

# EXAMPLES OF ADDITIONAL PROGRAMS

Implemented by Specialists from the Behavioral Health Initiative for Older Adults and People with Disabilities

*Reducing social isolation and loneliness*



## **Oregon Senior Peer Outreach Program**

Funded by the Greater Oregon Behavioral Health, Inc., this multi-county program links trained volunteers with people aged 55 and older (or who are physically disabled) who would benefit from regular telephone calls that focus on increased hope, self-care, engagement and reducing the experience of loneliness.



## **Clackamas County Senior Loneliness Line**

In collaboration with Lines for Life, this is a free 24/7 crisis line that offers help to adults 55 and older who may be isolated or lonely. Volunteers are specially trained in working with older adults and can provide ongoing support, connecting to resources, or just listening.

*Promoting health and wellness*



## **The Wellness Initiative for Senior Education (WISE)**

Multiple counties have implemented this evidence-based health promotion program that covers topics such as the aging process, medication management, and signs of alcohol misuse and depression. The six-lesson WISE curriculum is delivered by trained facilitators using a mix of lecture, discussion, small-group activities and individual exercises.



## **Mental Health First Aid**

This 8-hour course is designed to give laypeople the skills they need to reach out and provide initial help and support. Specialists in several counties have been certified as Older Adult Mental Health First Aid trainers and are providing the course to various audiences. One example is the Benton County Fire Department, where 90 personnel were recently trained in the special Fire and EMS module.

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## *Improving access to services*



### **Reach Out**

Reach Out was a person-centered program in Jackson County that focused on assessment and service connection, as well as brief therapeutic services. The needs of older adults and people with disabilities populations were considered by providing in-home clinical services and by utilizing comprehensive assessment tools to assist each individual. Funding for this program ended in July 2018.



### **Young at Heart**

Multnomah County implemented Young at Heart, an alcohol and drug treatment group for older adults aged 55 and over. The Young at Heart group is based on the "Substance Abuse Relapse Prevention for Older Adults." This is a nine-module, 17-session curriculum that teaches cognitive behavioral and self-management techniques with an elder-sensitive approach.

## *Expanding innovative service options*



### **Resident Services Navigation**

This pilot is designed to help Lane County residents in low-income housing access social and behavioral health services, reduce social isolation, and expand their self-management skills. Now in its second year, it is a joint venture among local service providers and is staffed by student interns from Portland State University, Pacific University and Lane Community College.



### **Peer Support**

These services are available to older adults and people with disabilities living in Clackamas County who would benefit from having a peer mentor as part of their treatment plan. Connection to peer support is available by self-referral and community partner referral.