



ELDER MENTAL HEALTH MSW INTEGRATED INTERNSHIP PROGRAM





MEMBERS OF THE SOUTH SHORE ELDER MENTAL HEALTH CONSORTIUM

- **Joanne Moore, Council on Aging Director** – *Duxbury, MA*
 - **Michelle Bratti, Commissioner of Health & Human Svc** - *Plymouth, MA*
 - **David Klein, Administrator Old Colony Planning Council** – *Area Agency on Aging*
 - **Other Community Partners:** Bridgewater State University, etc.
-

**PRESENTED &
FUNDED BY:**



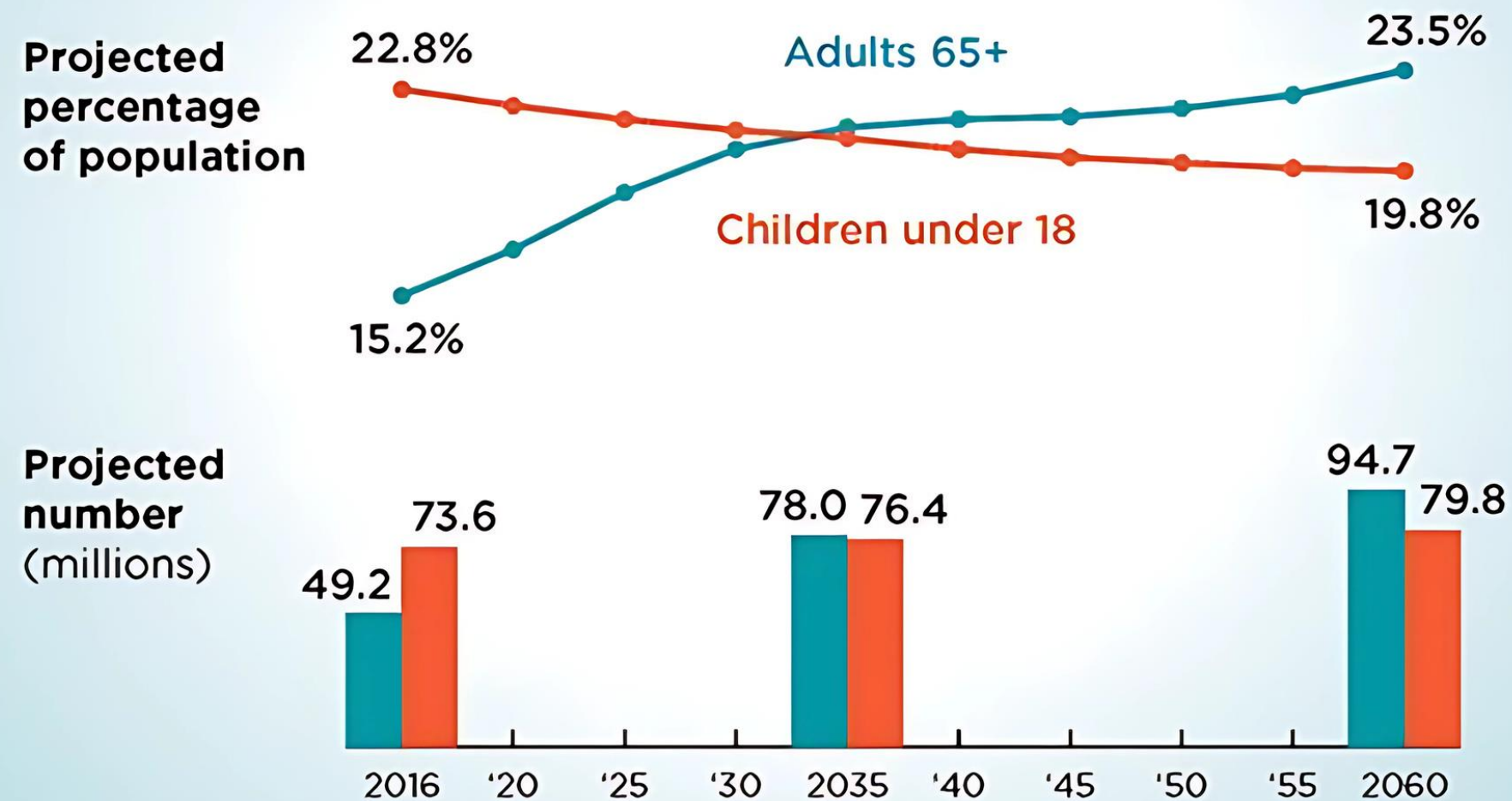
GROWTH IN THE U.S.



