

Participant Companion Guide

Module 6: *Has Anyone Seen George?*

Resources related to
Depression, Substance Abuse, Suicide



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I. Fact Sheets

Healthy Aging

Title: Healthy Aging Fact Sheet

Audience: Consumers and Professionals

Topic: Prevalence and prevention

Description: Provides information about the prevalence of chronic disease, falls, mental health and substance abuse. Identifies programs to promote chronic disease self-management, reducing falls risk, and community education programs.

Link: http://www.ncoa.org/assets/files/pdf/FactSheet_HealthyAging.pdf

Reference: National Council on Aging (NCOA)

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

DEPRESSION

Depression, General

Title: Depression in Older Persons

Audience: Consumers and Professionals

Topic: Depression

Description: Identifies prevalence, reasons depression is untreated, consequences, symptom differences in older and younger populations, differences between clinical depression and grief, causes, who is at greatest risk, and treatment.

Link:

http://www2.nami.org/Content/NavigationMenu/Mental_Illnesses/Depression/Depression_Older_Persons_FactSheet_2009.pdf

Reference: National Alliance on Mental Illness (NAMI)

Depression with Dementia

Title: About Depression and Alzheimer's Disease

Audience: Consumers and Professionals

Topic: Depression

Description: Provides information about symptoms, diagnosis, and treatment.

Link: http://www.alz.org/alzwa/documents/alzwa_Resource_BC_FS_Depression.pdf

Reference: Alzheimer's Association

Medication Side Effects

Title: Beers Criteria for Potentially Inappropriate Medication Use in Older Adults

Audience: Consumers and Professionals

Topic: Medication

Description: Identifies medications with risks that may be greater than their benefits for people 65 and older.

Link: <http://www.americangeriatrics.org/files/documents/beers/2012AGSBeersCriteriaCitations.pdf>

Reference: American Geriatrics Society

SUBSTANCE ABUSE

Title: Seniors and Drugs

Audience: Consumers and Professionals

Topic: Drug abuse

Description Provides information about changes that occur with aging, prevalence, reasons drug problems for this population are overlooked, adverse effects, and treatment.

Link: <https://ncadd.org/learn-about-drugs/seniors-vets-and-women/241-older-adults>

Reference: National Council on Alcoholism and Drug Dependence, Inc. (NCADD)

Title: Seniors and Alcohol

Audience: Consumers and Professionals

Topic: Alcohol abuse

Description Provides information about changes that occur with aging, prevalence, reasons alcohol problems for this population are overlooked, adverse effects, and treatment.

Link: <https://ncadd.org/learn-about-alcohol/seniors-vets-and-women/196-alcohol-and-senior>

Reference: NCADD

SUICIDE

Title: Elderly Suicide Fact Sheet

Audience: Consumers and Professionals

Topic: Suicide

Description: Provides information about prevalence, causes, and risk factors.

Link: <http://www.suicidology.org/Portals/14/docs/Resources/FactSheets/Elderly2012.pdf>

Reference: American Association of Suicidology (AAS)

Title: How You Can Play a Role in Preventing Suicide

Audience: Consumers and Professionals

Topic: Suicide Prevention

Description: Facts, presentation, ways to offer support, and resources for consumers.

Link: <http://www.surgeongeneral.gov/library/reports/national-strategy-suicide-prevention/factsheet.pdf>.

Reference: U.S. Department of Health & Human Services (USDHHS)

II. Prevalence

DEPRESSION

Title: CDC Promotes Public Health Approach to Address Depression among Older Adults
Audience: Professionals
Topic: Depression
Description: Depression prevalence and the roll of public health in addressing the illness.
Link: http://www.cdc.gov/aging/pdf/CIB_mental_health.pdf
Reference: Centers for Disease Control (CDC)

Title: Depression In Older Adults: More Facts
Audience: Professionals
Topic: Depression
Description: Provides information about prevalence, treatment, older adult attitudes toward depression, and associated factors linked to depression including co-occurring illnesses, loss, costs, suicide.
Link: <http://www.mentalhealthamerica.net/conditions/depression-older-adults-more-facts>
Reference: Mental Health America

