Participant Companion Guide

Module 2:
Behavioral Health Partners in Older Adult Behavioral Health

Resources related to
Oregon’s behavioral health services systems

BUILDING PARTNERSHIPS FOR OLDER ADULT BEHAVIORAL HEALTH

Oregon Health Authority

Portland State University
Institute on Aging
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I. Demographics

Title: Aging well: Thoughts From a 75-year-old Study
Topic: Harvard’s Study of Adult Development
Description: Discusses study findings. The greatest finding of the study was that we keep growing all our lives. For the majority of study members, until about three years before they died, despite the inevitable illnesses of aging, life continued to bring a great deal of pleasure.
Link: [http://www.asaging.org/blog/aging-well-thoughts-75-year-old-study](http://www.asaging.org/blog/aging-well-thoughts-75-year-old-study)
Reference: American Society on Aging

Title: Healthy Aging Data Portfolio
Audience: Professionals
Topic: Healthy aging data
Description: Data indicators for the U.S., a region, state, or a metropolitan statistical area.
Resource: CDC

Title: The Mental Health and Substance Use Workforce for Older Adults: In Whose Hands?
Audience: Professionals
Topic: Service needs of older adults
Description: Discusses the available information about the prevalence of mental health and substance use (MH/SU) conditions in older adults and identifies the additional information required to plan for a workforce capable of meeting their current and future service needs.
Resource: Institute of Medicine

Title: About Multiple Cause of Death 1999-2013
Audience: Professionals
Topic: Healthy aging data
Description: Multiple causes of death data available on WONDER are county-level national mortality and population data spanning the years 1999-2013. Data are based on death certificates for U.S. residents.
Resource: Centers for Disease Control and Prevention (CDC)
II. Need and Prevalence Issues Addressed in Other Modules

For issues related to serious and persistent mental illness, including schizophrenia, see resource guide for Module 7.

For problems that develop in later life, including alcohol and substance abuse (George), anxiety (Gladys), depression (George), role changes, loss of friends and relatives (George), declining functional abilities and cognitive impairment (George and Bill), see Modules 4, 5, and 6.

For issues related to suicide, see Module 6.

For normal physiological effects of aging, see Module 1. For issues related to co-occurring disorders, see Module 6.
III. Services

Title: The Aging and Disability Resource Connection of Oregon (ADRC)
Audience: Consumers and Professionals
Topic: Information, assistance, and referral to community resources and supports
Description: Provides people of all ages, incomes and disabilities with information on the full range of long-term support options available in their communities.
Link: https://www.adrcoforegon.org/consite/index.php
Resource: ADRC of Oregon

Directories and Guides

Title: Adult Mental Health Services
Audience: Consumers and Professionals
Topic: Alcohol and drug services directory
Description: Provides links to mental health services including civil commitment, co-occurring disorders, psychosis, peer-delivered services, and trauma.
Link: http://www.oregon.gov/oha/amh/Pages/mentalhealth.aspx
Reference: Oregon Heath Authority (OHA)

Title: Co-occurring Disorders
Audience: Consumers and Professionals
Topic: Co-occurring disorders resources
Description: Provides a directory of Oregon co-occurring disorders services and resources with links to those services and resources.
Link: http://www.oregon.gov/oha/amh/Pages/co-occurring.aspx
Reference: OHA

Title: Guardianship and other options in Oregon to help another person make decisions
Topic: Guardianship, conservatorship, power of attorney, representative payee or VS fiduciaries, advance directive, and civil commitment
Description: Provides information and links to the range of fiduciary and related decision-making options in Oregon.
Link: http://www.oregon.gov/LTCO/Pages/Oregon-Public-Guardian-Resources.aspx
Reference: Oregon.gov
Title: NAMI Oregon
Audience: Consumers and Professionals
Topic: Mental health services implementation
Description: This guide provides information about mental illness and links to resources available in Oregon
Link: http://www2.nami.org/MSTemplate.cfm?Section=Support2&Site=NAMI_Oregon&Template=/ContentManagement/HTMLDisplay.cfm&ContentID=131546
Reference: NAMI Oregon

Title: Older Adults + Mental Health: a Time for Reform
Audience: Professionals
Topic: Mental health services implementation
Description: This guide provides information about barriers to mental health services and evidence-based solutions to assist planning councils in addressing service gaps and barriers to service.
Link: http://www.namhpac.org/PDFs/01/olderadults.pdf
Reference: Substance Abuse and Mental Health Services Administration (SAMHSA)

Title: Oregon Alcohol & Other Drug Services Directory
Audience: Consumers and Professionals
Topic: Alcohol and drug services directory
Description: Provides a compilation of resources by county to better equip communities in making appropriate referrals to agencies that provide alcohol and other drug abuse prevention and/or treatment services.
Reference: OHA

