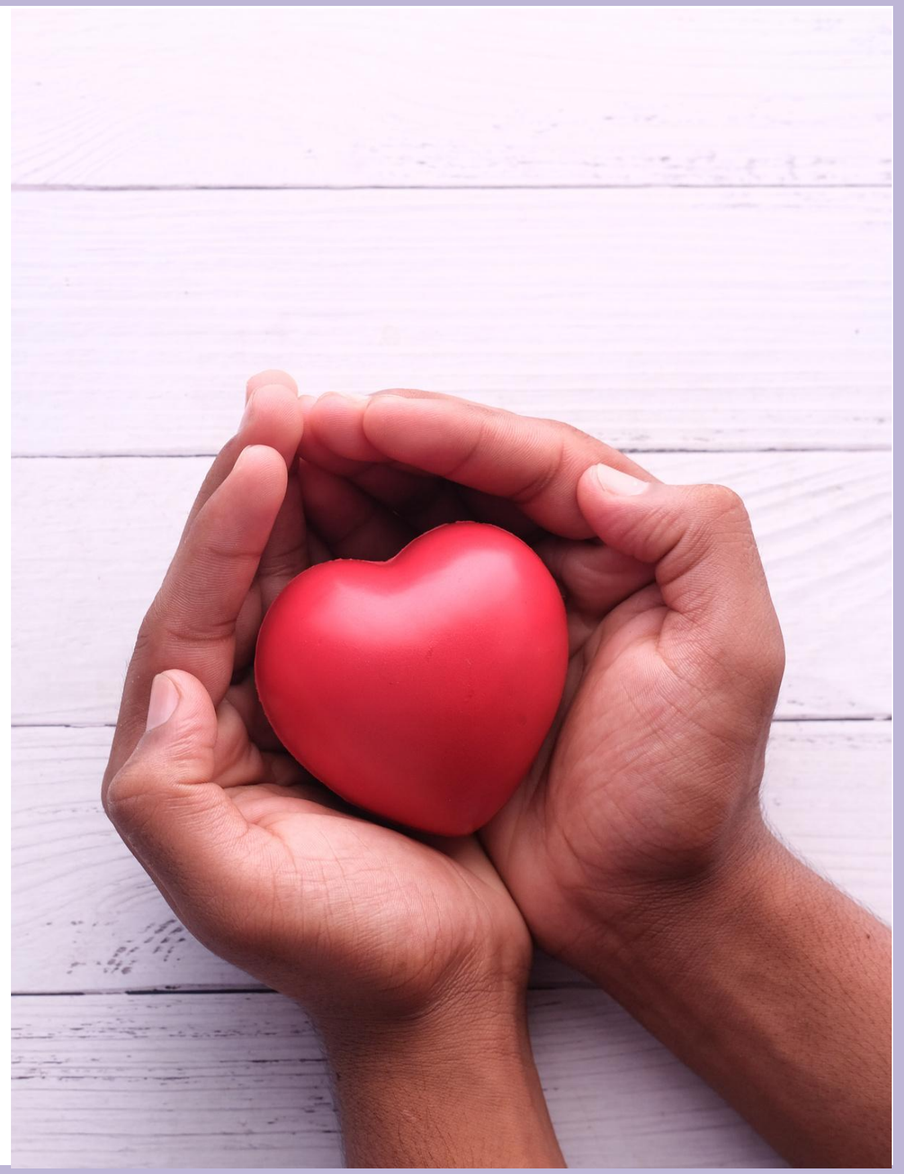
Older Adult Behavioral Health

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Agenda

- Older Adult Risk Factors
- Older Adult Behavioral Health Red Flags
- Where to Access Services
- Types of Services
- Helpful Resources



