pharmacotherapy, psychotherapy, and psycho-social efforts. Much of this work addresses depressive and anxiety disorders, and interrelated areas of health, such as sleeping patterns. Offers suggestions for future directions of research and practice in geriatric mental health prevention.

Link: <http://www.asaging.org/blog/prevention-mental-disorders-older-adults-recent-innovations-and-future-directions>

Reference: American Society on Aging

### **Social Insurance and Eligibility**

Title: Medicare help: Senior Health Insurance Benefits Assistance Program (SHIBA)

Audience: Consumers and Professionals

Topic: Medicare help

Description: An 800 number (800-722-4134) to call for answers to questions about Medicare providers, insurance, eligibility, and plans.

Link: <http://www.oregon.gov/dcbs/insurance/SHIBA/Pages/shiba.aspx>

Reference: Senior Health Insurance Benefits Assistance (SHIBA)

Title: What Part A covers

Audience: Consumers and Professionals

Topic: Medicare help

Description: Provides information about what Medicare Part A covers and how to find out if Medicare covers an individual's personal needs.

Link: <https://www.medicare.gov/what-medicare-covers/part-a/what-part-a-covers.html>

Reference: Medicare.gov

Title: What Part B covers

Audience: Consumers and Professionals

Topic: Medicare help

Description: Provides information about what Medicare Part B covers and how to find out if Medicare covers an individual's personal needs.

Link: <https://www.medicare.gov/what-medicare-covers/part-b/what-medicare-part-b-covers.html>

Reference: Medicare.gov

Title: Mental health care (outpatient)  
Audience: Consumers and Professionals  
Topic: Medicare help  
Description: Provides information about what Medicare mental health outpatient covers, eligibility, costs, and related resources.  
Link: <https://www.medicare.gov/coverage/outpatient-mental-health-care.html>  
Reference: Medicare.gov

Title: Mental health care (inpatient)  
Audience: Consumers and Professionals  
Topic: Medicare help  
Description: Provides information about what Medicare mental health inpatient covers, eligibility, costs, and related resources.  
Link: <https://www.medicare.gov/coverage/inpatient-mental-health-care.html>  
Reference: Medicare.gov

Title: Preadmission Screening and Resident Review – (PASRR)  
Audience: Consumers and Professionals  
Topic: PASRR  
Description: Provides information about PASRR goals, levels, and links to resources including non-Medicaid billing form, PASRR determination notice/evaluation summary and report, and the current prioritized list of health services.  
Link: <http://www.oregon.gov/oha/amh/Pages/pasrr.aspx>  
Reference: OHA

Title: Oregon Health Plan (OHP)  
Audience: Consumers and Professionals  
Topic: Health care plan  
Description: Provides information about applying for OHP, finding CCOs and dental plans, renewal, and other healthcare resources.  
Link: <http://www.oregon.gov/oha/healthplan/Pages/index.aspx>  
Reference: OHA

Title: Oregon State Veteran’s Benefits  
Audience: Consumers and Professionals  
Topic: Veteran’s benefits  
Description: Provides information about veteran’s benefits, including TRICARE, housing, employment, education and other state benefits.

Link: <http://www.military.com/benefits/veteran-state-benefits/oregon-state-veterans-benefits.html>

Reference: Military.com Benefits

## **Service Providers**

Title: Enhanced Care Services and Resources

Audience: Consumers and Professionals

Topic: Enhanced care services and providers

Description: Provides a list of service providers and contact information by county

Link: <http://community.statesmanjournal.com/data/osh/AMH45.pdf>

Resource: Addictions and Mental Health, *Statesman Journal*

Title: Mental Health Providers in Oregon

Audience: Consumers and Professionals

Topic: Mental health case management, counseling, and housing

Description: Provides information about mental health providers and the services they offer, including prevention, treatment, and housing.

Link: <http://www.mhaoforegon.org/resources/mental-health-providers/>

Reference: Mental Health America of Oregon

## **Advocacy and Support**

Title: Oregon Family Support Network

Audience: Consumers and Professionals

Topic: Advocacy for families and communities

Description: A grass roots community organization providing support groups and education to families experiencing mental and behavioral disorders and challenges.

Link: <http://ofsn.org/>

Resource: Oregon Family Support Network.

Title: ADRC Tier 2 Dementia Training Series

Audience: Consumers and Professionals

Topic: Training modules that cover delirium

Description: These tier 2 modules address dementia and delirium, not covered in the Older Adult Behavioral Health modules. (A module for intellectual disability is in development for the ADRC.)

