

How are OABHI Specialists Making a Difference in their Communities?

IMPROVING ACCESS TO BEHAVIORAL HEALTH CARE

Identifying older adults with behavioral health needs and getting them connected to care

Building and Participating in Multidisciplinary Teams

Collaborative Older Adult Solutions Team (COAST)

Lead OABHI Specialists: Kim Whitely, Kera Magarill & Jennifer Robbins

County: Washington

The Collaborative Older Adult Solutions Team (COAST) is a Multidisciplinary Team (MDT) that was initially started for the purpose of staffing complex case consultations that weren't already staffed by an existing Washington County MDT. COAST is targeted to older adults and people with disabilities who have behavioral health needs. This project was started by Kim Whitely, the Specialist who previously worked in Washington County and has since moved to Clackamas County. The current Washington County Specialists, Jennifer Robbins and Kera Magarill, continue to lead the COAST MDT. Initial partners involved in the Washington County MDT included the District Attorney's office, the Sheriff's Office, other law enforcement agencies, Disability, Aging and Veterans services, various members of the Behavioral Health and Residential Specialist and Forensic Team, Tri-County 911, Tuality Geropsych staff, staff from Impact NW, public health, EMS, Tualatin Valley Fire & Rescue, Lifeworks NW crisis team, Home Instead, Housecall Providers, and Aging & People with Disabilities. There is now a COAST MDT running in Multnomah County and Lincoln County.

Linc-COAST (Collaborative Older Adult Solutions Team)

Lead OABHI Specialist: Marie Laper

County: Lincoln

The purpose of this project is to improve outcomes for older adults and people with disabilities who are high utilizers of safety-net services in Lincoln County. Linc-COAST includes staff from APD, Mental Health, a Tribal representative, a Home Health agency, the local ambulance service, and the Newport Fire Chief. The group is looking to expand its membership to include someone from the faith community, from the FQHC, and the hospital ED. Marie Laper, a Specialist under contract with Oregon Cascades West Council of Governments, took the lead in implementing Linc-Coast. She organizes and facilitates the meetings. She may also complete a one-on-one assessment with a consumer who has been identified as a high utilizer.

MDTs

Lead OABHI Specialist: Aylee Rhea

Counties: Clatsop, Columbia and Tillamook

The purpose of the multidisciplinary teams (MDTs) in these counties is to address how to best and appropriately meet the needs of people who frequently uses emergency services. Clatsop Behavioral Health, Adult and People with Disabilities of Columbia county, and Adventist Health Tillamook are key community partners in finding appropriate interventions and departments. Aylee provides various resources and referrals, in addition to inviting new providers to attend.

Increasing access to providers & overcoming barriers

Medicare "Incident to" Billing for Community Mental Health Program

Lead OABHI Specialist: Cherish Dominger & Linda Joens

Counties: Josephine

Options for Southern Oregon, the Community Mental Health Program based in Josephine County has been working to restructure to be able to bill under Medicare "incident to." Under this billing code, other licenses such as an LPC can work under a licensed medical provider - NP, LCSW, PsyD - to provide services to Medicare consumers. Eventually, they hope to set up a mobile unit to go to assisted living and primary care offices to see Medicare clients in those settings as well. Cherish has been involved with every step of the process to coordinate this effort.

4C Wraparound Care

Lead OABHI Specialist: Kim Whitely

Counties: Clackamas & Washington

Cascadia Behavioral Health and Kaiser Permanente serve as the Wraparound Care Coordinators. Other partners include a Multnomah County Behavioral Health Specialist (Laurel Wonder), the Mental Health Association of Oregon and Multnomah County APD. The former Medical Director of Behavioral Health at Washington County Behavioral Health and Clackamas County Behavioral Health has been involved in implementing 4C statewide since its inception.

This project was started by Kim Whitely in partnership with the APD Innovator Agent when she worked as a Specialist in Washington County, and she continued the project when she began working as a Specialist in Clackamas County. This Specialist has co-lead the project since first implementing it and was involved with selecting screening tools, recruiting partners, providing trainings, and offering support. This project is on a temporary hiatus due to turnover at APD.

Adult Foster Home Website (or findadultfostercare.com)

Lead OABHI Specialist: Sean Connolly

County: Jackson

The purpose of the Adult Foster Home Website is to find open beds in adult foster homes. This site replaced an older system that was designed to help the Aging and People with Disabilities office in Jackson County keep track of available beds. The previous site was outdated and not used as designed. Previously, users would need to call each foster home to see if there was an open bed available, and because the homes were alphabetized, many homes were not contacted about space availability. The site was not a viable solution, so it was re-developed so foster home providers could post when there was an open bed in real-time. It also allows for email notifications when beds open up. Sean Connolly, the Specialist in Jackson County, started this project after receiving a request from APD to re-develop the site. Sean managed this project and participated in ongoing coordination meetings with the website developer and APD staff. APD transition coordinators managed the licensure component of the website.

Adapting services to meet the needs of older adults

Resident Services Navigator Pilot

Lead OABHI Specialist: Chris Eilers & Kay McDonald

County: Lane

The purpose of this project is to provide direct health navigation services through Homes for Good to the residents of two HUD housing communities, one in Eugene and the other in Cottage Grove. Interns from Lane Community College, the University of Oregon, Pacific University and Portland State University provide one-on-one health navigation as well as training and organization at these housing communities. The interns receive supervision from Cascade Behavioral Health and Senior and Disability Services. The OABHSs provide training to the interns focused on navigating the behavioral health system and the healthcare system in general. They provide information they have access to as care coordinators with the local CCO, as well as a consultation for interns around directing consumers to services. They provide training for residents at communities, organize health fairs and potlucks, and coordinate quarterly meetings with all partners involved. At one of the communities, the interns helped develop a resource center that has information, brochures, and a community phone that residents can use to make appointments.