An Aging Nation

Projected Number of Children
and Older Adults

For the First Time in U.S. History Older Adults Are
Projected to Outnumber Children by 2035



Note: 2016 data are estimates not projections.

United States
Census
Bureau

U.S. Department of Commerce
Economics and Statistics Administration
U.S. CENSUS BUREAU
[census.gov](https://www.census.gov)

Source: National Population
Projections, 2017
www.census.gov/programs-surveys/popproj.html

AGING

NOT THIS:

Dependency

Loss

Weakness

Isolation



BUT THIS!

Contribution

Growth

Flexibility

Connection



DEVELOPMENT HISTORY OF THE SSEMHC ELDER MENTAL HEALTH INTERNSHIP PROGRAM

**COUNCILS ON
AGING**

**AREA
AGENCIES ON
AGING**

**LOCAL
COLLEGES/
UNIVERSITIES**

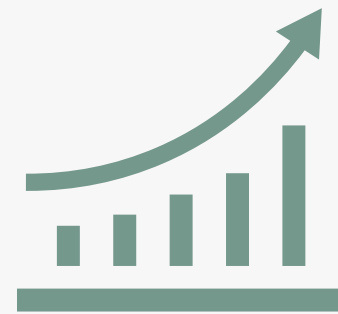
**COMMUNITY
PARTNERS**

ALL HANDS-ON DECK APPROACH!

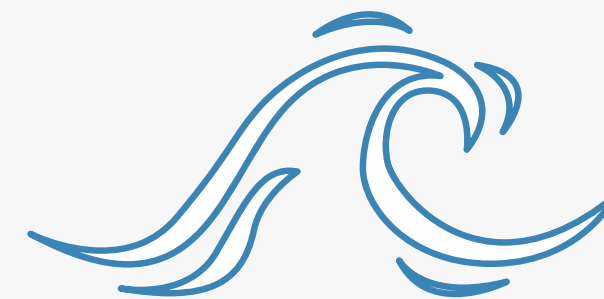
BASIC FACTS



**There are a lot
of older people.**



**There are going
to be many more.**



**The age
wave will
continue to
profoundly
change the
way society
functions.**



**We need more
people in the field.**

THE NEED

✓ Older Population - Post
COVID/Isolation/Anxiety

✓ Lack of Mental
Health Resources

✓ Mental Health Stigma

FACTORS

- Living alone
- Having a small social network
- Infrequent participation in social activities
- How to provide a program to bring connectedness to older adults with mental health services

BARRIERS

- Money-Funding
- Availability/access to professionals
- Ability for seniors to see past any negative stereotypes, surroundings mental or behavioral health services

GOALS IN IMPLEMENTATION

- 1** Provide free mental health services in-house Senior Centers.
- 2** Reduce social isolation and loneliness among older adults.
- 3** Reduce stigma by normalizing mental health discussions.
- 4** Create community connectedness amongst students, COAs, and older adults to support their mental health.
- 5** Increase the number of professionals working in the field of aging.

CHALLENGE

When you've seen one COA, you've seen one COA!

