



**Personal Perspective:**

Kyle Titus, Ph.D, LCSW, Deputy Director Adult Services, Monterey County Health Department Behavioral Health Division

“This is a unique opportunity for older adults who are at risk of no longer being able to live independently in their home and community. These are often older adults who have just been diagnosed with a condition such as diabetes that is impacting their physical health, and as a result their mental health. Research shows that if you provide intensive case management services in a person's home, you can delay, or in some cases even eliminate, the need for referral into a skilled nursing home for up to 2 years.”

**Mental Health and Adult Protective Services Collaborative** - One of the most recent collaborative initiatives funded by the Mental Health Services Act is a collaborative effort between Monterey County Behavioral Health Older Adult Intensive Treatment staff and the Department of Social and Employment Services, Adult Protective Services staff.

Now, when Adult Protective Services responds to a call where there is suspected abuse or neglect and if there is a concern that a person is unable to live on their own or if they feel that the person is impacted by mental health challenges, they are able to contact Behavioral Health staff for a mental health consultation. Behavioral health staff provides a psychiatric assessment and refers individuals to mental health resources.



**Intensive Case Management** - With funding from the Mental Health Services Act, Monterey County Behavioral Health has hired a full-time psychiatric social worker and a Behavioral Health Aide to provide intensive case management to older adults receiving services from Behavioral Health. Currently 12 older adult clients are receiving these services.

Intensive case management services include home visits by a social worker twice a week, mental health support groups, assistance with accessing other community human services such as Meals on Wheels, and coordination between their psychiatric and primary care needs. In addition, individuals also receive support with basic needs such as shopping and doctor visits.

# The Mental Health Services Act—Working for Older Adults in Our County



**Vision**

*To enhance the social, emotional, and spiritual well-being of the residents of Monterey County their communities*

An Overview of Collaborative Partnerships and Initiatives between the Monterey County Health Department, Behavioral Health Division and Organizations in our County Serving the Needs of Older Adults.

The need for mental health services in our older adult population will grow significantly over the next years. As a proactive response, the Monterey County Health Department, Behavioral Health Division established the “Older Adult Community Planning Collaborative” in January 2006. Consisting of older adult service providers from the public and private sectors, this collaborative reviewed and refined the input collected during a series of community meetings with older adults and other stakeholders during the initial MHSA community planning process in 2005.

I am excited to highlight four strategies today that are a result of the hard work of not only this collaborative, but all of those passionate about the mental health and well-being of older adults in our community.

These strategies allow us to be proactive and reflect the needs of our community. In the future I hope to report back to our community with additional strategies and outcomes. For now, I would like to express my appreciation and thanks to everyone in our community who is working for the mental health and well-being of our older adult community.

Sincerely,  
*Kyle Titus*, Ph.D, LCSW  
Deputy Director Adult Services,  
Monterey County Health Department Behavioral Health Division

Guiding Principles for System of Care Transformation in Monterey County.

**Family & Consumer Driven**

**Accessible & Timely Services**

**Wellness & Recovery**

**Culturally & Linguistically Competent**

**Strength & Resiliency**

**Integrated & Coordinated Services**

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

# Personal Perspective:

Timothy Pavlik, Psychiatric Social Worker assigned to the Monterey County Behavioral Health, Older Adult Intensive Team

The Drake House provides “wrap-around” care for those clients who have a co-occurring and persistent mental illness. They are provided with a safe, nurturing environment and given an opportunity to live in the least restrictive placement. They report they are treated with dignity and respect. Drake House offers multiple activities that encourage the residents to function at their highest level of independence and reduces their social isolation. Timothy states, *“I have touched the lives of these humans in a real and validating way cultivating within me an experience of immense joy, and at the same time, a very deep felt sense of humility.”*



Dr. Mary McQuade, Monterey County Behavioral Health Psychiatrist for the Older Adult System of Care, Timothy Pavlik, Psychiatric Social Worker assigned to the Monterey County Behavioral Health, Older Adult Intensive Team and Heather Sweeten-Healy, LCSW, Monterey County Behavioral Health Unit Supervisor, Older Adult System of Care.

Sheryl Zika, Ph.D, Director of Wellness Support Services, Alliance on Aging

*“As we age losses tend to occur more closely together. We experience the loss of abilities and some of our health, retirement can cause loss of purpose and social contact, and then there is the loss of a spouse or other key relationships. If these losses are not addressed they can lead to serious depression. With the senior peer counseling program our aim is to help individuals get through this process. Often it serves as an entry point for individuals who are otherwise reluctant to accept counseling due to stigma.”*

Group of Senior Peer Counselors, Alliance on Aging



*“Our support groups are offered throughout the county. They offer older adults as well as their caregivers a place to share their difficulties and how they are overcoming them. They learn that they are not alone.”*

Joe Weiss, Senior Peer Counselor, Alliance on Aging

## Drake House —



Within a beautiful setting, the Drake House facility offers compassionate and high standard care for older adults with physical health challenges and a serious mental illness who have difficulty living on their own. Among others, mental health services include residential care, individual and group counseling, and case management.

