

“Depression and Suicide during COVID-19: Increasing Mental Wellness for Older Adults”

A webinar hosted by:



www.oregongero.org

In collaboration with the Older Adult
Behavioral Health Initiative (OABHI)



BUILDING PARTNERSHIPS FOR
OLDER ADULT BEHAVIORAL HEALTH



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Depression and Suicide during COVID-19:

Increasing Mental Wellness for Older Adults

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Oregon's Older Adult Behavioral Health Initiative (OABHI)

Why: Older adults and persons with disabilities face unique barriers to having their needs met.

What: We are here to help improve the quality of life and systems of care for older adults and people with disabilities!

Who: 24 Specialists work throughout Oregon support Older Adults in gaining better access to necessary behavioral health services.



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How: Specialists conduct Community Education and Workforce Development Trainings, engage in Collaboration with other agencies to improve outcomes for older adults, and offer Case Consultation.

COVID: The Asterisk to all things right now

This presentation was last updated on 4/29/20.

The information included is up to date as of that time. Many of the resources and systems referenced have changed the way they conduct business as the COVID-19 precautions have evolved.

OABHI staff are being redeployed in different capacities throughout the state and have less access to phone/email as a result. Please be patient with us when you reach out with questions.

Thank you!



What is different now?

A pandemic has a unique impact on mental health because it includes both an emergency (stress) and health concerns (grief)

- Stress presents in many ways
- Grief can be grief for loss of those who have died, grief for loss of activities, connections, independence

COVID is again unusual

- the water is running fine, but you can't get a hug from a friend or go to the senior center

Social Distancing v. Physical Distancing

- this is not about withdrawing socially from one another, it's about changing the way we socialize (safely, not in close proximity to one another)

Myths and Facts of older adult depression and suicide during a pandemic

FACT OR MYTH?

Once the COVID-19 precautions are lifted, everyone's mental health will bounce back to 'normal'.

MYTH! *We are all experiencing many levels of stress and uncertainty at this time. Grief, survivor's guilt and economic uncertainty are all likely to impact our mental health recovery in the coming months and years.*

FACT OR MYTH?

Irritability and unexplained physical pain and withdrawal can be a sign of depression in an older adults.

***FACT!** The two most common signs of depression in older adults are irritability & an increase in somatic symptoms, including pain.*

COVID-Related Fact:

Acute Distress during a disaster can present as disorientation/confusion, memory impairment, panic, agitation, apathy, withdrawal

FACT OR MYTH?

Confronting an older adult about suicide is disrespectful and will only make them angry and increase the risk of suicide.

***MYTH!** Asking an older adult about suicidal intent lowers anxiety, opens up communication and lowers the risk.*

FACT OR MYTH?

Older adults who live alone in their own homes are more at risk for depression than older adults who live in long term care settings.

MYTH! *Even before COVID-19 precautions were enacted, people living in long term care communities experienced higher rates of depression.*

Loneliness can be experienced no matter how many people live in your building.

Consider this when planning outreach with your agency.

FACT OR MYTH?

Older adults usually keep their plans to die by suicide to themselves.


MYTH! *Most older adults will communicate their intent preceding a suicide attempt. Many times they will express their intent directly, but sometimes communication is indirect.*

FACT OR MYTH?

During this time of crisis it may be difficult to identify people who need our help.

FACT! Some people will verbalize their emotional discomfort, while others will show signs in much more subtle ways including increased use of emergency services, increased use of substances of abuse, family violence.

Facts about Behavioral Health

- **People can recover!**
 - 20% of older adults living in their own homes will experience a mental health problem, most commonly depression or anxiety
 - **This number increases during times of community crisis**
 - Older Adults are significantly less likely to seek treatment
 - Rates of Suicide are higher for older adults
 - Behavioral health issues can lead to personality changes, “behaviors”, medical complications, increased risk of falls, sleep disturbance... all of which impact their caregivers and the broader community
- 

Physical distancing not social distancing

COVID Specific Considerations:

- Social Connection is strongly correlated to resilience

What can we do about Isolation & Loneliness in our communities:

- **Be the Connection**

3 Plagues of Aging in America

1. Loneliness
2. Helplessness
3. Boredom

Atul Gawande, *Being Mortal*, 2014

Things to listen for during COVID-19

1. I just can't do one more day of this.
2. I'm really alone.
3. How much longer will this go on?
4. I wish I could go to sleep and not wake up.
5. I don't deserve a ventilator.
6. No one would miss me anyways.
7. My family hasn't even called me.
8. My life has no meaning/purpose anymore.

What can we do for ourselves and our community?

3 Rs

- **Rest:** Maintain good sleep hygiene, take a break from the news/TV, establish a routine for rest.
- **Relationships:** Maintain relationships with others through postcards, phone calls, technology, etc.
- **Routine:** Create some type of routine within this new paradigm, including getting dressed, eat meals at set times, drink water, do activities you enjoy throughout the day. etc. Think about the environmental cues you use to create good self-care. How can you create new cues.

