Iowa Coalition on Mental Health and Aging

WELCOME!

“Road Show”
July, 2009
WELCOME To The...

The Iowa Coalition on MH and Aging, founded in 2004 by Iowa Department of Human Services, Division of MHDS and the University of Iowa, Center on Aging

- Over 300 ICMHA members – welcome YOU!
ICMHA Mission

The ICMHA exists to expand and improve mental health care for older Iowans so that they can live, learn, recreate, engage in meaningful activities and access appropriate services in the communities of their choice.
Partners

- University of Iowa, Center on Aging, contractor to DHS since 2004
- Iowa Department of Elder Affairs – Department on Aging
- Iowa’s Aging Services Network – Area Agencies on Aging statewide
- Gerontology Society of Iowa: http://gerontologysocietyofiowa.org/
ICMHA Goals

1. Make mental wellness for older adults a priority
2. Promote mental wellness with emphasis on prevention, early intervention, evidence based treatment and recovery.
3. Increase the number of qualified providers of evidence based mental health services to older adults
ICMHA Goals

- 4. Integrate health and mental health services for older Iowans
- 5. Increase the capacity and impact of the ICMHA and its efforts throughout the State of Iowa
- Members include: Providers, Consumers, Advocates, Family Members, People with interest in Long Term Care, Aging and Mental Health and YOU!
Please Join the ICMHA

- Today, you’ll have the opportunity to sign up to be a member and receive periodic e-mail updates of importance and meeting notices.
- Many excellent resources can be found on our website: www.icmha.org.
ICMHA 3rd “Road Show”

- September 2007: Waterloo, Dubuque, Council Bluffs and Sioux City
- July 2008: Ottumwa, Creston, Spencer, Mason City
- July 2009..............!
2009 “Road Show”
Meetings

- July 7, 2009: Decorah
- July 8, 2009: Cedar Rapids
- July 28, 2009: Burlington
- July 29, 2009: Davenport
- Bringing together aging, mental health, community stakeholders, legislators, and others to dialogue
Ten Things You Need to Know about Mental Health for Older Adults

- Co-Occurring Medical Illness is the Rule, Not the Exception
- Older Adults Take Multiple Medications and their Bodies Handle the Medication Dosages & Substances Differently than Younger Bodies
- Mental & Physical Functioning Varies Widely Among Older Adults of the Same Age
- Importance of Coordination and Collaboration between Behavioral Health, Aging, & Medical Health Providers
Ten Things You Need to Know about Mental Health for Older Adults

- Family Members & Other Social Supports are Critical to Successful Treatment
- Maintaining Independence and Aging in Place is a Commonly Held Value
- Prevention of Depression in Older Adults is Possible
- Ageism is Everywhere and Affects Treatment Expectations and Outcomes
Ten Things You Need to Know about Mental Health for Older Adults

- Older Adult Depression is Associated with the Highest Rate of Suicide
- Psychotherapy Can Be Just as Effective as Medications, but Needs to Be Individually Tailored for Older Adults
RESOURCES FOR AGING AND COMMON MENTAL HEALTH AND CO-MORBID DISORDERS

- Websites:
  - Administration on Aging: [http://www.aoa.gov](http://www.aoa.gov)
  - American Association for Geriatric Psychiatry: [http://www.aagponline.org](http://www.aagponline.org)
  - American Geriatrics Society: [http://www.americangeriatrics.org](http://www.americangeriatrics.org)
  - American Society on Aging: [http://www.asaging.org](http://www.asaging.org)
  - Center for the Study and Prevention of Suicide: [http://www.rochesterpreventsucide.org](http://www.rochesterpreventsucide.org)
  - Geriatric Mental Health Foundation: [http://www.gmhfonline.org](http://www.gmhfonline.org)
  - Gerontological Society of America: [http://www.geron.org](http://www.geron.org)
  - National Association of Geriatric Education Centers: [http://www.nagec.org](http://www.nagec.org)
  - Older American’s Substance Abuse and Mental Health Technical Assistance Center: [http://www.samhsa.gov/OlderAdultsTAC](http://www.samhsa.gov/OlderAdultsTAC)
  - Positive Aging Resource Center: [http://www.positiveaging.org](http://www.positiveaging.org)
PLEASE MARK YOUR CALENDARS!

- NASMHPD Older Persons Division Annual Meeting
- National Association of PASRR Professionals, Board of Directors Meeting
- ICMHA Fall Conference
- Dates: October 19-20, 2009
- Embassy Suites, Des Moines, IA
IOWA COALITION ON MENTAL HEALTH AND AGING

Lila P.M. Starr
Adult Mental Health Specialist
Chairperson, NASMHPD Older Person Division
Iowa Department of Human Services
1305 E. Walnut
Hoover Building, 5th Floor
Des Moines, IA  50319
515-281-7270
Lstarr@dhs.state.ia.us