



HEALTHY AGING AND DEPRESSION

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These briefs complement a Webinar series on Healthy Aging and Depression as part of post-conference follow-up for the May 2008 conference, *Effective Programs to Treat Depression in Older Adults: Implementation Strategies for Community Agencies*, which was supported by the Centers for Disease Control and Prevention (CDC) Healthy Aging Program and organized by CDC's Prevention Research Centers-Healthy Aging Research Network.



ACTION BRIEFS

Adopting Evidence-based Depression Interventions for Older Adults

A Supplementary Series and Guide to Healthy Aging and Depression Webinars

Taking Steps to Treat Depression — in Person and ...

In May 2008, CDC's Prevention Research Centers' Healthy Aging Research Network (PRC-HAN) and the Rosalynn Carter Georgia Mental Health Forum organized a landmark conference, "Effective Programs to Treat Depression in Older Adults: Implementation Strategies for Community Agencies." The conference provided professionals of the public health, aging services, and mental health networks with implementation strategies for effective depression screening and management interventions for older adults. Given that depression is a key health issue for older adults, the conference focused on the current evidence related to interventions for depression screening and management, highlighting strategies to reach community-based older adults through a variety of settings where they live and congregate.

By all measures, the conference was a success. It attracted a diverse audience, including professionals responsible for implementing depression programs in a variety of settings; policy makers and champions for public health, aging services, and mental health programs; researchers interested in translational work; graduate students and trainees in the fields of public health, aging, and mental health; and others involved in the dissemination and sustainability of community-based programs. The conference provided a unique opportunity for these attendees to network, share conference knowledge, and develop specific action plans for screening and managing depression among older adults. It both stimulated new partnerships and enriched existing collaborations.

Former First Lady Rosalynn Carter Co-founder, The Carter Center



"As an advocate for mental health care reform for more than 30 years, I have observed firsthand the stigma of mental illnesses. Millions of people, including many older adults, have long been discriminated against because they have a mental health condition such as depression. But the negative perceptions held by the public can — and are — being countered. Community-based programs like the ones featured in this series are providing much-needed services to older adults every day."

... on the Internet

To leverage the success of the May 2008 conference, "Effective Programs to Treat Depression in Older Adults: Implementation Strategies for Community Agencies," and to build on key learnings, the PRC-HAN planned and delivered a series of six technical assistance Webinars directed toward the adoption of evidence-based depression interventions for older adults. The Webinar topics were selected based on feedback from conference participants during conference sessions and from the post-conference evaluation.

The NCOA website serves as the repository of information related to the Webinars. There you will find audio recordings of each program, speaker presentations, Q&As, and electronic versions of the action briefs contained in this booklet. The action briefs were designed to serve as a launch point for community agencies looking to implement an evidence-based depression management program. They contain resources, strategies, and ideas to consider as an agency begins its quest to effectively treat depression in older adults.

To download the Webinar materials, please visit "Past Webinars" under "More Events" from the NCOA home page: <http://ncoa.org>.

1 **Overcoming Stigma**

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Double Trouble: Stigma and Depression

Older adults who experience depression often deal with double trouble, according to Sarah Gavagan, professor of psychiatry at the Illinois Center for Aging Research. One challenge, of course, is the hidden nature of depression, which often goes undiagnosed. Older adults and their caregivers often face stigma and isolation. But there are ways to overcome these challenges. This action brief provides information on how to overcome these challenges, and how to help others overcome them.

There are three types of stigma:

1. **Public stigma** occurs when healthcare providers, employers, and the general public stigmatize and marginalize someone because of their mental illness.
2. **Self-stigma** occurs when individuals with mental illness apply negative stereotypes to themselves.
3. **Institutional stigma** occurs when organizations and systems with mental illness are treated less favorably than those without.

Reducing Stigma Barriers

The first step to reducing stigma is understanding the barriers that exist to overcome them. This action brief provides information on how to overcome these barriers. It includes information on how to overcome these barriers, and how to help others overcome them.

2 **IMPACT**

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IMPACT: Bringing Team Care to Late-Life Depression

IMPACT is a community-based treatment program for older adults with late-life depression. It is a collaborative effort between a geriatric psychiatrist, a geriatrician, a geriatric nurse practitioner, and a geriatric social worker. The program provides comprehensive care, including medication management, psychotherapy, and social support. IMPACT has been shown to be effective in reducing depression symptoms and improving quality of life in older adults.

Participant Perspectives

Participants in IMPACT report that the program has helped them manage their depression and improve their quality of life. They appreciate the support and care provided by the program, and the ability to work with a team of professionals.

3 **PEARLS**

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PEARLS: Community-Integrated, Home-Based Depression Care

PEARLS is a community-integrated, home-based depression care program. It provides comprehensive care, including medication management, psychotherapy, and social support. PEARLS has been shown to be effective in reducing depression symptoms and improving quality of life in older adults.

Participant Perspectives

Participants in PEARLS report that the program has helped them manage their depression and improve their quality of life. They appreciate the support and care provided by the program, and the ability to work with a team of professionals.

4 **Healthy IDEAS**

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Healthy IDEAS: Helping Older Adults Manage Their Depression

Healthy IDEAS is a community-based depression care program. It provides comprehensive care, including medication management, psychotherapy, and social support. Healthy IDEAS has been shown to be effective in reducing depression symptoms and improving quality of life in older adults.

Participant Perspectives

Participants in Healthy IDEAS report that the program has helped them manage their depression and improve their quality of life. They appreciate the support and care provided by the program, and the ability to work with a team of professionals.

5 **Money Matters**

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Use "Quitting" to Build a Diversified Approach to Funding

This action brief provides information on how to build a diversified approach to funding for depression care programs. It includes information on how to identify funding sources, and how to develop a plan to secure funding.

Other Revenue Sources

There are many other revenue sources that can be used to fund depression care programs. These include grants, contracts, and fees for services. This action brief provides information on how to identify and secure these revenue sources.

6 **The Basics**

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Using Data for Action

This action brief provides information on how to use data to inform depression care programs. It includes information on how to collect data, and how to use data to make decisions about program implementation.

The Basics of Depression

This action brief provides information on the basics of depression, including symptoms, risk factors, and treatment options. It is designed to help community agencies understand depression and how to provide care for older adults with depression.

Action Brief 1 Overcoming Stigma

Presents current research activities and programs that consumers, families, and practitioners can use to help overcome the stigma often associated with depression.

Action Brief 5 Money Matters

Focuses on strategies and opportunities — including funding sources, business plans, billing strategies — for agencies looking to build sustainable depression care management programs.

Action Brief 6 The Basics

Highlights the latest data, strategies, and funding options available to agencies looking to implement an evidence-based mental health program.

Action Briefs 2-4 IMPACT, PEARLS, and Healthy IDEAS

Cover evidence-based depression care management programs for community-based older adults. Each includes the perspectives of a program/research expert and a practitioner/policymaker currently implementing the program.