Change Agents: Building a Solid Foundation

Cheryl Evans-Pryor, M.A.–G
Aging Resources of Central Iowa
October, 2009
Evidence-based Practice Program Definitions

- PEARLS – Program to Encourage Active Rewarding Lives for Seniors. Serves elders through counselors in community. Serves clients with minor depression and dysthymia only.

- Healthy IDEAS – Identifying Depression, Empowering Activities for Seniors. Serves chronically ill elders in community through existing Case Management and Family Caregiver Programs.
**EBP: PEARLS & Healthy IDEAS**

- Global understanding of unmet Mental Health needs for Elders we serve
- Global view of optimal Mental Health services and benefits
- Recognize barriers to implementation of depression care
- Committed to being solution focused
- Accept that stakeholders may not be change agents
- Become risk takers, think outside box, are creative addressing program needs.
“Behavioral activation re-estabishes routines, reinforces experiences, overcomes avoidance patterns”
(Jacobson et al., U. Washington, 2008)
Both models are therapeutic approaches grounded in Behavioral Activation & change.

Both models facilitate empowerment and offer problem solving components that can be used in any situation. Encourages activities that are rewarding and pleasurable.

Time sensitive = definitive parameters.
The Shift

Motivational interviewing is patient–centered, directive method for enhancing intrusive motivation to change by exploring & resolving ambivalence...change is thought to arise through its relevance to the person’s own values and concerns.” (Miller & Rollnick 2002)
Dynamics of Change

- “A general goal of motivational interviewing is to enhance the patients’ confidence in their capability to cope with obstacles and succeed in change” (Bugelli & Crowther 2008).

- Individual sense of permission to engage in pleasurable activities shifts focus away from routine or negative thought patterns. This begins the process of change.
Stages of Change Model
(Prochaska, et al., 1992)

- **Pre-contemplation** – unaware or unwilling to make changes initially
- **Contemplation** – figure out whether a change is needed or wanted
- **Preparation Stage** – steps to making shift or changes
- **Action Stage** – attempts to maintain new behavior
- **Maintenance Stage** – long standing, life-long change
Capacity Building = Change

- Finding **different methods** of service/model delivery to address need.
- Senior Outreach Counseling (SOC)– partner with and trained team in PEARLS model.
- Identified majority of their clients have Major Depressive Disorders (MDD) and do not qualify for model parameters (Minor Depression & Dysthymia). Continue screening process.
- Decided **Group Format** may serve larger numbers of Elders by different approach.
Healthy IDEAS Model – explored option of both FCG (Family Caregiver Program) and CM (Case Management) on statewide level.

Supported pilot in own AAA (Area Agency on Aging) with CM.

Leadership team completing Readiness Assessment prior to National Training.

Report success to Directors – assist other AAA’s to complete process.
Moving Ahead: Staying on Course

- Stakeholders or partners recognize necessity to stay focused on outcome of efforts = better service provision.
- Partners define their own contributions.
- Overall sense of accomplishment propels us forward & builds momentum.
Model–Centered Approach to Depression Care

- Stay focused on agency and community mission
- Organizational culture = supportive
- Recognize the impact on clients and community, addressing big issue
- Tangible, outcome–based
- Confidence building for staff
- Supports that EBP models work and should be funded
References