SUBSTANCE ABUSE

Title: Alcohol and Public Health
Audience: Consumers and Professionals
Topic: Provides FAQs, fact sheets, online tools, public health objectives and guidelines, and publications that address alcohol consumption, excessive use, prevention, health-related issues, videos, webinars, and other online tools.
Link: <http://www.cdc.gov/alcohol/index.htm>
Reference: CDC

Title: Prescription Drug Abuse
Audience: Consumers and Professionals
Topic: Prescription Drug Abuse in Older Adults
Description: Prevalence and risks for older adults with prescription medications.
Link: <http://www.drugabuse.gov/publications/research-reports/prescription-drugs/trends-in-prescription-drug-abuse/older-adults>
Reference: National Institute on Drug Abuse (NIDA)

SUICIDE

Title: Older Americans Behavioral Health—Issue Brief 4: Preventing Suicide in Older Adults

Audience: Consumers and Professionals

Topic: Suicide

Description: This Issue Brief is part of a larger collaboration between SAMHSA and AoA to support the planning and coordination of aging and behavioral health services for older adults in states and communities. It provides information about prevalence, risk factors, prevention, assessment, lessons learned, and resources.

Link: http://www.ncoa.org/improve-health/center-for-healthy-aging/content-library/Older-Americans-Issue-Brief-4_Preventing-Suicide_508.pdf

Reference: Administration on Aging (AoA) and the Substance Abuse and Mental Health Services Administration (SAMHSA)

Title: National Suicide Statistics at a Glance

Audience: Professionals

Topic: Suicide

Description: Chart showing suicide rates in the U.S. among older adults by gender and ethnicity.

Link: <http://www.cdc.gov/violenceprevention/suicide/statistics/rates05.html>

Reference: CDC

III. Presentation and Adverse Effects

SUICIDE, ANXIETY, DEPRESSION, DRUG ABUSE, ALCOHOL ABUSE

Title: *Older Americans Behavioral Health Issue Brief Series*

Audience: Professionals

Topic: Suicide, Anxiety, Depression, Drug Abuse, Alcohol Abuse, Evidence-based practices.

Description: The Substance Abuse and Mental Health Services Administration (SAMHSA) and Administration on Aging (AoA) have partnered with NCOA and others to develop a series of Issue Briefs to address behavioral health issues that are important to older Americans. The Issue Brief series focuses on issues of suicide, anxiety and depression, prescription drug misuse and abuse, and alcohol abuse. The target audiences for the Issue Briefs are the local and state Aging Services Network, behavioral health community, and substance abuse providers.

A related [webinar series](#) provides a special opportunity to learn about critical behavioral health conditions and problems affecting older adults, including prescription medication misuse and abuse, suicide, depression, and anxiety, as well as evidence-based prevention and treatment programs to address these problems.

Link: <http://www.ncoa.org/improve-health/center-for-healthy-aging/behavioral-health/older-americans-behavioral-1.html>

Reference: National Council on Aging (NCOA)

DEPRESSION

Title: Aging and Depression

Audience: Consumers and Professionals

Topic: Adverse effects

Description: Discusses late-life events that increase the risk for depression in older adults, adverse effects, and issues to consider when addressing depression in this population.

Link: <http://www.apa.org/helpcenter/aging-depression.aspx>

Reference: American Psychological Association (APA)

Title: Depression in Later Life: A Diagnostic and Therapeutic Challenge

Audience: Professionals

Topic: Depression

Description: Prevalence of depression in older adults; risk factors; table with the Geriatric Depression Scale; table of medications that may cause depression; pharmacotherapy and other treatments for depression; table of physical disorders associated with depression; table differentiating dementia from depression; table of indications for psychiatric referral; barriers to diagnosis and treatment; outcomes.

Link: <http://www.aafp.org/afp/2004/0515/p2375.html>

Reference: American Academy of Family Physicians (AAFP)

Title: Depression in Older Adults and the Elderly

Audience: Consumers

Topic: Depression and older adults

Description: Provides information about the signs and symptoms of depression in older adults including depression without sadness. Provides information about the causes of depression and details the differences between depression and dementia. Includes tools for older adults in managing and treating their depression.

