



# ZORRO SUMMIT

---

SERVICES FOR THE AGING  
POPULATION WORKGROUP

March 1, 2013



# WHAT ARE THE ISSUES?

---

- Older adults – Definition of older adult
- Mental health
- Substance use
- Dementias
- Access to services
- Availability of services
- Culturally competent services
- Utilization of services
- Ageism
- Older adult culture
- Stigma

# OLDER OKLAHOMANS

---

- 3.6 million Oklahomans
- 1 million over 50 (34%)
- 700,000 over 60 (20%)
- 350,000 over 70 (10%)
- 140,000 over 80 (4%)

## Composition of 50+

- 72.2% White
  - 8.6% Native American
  - 7.4% Black
  - 11.8% Other
  - 8.9% Hispanic
- ### Ethnicity

OKLAHOMA POLICY ACADEMY STATE PROFILE, April 2012



## OLDER OKLAHOMANS, Continued

---

- 24% of Oklahomans will be over age 60 by 2030 (U.S. Census Bureau)
- Increase of 25% from 2012



# MEMBERS OF OUR TARGET POPULATION

---

- Aging Oklahomans
- Boomers
- Caregivers
- Long-term psychiatric disabilities
- First time experience with depression / anxiety
- Substance abuse problems / Medication miss-use
- Dementias
- Emotional challenges from transition to old age



# STATS

---

- Approximately 1 in 5 (20%) have diagnosable mental and/or substance use disorder
- Less than 40% get treatment
- Of the 40%, most are treated by primary care physicians



# WORKFORCE ISSUES

---

- Lack of geriatricians
- Shortage of gerontologists
- Lack of geriatric psychiatrists
- Primary care physicians untrained in geriatric medicine
- Nurses untrained in geriatric medicine
- Other healthcare professionals do not receive training in geriatrics
- Medicare and Medicaid payment practices



# WELLNESS

---

- Integration of physical and mental health services
- Screenings – Primary care, ER, Hospitals, other service providers
- Community Support Services – Care managers
- Consumer centered
- Interdisciplinary Care team



# SERVICES FOR OLDER OKLAHOMANS

---

- Older adults wraparound in Lawton and Miami
- Healthy IDEAS – OKDHS Advantage program
- Limited senior-specific mental health services
- Limited senior-specific substance use services



## EFFECTIVE MENTAL HEALTH AND SUBSTANCE ABUSE INTERVENTIONS – NATIONALLY RECOGNIZED

---

- BRITE – Brief Intervention and Treatment for Elders
- CBSST – Cognitive Behavioral Social Skills Training
- CBT – Cognitive Behavioral Therapy –for Late Life Depression
- Enhance Wellness- Illness management



# INTERVENTIONS, Continued

---

- FAST – Functional Adaptation Skills Training
- Healthy IDEAS – Identifying Depression, empowering Activities for Seniors
- IMPACT – Improving Mood – Promoting Access to Collaborative Treatment
- IPT – Interpersonal Psychotherapy



# INTERVENTIONS, Continued

---

- NYUCI – New York University Caregiver Intervention
- PROSPECT – Prevention of Suicide in Primary Care Elderly: Collaborative Trial
- PST – Problem solving Therapy
- PEARLS – The Program to Encourage Active, Rewarding Lives for Seniors



# INTERVENTIONS, Continued

---

- REACH II – Resources for Enhancing Alzheimer’s Caregiver Health II
- SBIRT – Screening, Brief Intervention, and Referral to Treatment

# ZORRO WORKGROUP FACILITATOR CONTACT INFO

---

**Karen Orsi, Director**  
**Oklahoma Mental Health and Aging**  
**Coalition**

NorthCare  
4436 NW 50<sup>th</sup>, OKC 73112

405.858.2827

[kareno@northcare.com](mailto:kareno@northcare.com)

[www.omhac.org](http://www.omhac.org)