Link: <http://www.oregon.gov/dhs/spwpd/Pages/sua/AvailableOnlineTraining.aspx>

Resource: DHS

## IV. Service System

Title: Trauma Informed Oregon: Promoting Prevention, Committed to Wellness

Audience: Consumers and Professionals

Topic: Trauma

Description: Trauma Informed Oregon is a statewide collaborative aimed at preventing and ameliorating the impact of adverse experiences on children, adults and families. Trauma Informed Oregon works in partnership with providers, individuals with lived experience, and families to promote and sustain trauma informed policies and practices across physical, mental, and behavioral health systems and to disseminate promising strategies to support wellness and resilience. Provides information about training, workforce development, and support.

Link: <http://traumainformedoregon.org/>

Reference: Trauma Informed Oregon

### Coordinated Care Organizations

Title: Coordinated care: the Oregon difference

Audience: Consumers and Professionals

Topic: Oregon Coordinated Care Organizations (CCO)

Description: Provides information about how Oregon's 16 CCOs function by providing improved, more integrated care.

Link: <http://www.oregon.gov/oha/ohpb/pages/health-reform/ccos.aspx>

Reference: Oregon Health Authority (OHA)

Title: Coordinated Care Organizations

Audience: Consumers and Professionals

Topic: Oregon's 16 CCOs

Description: Provides information and links to CCO sites.

Link: <http://www.oregon.gov/oha/ohpb/pages/health-reform/certification/index.aspx>

Reference: OHA

Title: Coordinated care: the Oregon difference

Audience: Consumers and Professionals

Topic: Spotlight on Oregon's CCOs

Description: Provides information about the transformation plan and technical assistance, links to webinars and public presentations, and links to information about the status of CCOs. Provides a link to a full list of certified CCOs.

Link: <https://cco.health.oregon.gov/Pages/Home.aspx>

Reference: OHA

Title: Integrated Behavioral Health Alliance of Oregon (IBHAO)

Audience: Consumers and Professionals

Topic: Defines and discusses IBHAO and its goals

Description: Discusses ways in which IBHAO, a workgroup of CCO Oregon, will help define the scope and standards of excellent, evidence-based behavioral health provision in the state of Oregon that is essential to our achievement of the Triple Aim.

Link: <http://www.ccooregon.org/workgroups/IBHAO>

Reference: CCO Oregon

### **State Hospital**

Title: Oregon State Hospital

Audience: Consumers and Professionals

Topic: Oregon state hospital (OSH) campuses

Description: Provides information about OSH's therapeutic, evidence-based, patient-centered treatment focusing on recovery and community reintegration, all in a safe environment. Includes links to information about cost of care, treatment programs, and links to web-based resources.

Link: <http://www.oregon.gov/oha/amh/osh/pages/index.aspx>

Reference: OHA

### **Plans, Laws, and Rules**

#### **Affordable Care Act**

Title: The Implications of the Affordable Care Act for Mental Health Care

Audience: Professionals

Topic: Mental health and aging; Mental health insurance coverage

Description: This article discusses the Affordable Care Act (ACA) as it provides an opportunity to bolster a broken mental health system that disproportionately ignores the needs of older adults.

Link: <http://www.asaging.org/blog/implications-affordable-care-act-mental-health-care>

Reference: American Society on Aging

#### **Americans with Disabilities Act**

Title: Information and Technical Assistance on the Americans with Disabilities Act

Topic: Americans with Disabilities Act

Description: Provides information about, and guidelines for the Act.

Link: <http://www.ada.gov/>

Reference: United States Department of Justice



Title: Mental Health Law in Oregon

Audience: Consumers and Professionals

Topic: Mental health law

Description: Provides information about the rights and protections that individuals with mental illness have under the law in Oregon

Link: <http://droregon.org/wp-content/uploads/Mental-Health-Law-in-Oregon-Fourth-Edition.pdf>

Reference: Disability Rights Oregon

### **Department of Human Services**

Title: Joint Report on Mental Health Services for Seniors and People with Disabilities

Audience: Professionals

Topic: Mental health services

Description: Service availability improvements made by APD and AMH.

Link: <http://www.oregon.gov/dhs/aboutdhs/budget/2011-2013/docs/ltc-budget-note-rpt.pdf>

Resource: DHS

### **Olmstead Decision**

Title: Olmstead: Community Integration for Everyone

Topic: The Olmstead Act

Description: Provides information about the Act, links to technical assistance publications, and enforcement of the Act.

Link: <http://www.ada.gov/ta-pubs-pg2.htm>

Reference: United States Department of Justice

### **Oregon Health Authority**

Title: Oregon Health Authority 2015–2018 Behavioral Health Strategic Plan

Audience: Professionals

Topic: Oregon's behavioral health system

Description: This strategic plan represents a shared vision for building and expanding an integrated, coordinated and culturally competent behavioral health system that provides better health, better care and lower cost for all Oregonians.

Link:

<http://www.oregon.gov/oha/amh/strategicplandocs/OHA%208068%20Behavioral%20Health%20Strategic%20Plan-Final%20SP.pdf>

Reference: Oregon Health Authority (OHA)