Link: <http://www.helpguide.org/articles/depression/depression-in-older-adults-and-the-elderly.htm>

Reference: Helpguide.org

SUBSTANCE ABUSE

Title: Alcoholism in the Elderly

Audience: Professionals

Topic: Alcohol abuse and Alcoholism

Description: Definition of alcohol-related problems; table with criteria for substance abuse and dependence; adverse effects; presentation and a table with findings that suggest problem drinking; table of treatment steps for alcoholism in older patients; screening options; clinical management; treatment options; a table suggesting family member support options.

Link: <http://www.aafp.org/afp/2000/0315/p1710.html>

Reference: AAFP

SUICIDE

Title: Clinical Vignettes in Geriatric Depression

Audience: Professionals

Topic: Depression and suicide

Description: Table for recommended practice; table of signs and symptoms of depression and dementia; Table with the Geriatric Depression Scale (short form); table with causes of symptoms; table of drugs that may cause depression; table of risk factors for suicide; and table of medications for geriatric depression.

Link: <http://www.aafp.org/afp/2011/1115/p1149.html>

Reference: AAFP

IV. Prevention

General

Title: Oregon Mental Health First Aid

Audience: Professionals

Topic: Mental health education and outreach (not older adult specific)

Description: Assist instructors in preparing mental health courses; community outreach and education.

Link: <http://www.aocmhp.org/mhfa>

Reference: National Council for Behavioral Health

Title: National Crisis Lines and Online Help

Audience: Consumers and Professionals

Topic: Support for mental health issues and crisis

Description: Links and phone numbers to National crisis lines and organizations.

Link: <http://public.health.oregon.gov/PreventionWellness/SafeLiving/SuicidePrevention/Pages/suilines.aspx>

Reference: Oregon Health Authority (OHA)

Title: Oregon Care Planning Council

Audience: Consumers and Professionals

Topic: Resources and support services

Description: Single listing source of community care providers and advisers who help the public deal with current elder care needs.

Link: <http://www.carefororegon.org/index.htm>

Reference: Oregon Care Planning Council

Title: CDC Healthy Aging

Audience: Professionals

Topic: Resources and support services

Description: Provides materials to assist health professionals in learning about and engaging in activities of CDC's Healthy Aging Program and The Healthy Brain Initiative to promote independence and wellbeing.

Link: <http://www.cdc.gov/aging/index.html>

Reference: Centers for Disease Control (CDC)

DEPRESSION

Title: Aging and Depression

Audience: Consumers and Professionals

Topic: Depression

Description: Provides information about prevalence, risks, symptoms, where to find help, and additional web resources.

Link: <http://www.cdc.gov/aging/mentalhealth/depression.htm>

Reference: American Psychological Association (APA)

SUBSTANCE ABUSE

Title: Find Help

Audience: Consumers and Professionals

Topic: Resources

Description: Links and phone numbers for treatment of alcohol and drug misuse, suicide prevention, and disaster distress.

Link: <http://www.samhsa.gov/find-help>

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

Title: Oregon County Map with Crisis Numbers

Audience: Professionals

Topic: Support for mental health crisis

Description: Crisis lines and Mental Health Resources by county.

Link: <http://public.health.oregon.gov/PreventionWellness/SafeLiving/SuicidePrevention/Pages/cntymap.aspx>

Reference: OHA

SUICIDE

Title: Suicide Prevention: A list of organizations, links, articles, and other resources for suicide prevention.

Audience: Professionals

Topic: Suicide prevention resources

Description: A list of organizations, links, articles, and other resources for suicide prevention.

Link: <http://www.samhsa.gov/prevention/suicide.aspx>

Reference: SAMHSA

Title: Older Adults

Audience: Professionals

Topic: Suicide prevention

Description: Webinar on suicide prevention and older adults. Learn about risk factors, screening tools, and effective prevention strategies.

Link: <http://www.sprc.org/featuredresources/older-adults>

Reference: Suicide Prevention Resource Center

Title: Consider: Depression

Audience: Professionals

Topic: Suicide warning signs, assessment, intervention, resources, and a link to the Geriatric Depression Scale

Description: Information and resources that address suicide prevalence, risk, assessment, prevention, and treatment options for depression.