Reach Out Program

Lead OABHI Specialist: Sean Connolly

County: Jackson

The purpose of the Reach Out program was to do in-home assessments to get people connected to resources that they may be eligible for. Resources were holistic as possible and include everything from legal help to bereavement counseling. The program combined many different tools from cognitive to psychological screenings and helps with determining whether there is a service deficit in the area and what consumer may be eligible for.

This program was started by Sean Connolly, the Specialist in Jackson County, through left-over funding from the Specialist who previously worked in Jackson County. This Specialist worked closely with health systems to get referrals, including Providence Behavioral Health, Asante Behavioral Health and other local mental health agencies. The Specialist worked with staff to troubleshoot and debrief on cases. He also acted as one of the clinicians who performed assessments. The program ended in spring, 2018 due to lack of funding

Vulnerable Adult Program

Lead OABHI Specialist: Reed Hedlund

County: Yamhill

The purpose of this program is to support people who have different vulnerabilities where outpatient settings are not the most supportive means. Reed Hedlund advocated for developing this specialized outreach program to meet needs of individuals who have a difficult time coming into outpatient settings. He currently provides consultation to a team comprised of therapists, intensive case managers, peer support specialists, and developmental disability services. North West Senior and Disability Services is a key partner.

Older Adult Behavioral Health Home Care

Lead OABHI Specialist: Kathleen Rutherford

County: Klamath

This project was created to provide community members with in home behavioral health care for those who have transportation issues or do not wish to come to an office due to stigma about their behavioral health needs. Klamath Basin Behavioral Health agreed to hire a .5 FTE behavioral health therapist based as a result of this project. The specialist advocated for the addition of this behavioral health therapist.

Ensuring access to guardianship resources

Public Guardianship and Conservator Development

Lead OABHI Specialists: Angela Jensen & Brianna Neves

County: Crook, Deschutes and Jefferson

The Public Guardianship and Conservator Development Project aims to increase the number of public guardians and conservators for older adults. This project is ongoing and has the potential to become its own non-profit organization. The project included staff from a number of organizations including the National Center for State Courts, the regional tribal court, Central Oregon Health Council, county commissioners, the county courts, the public guardian office, the local AAA, and various community behavioral health non-profits. The Specialist held a regional summit in November, helped produce a report early this year, and is currently working to transform the project into its own non-profit organization.

Increasing Guardianship Resources for Vulnerable Older Adults

Lead OABHI Specialist: Laurel Wonder

County: Multnomah

The purpose of this project was to provide one-time grants to pay legal fees for family members able and willing to seek guardianship for a family member. The criteria for being accepted included a cognitive deficit such as that created by dementia or a history of mental health support needs, including depression or anxiety. There was no financial eligibility requirement.

Laurel Wonder, a Specialist with Multnomah County Mental Health and Addiction Services, promoted the program to medical and aging services staff. She also completed capacity assessments with potential recipients to determine if they were appropriate referrals.

INCREASING WORKFORCE KNOWLEDGE AND SKILLS

Ensuring older adults with behavioral health needs are served by well-trained staff

Training the long-term care workforce

Positive Approach to Dementia Care Training

Lead OABHI Specialist: Rod Harwood

County: Wallowa

The purpose of this project is to train assisted living staff to better serve residents who demonstrate complex behaviors associated with dementia. Rod Harwood, a Specialist with Greater Oregon Behavioral Health, Inc., initiated this training program after receiving a request for to provide Teepa Snow's Positive Approach to Dementia Care™ by the Director of Wallowa Valley Assisted Living. This training had not previously been available in this area of the state, and there were high costs associated with sending staff to Portland to receive this training.

This Specialist became certified to provide this training, and it was attended by a large audience (25 people were expected, and 66 people showed up). Rod Harwood has since provided this training for assisted living and other long-term care facility staff, law enforcement and correctional agency staff, caregiver support groups, faith communities, family care members, Aging and People with Disabilities and behavioral health staff. Rod Harwood has been in communication with those who underwent the training, and has received feedback that the training has helped to mend relationships between caregiver support groups and assisted living facilities.

Adult Foster Home Provider Behavioral Health/Mental Health Curriculum Development project

Lead OABHI Specialists: Reed Hedlund, Patrick Brodigan & Betty Sledge

Counties: Marion, Polk & Yamhill

The purpose of this training series was to give adult foster home providers a clear framework for intervening and supporting individuals living with mental health conditions, and/or exhibiting behavior that is difficult for providers to manage. North West Senior and Disability Services was a key partner in initial outreach, promotion and marketing of the training series. Reed Hedlund, Patrick Brodigan, and Betty Sledge developed the curriculum for the training series.

Trauma Informed Care Training in Long-Term Care

Lead OABHI Specialist: Janet Holboke

County: Multiple (GOBHI)

Janet Holboke, the GOBHI Behavioral Health Specialist, has been providing workforce development training events since joining the Initiative in 2015. She has seen a shift in the communities in which she works, an improvement in awareness of mental health issues and older adults. This Specialist recently completed several trainings on Trauma Informed Care in nursing facilities. Training development has included community partners such as Community Action, CMHP's, APD, nursing facilities, and assisted living facilities.