Title: Oregon Blue Book
Audience: Consumers and Professionals
Topic: Resources throughout Oregon
Description: This directory compiles agencies and resources in Oregon. It specifically focuses on complex or broad subjects that typically fall under the jurisdiction of multiple state agencies, boards, and commissions. Some non-governmental resources are included. Links to both State and Federal sites are included in each topic.
Link: http://bluebook.state.or.us/state/executive/Human_Services/human_services_home.htm
Reference: OHA
Title: Oregon Guide to Medicare Insurance Plans  
Audience: Consumers and Professionals  
Topic: Medicare help  
Description: This booklet provides information on Medicare eligibility, plans including part D prescription drug coverage, Medigap plans, and resources.  
Reference: Senior Health Insurance Benefits Advisors Program (SHIBA)

Title: Treatment Programs  
Audience: Consumers and Professionals  
Topic: Treatment programs offered in the Oregon state hospital  
Description: Provides information about treatment programs and links to treatment program handbooks including civil, forensic, and Junction City programs.  
Link: http://www.oregon.gov/oha/amh/osh/Pages/programs.aspx  
Reference: OHA

**General Programs and Services**

Title: Community Mental Health Programs  
Audience: Consumers and Professionals  
Topic: Oregon’s community mental health programs  
Description: Provides links to services and treatment for behavioral health issues including mental health, substance and gambling addictions by county.  
Link: http://www.oregon.gov/oha/amh/Pages/cmh-programs.aspx  
Reference: OHA

Title: Client Services  
Audience: Consumers and Professionals  
Topic: Client targeted services and resources for addictions and mental health  
Description: Provides an alphabetical listing of client targeted services and resources addressing screening, treatment, housing, crisis and trauma.  
Link: http://www.oregon.gov/oha/amh/Pages/client-services.aspx  
Reference: OHA

Title: Gatekeeper Training Video  
Audience: Consumers and Professionals  
Topic: Oregon’s gatekeeper program  
Description: Provides a training video for employees of community businesses and organizations to recognize and refer at-risk older adults and people with disabilities to the ADRC.  
Link: https://www.youtube.com/watch?v=mifg-MLdEPU&feature=youtu.be
Reference: ADRC of Oregon
Title: Getting Help  
Audience: Consumers and Professionals  
Topic: Crisis lines and support and treatment services  
Description: Provides crisis line telephone numbers and links to trauma, alcohol and drug treatment providers, abuse and neglect support, Oregon community mental health programs, and suicide prevention.  
Link: http://www.oregon.gov/oha/amh/Pages/gethelp.aspx  
Reference: OHA

Title: Help in your home  
Audience: Consumers and Professionals  
Topic: In-home help with activities of daily living and instrumental activities of daily living  
Description: Provides information about resources for older adults and people with physical disabilities about services they might be eligible to receive while living in their own homes. These services include personal assistance, nursing tasks and help with housekeeping. Home-delivered meals can also be arranged. Medicaid may be able to pay for some of these services for eligible individuals.  
Resource: Department of Human Services (DHS)

Title: Humor-Related Social Exchanges and Mental Health in Assisted Living Residents  
Audience: Professionals  
Topic: Social exchanges and mental health  
Description: The study investigated whether the psychological well-being of assisted living residents was influenced by factors associated with residents’ social interactions involving humor.  
Link: http://pdxscholar.library.pdx.edu/cgi/viewcontent.cgi?article=1298&context=open_access_etds  
Resource: Portland State University (PSU)

Title: Preadmission Screening and Resident Review (PASRR)  
Audience: Professionals  
Topic: Addiction services  
Description: Provides information about PASRR program goals, purpose, and elements, and links to forms and instructions, and current list of health services.  
Link: http://www.oregon.gov/oha/amh/Pages/pasrr.aspx  
Reference: OHA
Housing

Title: Adult mental health residential treatment in Oregon  
Audience: Consumers and Professionals  
Topic: Residential treatment  
Description: Provides information about personal care, habitation services, rehabilitative mental health services, and settings.  
Link: [http://www2.nami.org/MSTemplate.cfm?Section=Support2&Site=NAMI_Oregon&](http://www2.nami.org/MSTemplate.cfm?Section=Support2&Site=NAMI_Oregon&)  
Reference: National Alliance on Mental Illness: Oregon

Services and Interventions for Addiction, Aging with Mental Illness, and Civil Commitment

Title: Addiction Services  
Audience: Professionals  
Topic: Addiction services  
Description: Provides links to information about co-occurring disorders, driving under the influence, gambling, trauma, and medication assisted treatment and recovery.  
Link: [http://www.oregon.gov/oha/amh/Pages/addictions.aspx](http://www.oregon.gov/oha/amh/Pages/addictions.aspx)  
Reference: OHA