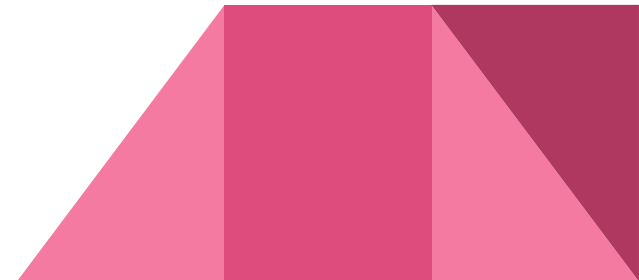
“What helped the last time you felt stressed/depressed/scared/sad?”

This situation is different, but the things that have helped before are a good place to begin looking for support

- Substance Use Disorder support groups are offering online options: Smart Recovery, 12-Step Groups
 - Telepsychiatry- Medicare, Medicaid, private insurers are relaxing regulations for providing web-based and phone-based therapy
 - Alzheimer's, Parkinson's, Faith Communities services, seniors centers, rec centers
- 

What other ways have you remained connected while physically distanced in the past?

- Travel for work, school or service
- Long-distance caregiving
- Long-distance relationships

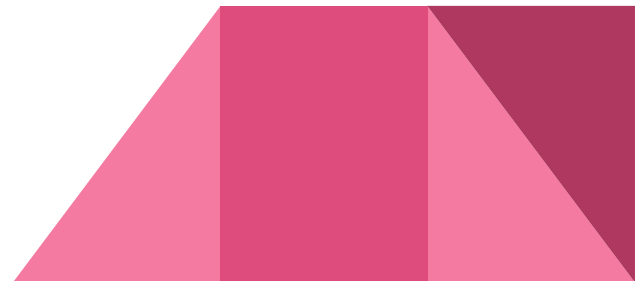


Many Communities offer Mental Health Crisis Services

Crisis Line

* Please look up this number, enter it into your cell phone, and even call to talk with them about the services in your community. Googling “crisis line” during a crisis will create more stress! Do the work today, so you’re prepared when a crisis happens

Urgent Walk-In Clinics



Friendly Chats





Friendly Chats

Scheduling Virtual Visits Now
*Free virtual visits for isolated residents

Available to residents in the following counties: Clatsop, Columbia, Tillamook, Hood River, Wasco, Wheeler, Sherman, Umatilla, Harney, Union, Grant, Lake, Wallowa, Baker, Malheur and Morrow

Meet Our Older Adult Behavioral Health Initiative Team Members

 <p>Kris Boler, MBA Older Adult Behavioral Health Manager</p>	 <p>Janet Holboke, MSW, LCSW Older Adult Behavioral Health Clinical Coordinator</p>
 <p>Rod Harwood, MDiv, MA, QMHP-C Older Adult Behavioral Health Coordinator</p>	 <p>Aylee Rhea, QMHP-C, MBA Older Adult Behavioral Health Coordinator</p>

If your facility has access to:
Internet connection
Computer or tablet with a working camera and microphone
Email address

You can provide your resident with a friendly video chat!

Counties: Clatsop, Columbia, Tillamook, Hood River, Wasco, Wheeler, Sherman, Umatilla, Harney, Union, Grant, Lake, Wallowa, Baker, Malheur and Morrow

*Only for residents feeling isolated as a result of the Covid19 response, this is not virtual counseling for residents with behavioral health needs or those who are in crisis. Call 911 or Contact your local Community Mental Health Program for residents in crisis. Residents in need of behavioral health services will be referred.



To make an appointment:
Call Janet Holboke (503) 305-3633
or email: jholboke@gobhi.org



Oregon Senior Peer Outreach

Washington, Hood River, Wasco, Sherman, Gilliam, Wheeler, Harney Tillamook, Clatsop, Columbia, Morrow, Umatilla, Wallowa, Union, Grant, Baker, Lake, and Malheur Counties

No need to go it alone!



Do you know a Senior who is housebound and lonely, anxious or depressed due to our current health crisis?

Senior Connection Calls

by the Oregon Senior Peer Outreach
Available now! Free!

Call Now: 1-833-736-4676

Senior Connection Calls are a special support service offered by Washington County and the Oregon Senior Peer Outreach. Our Certified Peer Support Specialists are trained to work with Older Adults. We provide a friendly call to listen and provide support to Older Adults weekly or more often on request.



! Estos servicios están disponibles en Español!

A service of Community Counseling Solutions

SENIOR WELLNESS CHECK

Peace of mind is just a phone call away...

What is it?

Senior Wellness Check is a new, free service in which volunteers with local law enforcement agencies make daily phone calls to check on the safety of older residents in Clark County who live alone.



How does it work?