This Specialist recently launched "AL Assist", which is modeled after the Nursing Facility ECHO program, a training Initiative to grow the capacity of future primary care workforce to provide high-quality care to older adults.

QPR (Question, Persuade and Refer) Training

Lead OABHI Specialist: Rod Harwood

Counties: Morrow, Umatilla, Wallowa, Union, Grant, Baker, Lake, and Malheur Counties

The purpose of this project is to deliver QPR training for residential staff to better serve residents who have been struggling with suicidal ideation. Rod Harwood, a Specialist with Greater Oregon Behavioral Health, Inc., is preparing to become QPR certified. This training project is in its infancy stages and has not yet been delivered.

Responding Effectively to Challenging Behaviors

Lead OABHI Specialist: Betty Sledge

County: Polk, Yamhill and Marion

The purpose of this project is to provide training for caregivers in APD Care homes on how to deal with challenging behaviors. Adults and People with Disabilities (APD) requested the Specialists provide this training due to the number of people aging out of mental health homes and into ADP system. The training includes 3 modules: Foundational information, Mini mental health module, practical applications. The Specialists delivered the training to care homes in the tri-county area (Polk, Yamhill & Marion). This is an ongoing project providing regular trainings.

Training attendees include Adults and People with Disabilities (APD) Care home staff and APD licensing staff. Attendees provided positive feedback about the usefulness of the training. All three Specialists are involved in training content and delivery. Each Specialist lead a specific section of the training. Betty Sledge took lead on the Mental Health Module and the Unmet Needs Module.

Life Enrichment for Residents in Adult Care Homes

Lead OABHI Specialist: Helen Beaman

Counties: Benton and Linn

The purpose of this project is to encourage Activity Directors or other staff in Adult Care Homes who contract with Oregon Cascade West Council of Governments to provide activities that engage their residents with each other in meaningful ways. For example, residents might have expertise in a given area that they can describe or demonstrate to others in the Care Home.

Helen Beaman, a Specialist under contract with OCWCOG, has developed a Life Enrichment curriculum and will provide it free of charge to interested Adult Care Home staff.

First responder training & Mental Health First Aid

Mental Health First Aid

Several Specialists throughout the state are deliver the evidence-based training Mental Health First Aid to a wide range of audiences including first responders, long-term care workers, and community members. Below are a few examples from those who highlighted their MHFA training as a special project.

Lead OABHI Specialist: Helen Beaman

County: Linn, Benton, and Lincoln

Train Oregon Cascade West Council of Government Staff and Volunteers to use Older Adult Mental Health First Aid Principles. The purpose of this project was to expand the number of OCWCOG staff and volunteers who can respond effectively to older adults who may be experiencing a mental health problem. Between 2 and 300 people in Linn, Benton and Lincoln counties were trained. The Health Education Department at Samaritan Health Plan was a key partner in organizing the training. Helen Beaman, a Specialist under contract with OCWCOG, participated as a co-trainer.

Lead OABHI Specialist: Chris Eilers & Kay McDonald

County: Lane

Mental Health First Aid is a national program designed to teach community members the skills they need to respond to a mental health crisis as well as the signs of developing mental illness and substance use disorders. Efforts in Lane County have evolved over time from a broad focus on community members to a targeted approach to train caregivers. This effort has been made possible by a partnership with the Oregon Home Care Commission as well as several home health and hospice agencies in Lane County. The goal is to educate healthcare workers who are not necessarily trained in behavioral health, but who have close to daily contact with consumers, often in their living environment. This level of interaction makes them the most likely provider to notice changes that

would indicate that a behavioral health condition is developing, and the daily contact makes them a trusted individual in the event of a mental health crisis. The specific contributions Chris has made include organizing trainings, advertising, paying for the manuals and materials, providing food for most of the events/trainings, and sharing local resources at the end of the trainings. Chris has co-facilitated one-day trainings with several other current and former Specialists.

Lead OABHI Specialist: Laurel Wonder
County: Multnomah

Any resident who wants to be certified in Mental Health First Aid can register through Multnomah County's "Get Trained to Help" Collaborative. The purpose of this project is to increase the number of people who complete the Older Adult curriculum provided in MHFA training, for example client-employed providers under the umbrella of the Oregon Health Care Commission.

Laurel Wonder, a Specialist with Multnomah County Mental Health and Addiction Services, has completed the Older Adult MHFA certification, and is active in outreach to older adult service providers.

Approaching Alzheimer's

Lead OABHI Specialists: Kera Magarill & Jennifer Robbins
County: Washington

"Approaching Alzheimer's" is a train-the-trainer effort designed for those in law enforcement and first responders to better address needs of people with Alzheimer's and dementia in crisis situations. Kera Magarill and Jennifer Robbins, the Specialists in Washington County, partnered with the Alzheimer's Association, and utilized their curriculum, which they had previously been delivering to law enforcement officers. The training was modified to be delivered in-house. Twenty different agencies participated in the training, and are now able to train their teams.

De-Escalation Training for Front-line Staff

Lead OABHI Specialist: Laurel Wonder
County: Multnomah

The purpose of this project is to provide business service staff and eligibility workers in Multnomah County Department of Human Services District Offices with the knowledge and skills to manage clients who are experiencing altered states due to intoxication or mental health issues. The training is now a part of orientation sessions for new staff.

Laurel Wonder, a Specialist with Multnomah County Mental Health and Addiction Services, co-created the training curriculum and managed outreach to the District Offices as well as much of the scheduling.