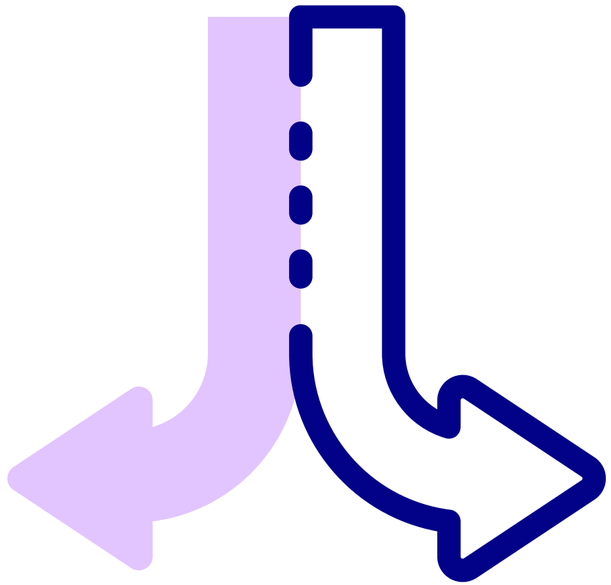
Older Adult Facts

- By 2030, one in five Missourians will be 65+.
  - Those aged 85+ are expected to double by 2040.
- One in four older adults live with a mental health or substance use disorder.
- Older white men have the highest suicide rate of any age group.
- Mental illness increases poor outcomes and mortality for common physical health conditions.



National Coalition on Mental Health and Aging – Your resource for information about mental health and aging
Master Plan on Aging | Senior & Disability Services | Health & Senior Services

BEHAVIORAL HEALTH



MENTAL HEALTH

SUBSTANCE USE DISORDER

Behavioral Health Risk Factors for Older Adults



- Social isolation.
- Loss of loved ones.
- Loss of friends.
- Living alone.
- Chronic health conditions.
- Loss of mobility.
- Loss of transportation.
- Nutrition.
- Hearing loss.
- Cognitive impairments.
- Abuse and neglect.
- Medication misuse.
- Alcohol misuse.
- Ageism.
- Poverty.
- Lack of specialty providers.
- Chronic pain.
- Retirement/loss of purpose.

Warning Signs in Older Adults

- Changes in mood or energy level.
- Changes in appetite.
- Changes in sleep.
- Feeling on edge or restless.
- Increased worry.
- Anger or aggressiveness.
- Ongoing headaches, digestive issues, or muscle pain.
- Increased or new use of alcohol.
- Sadness or hopelessness.
- Thoughts of death or suicide.
- High-risk activities.
- Obsessive thinking.
- Seeing, hearing, and/or feeling things that other people do not experience.
- Withdrawing from people and activities they enjoy.
- Feeling numb.
- Using drugs.



Department of Mental Health

MISSOURI DIVISION OF
DEVELOPMENTAL
DISABILITIES

Division of Developmental Disabilities (DD)

DBH
Division of Behavioral Health

Division of Behavioral Health (DBH)

Where are DBH Services Provided?

CCBHCS

SUD PROVIDERS

CRISIS RESPONSE

RECOVERY SUPPORT

What Services are Provided?

Treatment Services

- Comprehensive Substance Treatment and Rehabilitation Services.
- Comprehensive Psychiatric Rehabilitation.