Title: Aging With a Severe Mental Illness: Challenges and Treatments  
Audience: Professionals  
Topic: Mental illness  
Description: Discusses issues individuals with severe mental illness and their families face as they age, intervention approaches, and current practice and research.  
Link: [http://www.tandfonline.com/doi/abs/10.1080/01634372.2010.538815#.VcPQE8mPQZ8](http://www.tandfonline.com/doi/abs/10.1080/01634372.2010.538815#.VcPQE8mPQZ8)  
Reference: PubMed

Title: Civil Commitment  
Audience: Consumers and Professionals  
Topic: Civil commitment  
Description: Provides information about who can be committed, the process for commitment, Oregon administrative rule for commitment, and contact information for the civil commitment coordinator.  
Link: [http://www.oregon.gov/oha/amh/Pages/civil-commitment.aspx](http://www.oregon.gov/oha/amh/Pages/civil-commitment.aspx)  
Reference: OHA
Title: Prevention of Mental Disorders in Older Adults: Recent Innovations and Future Directions
Audience: Professionals
Topic: Preventative interventions for individuals with mental disorders
Description: This article presents findings from existing preventive interventions in pharmacotherapy, psychotherapy, and psycho-social efforts. Much of this work addresses depressive and anxiety disorders, and interrelated areas of health, such as sleeping patterns. Offers suggestions for future directions of research and practice in geriatric mental health prevention.
Reference: American Society on Aging

Social Insurance and Eligibility

Title: Medicare help: Senior Health Insurance Benefits Assistance Program (SHIBA)
Audience: Consumers and Professionals
Topic: Medicare help
Description: An 800 number (800-722-4134) to call for answers to questions about Medicare providers, insurance, eligibility, and plans.
Link: http://www.oregon.gov/dcbs/insurance/SHIBA/Pages/shiba.aspx
Reference: Senior Health Insurance Benefits Assistance (SHIBA)

Title: What Part A covers
Audience: Consumers and Professionals
Topic: Medicare help
Description: Provides information about what Medicare Part A covers and how to find out if Medicare covers an individual’s personal needs.
Reference: Medicare.gov

Title: What Part B covers
Audience: Consumers and Professionals
Topic: Medicare help
Description: Provides information about what Medicare Part B covers and how to find out if Medicare covers an individual’s personal needs.
Reference: Medicare.gov
Title: Mental health care (outpatient)
Audience: Consumers and Professionals
Topic: Medicare help
Description: Provides information about what Medicare mental health outpatient covers, eligibility, costs, and related resources.
Link: https://www.medicare.gov/coverage/outpatient-mental-health-care.html
Reference: Medicare.gov

Title: Mental health care (inpatient)
Audience: Consumers and Professionals
Topic: Medicare help
Description: Provides information about what Medicare mental health inpatient covers, eligibility, costs, and related resources.
Link: https://www.medicare.gov/coverage/inpatient-mental-health-care.html
Reference: Medicare.gov

Title: Preadmission Screening and Resident Review – (PASRR)
Audience: Consumers and Professionals
Topic: PASRR
Description: Provides information about PASRR goals, levels, and links to resources including non-Medicaid billing form, PASRR determination notice/evaluation summary and report, and the current prioritized list of health services.
Link: http://www.oregon.gov/oha/amh/Pages/pasrr.aspx
Reference: OHA

Title: Oregon Health Plan (OHP)
Audience: Consumers and Professionals
Topic: Health care plan
Description: Provides information about applying for OHP, finding CCOs and dental plans, renewal, and other healthcare resources.
Link: http://www.oregon.gov/oha/healthplan/Pages/index.aspx
Reference: OHA

Title: Oregon State Veteran’s Benefits
Audience: Consumers and Professionals
Topic: Veteran’s benefits
Description: Provides information about veteran’s benefits, including TRICARE, housing, employment, education and other state benefits.
Reference: Military.com Benefits
Service Providers

Title: Enhanced Care Services and Resources
Audience: Consumers and Professionals
Topic: Enhanced care services and providers
Description: Provides a list of service providers and contact information by county
Link: http://community.statesmanjournal.com/data/osh/AMH45.pdf
Resource: Addictions and Mental Health, Statesman Journal

Title: Mental Health Providers in Oregon
Audience: Consumers and Professionals
Topic: Mental health case management, counseling, and housing
Description: Provides information about mental health providers and the services they offer, including prevention, treatment, and housing.
Link: http://www.mhaoforegon.org/resources/mental-health-providers/
Reference: Mental Health America of Oregon

Advocacy and Support

Title: Oregon Family Support Network
Audience: Consumers and Professionals
Topic: Advocacy for families and communities
Description: A grassroots community organization providing support groups and education to families experiencing mental and behavioral disorders and challenges.
Link: http://ofsn.org/