NARCAN Distribution Program

Lead OABHI Specialist: Max Harvey

County: Multnomah

The purpose of this project is to prepare front-line staff and others to use NARCAN™ nasal spray if they encounter an older adult at high risk for an opioid overdose. The target audience includes staff in Multnomah County's APD District Offices as well as representatives from Dignity Village. Group and one-on-one trainings are provided. Multnomah County Public Health initially allocated 20 NARCAN doses to the project; a request for more doses is in process.

Max Harvey, a Specialist with Multnomah County Mental Health and Addiction Services, wrote the proposal to be a distribution program. He completed a train-the-trainer program and is the lead trainer and project consultant.

Educating clinicians and service providers

Improving Outcomes for Older Adults with Substance Use Disorder

Lead OABHI Specialist: Kris Boler

County: Union

The purposes of this multi-year project were to improve access to care for older adults in Union County with SUD and to raise awareness of SUD issues among clinicians. Using Encounter data, access rates increased from 1.7 percent to 3.5 percent, exceeding the goal of 3 percent. In addition to a conference for clinicians, 18 people were trained in the Wise Initiative for Senior Education, an evidence-based program for older adults that includes content on substance use. Kris Boler, a Specialist with Greater Oregon Behavioral Health, Inc., designed the project, organized the WISE training, and mentored the WISE facilitators. GOBHI funded the costs of bringing WISE trainers to LaGrande and the Center for Human Development organized the WISE trainings.

Age Specific Treatment Programming for SUDs and Older Adults

OABHI Specialist: Adam Jones

County: Douglas

The purpose of this project is to deliver a substance abuse treatment program curriculum that is targeted to older adults to better engage them in treatment. This curriculum was adapted to include topics about retirement, bereavement, boredom and age-related changes. The SAMHSA curriculum was adapted to be a 12-week program, and was also adapted to be an open group so participants could join at any time. This project was started by the Douglas County Specialist, Adam Jones, along with a small workgroup of APD and AAA staff. This Specialist did some trainings with ADAPT for their substance use clinicians, targeted trainings for trainers, and training for older adults as well. This is an ongoing project.

Dr. Nash Gerontology Education Hour

Lead OABHI Specialists: Angela Jensen & Brianna Neves

County: Statewide (virtual)

The Dr. Nash Gerontology Education Hour is a regularly occurring educational webinar program that provides training to increase individuals' and organizations' capacity to provide BH services to older adults. The Dr. Nash Gero Ed Hour is a collaboration between the Central Oregon Health Council, Pacific Source CCO, community partners, and the various educators and trainers. The Central Oregon OABHI team created the webinar program, identifies and recruits content experts, conducts community outreach to promote the program, processes CME applications, and manages the program.

Clinician and Service Provider Training Series with Nirmala Dhar

Lead OABHI Specialist: Aylee Rhea

Counties: Clatsop and Tillamook

Aylee Rhea developed a training series with Nirmala Dhar targeted towards clinicians and service providers. Northwest Senior and Disability Services and Clatsop Behavioral Health were key partners in this effort. Aylee identified locations of trainings, coordinated with Nirmala, established the CEU process, and has provided follow-up to clinicians.

Organizing conferences to support optimal care

Moving from Chaos to Coordination Conference

Lead OABHI Specialist: Jill Williams

County: Multnomah

The purpose of this annual conference is to bring together staff who provide care coordination or case management (e.g., Exceptional Needs Care Coordinators, APD case managers, hospital discharge planners, etc.) to improve care coordination across disciplines and between inpatient and outpatient systems. The 2020 conference will be funded by Providence Health Systems.

Jill Williams, a Specialist with Multnomah County Aging, Disability and Veterans Services, chairs the Conference Planning Committee and is responsible for making sure the event goes off as planned. This Specialist coordinated the event, identified available resources and leveraged those with community needs in the law enforcement community

Mid Valley Conference “When Aging and Behavioral Health Meet”

Lead OABHI Specialist: Patrick Brodigan

Counties: Yamhill, Polk & Marion

The purpose of the conference was to look at the intersection of dementia and mental health. Additionally, this conference attracted stakeholders such as consumers, care providers, and long-term care providers involved at the local level to address gaps in services to older adults and persons with disabilities. North West Senior and Disability Services was a key partner in organizing this conference. Patrick participated by conceptualizing, planning, and organizing the conference.

Mid Valley Conference, “Brain Injury: Clinical Implications across the Spectrum of Care”

Lead OABHI Specialist: Patrick Brodigan

Counties: Yamhill, Polk & Marion

The purpose of this conference was to promote brain injury training to direct care staff who serve individuals struggling with a traumatic brain injury (TBI). Patrick targeted Aging and People with Disabilities (APD) homes so they would be able to send their staff from their specialized homes who work with individuals who have brain injury. Brain Injury Alliance of Oregon was a key partner, particularly in identifying speakers for the conference. Patrick participated by conceptualizing, planning, organizing, and executing the conference.

3rd Annual South Central Coast Healthy Aging Conference

Lead OABHI Specialist: Lualhati Anderson

County: Coos

The purpose of this project is to provide annual conference in the region related to behavioral health presentations from subject matter experts in the field. This year’s guest speakers included Nirmala Dhar, LCSW; Chris Rosen, Public Guardian Office; Dr. Cuccaro –pain expert and Q&A panelist from local organizations/agencies such as APD supervisor, APS supervisor, NBMC and Coos Health & Wellness Older Adult program manager. It was attended by at least 80 attendees which comprised of local professionals in the medical and behavioral field, case managers and aging services. A supervisor from APD and APS, along with Dr. Shay Stacer/NBMC and Melody Reed/CH&W were part of the Q&A panel. Area Agency on Aging, Coos Elderly, Coos Health & Wellness, South Coast Home and Hospice along with SCC OABHI were table vendors. Team effort in organizing the event, from setting the agenda, communicating with guest speakers, creating gift baskets and guest speaker gifts, to ensuring all goes well on the day of the conference. The next conference is planned for fall 2020.