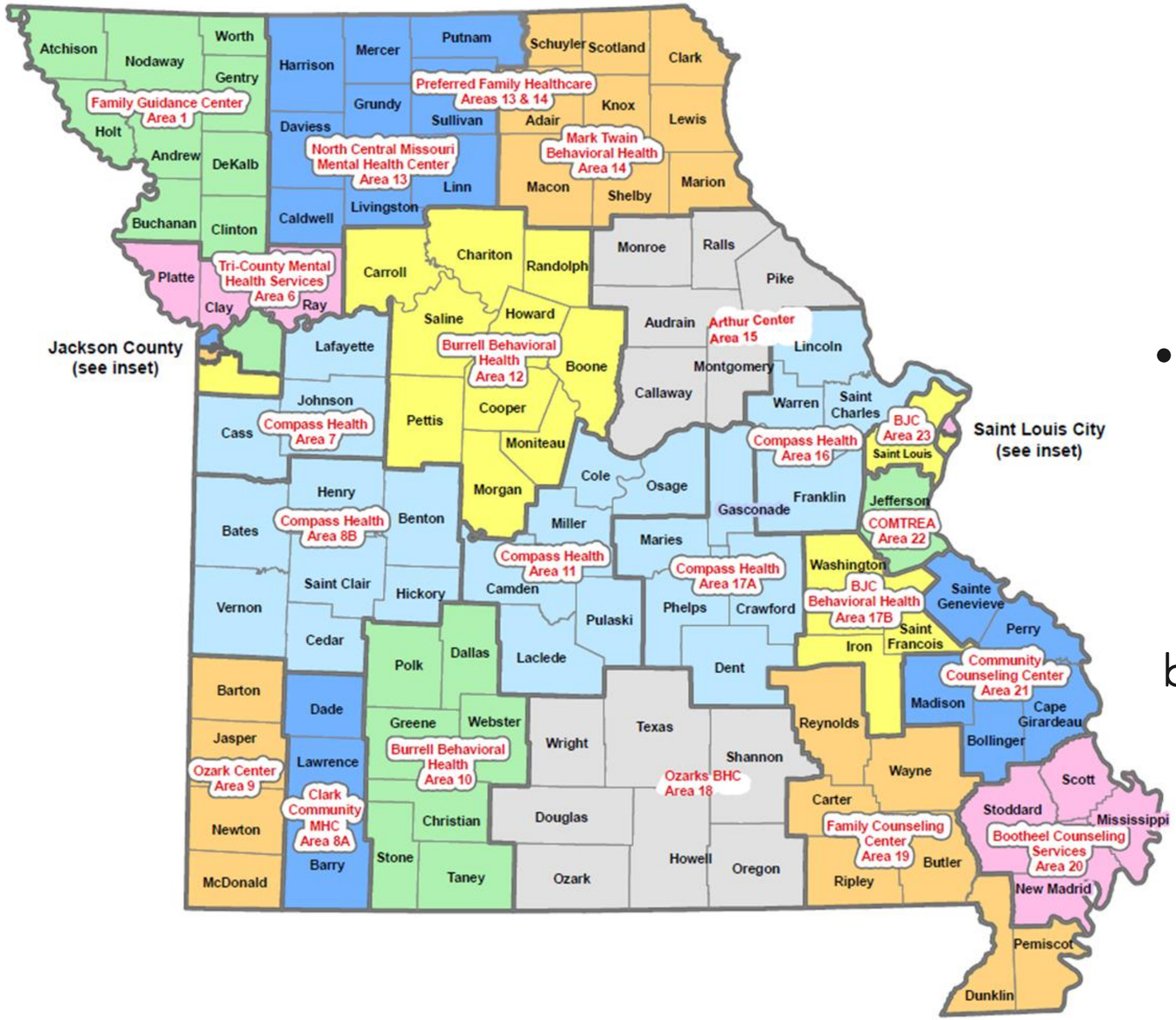
Crisis Services

- 988 Suicide and Crisis Lifeline.
- Mobile Crisis Response Teams.
- Behavioral Health Crisis Centers (BHCCs)

Recovery Support

- Recovery Community Centers.
- Consumer-Operated Services Programs.
- Peer Phone Line.

Certified Behavioral Health Clinics (CCBHCs)

