

Geriatric Mental Health Course Update
3/24/11, Janet Yang

Heritage Clinic could provide one of the following options as an abbreviated version of the larger Geriatric Mental Health Course, previously discussed.

Option 1:

Offer 6 to 8 two-hour classes via webinar on the Foundations of Older Adult Mental Health; each session would include 1 ¼ hours didactic lecture and ¾ hour question and answer. Topics could include:

- a. Demographics, Ageism, Stigma, Normal & Successful Aging
- b. Mental Illness
- c. substance abuse
- d. Cognitive Impairment
- e. Death & Dying, & Spirituality, Existential issues
- f. Multicultural issues
- g. Medical conditions, medications, Integrated care
- h. Legal & Ethical issues & Community Resources

Option 2:

Offer 6 to 8 two-hour classes via webinar on Interventions with Older Adult Mental Health Clients; each session would include 1 ¼ didactic lecture and ¾ question & answer time. Topics could include:

- a. Overview of serving older adults, Recovery Model, Evidenced Based Practices,
- b. Outreach & Engagement, Field Based issues, Boundary issues, Safety Issues
- c. CBT & WRAP
- d. Interventions for Hoarding; Interventions for Psychotic Disorders
- e. Substance abuse interventions, Motivational interviewing
- f. PEARLS / PST/IMPACT
- g. Reminiscence & Life Review
- h. Personality Disorder issues

Option 3:

Offer 16-20 case consultation groups of approximately 8 participants. Groups would meet in specific locations across the State, and Skype with an experienced gero-mental health professional from Heritage Clinic.

Each group would meet 4 times, biweekly, for 2 months. Group participants would present older adult cases for ongoing consultation.

20 groups could be done if CiMH handled recruitment and organizational duties.