Annual Healthy Aging Conference

Lead OABHI Specialist: Chris Eilers & Kay McDonald

County: Lane

Lane County has organized annual Health Aging Conferences in 2018 and 2019. The purpose of this project is to bring regionally known trainers for a variety of professionals – mental health (MH) providers, aging services case managers, long-term care communities, home health and hospice, palliative care, community health workers, primary care, and nursing facility staff. The first conference focused primarily on Mental Health, although presenters ranged from psychiatry to palliative care providers, and had approximately 80 attendees from mostly MH agencies, but also some from aging services. The event provided breakfast and lunch, in a large conference room at Lane Community College. Ten different organizations participated in tabling outside of the venue, including home health, hospice, assisted living, and behavioral health providers. In addition to providing training and education, the event served as a community building opportunity with many different organizations represented. The second conference had many more attendees, around 120, and the themes expanded to include grief and loss, LGBTQIA+ issues and concerns, dementia, and Tai Chi for Better Balance. The variety of participants also increased, and reflected the multi-disciplinary coalition that has formed as a result of the OABHI in Lane County.

ENGAGING COMMUNITY PARTNERS

Encouraging community partners to work together to improve services

Eliminating barriers between agencies

APD and Compass Bridge Building

Lead OABHI Specialist: Adam Jones

County: Douglas

The purpose of this project is to improve coordination and collaboration between Aging and People with Disabilities and Compass Behavioral Health. Resentments between the agencies resulted in an openly hostile environment. Since this project was initiated, the two agencies are in close communication regarding complex cases and brainstorming how to resolve issues. APD caseworkers and Compass caseworkers have done a handful of shared trainings together.

This project was initiated by Adam Jones, the Specialist in Douglas County, and APD and Compass have both been involved in this collaboration effort. This Specialist was responsible for reaching out, setting up meetings and building relationships between Compass and APD.

AAA and County Mental Health Department Collaboration

Lead OABHI Specialist: Betty Sledge, Patrick Brodigan

County: Polk & Marion

The purpose of this project is to break down historical barriers between agencies. The project includes regular discussions with county mental health agency and AAA on barriers, what can be done to better serve clients, and discussions on any frustrations with the mental health system. This is an effort to repair long-standing relationships locally in mental health services. The stakeholders involved include AAA case managers at NorthWest Senior and Disability Services (NWSDS) and the Polk County Mental Health Department staff. This effort has forged new pathways to accomplish goals that have never been done before in the area provides a way to triage barriers and identify opportunities locally and within the wider system by using diplomacy and bringing new perspectives. The Specialist established regular meetings and communication channels between NWSDS and the Polk County Mental Health Department. This is an ongoing project.

APD annual joint training and monthly staffing meetings:

Lead OABHI Specialist: Cherish Dominger & Linda Joens

County: Josephine

This effort centered around the goal to improve system navigation between aging services and behavioral health staff and to clarify the roles of each. There was a specific focus on frontline staff to ensure they had a clear understanding about how to serve older adults with behavioral health needs. Each month, there is a presentation from each group, focusing on different topics that are relevant for cross-training. The Josephine County Specialists plan and implement this collaborative effort.

Building stakeholder alliances

Mid-Willamette Valley Stakeholders Group

Lead OABHI Specialists: Betty Sledge, Patrick Brodigan, Reed Hedlund

Counties: Polk, Yamhill, Marion

The purpose of this project is to build an alliance between community stakeholders in Polk, Yamhill, and Marion Counties. This is a collaborative effort by the three specialists in these counties: Betty Sledge, Patrick Brodigan and Reed Hedland. This is an ongoing project with regular monthly meetings in Salem. The alliance makes accomplishing larger projects more feasible. Stakeholders attending these meetings include: advocates, the AAA, community health nurses, consumers, senior center staff, representatives of the faith community, a county commissioner, a deputy district attorney (DA), physicians, a licensed psychologist and representation from the Confederated Tribes of Grand Ronde. The stakeholders share what is happening in the community and provide insight into the gaps and services available in the region.

Stakeholder Group

Lead OABHI Specialist: Kay McDonald & Chris Eilers

County: Lane

When the Initiative first began, Kay McDonald and her supervisor identified and brought together a coalition of stakeholders called the Older Adult Work Group (OAW). The goal was to assess current access to behavioral health services and other important supports for older adults and adults with disabilities, identify best practices to address the unique needs of the population, and to educate local providers about those practices and needs. Chris Eilers is the current chair of the OAW, and he shares the chairmanship with a community partner. The group meets monthly, and has representation from APD (LCOG), long-term care communities (administrators and Ombudsmen), home health and hospice providers, local Behavioral Health providers, CCO representatives, and Peace Health Primary Care, among others. These individuals have formed a network that works to identify gaps in the service array, so that they can address the barriers and effect policy change within their organizations. Several projects have been started by this group to address gaps in services that cannot be closed by employing the current mechanisms available in the traditional healthcare systems. Stakeholders also disseminate information to their colleagues and serve as advocates for older adults and people with disabilities who have behavioral health needs. Another role of the OAW is to help plan conferences that provide free training on the evidence-based practices identified as best suited to the population.

