

## OLDER ADULT MENTAL HEALTH INTERVENTIONS COURSE

### **Introduction to older adult mental health interventions**

*Overview of Evidenced Based Practices; the Recovery model; and services for older adults*      *Speaker: Janet Yang*      June 14

Learning Objectives:

1. Participants will be able to list at least 2 - 3 of the most well researched evidenced based psychological interventions for older adults.
2. Participants will be able to describe 1 - 2 core concepts of the Recovery Model as applied to older adults.
3. Participants will be able to summarize 2 - 3 ways in which psychotherapy with older adults is similar to working with younger adults and 2 - 3 ways in which mental health services with older adults are different from working with younger adults.

**Outreach and Engagement with older adults & Working in the Field**      *Speaker: Janet Yang*      June 28

Learning Objectives:

1. Participants will be able to list at least 5 “gatekeepers” with whom they can facilitate relationships in order to develop referrals and identify older adult clients needing mental health treatment.
2. Participants will be able to describe 1 - 2 approaches they can use to engage a reluctant older adult client in a treatment relationship.
3. Participants will be able to label at least 2- 3 boundary challenges they might encounter when conducting mental health interventions in the field and 3 to 4 approaches which could help them navigate these boundary challenges.

**Working with older adults from diverse cultural populations**      *Speaker: Shirley Liao*      July 12

Learning Objectives:

1. Participants will be able to describe at least one way they might approach a Latino elder as perhaps different from a non-Latino elder.
2. Participants will be able to identify at least one way in which they might approach an African American elder as perhaps different from a non-African-American elder.
3. Participants will be able to describe at least one way they might approach an Asian elder as perhaps different from a non-Asian elder.
4. Participants will be able to describe at least one way they might approach an elder from the LGBGQQI population

**Intervening with elders who are dealing with death and dying; Addressing existential and spiritual issues**      *Speakers: Janet Yang and Wendy Kohlase*  
July 26

## Learning Objectives

1. Participants will be able to identify at least 2 ways in which to start a therapeutic discussion about death and dying with an elder.
2. Participants will become be able to identify at least 2 ways in which to start a discussion about spirituality or religion with their clients.
3. Participants will be able to summarize at least 2 approaches to helping older adult clients develop meaning in their lives.

## **Interventions for older adults with substance abuse**      *Speaker: Catherine Royer* August 9

1. Participants will identify at least two engagement strategies for initiating discussion of substance abuse with older adults.
2. Participants will be able to identify at least 1 to 2 tools to assist with assessing older adults with co-occurring substance use and mental health disorders
3. Participants will be able to describe one to two approaches they could take in treating an elder with a substance abuse difficulty.

## **Working with elders with psychosis & elders with personality disorders**

*Speaker: Janet Yang      Date TBA*

1. Participants will be able to distinguish late life onset Delusional Disorder from Schizophrenia.
2. Participants will be able to articulate 1 - 2 approaches to providing mental health counseling for elders with psychotic disorders.
3. Participants will be able to identify at least 2 - 3 countertransference responses to working with older adults with personality disorders.

## **Working with older adults with compromised medical health, including medical conditions and medications and Assisting with WRAP plans with older adults**

*Possible Speakers: Sarah Gelberd and Lynn Northrop      Date: TBA*

## Learning Objectives:

1. Participants will be able to list at least 4 - 5 medical illnesses which are likely to impair an elder's quality of life.
2. Participants will be able to identify 1 to 2 approaches of working with medical providers to improve clients' mental health.
3. Participants will be able to describe at least one model in which medical health and behavioral health services can be integrated.
4. Participants will be able to understand how to implement a Wellness, Recovery, Action Plan with older adults.

**Working with older adults with cognitive impairments** *Speaker: Janet Yang Date: TBA*

Learning Objectives:

1. Participants will be able to identify at least 2 -3 tools with which to screen older adults for cognitive impairment and/or dementia.
2. Participants will be able to summarize signs in a cognitively impaired older adult which indicate that they may be too impaired to effectively benefit from mental health services, as indicated in accepted medical insurance guidelines.
3. Participants will be able to describe at least 2 approaches to consider using when treating an older adult with cognitive impairment.