Link: http://consultgerirn.org/topics/depression/need_help_stat/

Reference: The Hartford Institute for Geriatric Nursing

Title: National Alliance for Suicide Prevention Website

Audience: Professionals

Description: The National Action Alliance for Suicide Prevention is the public-private partnership advancing the National Strategy for Suicide Prevention. The website provides information about national efforts aimed at suicide prevention and resources related to suicide prevention.

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

Reference: Action Alliance for Suicide Prevention

V. Screening

General Geriatric Assessment Tools

Title: Assessment Tools—*Try This:*[®] and *How To Try This* Resources

Audience: Professionals

Topics: Try This:[®] Assessment Tool Series: General Practice, Specialty Practice and Dementia Series

Description: A series of assessment tools for older adults that can be administered in 20 minutes or less, including assessments of overall health, activities of daily living, mental status, and the Geriatric Depression Scale. The series include a general assessment series, specialty practices series, and dementia series.

Link: <http://consultgerirn.org/resources>

Reference: The Hartford Institute for Geriatric Nursing

Title: Assessments and Best Practices in Care of Older Adults

Audience: Professionals

Topic: Assessments and best practices

Description: Describes the need for best practices resources and assessments, on whom to conduct assessments, when and how to assess, interpretation of assessments, and how to use findings through a video and series of links to Try This screening tools.

Link: <http://www.nursingcenter.com/articles-publications/nursing-care-of-older-adults>

Reference: Lippincott Nursing Center

DEPRESSION

Title: Screening Tools

Audience: Professionals

Topic: Depression

Description: Patient Health Questionnaire (PHQ-9).

Link: <http://www.integration.samhsa.gov/images/res/PHQ%20-%20Questions.pdf>

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

Title: The Geriatric Depression Scale (GDS)

Audience: Professionals

Topic: Depression

Description: This scale has been tested and used extensively with the older population. The GDS Long Form is a brief 30-item questionnaire in which participants are asked to respond by answering yes or no in reference to how they felt over the past week. A Short Form GDS consists of 15 questions from the Long Form GDS.

Link: http://consultgerirn.org/uploads/File/trythis/try_this_4.pdf

Reference: The Hartford Institute of Geriatric Nursing.

SUBSTANCE ABUSE

Title: Screening, Brief Intervention, Referral to Treatment (SBIRT)

Audience: Professionals

Topic: Alcohol

Description: Represents an innovative, evidence-based approach to addressing unhealthy alcohol use with medical patients.

Link: <http://www.sbirthoregon.org/>

Reference: SBIRT Oregon (Screening, Brief Intervention, Referral to Treatment Oregon)

Title: Alcohol Use Disorders Identification Test (AUDIT)

Audience: Professionals

Topic: Alcohol

Description: A simple way to screen and identify people at risk of alcohol problems.

Link: http://www.integration.samhsa.gov/AUDIT_screener_for_alcohol.pdf

Reference: SAMHSA

Title: AUDIT-C

Audience: Professionals

Topic: Alcohol

Description: help identify persons who are hazardous drinkers or have active alcohol use disorders (including alcohol abuse or dependence). The AUDIT-C is a modified version of the 10 question AUDIT instrument.

Link: http://www.integration.samhsa.gov/images/res/tool_auditc.pdf

Reference: SAMHSA

Title: CAGE and CAGE-AID

Audience: Professionals

Topic: Alcohol and Drug

Description: A commonly used 4-question tool to screen for drug and alcohol use. It helps determine if an alcohol assessment is needed. If a person answers yes to two or more questions, a complete assessment is advised.

Link: http://www.hopkinsmedicine.org/johns_hopkins_healthcare/downloads/CAGE%20Substance%20Screening%20Tool.pdf

Reference: Johns Hopkins Medicine

Title: Screening, Assessment, and Drug Testing Resources

Audience: Professionals

Topic: Screening for substance use disorder

Description: Provides validated tools to guide screening, evaluation, and referral to treatment of patients with a substance use disorder.

Link: <http://www.drugabuse.gov/nidamed-medical-health-professionals/tool-resources-your-practice/additional-screening-resources>

Reference: National Institute on Aging (NIA) and National Institute on Drug Addiction (NIDA)

Title: Drug Abuse Screen Test (DAST-10)

Audience: Professionals

Topic: Drug Abuse

Description: A 10-item, yes/no self-report instrument that has been condensed from the 28-item DAST and should take less than 8 minutes to complete. This tool provides a brief instrument for clinical screening and treatment evaluation and can be used with adults and older youth.