Multnomah County Older Adult Coalition

Lead OABHI Specialist: Max Harvey

County: Multnomah

The purpose of this project was to bring agencies who serve the older adult population together to work on specific projects like streamlining the back-ground check process for volunteers. Pre-meetings were held with agency staff to explore the need for such a coalition. The Maybelle Center, the Hollywood Senior Center, and the Q Center were some of the agencies that were invited to join the Coalition. Multnomah County OABHI staff organized and facilitated Coalition meetings. Despite their best efforts, the Coalition failed to get off the ground. Max Harvey, a Specialist with Multnomah County Mental Health and Addiction Services, played a lead role in recruiting Coalition members and assisting with facilitating and note-taking at Coalition meetings.

Combining forces to target specific issues

Hoarding Task Force

Lead OABHI Specialist: Kathleen Rutherford

County: Klamath

The Klamath Hoarding Resource Network is a hoarding task force that increases collaboration between aging services and behavioral health services, provides workforce development and community education, and facilitates support groups for people experiencing issues with hoarding. This effort was supported by staff from the local AAA/ADRC, the city code enforcement office, SPOKES (agency for people with disabilities), animal control, KCLAS (agency that helps people who need help with home repairs and/or bills), adult DHS, and the CCO. The Specialist and her colleague received training on hoarding, identified and distributed a scale for assessing hoarding behaviors, led trainings to increase the capacity of local behavioral health agencies, and created referral streams with local agencies to improve coordination of services.

Hoarding Task Force

Lead OABHI Specialist: Jill Williams

County: Multnomah

The purposes of the Hoarding Task Force are to maintain a website as the “go to” place for resources, collect data about the extent of hoarding and related demographics, and train agency staff who are likely to encounter hoarding as a consumer issue (e.g., housing providers, home health, case managers, mental health clinicians, and adult protective services). The training committee also provides community education and has sponsored conferences since 2016 that are open to all community members free of charge. Task Force members include agencies such as Multnomah County Aging, Disability and Veterans Services, NW Anxiety Institute, Pacific University, Cascadia Mental Health, Portland Fire and Rescue, and others.

Jill Williams, a Specialist with Multnomah County Aging, Disability and Veterans Services, is the Co-Chair of the Task Force and heads the Training Committee. She was responsible for bringing Randy Frost, a nationally known expert on hoarding, to bring his Buried in Treasure™ model to Oregon. About 700 people (2/3 professionals and 1/3 general public) attended. Jill has provided training for other OABHI specialists in their counties as well as organizations like Villages Northwest. She also does one-on-one coaching or consultations.

Aging in the Gorge Alliance

Lead OABHI Specialist: Kris Boler

Counties: Hood River and Wasco

The purpose of this project is to implement Dementia Friendly America concepts in both Hood River and The Dalles. (A dementia friendly community is a town, city or county that is informed, safe and respectful of individuals with the disease, their families and caregivers and provides supportive options that foster quality of live.) Alliance members include the Hood River Adult Center, Providence Health Care, Hawk's Ridge Assisted Living, Jesse R. Richardson Foundation, a retired primary care provider, a community volunteer and Hood River County Museum.

Kris Boler, a Specialist with Greater Oregon Behavioral Health, Inc., is GOBHI's representative on the Alliance. She has offered dementia-related training such as Teepa Snow's Positive Approach to Care to the Sherriff and Fire Departments in Hood River.

Merging education and socialization

Multnomah County OABHI Training Series

Lead OABHI Specialist: Jill Williams

County: Multnomah

The purpose of this project is to provide free training to direct service staff to increase their ability to serve older adults and people with disabilities. Attendees include staff from social services, behavioral health, health care settings, supportive housing, peer advocates and first responders. A series of four topics suggested by attendees is provided each spring and fall. Each session allows time for networking across agencies.

Jill Williams, a Specialist with Multnomah County Aging, Disability and Veterans Services, plans each series curricula, identifies guest speakers, and takes care of logistics (e.g., space, advertising, refreshments).

Afternoon Teas

Lead OABHI Specialist: Sean Connolly

County: Jackson

The purpose of this project was to provide education about older adults and people with disabilities who have a behavioral health need to community partners. Topics rotated and were all related to older adults and people with disabilities. The education series also served as an opportunity for networking. This training was started by the previous Specialist in Jackson County and was in the early stages when Sean Connolly, the current Specialist in Jackson County, Sean Conolly, took over the project. Partners included mental health, physical health, CCOs, public health, and veteran's services and they assisted in presenting the education series. This project has been discontinued due to a lack of available carry-over funds. The Specialist is hoping to identify a new funding source.

WORKING UPSTREAM ON PRIMARY PREVENTION

Focusing on the social determinants of health to promote mental health and wellbeing

Addressing loneliness and isolation in older adults

Older Men's Group

Lead OABHI Specialist: Aylee Rhea

County: Columbia County

Compared to the general public, older men are at higher risk for isolation and suicide completion. The purpose of this men's group is to provide help with isolation and increased recognition and depression. This group addresses areas such as how to ask for help, anxiety, depression, and sexuality. Janet Holboke was a Specialist with Greater Oregon Behavioral Health, Inc., who started the group in collaboration with the Senior Center of Astoria. Aylee Rhea, a current Specialist with Greater Oregon Behavioral Health, Inc., works with the lead of the group to create topics, provides assistance in leading the discussion, and contributes to the meals provided.