- Calls are made at a pre-arranged time and frequency.
- A log is kept to verify contact.
- If contact is not made after three attempts and the emergency contact cannot be reached, law enforcement will be dispatched to perform a welfare check.

How do I sign-up?

This free program is available for all older residents who live alone in Clark County (excluding City of Camas residents).

For an application, please call the Clark County Sheriff's Office Outreach Unit at 564-397-3380 or email sheriffcommunityoutreach@clark.wa.gov.

Participating agencies include: Clark County Sheriff's Office and the Vancouver, La Center, Battle Ground, Ridgefield and Washougal Police Departments.

www.clark.wa.gov

Senior Wellness Check

Clark County, Washington state


Washington County

- Free counseling for older adults during COVID-19 through Lifeworks
- Washington County Writes
- Oregon Senior Peer Outreach
- Art-by-Mail
- Support-by-text



Senior Loneliness Line (Oregon Statewide)

800-282-7035 or 503-200-1633



With senior living communities and the public trying to limit exposure to COVID-19, many seniors may be feeling more isolated than usual.

Our call-takers are available 24/7 for friendly conversation and resources - call us anytime!
503.200.1633

SeniorLonelinessLine
A SERVICE OF CLACKAMAS COUNTY •  lines of life

Behavioral Health Support Services

- Online trainings
 - Online QPR (suicide safer community training):
<http://www.gettrainedtohelp.com/en/>
 - PFA: <https://www.nctsn.org/>
 - PEARLS: www.washington.edu
- National Suicide Hotline: 1-800-273-8255
- Know and store your county's crisis line
- Warm Line in your community
 - Senior Loneliness Line 503-200-1633

Multnomah County

Friendly Callers will become available soon. This will include:

- Outreach calls to older adults and persons with disabilities, using the senior center network and other community partners
- Peer Support

**Connect to the Friendly Callers Peers
through Multnomah County ADRC
503.988.3646**

What else you can do....

- Teach everyone to notice: communicate what you've learned to other professionals, family members, caregivers
- Offer evidenced-based depression treatment, prevention and person-centered programs in your care community
 - Timeslips creative engagement for dementia: www.timeslips.org
 - Culture change: Greenhouse project, Eden alternative, pioneer network: www.pioneernetwork.net
 - Peer support programs: can you set up phone based peer support in your community?
 - In house counseling, support groups
 - Oregon Care Partners: <https://oregoncarepartners.com>
- Connect folks with outside depression treatment
 - PEARLS, Healthy IDEAS

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When to Call:

Would you like a training on topics such as Suicide Prevention, Older Adult Behavioral Health, Hoarding Disorder, or Loneliness for your agency?

Are you supporting someone with complex needs who needs system navigation, and need ideas on how to assist them?

Would you like to partner with other agencies doing similar work, or improve your peer support program?

Please contact an OABHI Specialist (see contact sheet accessible through this website: www.pdx.edu/ioa/older-adults-with-behavioral-health-needs)



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Visit this PSU website for more information about OABHI, including a contact sheet with **Older Adult Behavioral Health Specialists across the state**: www.pdx.edu/ioa/older-adults-with-behavioral-health-needs



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References

Alzheimer's Organization:

- <https://www.alz.org/help-support/caregiving/stages-behaviors/depression>

Research articles

- Mental Health at the Table During Community Crisis by Andrew McLean
<https://ps.psychiatryonline.org/doi/pdf/10.1176/appi.ps.201800507>
- Depression in Dementia by David Kitching
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4674029/>
- Depression in Patients with Dementia by Esther Oh
https://www.hopkinsmedicine.org/gec/studies/depression_dementia.html
- Depression in Dementia: Diagnosis and Treatment by Kiran Rabheru
<https://www.psychiatrictimes.com/depression-dementia-diagnosis-and-treatment>
- Neuropsychiatric symptoms in dementia: Overview and Measurement Challenges by C.G. Lyketsos
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4712963/>
- Medication Development for Agitation and Aggression in Alzheimer's Disease <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4362736/>

References

Research articles continued

- The psychological impact of quarantine and how to reduce it: rapid review of the evidence;
[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)30460-8/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)30460-8/fulltext)
- **Suicide Mortality and Coronavirus Disease 2019—A Perfect Storm?** by Mark A. Reger, PhD^{1,2}; Ian H. Stanley, MS^{1,3}; Thomas E. Joiner, PhD³
<https://jamanetwork.com/journals/jamapsychiatry/fullarticle/2764584>
- **The Implications of COVID-19 for Mental Health and Substance Use,**
<https://www.kff.org/health-reform/issue-brief/the-implications-of-covid-19-for-mental-health-and-substance-use/>

Ideas/Resources from Chat Box 4/29/2020

Aging, Disability Resource Center:
ADRCofOregon.org

Apps to send photo postcards: Ink Card, Postable.com

Psychological First Aid (PFA) also offered through
bolante.net