Link: <http://www.integration.samhsa.gov/clinical-practice/screening-tools#drugs>

Reference: SAMHSA

SUICIDE

Title: Suicide Behaviors Questionnaire-Revised (SBQ-R)

Audience: Professionals

Topic: Suicide

Description: 4 items, each tapping a different dimension of suicidality.

Link: <http://www.integration.samhsa.gov/images/res/SBQ.pdf>

Reference: SAMHSA

Title: Columbia-Suicide Severity Rating Scale

Audience: Professionals

Topic: Suicide

Description: Suicide assessment that is available in 114 country-specific languages. Mental health training is not required to administer.

Link: http://www.integration.samhsa.gov/clinical-practice/Columbia_Suicide_Severity_Rating_Scale.pdf

Reference: SAMHSA

Title: Suicide Assessment Five-step Evaluation and Triage for Mental Health Professionals (SAFE-T)

Audience: Professionals

Topic: Suicide

Description: A 5 step suicide assessment for mental health professionals.

Link: http://www.integration.samhsa.gov/images/res/SAFE_T.pdf

Reference: SAMHSA

VI. Evidence-based Practice/Treatment

DEPRESSION and SUICIDE

Title: The Treatment of Depression in Older Adults Evidence-Based Practices (EBP) Kit
Audience: Professionals
Topic: Depression
Description: Ten booklets include information on how to use the EBP kit, key issues, Selecting EBPs, caregiver guide, Practitioner’s Guide, and Agency Administrators guide.
Link: <http://www.dmh.ms.gov/pdf/SAMHSA%20Toolkit.pdf>
Reference: Center for Mental Health Services (CMHS) and Substance Abuse and Mental Health Services Administration (SAMHSA)

Title: PEARLS
Audience: Professionals
Topic: Depression treatment
Description: An evidence-based treatment program for depression for older adults. Available in many communities. Contact the ADRC to find the one in your region at: <https://www.adrcforegon.org/consite/index.php>
Link: <http://www.pearlsprogram.org/>
Reference: PEARLS

Title: Addressing Depression in Older Adults: Selected Evidence-Based Programs
Audience: Consumers and professionals
Topic: Programs that address depression in the elderly
Description: Provided information about three evidence-based programs for depression recommended by the CDC.
Link: http://www.cdc.gov/aging/pdf/mental_health_brief_2.pdf
Reference: Centers for Disease Control (CDC)

Title: Nursing Standard of Practice Protocol: Substance Misuse and Alcohol Use Disorders
Audience: Professionals
Topic: Evidence-based screening and assessment
Description: Provides definitions of what constitutes substance use, abuse, dependence, and other factors associated with at-risk behaviors; information about risk factors, presentation, assessment, and treatment; links to evidence-based screening tools; and suggested intervention strategies.
Link: http://consultgerirn.org/topics/substance_abuse/want_to_know_more
Reference: Hartford Institute for Geriatric Nursing

Title: Webinar: Suicide Prevention and Older Adults

Audience: Professionals

Topic: Suicide

Description: This webinar discusses risk factors for suicide, screening tools, and effective prevention interventions.

Link: <https://vimeo.com/107621210>

Reference: National Council on Aging (NCOA)

SUBSTANCE ABUSE

Title: Alcohol Use and Screening and Assessment for Older Adults

Audience: Professionals

Topic: Screening

Description: The Short Michigan Alcoholism Screening Instrument—Geriatric Version (SMAST-G) is tailored to the needs of older adults. This tool should be used to discuss the need to cut down on the amount of alcohol consumed with patients who score positively.

Link: http://consultgerirn.org/uploads/File/trythis/try_this_17.pdf

Reference: The Hartford Institute for Geriatric Nursing

Title: Alcohol Use Disorders Identification Test (AUDIT)

Audience: Professionals

Topic: Screening

Description: Evidence-based screening tool for alcohol abuse.