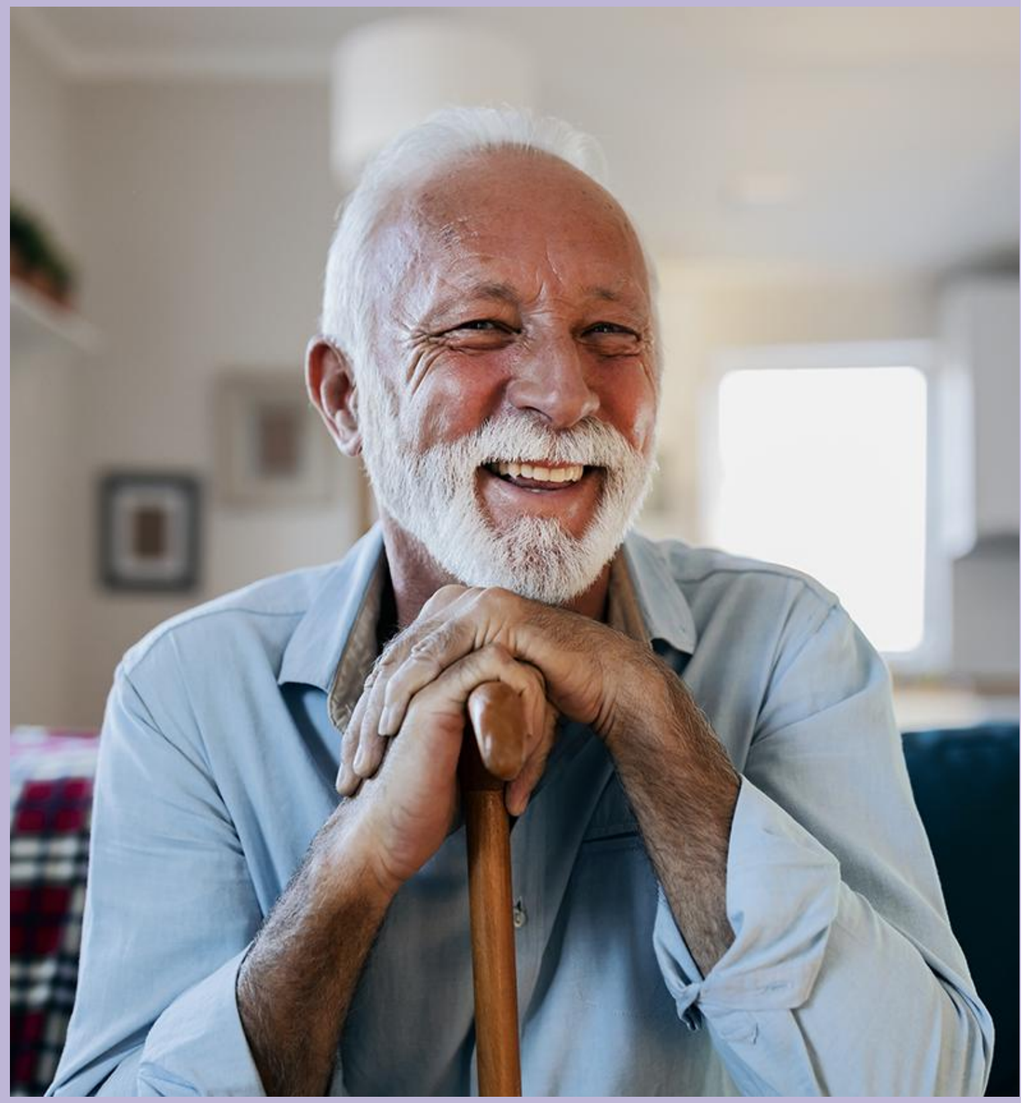


What is a CCBHC?

- A specially designated clinic that provides comprehensive mental health and substance use services.
- Required to provide treatment to anyone who requests it, regardless of the patient's health insurance, place of residence, or age.
- Created to ensure integrated, evidence-based services, including 24/7 crisis response and medication-assisted treatment.

[Certified Community Behavioral Health Clinics (CCBHCs) | dmh.mo.gov]

Certified Behavioral Health Clinics (CCBHCs)



What Services do CCBHC's Provide?

- Crisis mental health services.
- Screening, assessment, and diagnosis.
- Patient-centered treatment planning.
- Outpatient mental health and substance use treatment.
- Screening and monitoring of health risks/status.
- Targeted case management.
- Psychiatric rehabilitation.
- Peer and family support services.