Men's Group - Astoria Senior Center

Lead OABHI Specialist: Janet Holboke

County: Clatsop

The Men's group at Astoria Senior Center is a strong, cohesive group of 11 men who have been regularly attending meetings in which they have conversations about their emotions and deeper feelings. Sessions cover a variety of topics such as the impact of making mistakes while driving and the fear of losing a driver's license and one's independence. This may appear a small project, but is a model that can be replicated. The GOBHI Behavioral Health Specialist, Janet Holboke, started this group and facilitates all group meetings. She partners with Astoria Senior Center on this project. Participants are referred by Astoria Senior Center and the Qualified Federal Health Center

The Friendship Line in Central Oregon

Lead OABHI Specialists: Angela Jensen and Brianna Neves

Counties: Crook, Deschutes and Jefferson (Statewide)

The Friendship Line is a 24-hour toll-free hotline designed to address loneliness, information needs, and crises experienced by older adults and people with physical disabilities who are socially isolated. The Friendship Line in Central Oregon was the first time this Institute on Aging (San Francisco, CA) program has been extended outside of California, and was a collaboration between the Federally Qualified Health Center, the Central Oregon Health Council, and the Institute on Aging (San Francisco, CA). The Specialist managed the program, conducted community trainings and education and distributed marketing materials to promote the program, and directly coordinated with the program contractor in California.

Senior Loneliness Line

Lead OABHI Specialist: Kim Whitely

County: Clackamas

The purpose of the Senior Loneliness Line is to reduce loneliness for older adults and people with disabilities. Older adults experiencing loneliness can call the line to speak with trained volunteers and staff. This project won a National Association of Counties award in 2019. The project has been up and running for a year, and approximately five-thousand (5,000) calls have been made to the Senior Loneliness Line. Senior Loneliness Line is an equal partnership with Lines for Life and Clackamas County, which funds the Senior Loneliness Line. Both programs offer trainings together on the Senior Loneliness Line. Lines for Life is responsible for program marketing.

This project was started by the previous Specialist in Clackamas County. The current Specialist, Kimberly Whitely, took over the project in 2018. She attends ongoing meetings related to this project and works with partners to strategize marketing. This Specialist has provided training for volunteers and staff who answer the line and provides any additional needed support.

Extending services to rural communities

Oregon Senior Peer Outreach Program

Lead OABHI Specialist: Janet Holboke

Counties: Multiple (GOBHI)

The purpose of the Oregon Senior Peer Outreach Program is to serve rural, isolated older adults. The program is comprised of Peer Outreach Specialists, who are older adults with lived experiences with mental illness. This intensive model is used so that the person receiving the calls and the peer counselor can develop connecting, authentic relationship, and have two-way conversations with each other. The program is in its third year of operation, and over 150 people have been referred, over 120 people have been served, and over 3,800 calls have been made as of Nov. 1, 2019. The UCLA loneliness scores have demonstrated a clear decline in loneliness after the intervention.

Janet Holboke, the Specialist who covers the GOBHI region, partners with Community Counseling Solutions on this project. Many partners make referrals, including APD, community action organizations, Meals on Wheels, hospitals, and primary care providers.

Project Illinois Valley

Lead OABHI Specialist: Cherish Dominger & Linda Joens

County: Josephine

In Josephine County, one of the greatest limitations of the public transit system is that there was just one bus going out to Cave Junction, and it only passed through the main road. For those who live further out, options were very limited. When she learned that the bus company is mandated to stop using their vehicles after a certain point, Linda worked out an agreement so that the bus manager in Illinois Valley would donate vehicles and then train volunteer drivers with their existing training modules. These volunteers would then drive out to the further stretches to pick people up and bring them to the main bus line in town. The Specialists also used this collaboration as an opportunity to promote Mental Health First Aid training among Josephine County Transit. There were several additional community partners involved to make this happen: Illinois Valley Coalition, Cave Junction Senior Center, Cave Junction Homeless Alliance, HealthyU, and Illinois Valley Wellness. Linda helped to spearhead the effort and served as a liaison to the many partners involved in this collaboration

Behavioral Health throughout Douglas County Focused on Older Adults

Lead OABHI Specialist: Adam Jones

County: Douglas

The purpose of this project is to develop consumer-specific materials and mini-lectures within congregate meal sites to patrons during lunch. Purpose is to have behavioral health available as a resource to these people. Trainings are provided in outlying communities that are typically underserved, and lectures are on topics such as depression, anxiety, suicide prevention, problem gambling, fall prevention, and healthy aging. The Douglas County Specialist, Adam Jones, initiated this education project and has implemented the training at congregate meal sites for older adults. This Specialist contributed to curriculum development, provided training, and recruiting participants.

Increasing support systems and awareness

Primary Prevention in Community Settings

Lead OABHI Specialist: Marie Laper

County: Lincoln

The purpose of this project is to work “upstream” by providing residents in Assisted Living Facilities or older adults at Senior Centers with knowledge about signs and symptoms of behavioral health problems and how to seek help for them. Topics include content such as Normal Aging, Depression, Anxiety, Holiday Blues, etc. Marie Laper, a Specialist under contract with Oregon Cascades West Council of Governments, develops the topics, markets the project to ALF and Senior Center staff in Lincoln County and presents the content.

