

BEYOND THE SURFACE: UNDERSTANDING THE IMPORTANCE OF MENTAL & EMOTIONAL HEALTH

PRESENTED BY MANDIE KINDERKNECHT, RN



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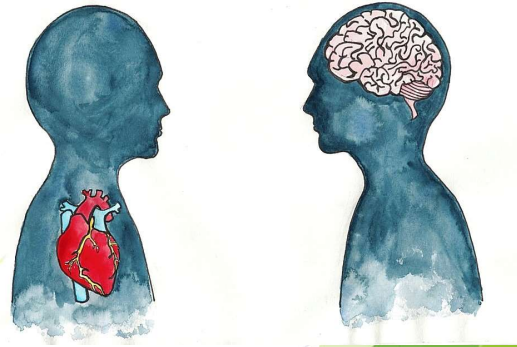
INFORMATION WE WILL COVER TODAY:

- Defining mental and emotional health
- Introduction of our program and staff
- Older adult mental health
- Signs of a mental health issue
- Stigma
- Support and services we provide
- Who would benefit from our program
- How to make a referral

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WHAT DOES IT MEAN TO BE HEALTHY?

- Physical health
 - Eating healthy
 - Exercising regularly
 - Getting enough sleep
 - Annual check-ups
- Mental health
 - Self-care
 - Meditation
 - Mindfulness
 - Deep breathing



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WHAT IS MENTAL HEALTH?

Mental health is a state of well-being that enables people to cope with the stresses of life, realize their abilities, learn well, work well, and contribute to their community. It is an integral component of our health and well-being



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WHAT IS EMOTINAL HEALTH?

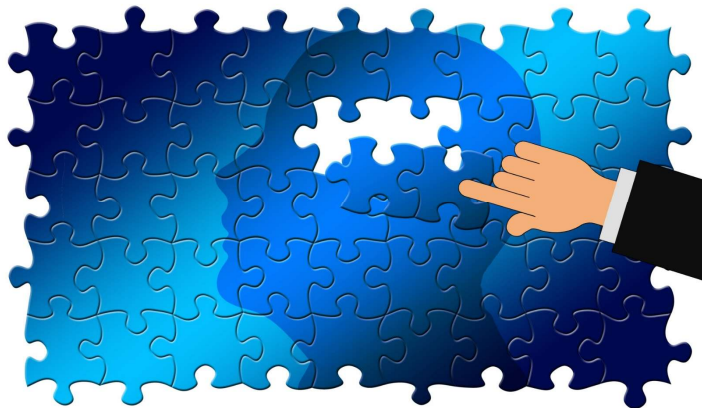
Emotional health refers to how well people accept and manage their emotions and cope with challenges and stress throughout life



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WHY MENTAL AND EMOTIONAL HEALTH MATTER

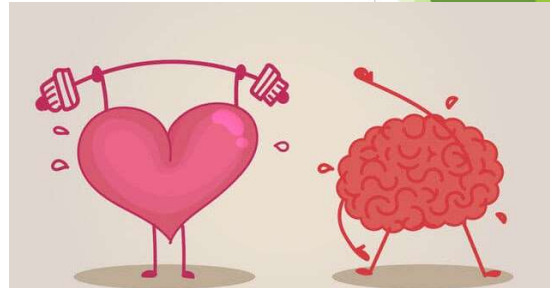
- Overall well-being
- Relationships
- Productivity
- Resilience



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IMPACT OF MENTAL & EMOTIONAL HEALTH

- Physical Health
- Cognitive Function
- Behavior



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DID YOU KNOW??

½ of Americans will meet the criteria for a diagnosable mental health condition sometime in their lives, with symptoms starting by age 24 for most individuals

While 1 in 5 people will experience a mental illness in their lifetime, everyone faces challenges that can impact their mental health

Social, cultural, and historical factors often impact mental health of traditionally marginalized communities

These communities experience overt racism and bigotry far too often, leading to a deeper mental health burden than what others may face

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SIGNS OF GOOD MENTAL & EMOTIONAL HEALTH

- Positive self-esteem and self- confidence
- Ability to manage stress and adapt to change
- Healthy relationships with others
- Sense of purpose and direction in life
- Resilience in the face of adversity



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SIGNS OF POOR MENTAL & EMOTIONAL HEALTH

- Persistent sadness or mood swings
- Social withdrawal and isolation
- Substance abuse or sleep patterns
- Changes in appetite or sleep patterns
- Difficulty concentrating or making decisions



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PROGRAM INTRODUCTION

We are an outpatient group therapy program at Gove County Medical Center designed to meet the unique needs of older adults experiencing depression, anxiety, and/or other mental health changes often associated with aging



