

- Please Stand-By -  
Teleconference begins at 11:30 am



## **Older Adults:**

Increasing mental health access  
and engagement.

Kathryn G. Kietzman, PhD, MSW, Research Scientist, UCLA Fielding School of Public Health  
Theresa Comstock, Executive Director, CA Association of Local BH Boards & Commissions

This presentation is being recorded, and will be available at:  
[www.calbhbc.org/seniors](http://www.calbhbc.org/seniors)



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# Reviewing & Advising regarding Older Adults & Mental Health

- Evidence-Based Practices
- Workforce/Training
- Ensuring Community Input
- Making Recommendations

# Reviewing & Advising: Evidence-Based Practices

- **PEARLS** (The Program to Encourage Active, Rewarding Lives)

<https://depts.washington.edu/hprc/evidence-based-programs/pearls-program/>

- **IDEAS** (Identifying Depression & Empowering Activities for Seniors)

[www.healthyideasprograms.org](http://www.healthyideasprograms.org)

# Reviewing & Advising: Workforce/Training

- **Geriatric Training**—6-week programs for Mental Health providers. Example: [SDSU On-Line](#)
- [MH First Aid Training](#) for professionals and volunteers who work with Older Adults (such as Meals on Wheels, Community Centers, Residential and Hospice Care.)
- **Peer Specialists** offer experience-based support. Examples: [Pool of Consumer Champions](#); [Alliance on Aging Peer Counseling](#)

# Reviewing & Advising: Ensuring Community Input

- **Assure Citizen and Professional Involvement (WIC 5604.2)**
- **MHSA Community Program Planning (CPP)** requires extensive community input. Counties identify local “underserved populations” most severely affected by, or at risk of, serious mental illness and then develop “culturally and linguistically competent approaches” to connect with and meet the needs of those under-served populations (such as interpreters and translation services, culturally appropriate mental health services and strategies for outreach to racial and ethnic county-identified target populations.)

# RECOMMENDATIONS re: MHSA (WIC 5848)

- b. ...The adopted three-year program and expenditure plan or update shall summarize and analyze the recommended revisions. The mental health board shall review the adopted plan or update and make recommendations to the local mental health agency or local behavioral health agency, as applicable, for revisions. The local mental health agency or local behavioral health agency, as applicable, shall provide an annual report of written explanations to the local governing body and the State Department of Health Care Services for any substantive [see (f) below] recommendations made by the local mental health board that are not included in the final plan or update.
- f. For purposes of this section “Substantive recommendations made by the local mental health board” means any recommendation that is brought before the board and approved by a majority vote of the membership present at a public hearing of the local mental health board that has established its quorum.

# CALBHB/C Resources

Member Orientation, Recruitment & *more*

<https://www.calbhbc.org/resources.html>

On-line Training & Handbooks:

<https://www.calbhbc.org/training.html>

Frequently Asked Questions:

<https://www.calbhbc.org/faqs.html>

Issue Briefs and more:

[www.calbhbc.org](http://www.calbhbc.org)

CA Association of Local Behavioral Health Boards and Commissions supports the work of CA's 59 local mental/behavioral health boards and commissions.