Outreach and Community Education in Senior Centers

Lead OABHI Specialist: Helen Beaman

Counties: Linn and Benton

The purpose of this project is to increase Senior Center participants' knowledge about signs and symptoms of behavioral health problems and how to seek help for them. As a first step, Activity Directors in Linn and Benton counties are encouraged to include behavioral health topics in their programming.

Helen Beaman, a Specialist under contract with Oregon Cascade West Council of Governments, markets the project. She has developed 30-40 presentations on different topics of interest to participants (e.g., anxiety, depression, social isolation) and provides her presentations free of charge.

Health Promotion & Aging workshops lead by David Haber, PhD

Lead OABHI Specialist: Patrick Brodigan

County: Marion

The purpose of these workshops is to share health promotion information with community-dwelling seniors at local senior centers and faith communities in urban and rural areas of Marion County. Topic areas include: (1) medical prevention, (2) movement, exercise, and sleep, (3) nutrition, dietary supplements, mind-body, and (4) mental health. David Harbor, PhD, is a contractor with Marion County Health and Human Services. Patrick facilitated the coordination, organization and materials necessary of these workshops, and did community promotion in support of these workshops.

Campaign to Reduce Depression Stigma

Lead OABHI Specialist: Max Harvey

County: Multnomah

The purpose of this project is to produce a public awareness campaign that targets older adults who may benefit from knowing their risk factors for depression as well as available resources. Campaign materials will be widely distributed (e.g., public transit, congregate meal sites). The Multnomah County Communications Office has helped to identify the target population, develop a slogan, and set up photo shoots. The county affiliate of the National Alliance on Mental Illness will assist in providing access to older adults with first-hand stories. The Clackamas County Loneliness Line may provide pre-and-post-campaign data to help measure the campaign's impact.

Max Harvey, a Specialist with Multnomah County Mental Health and Addiction Services, is taking the lead on managing the development of the campaign.

Making the Wise Initiative for Senior Education Available to Older Adults in the Gorge

Lead OABHI Specialist: Kris Boler

Counties: Hood River and Wasco

The purpose of this project is to make WISE, an evidence-based program that encourages older adults to manage their mental and physical health well-being, available to residents in Hood River and Wasco counties. The target audience is people living in the community or in assisted living facilities.

Kris Boler, a Specialist with Greater Oregon Behavioral Health, Inc., markets the program, takes care of logistics, and is a co-trainer with staff from either Mid-Columbia Medical Center or Providence Hood River Memorial Hospital.

WISE Program (Wellness Initiative for Senior Education)

Lead OABHI Specialist: Lualhati Anderson

County: Coos and Curry

The Wellness Initiative for Senior Education (WISE) is a curriculum-based health promotion program that aims to help older adults increase their knowledge and awareness of issues related to health and the aging process. This particular program was targeted Ocean Ridge Assisted Living. Betty offered the WISE train the trainer which several OABHS attended.

Creating communities of support

Memory Café

Lead OABHI Specialists: Kera Magarill & Jennifer Robbins

County: Washington

Memory Café is a social engagement program for care recipients and their care partners. Volunteers consist of undergraduate Social Work students from Pacific University who can earn class credit by connecting and having conversations with those with dementia and their care partners. Graduate social work interns also work and take leadership roles as hosts at the Cafes.

Kera Magarill and Jennifer Robbins, the Specialists in Washington County, started this program in her county, and was primarily responsible for coordinating the partnerships for the launch of the program, training students in Alzheimer's Disease and dementia, and planning the events.

Death Café

Lead OABHI Specialists: Kera Magarill & Jennifer Robbins

County: Washington

Death Cafes are programs delivered to older adults with the purpose of increasing awareness of death through discussion and socialization. Kera Magarill and Jennifer Robbins, the Specialists in Washington County, worked with libraries and other community partners to train community members to be Death Café facilitators. She designed the training curriculum, coordinated the project, provided on-the-ground support during the Cafes, and consulted with community partners on achieving equity for older adults.

Villages

Lead OABHI Specialist: Rod Harwood

Counties: Lake and Klamath

The purpose of this project is to help seniors age in place by aiding them with various household needs such as changing lightbulbs or repairing a leaky faucet. A software database is used to identify the needs of neighbors as well as neighbors' and other volunteers' available skillsets and resources that can contribute to the program. This is a nationwide program, mostly done in urban areas.

Rod Harwood, a Specialist with Greater Oregon Behavioral Health, Inc., serves as the chair of the Lake Older Adult Collaborative and has worked with this collaborative and as well as the Lake/Klamath Council on Aging to implement the program in Lake and Klamath Counties. The Lake/Klamath Council on Aging hired a half-time coordinator to help recruit community partners and new members. A grant has been secured with the Oregon Rural Health to help support this project. Villages has begun providing ongoing service and support for older adults and people with disabilities.

The Klamath Village

Lead OABHI Specialist: Kathleen Rutherford

County: Klamath

The Klamath Village is a virtual village of diversely skilled volunteers and key partnerships to meet the needs of older adults and people with disabilities. Services include providing referrals, making home health care and physician appointments, providing access to transportation services, assistance with household tasks, handiwork (e.g., plumbing services), and friendly visits. The Klamath Village is a collaboration between Klamath and Lake Counties Council on Aging, APD, APS, community members, the senior center, All Care (home health care agency), the Blue Zones, and High Desert Hospice. The Specialist co-chairs the project, spearheaded the effort to start the village, co-wrote the rules and marketing materials, and co-hired the volunteer coordinator.

Find out more information about the Older Adult Behavioral Health Specialists here:
<https://oregonbhi.org/find-a-behavioral-health-specialist/>