Link: <http://consultgerirn.org/uploads/File/Alcohol%20Use%20Disorders%20Identification%20Test.pdf>

Reference: The Hartford Institute for Geriatric Nursing

VII. Brochures, Pamphlets, and Booklets

DEPRESSION

Title: Older Adults and Depression

Audience: Consumers

Topic: Depression

Publication Type: Pamphlet

Description: Consumer-friendly pamphlet that defines depression and types of depression; signs and symptoms, causes, treatment, ways to offer support, treatment, and crisis intervention options.

Link: http://www.nimh.nih.gov/health/publications/older-adults-and-depression/older-adults-and-depression_141998.pdf

Reference: National Institute of Mental Health (NIMH)

Title: Aging Well: Treating Depression in Older Adults

Audience: Consumers

Topic: Depression

Publication Type: Pamphlet

Description: Provides information about depression, risk factors, presentation, and the importance of evidence-based practice.

Link: <http://store.samhsa.gov/shin/content//SMA11-4631CD-DVD/SMA11-4631CD-DVD-Brochure.pdf>

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

Title: Depression and Older Adults: Key Issues

Audience: Consumers and professionals

Topic: Depression and Older Adults

Publication Type: Booklet

Description: Provides information about demographic trends, definitions and risk factors for depression, prevalence of depression, and the impact and cost of depression. It also provides you with a brief summary stating why implementation of evidence-based practices is important.

Link: <https://store.samhsa.gov/shin/content/SMA11-4631CD-DVD/SMA11-4631CD-DVD-KeyIssues.pdf>

Reference: SAMHSA

SUBSTANCE ABUSE

Title: Aging, Medicines, and Alcohol

Audience: Consumers

Topic: Alcohol and prescription drug misuse

Publication Type: Brochure

Description: Designed to increase awareness among older adult consumers about possible problems related to the misuse of alcohol, prescription drugs, or over-the-counter drugs. Lists signs of misuse and suggests actions the elderly can take to avoid or deal with problems.

Link: <http://store.samhsa.gov/product/Aging-Medicines-and-Alcohol/SMA12-3619>
Reference: SAMHSA

Title: Older Adults and Alcohol—You Can Get Help
Audience: Consumers
Topic: Alcohol misuse treatment
Publication Type: Booklet
Description: Consumer-friendly booklet containing facts about aging and alcohol, medication effects treatment options, health risks, Q&A section.
Link: https://www.nia.nih.gov/sites/default/files/older_adults_and_alcohol.pdf
Reference: National Institute on Aging (NIOA)

Title: Brochures and Fact Sheets
Audience: Consumers
Topic: Alcohol-related topics
Publication Type: Booklet
Description: Provides easy-to-read material for the public covering a wide range of alcohol-related topics.
Link: <http://www.niaaa.nih.gov/publications/brochures-and-fact-sheets>
Reference: National Institute on Alcohol Abuse and Alcoholism

SUICIDE

Title: Suicide assessment and prevention for older adults
Audience: Professionals
Topic: Suicide
Publication Type: Pamphlet
Description: This pamphlet describes how to recognize suicide risk, engage at-risk elders in the assessment process, perform an assessment, and address immediate and ongoing risk management. It also lists risk and resiliency factors, warning signs, and organizations that can provide additional information.
Link: http://www.ccsmh.ca/pdf/CCSMH_suicideBrochure.pdf
Reference: Suicide Prevention Resource Center

Title: National Suicide Depression Lifeline: Older Adults Suicide Prevention
Audience: Professionals
Topic: Suicide
Publication Type: Poster
Description: Poster with suicide prevention lifeline telephone number.
Link: <http://store.samhsa.gov/product/National-Suicide-Prevention-Lifeline-Older-Adults-Suicide-Prevention/SVP06-0163>
Reference: SAMHSA

Title: Plus 65: Senior's Suicide Prevention Resource Toolkit

Audience: Consumers and professionals

Topic: Suicide

Publication Type: Pamphlet

Description: Brochure with statistics, myths, warning signs, risk factors, protective factors, theories, a case study, nice pictures and references.

Link: <https://suicideinfo.ca/LinkClick.aspx?fileticket=cmFwRL4DMJw=>

Reference: Canadian Mental Health Association