

**Curriculum Outline for Basic Level Training  
for Geriatric Mental Health Certificate**

Overall Goal: The Geriatric Certificate Training Program shall address the following goals:

Reduce stigma;

- Increase knowledge about aging, mental health, substance abuse
- Increase confidence on delivering services to older adults
- Increase job satisfaction
- Increase preparedness to address the aging of the population

Culture, ethnicity, and diversity will be addressed throughout the preparation and presentation of training materials, and they should be embedded in the materials. Therefore, there will be no separate module or lessons designed for the topic. Interdisciplinary and multidisciplinary approaches to working with seniors with mental disorders will be emphasized throughout the training

**E-learning**

**Orientation to the Geriatric Mental Health Certificate Training**

**10 min**

**Description:** Participants will receive an introduction to orient them to what the training will consist of and what will be expected of them.

**E-learning**

**Module 1: Introduction to Geriatric Mental Health**

**1 hour**

**Description:** An overview of demographics and biopsychosocial changes in the aging population will be presented as well.

**Training Objectives:**

As a result of this module, participants will be able to

- Acknowledge the demographic shift
- Explain the developmental aging process (biopsychosocial changes associated aging process) with a focus on psychological/emotional/mental capacity changes
- Compare changes in normal aging vs. aging with mental health conditions
- Describe the role of resiliency and culture in successful aging
- Identify and discuss stigma and ageism as barriers to access to service, effective assessment & treatment.
- Recognize the role of social support in maintaining mental health and healthy aging.

**Day 1**

**Agenda**

8:30 – 8:40	Welcome to the training Introductions
8:40 – 9:00	Review of the previous e-learning and of homework
9:00 – 10:30	Module 2: Common Mental Disorders
10:45 – 11:00	Break
11:00 – 12:00	Module 2: Common Mental Disorders <i>Continued</i>
12:00 – 1:00	Lunch
1:00 – 2:30	Module 3: Substance abuse and co-occurring conditions

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2:30 – 2:45	Break
2:45 – 4:00	Module 3: Substance abuse and co-occurring conditions <i>Continued</i>
4:00 – 4:25	Reflection and next meetings assignments
4:25 – 4:30	Evaluations

### **Module 2: Common Mental conditions**

**2 hrs 45 min**

**Description:** An overview of geriatric mental health and common mental health disorders affecting seniors will be presented. Information on assessments, referrals, and evidence based treatments will also be given.

#### **Training Objectives:**

As a result of today's module, participants will be able to:

- Identify and describe five types of mental disorders affecting seniors.
- Recognize symptoms, methods of assessment, and appropriate evidence based treatments available for each disorder

#### Topics for Lesson:

- Differentiation of the disorders
  - Anxiety
  - Mood
  - Psychosis
  - Cognitive
  - PTSD

### **Module 3: Substance abuse and co-occurring conditions**

**2 hrs 45 min**

**Description:** Emerging and increasing issues of substance abuse by older adults and dual diagnosis (or co-occurring disorders) will be presented. More specifically, they will be presented information related to the effects of alcohol use and drug use on seniors including misuse and abuse of prescription drugs.

#### **Training Objectives:**

As a result of today's training, participants will be able to:

- Differentiate between drug use, misuse, and abuse
- Explain the effects substance use on the senior metabolism

#### Topics for Lesson:

- Differentiate between drug use, misuse, and abuse

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- Explain the effects substance use on the senior metabolism
  - Stimulants
  - Depressants
    - Alcohol
  - Narcotics
  - Opiates
- Stages of Addiction
- Prevention and early intervention
  - Role of senior in their care
  - Use of pharmacy and pharmacist
- Assessment and referral

**E-learning**

**Module 4: Dementia, Delirium and Depression**

**1Hour**

**Description:** The 3 D's will be presented.

**Training Objectives:**

As a result of this module, participants will be able to:

- Define and differentiate dementia, delirium, and depression

**Day 2**

**Agenda**

8:30 – 9:15	Review of the previous day, e-learning, and of homework
9:00 – 10:30	Module 5: Home Based Assessments
10:30 – 10:45	Break
10:45 – 12:00	Module 5: Home Based Assessments <i>Continued</i>
12:00 – 1:00	Lunch
1:00 – 2:30	Module 6: Crisis Intervention
2:30 – 2:45	Break
2:45 – 4:00	Module 6: Crisis Intervention <i>Continued</i>
4:00 – 4:25	Reflection and next meetings assignments

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4:25 – 4:30 Evaluations

**Module 5: Field-based (in-home) Assessments**

**2 hrs 45 min**

**Description:** How to conduct appropriate and effective field based assessments will be presented.

**Training Objectives:**

As a result of this module, participants will be able to:

- Differentiate agency-based vs. field-based (in-home) assessment
- Describe and identify what to observe & document with field-based (in-home) assessment
- Describe and identify challenges with field-based (in-home) assessment
- Identify strategies of working with resistant/difficult clients
- Discuss how to involve caregivers in the interview in an appropriate manner