Title: ADRC Tier 2 Dementia Training Series
Audience: Consumers and Professionals
Topic: Training modules that cover delirium
Description: These tier 2 modules address dementia and delirium, not covered in the Older Adult Behavioral Health modules. (A module for intellectual disability is in development for the ADRC.)
Link: http://www.oregon.gov/dhs/spwpd/Pages/sua/AvailableOnlineTraining.aspx
Resource: DHS
IV. Service System

Title: Trauma Informed Oregon: Promoting Prevention, Committed to Wellness
Audience: Consumers and Professionals
Topic: Trauma
Description: Trauma Informed Oregon is a statewide collaborative aimed at preventing and ameliorating the impact of adverse experiences on children, adults and families. Trauma Informed Oregon works in partnership with providers, individuals with lived experience, and families to promote and sustain trauma informed policies and practices across physical, mental, and behavioral health systems and to disseminate promising strategies to support wellness and resilience. Provides information about training, workforce development, and support.
Link: [http://traumainformedoregon.org/](http://traumainformedoregon.org/)
Reference: Trauma Informed Oregon

Coordinated Care Organizations

Title: Coordinated care: the Oregon difference
Audience: Consumers and Professionals
Topic: Oregon Coordinated Care Organizations (CCO)
Description: Provides information about how Oregon’s 16 CCOs function by providing improved, more integrated care.
Reference: Oregon Health Authority (OHA)

Title: Coordinated Care Organizations
Audience: Consumers and Professionals
Topic: Oregon’s 16 CCOs
Description: Provides information and links to CCO sites.
Reference: OHA

Title: Coordinated care: the Oregon difference
Audience: Consumers and Professionals
Topic: Spotlight on Oregon’s CCOs
Description: Provides information about the transformation plan and technical assistance, links to webinars and public presentations, and links to information about the status of CCOs.
Link: [https://cco.health.oregon.gov/Pages/Home.aspx](https://cco.health.oregon.gov/Pages/Home.aspx)
Reference: OHA
Title: Integrated Behavioral Health Alliance of Oregon (IBHAO)
Audience: Consumers and Professionals
Topic: Defines and discusses IBHAO and its goals
Description: Discusses ways in which IBHAO, a workgroup of CCO Oregon, will help define the scope and standards of excellent, evidence-based behavioral health provision in the state of Oregon that is essential to our achievement of the Triple Aim.
Link: http://www.ccooregon.org/workgroups/IBHAO
Reference: CCO Oregon

State Hospital

Title: Oregon State Hospital
Audience: Consumers and Professionals
Topic: Oregon state hospital (OSH) campuses
Description: Provides information about OSH’s therapeutic, evidence-based, patient-centered treatment focusing on recovery and community reintegration, all in a safe environment. Includes links to information about cost of care, treatment programs, and links to web-based resources.
Reference: OHA

Plans, Laws, and Rules

Affordable Care Act
Title: The Implications of the Affordable Care Act for Mental Health Care
Audience: Professionals
Topic: Mental health and aging; Mental health insurance coverage
Description: This article discusses the Affordable Care Act (ACA) as it provides an opportunity to bolster a broken mental health system that disproportionately ignores the needs of older adults.
Link: http://www.asaging.org/blog/implications-affordable-care-act-mental-health-care
Reference: American Society on Aging

Americans with Disabilities Act
Title: Information and Technical Assistance on the Americans with Disabilities Act
Audience: Americans with Disabilities Act
Topic: Americans with Disabilities Act
Description: Provides information about, and guidelines for the Act.
Link: http://www.ada.gov/
Reference: United States Department of Justice
Title: Mental Health Law in Oregon  
Audience: Consumers and Professionals  
Topic: Mental health law  
Description: Provides information about the rights and protections that individuals with mental illness have under the law in Oregon  
Reference: Disability Rights Oregon

**Department of Human Services**

Title: Joint Report on Mental Health Services for Seniors and People with Disabilities  
Audience: Professionals  
Topic: Mental health services  
Description: Service availability improvements made by APD and AMH.  
Resource: DHS

**Olmstead Decision**

Title: Olmstead: Community Integration for Everyone  
Topic: The Olmstead Act  
Description: Provides information about the Act, links to technical assistance publications, and enforcement of the Act.  
Link: http://www.ada.gov/ta-pubs-pg2.htm  
Reference: United States Department of Justice

**Oregon Health Authority**

Title: Oregon Health Authority 2015–2018 Behavioral Health Strategic Plan  
Audience: Professionals  
Topic: Oregon’s behavioral health system  
Description: This strategic plan represents a shared vision for building and expanding an integrated, coordinated and culturally competent behavioral health system that provides better health, better care and lower cost for all Oregonians.  
Reference: Oregon Health Authority (OHA)