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MEET OUR TEAM



**DR. MARCIE SHEA,
MEDICAL DIRECTOR**



**MANDIE KINDERKNECHT, RN
PROGRAM DIRECTOR**



PROGRAM THERAPIST



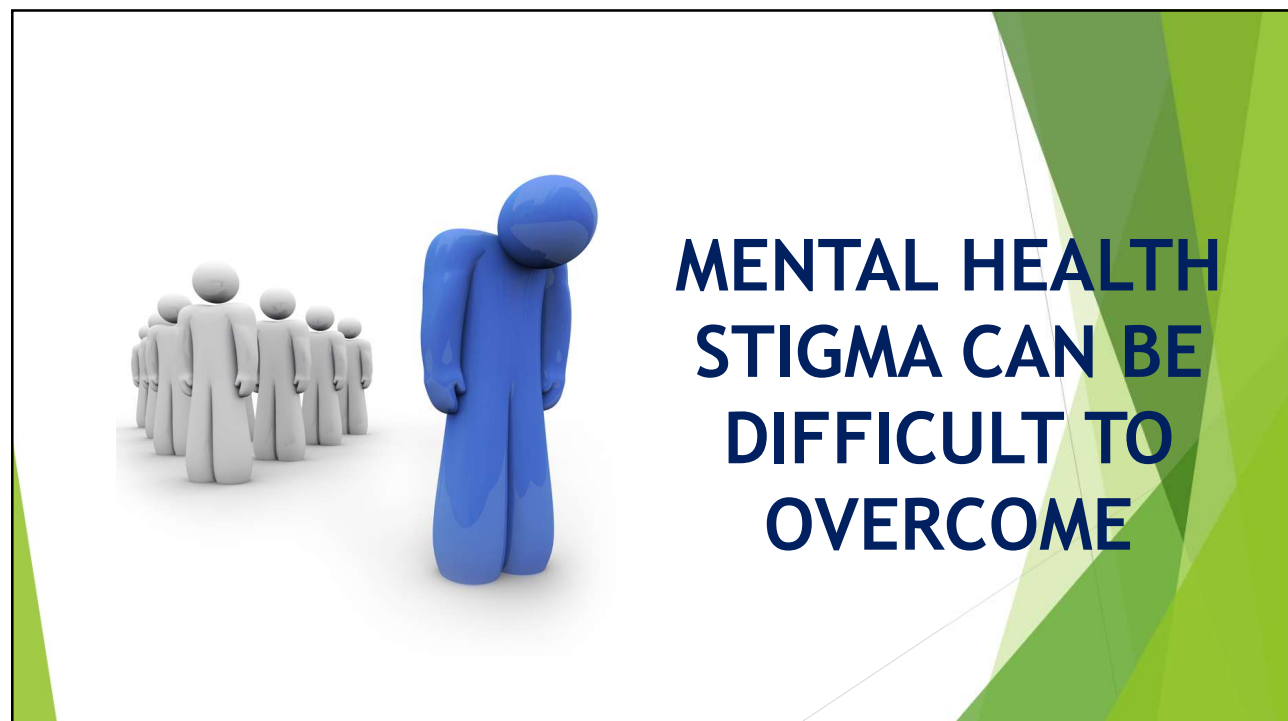
**KELSEY KINDERKNECHT,
OFFICE PATIENT
COORDINATOR**

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OLDER ADULT MENTAL HEALTH

- Mental health challenges are often brought on major life changes
- Often there are many major life transitions in older adulthood
- Older adults often face change brought on by involuntary circumstances

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Education & Awareness



Open Dialogue



Promote Help-Seeking Behavior

BREAK THE STIGMA

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OLDER ADULT MENTAL HEALTH

Benefits of Seeking Support



Validation & Understanding



Prevention of Escalation



Access to Resources

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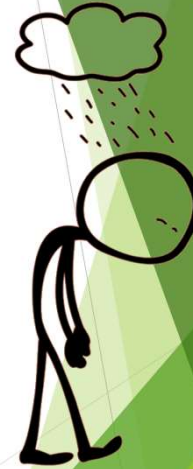
UNMET NEEDS OF OLDER ADULTS

33% become depressed after losing a spouse

50% remain depressed a year later

68% know little to nothing about depression

58% believe it's 'normal' to get depressed as they age



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CONSEQUENCES OF UNTREATED DEPRESSION IN OLDER ADULTS

There are a number of medical risks from cognitive decline and confusion to heart disease and risk of infection as well as an increased risk of suicide when depression goes untreated

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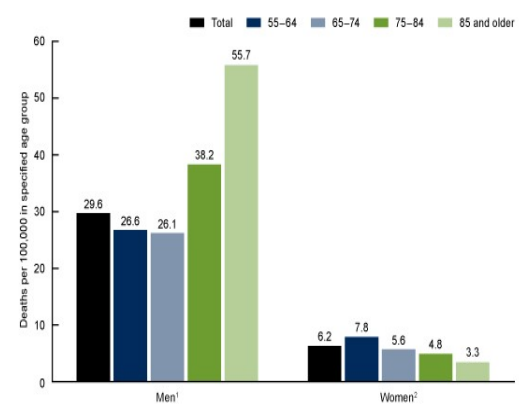
CONSEQUENCES OF UNTREATED DEPRESSION IN OLDER ADULTS

Suicide rates are highest in older adults

After age 75, the suicide rate is **THREE** times higher than average

40% of suicide victims are over the age of 60

Among white men over 80, the rate of suicide is **SIX** times higher than average



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WHAT DOES DEPRESSION LOOK LIKE IN OLDER ADULTS?