Community Psychiatric Rehabilitation (CPR)

- Person-centered approach that emphasizes individual choices and needs.
- Promotes independence and the pursuit of meaningful living, working, learning, and leisure activities.

CPR Program Eligibility

- Qualifying Diagnosis within the latest Diagnostic and Statistical Manual of Mental Disorders (DSM)
- Evidence of Impairment
- Duration

CPR levels of intensity include:

- Outpatient
- Intensive CPR (ICPR)
  - Non-Residential
  - Residential

CPR Services

All CPR Providers must offer:

- Assessment and Treatment Planning
- Community Support
- Crisis Intervention
- Medication Services
- Outpatient Services
- Psychosocial Rehabilitation

Comprehensive Substance Treatment and Rehabilitation (CSTAR)

- Offers a full continuum of care approach to substance use treatment through a combination of clinical and supportive services that differ in duration and intensity, depending on the needs of the consumer.
- Treats substance use and co-occurring disorders.

CSTAR Eligibility

- Eligible Substance Use Disorder diagnosis from the most current DSM.



CSTAR Services

All CSTAR providers must offer:

Assessments and Medication Services



Individual, Group, and Family Counseling



Education and Community Support

Peer and Family Support



Families Participation in Services

Specialized Treatement Settings

Health Care Homes (HCH)

A behavioral health Healthcare Home is a place where individuals can come throughout their lifetimes to have their health care needs identified. The individual's medical, behavioral, and other related social needs can be provided or arranged for in a way that recognizes all of their needs as a person while striving for self-management.

Core HCH services include:

- Comprehensive Care Management
- Care Coordination
- Health Promotion
- Comprehensive Transitional Care
- Individual and Family Support
- Referral to Community & Social Support Services

Healthcare Home Team

- HCH Director
- Specialized Healthcare Consultant: Primary Care, Registered Dietician, OT, Speech Language
- Care Coordinator
- Nurse Care Manager

FQHC Partnerships

Identify behavioral health disorders within the primary care environment.

Provide primary care service for individuals with behavioral health disorders.

Reduce health disparities.

Provide supports for individuals who require assistance in managing their chronic disease or improving health status.

Create and/or improve working relationships between primary and behavioral health professionals.

Peer Supports

Peer support services are delivered by individuals who have been successful in recovery from mental and/or substance use disorders who help others experiencing similar situations.

Peer support services can effectively extend the reach of treatment beyond the clinical setting into the everyday environment of those seeking a successful, sustained recovery process.



MISSOURI'S CRISIS SYSTEM OF CARE

SOMEONE TO TALK TO



988 Suicide & Crisis Lifeline

SOMEONE TO RESPOND



Mobile Crisis Response Services

A SAFE PLACE TO GO



Behavioral Health Crisis Centers

Scan the QR code for information on all components of the crisis system of care in Missouri.

Recovery Support Services (RSS)

- 60 Recovery Support Service providers across the state.
- RSS is available before, during, and/or after treatment and in coordination with substance use disorder providers.
- RSS includes care coordination, recovery coaching, spiritual counseling, group support, recovery housing, and transportation.

Consumer-Operated Service Programs (COSP)

- 4 Mental Health Drop-In Centers and 1 Peer Phone Support Line.
- Anyone with a mental health diagnosis or who is/has experienced symptoms of a mental illness is welcome to participate in services.
- All services are self-directed and free of charge.
- Services include recovery focused support groups, life enhancement skills, goal setting, problem solving, internet access, and socialization with others in recovery.
- 8 DBH funded Recovery Community Centers in Missouri

Helpful Resources

- Locating Treatment & Services | dmh.mo.gov
- Certified Community Behavioral Health Clinics (CCBHCs) | dmh.mo.gov
- HOME | Crisis Resources
- Older Adult Behavioral Health | AHA
- Resources for Older Adults | SAMHSA
- Master Plan on Aging | Senior & Disability Services | Health & Senior Services

THANK YOU

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