**Module 6: Crisis Intervention**

**2 hrs 45 min**

**Description:** How to identify crisis situations and how/where to refer those is a crisis will be presented.

**Training Objectives:**

As a result of this module, participants will be able to:

- Recognize crisis situations
- Recall resources available in crisis situations

Topics

- Assessment of crisis
  - Psychotic episode
  - Aggression
  - Delirium
- Medical Emergency
- Crisis Intervention techniques
- De-escalation
- What happens after 911 called?
  - 5150s for seniors with dementia
  - PERT team
  - Interdisciplinary crisis management

**Day 3**

**Agenda**

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8:30 – 9:15	Review of the previous day and of homework
9:00 – 10:30	Module 7: Suicide
10:30 – 10:45	Break
10:45 – 12:00	Module 7: Suicide <i>Continued</i>
12:00 – 1:00	Lunch
1:00 – 2:30	Module 8: Spirituality and End of Life Issues
2:30 – 2:45	Break
2:45 – 4:00	Module 8: Spirituality and End of Life Issues <i>Continued</i>
4:00 – 4:25	Reflection and next meetings assignments
4:25 – 4:30	Evaluations

**Module 7: Suicide**

**2 hrs 45 min**

**Description:** Suicide risk factors and preventive measures, and interventions will be presented.

**Training Objectives:**

As a result of this module, participants will be able to:

- Discuss the prevalence of suicide among older adults
- List risk factors of suicide
- Identify preventive measures of suicide and available resources

Topics:

- Prevention
- Present the statistics on suicide among older adults
- Identify causes and warning signs of suicide by older adults.
- Describe signs of suicidal behaviors and ways to help prevent suicide
- Describe and identify different manifestation of suicidal ideation by seniors
- Describe treatments for older adults with suicidal ideation
- Referral process in crisis
- Self determination
- Vicarious traumatization
- Role of family members and caregivers

### Module 8: Spirituality and End-of-Life issues

2 hrs 45 min

**Description:** Spirituality will be discussed in its relation resilience and health. Death & dying and grief & loss will be discussed as they uniquely relate to seniors.

#### Training Objectives:

As a result of today's training, participants will be able to:

- Define spirituality
- Respect cultural views and responses to death and dying
- Discuss the effects of grief and loss
- Differentiate between grief and depression

#### Topics:

- Overview of spirituality
- Methods of assessment for the spiritual
- Cultural effects on views of death and dying
- Differentiation between grief of older adults over the loss of loved ones and depression
- Family, caregiver and/or support system's response to death and dying

### E-learning

#### Module 9. Veteran Seniors

1Hour

**Description:** On overview of common issues associated with older veterans and services that are available to the will be presented.

#### Training Objectives:

As a result of this module, participants will be able to:

- Recognize issues of retiring for veterans
- Identify PTSD symptoms in veterans
- List services available for veterans

### Day 4

#### Agenda

8:30 – 9:15	Review of the previous day, e-learning, and of homework
9:00 – 10:30	Module 10: Legal and Ethical Issues
10:30 – 10:45	Break
10:45 – 12:00	Module 10: Legal and Ethical Issues <i>Continued</i>

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12:00 – 1:30	Catered Lunch/ Resource Fair
1:30 – 2:45	Module 11: Working with Caregivers
2:45 – 3:00	Break
3:00 – 4:00	Exercise
4:00 – 4:25	Final Thoughts and Graduation
4:25 – 4:30	Evaluations

**Module 10: Legal and Ethical Issues**

**2hrs 35 min**

**Description:** Participants will be provided with common legal and ethical issues related to healthcare and aging.

**Training Objectives:**

As a result of today's training, participants will be able to:

- Recognize legal and ethical issues related to healthcare and aging
- Recall legal resources for seniors

Topics

- Legal issues
- Reporting Elder abuse
- Advance directives
- DNR
- Power of Attorney
- Mandated reporting
- Resources
- Ethical issues –role plays and scenario driven practice

**(Resource fair/ lunch). Social Support and the use of Community Resources**

**1 hr 30 min**

**Description:** Last day at lunch have a resource fair. Community resources will be discussed throughout the training with all areas listed below represented at the fair. Participants will be made aware of community resources available for seniors.

**Training Objectives:**

As a result of this resource fair, participants will be able to:

- Identify community resources for older adults and their caregivers with mental disorders

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Possible resources:

- Care management
  - Adults day health centers
  - Housing and Residential care
  - Transportation
  - Call Center
  - Network of Care websites
  - Meals and nutrition sites
  - Hospice
  - NAMI
  - Victims of Crime program, etc.
  - Senior Community Centers
  - Crisis Line
- Identify referral sources and discuss how to make referrals to community agencies

**Module 11: Working with Caregivers**

**1 hrs 15 min**

**Description:** The role and impacts of the caregiver and resources will be presented

**Training Objectives:**

As a result of today's training, participants will be able to:

- Identify and discuss the role of caregivers
- Discuss the impact of caregiving on the caregivers' mental health
- Identify and discuss interventions and resources for caregivers

**Exercise**

**1 hour**

**Description:** A comprehensive and interactive exercise will be conducted

**Questions and Evaluations**

**1 hour**