- Change in appetite/weight
- Change in sleep patterns
- Decreased interest or pleasure in things previously enjoyed
- Depressed or sad mood
- Increased sleep or insomnia
- Lack of energy
- Low self-worth

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WHAT DOES DEPRESSION LOOK LIKE IN OLDER ADULTS?

- Crying spells
- Difficulty concentrating
- Delusions/hallucinations
- Irritability/demanding behavior
- Memory problems/confusion
- Motor skills slowing
- Suicidal ideation or being “ready to go”
- Unexplained aches and pains

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INDICATORS

- Appetite Changes
- Chronic Pain
- Isolation
- Med Non-Compliance
- New Diagnoses
- Sleep Pattern Changes
- Expressing feelings of sadness, hopelessness, helplessness, or wanting to ‘just give up’

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WHAT CAN YOU DO?

- Express your concerns using ‘I’ statements
 - “I am worried about you”
 - “I would like you to consider talking to someone”
- Be there to listen and reassure them that you care
- Try to avoid making judgments or challenging the person’s feelings; show compassion and patience
- Encourage them to talk to their PCP or a mental health professional

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MENTAL HEALTH IN RURAL COMMUNITIES

The National Rural Health Association tells us that rural residents face more obstacles obtaining mental health services

As a result, more distinct mental health differences are seen in rural vs urban residents

Suicide rates are nearly twice as great in the most rural areas of the U.S. compared to the most urban areas

Fewer primary care providers per resident in rural areas

65% rural counties lack psychiatrist
81% lack psychiatric nurse practitioner
47% lack psychologist

Information from National Alliance on Mental Health

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WHAT CAN OUR PROGRAM DO TO HELP?

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SUPPORT FROM OUR PROGRAM INCLUDES:

- Confidential, comprehensive assessment
- Group, individual, and family therapy
- Medication education & management
- After-care Planning

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GROUP THERAPY
IS OUR MAIN PRIMARY TREATMENT MODALITY

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**WHO WOULD
BENEFIT FROM
OUR PROGRAM?**

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THOSE WHO WOULD BENEFIT INCLUDE:

- Typically 65 or older
- Showing signs & symptoms of depression or other mental health challenges
- Recently experienced a life change
 - Loss of a loved one
 - Change in living conditions
 - Health diagnosis



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HOW DO PATIENTS BENEFIT FROM OUR PROGRAM?

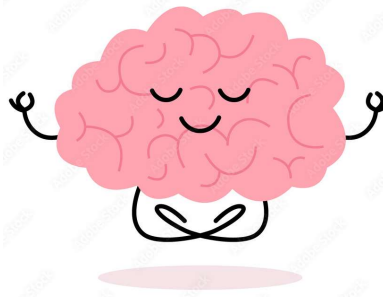
- Reduced symptoms of depression, anxiety, and other mental health challenges
- Improved physical health = decreased doctor and/or ED visits
- Regular health screens
- Improved quality of life



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BENEFITS FROM OUR PROGRAM

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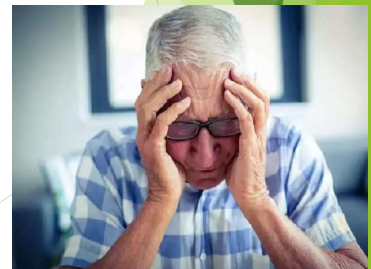


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DEPRESSION IS NOT NORMAL

This population is growing more rapidly than ever and older adults need to know that they don't have to feel this way; it doesn't have to become their 'norm.'

A recent study done by Mental Health America showed that about 58% of people aged 65 and older believe depression is a normal part of the aging process.



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REFERRAL, INTAKE, AND ADMISSION

- **Referral** - this is the first step in getting a patient admitted to the program
 - Anyone can refer - providers, friends/family, even the patient themselves
- **Intake** - completed by Program Director to gather information pertinent to a patient's mental and emotional well-being
 - Can be done in office or in the patient's home
- **Admission** - Dr. Shea will visit with the patient and provide a diagnosis appropriate for the patient
 - Orders will be written for number of group days as well as individual therapy sessions

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FINAL THOUGHTS

- **Insurance** - patient's insurance is checked before intake and then monthly
 - Making sure program is covered
- **Nursing Education** - provided by RN or OPC weekly
 - Variety of topics and activities
 - One more resource for patients

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WE ARE HERE TO HELP!



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THANK YOU!



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