Drake House has the ability to provide a home to approximately 50 older adults. In addition to private

patients, twenty-three (23) of the current residents were referred from county mental health services. Previously these older adults had to be moved to out-of-county locked facilities.

*“Funding from the Mental Health Services Act has allowed us to refer patients with mental health needs, and who need to be placed out of their home, to this beautiful facility within our county. This is a real opportunity for these individuals to stay within our county and get the help and support they need.”*

Kyle Titus, Ph.D, LCSW, Deputy Director Adult Services, Monterey County Health Department, Behavioral Health

Drake House is a regional collaborative between Monterey county, Santa Cruz county and primary care clinics in both counties. It is operated by Front St., Inc. (831) 643-9069



## Senior Peer Counseling —

For the last 11 years older adults in Monterey County have benefited from senior peer counseling services offered by the Alliance on Aging. The senior peer counseling program provides mental health intervention and support to older adults suffering from depression, grief, loss, isolation, adjustment to chronic illness, relationship problems with adult children, and other stressors. In addition to individual counseling, clients can also participate in a variety of support groups. Counseling can be provided in a person’s home and is free of cost.

Senior peer counselors are older adults from the community who have participated in a very comprehensive 12-week training that covers a range of theoretical and interactive learning sessions on counseling theory and practice. Most importantly they all share compassion, warmth, good judgment and listening skills.

Currently there are approximately 30 peer counselors and **each year between 100 and 200 older adults receive counseling and improve their mental health and well-being as a result.**

**With funding from the Mental Health Services Act (MHSA) up to 20 new senior peer counselors will be trained over a period of three years and additional peer support groups in English and Spanish will be facilitated.** In addition, MHSA funding is adding a Peer Support Volunteer component to the existing program. Peer support volunteers will provide ongoing emotional support, assistance with day-to-day activities such as doctor visits and human contact.

MHSA funding will further support an additional series of Community Wellness Workshops, which include presentations and guest lectures on topics covering mental, physical and spiritual health.

(831) 646-4636



# Stats:



- Approximately 433,782 people live in Monterey County. Of these 42,936, or 9.9%, are over the age of 65. In addition, the proportion expected to reach this age will increase to 11.9% within the next 10 years.

(Source: CA Dept of Finance, 2006 and 2016 Projections)

- The public mental health system intends to serve low income individuals. In Monterey County, 6.36% (or 581 people) of low income older adults (age 65 and older) are estimated to have a serious mental illness.

(Source: Monterey County Service Gap Estimate FY 05/06)

- Older adults are also disproportionately likely to die by suicide: Nationwide, while representing 13% of the population they account for 18% of all suicide deaths. In Monterey County, adults age 65 and older accounted for 10% of the population but 25% of the suicides in 2004.

(Source: CA Department of Public Health, CA Department of Finance).

- In FY 2005/06 132 adults over the age of 65 received county mental health services.

# Personal Perspective:



Beth Kinne, Drake House Resident

Beth Kinne, Monterey County Behavioral Health resident at Drake House.

Beth has a history of multiple board and care placements. Eventually, after turning 60 years old, and having multiple co-occurring disorders, it was a challenge to find a safe, nurturing environment to meet her needs. Beth has not seen her family in over 20 years as they reside on the East Coast. Drake House has become her “substitute” home where she feels welcomed, loved, supported and nurtured. Beth states, **“Drake House is nice. I love everybody in the Drake House. I want to be here forever.”**

Marge Simmons, Senior Peer Counselor, Alliance on Aging

One of the lessons I have learned is that everyone has their own approach to resolving problems and as a peer counselor I can learn about their strengths and help them use these strengths to overcome the challenges they are dealing with.

I work a lot with clients who have recently been widowed. They are grieving and **face the challenge of finding new meaningful things to do and people to do them with in their lives.** Support and counseling can help these individuals work through their grief and reconnect with peers. They learn that they are not alone.

Tom Parks, Senior Peer Counselor,  
Alliance on Aging

Tom Parks, who has been a senior peer counselor for over 8 years, shared the story of a woman who was living a very isolated life when he first met her. She was living alone, her friends had moved away and she didn't talk to her daughter or grandchildren. “Mostly I just ask questions and listen. Oftentimes this allows people to solve their problems over time.” He began to see small changes in his client every week. “At first she was greeting me in her bathrobe but over time she dressed up, the draperies were open and she began to share memories and pictures of her family and friends.” **These small changes encouraged bigger steps** and soon she was writing a letter to her daughter and initiating contact with her old friends. “I knew our meetings had been a success when she called and cancelled our next counseling session because she was busy- her daughter and grandchildren were coming for a visit.”

Group of Senior Peer Counselors, Alliance on Aging



Group of Senior Peer Counselors, Alliance on Aging