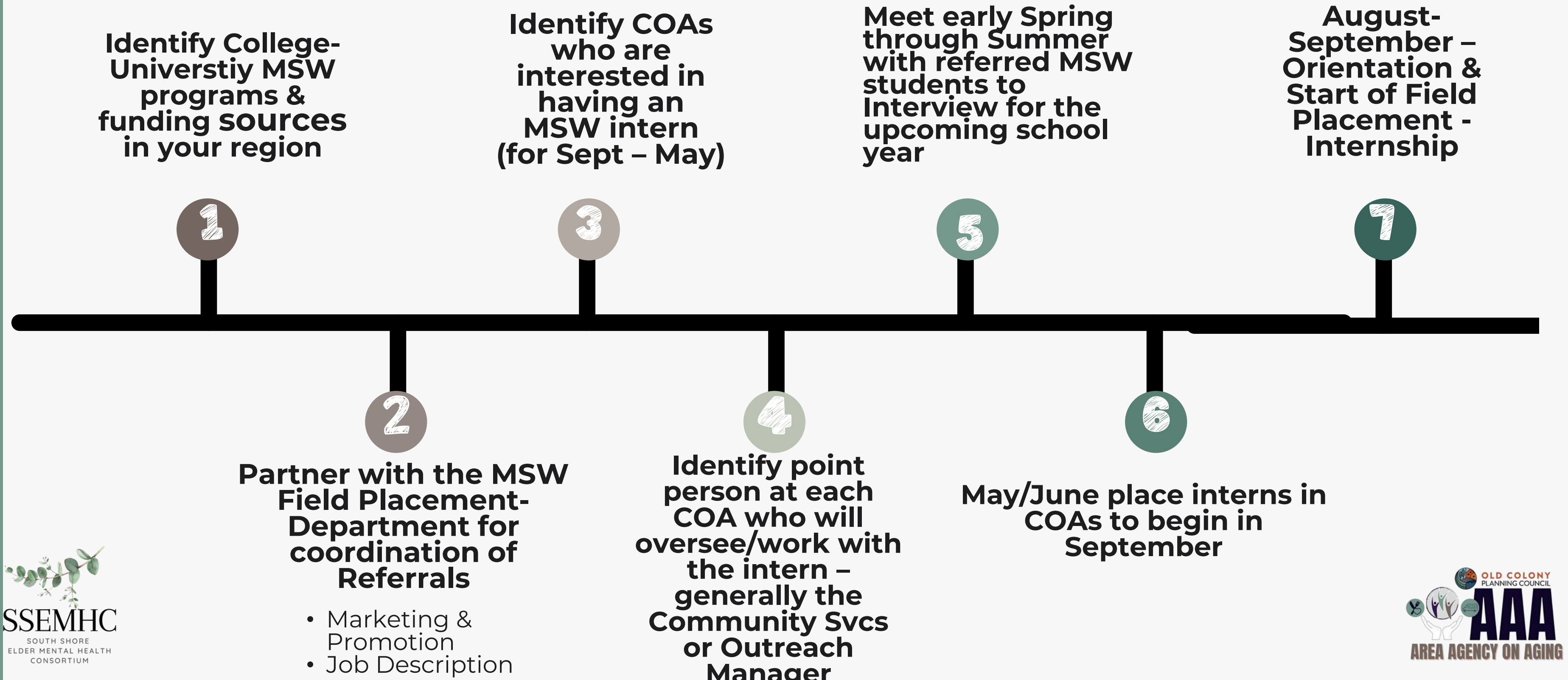
3-TIERED APPROACH TO THE PROGRAM

Hire a
credentialed
supervisor

Use trusted
staff to navigate
the day-to-day
with the intern

Director needs to make the
decision to adapt to be
successful and run smoothly.

IMPLEMENTATION GUIDELINES/TIMELINE:



USES OF FUNDING



**PAYMENT
FOR
CLINICAL
SUPERVISOR**



**STIPENDS FOR
INTERNS**
*(during internship or
when complete)*



**PROGRAM
INCIDENTALS
AND COSTS FOR
EACH COA**

ROLE OF CLINICAL SUPERVISOR

Supervision for student/intern

- LICSW, LCSW or MSW with 2 years of experience (as required by BSU), others may have different qualifications.

Meet 1 hour weekly with each intern for supervision
(can be in person or virtually)

Create Learning Contract (or other documentation required by MSW Program) Beginning September and January

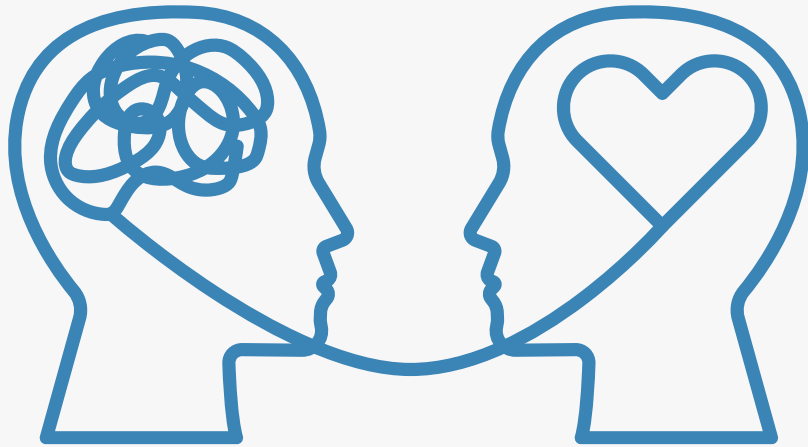
Review and comment on Processes and Record Keeping

End of Semester evaluation December/May

Meet with COA intern liaison as needed

Monthly reports to SSEMHC on activities completed as well as sharing of anecdotal information or experiences

EXAMPLES OF ACTIVITIES/PROGRAMS PERFORMED BY INTERNS



1:1 MENTAL HEALTH COUNSELING/SUPPORT FOR SENIORS EITHER IN SENIOR CENTER OR AT HOME VISIT

Through Warm
Handoff/Referral from
Outreach Coordinator

GROUP PROGRAMMING THAT ADDRESS WELL BEING & ISSUES OF AGING

- Live Your Life Well Program
- Topic based coffee hours - TED Talks with discussions
- Lead Writing - expression workshops
- Meals on Wheels, Friendly Visitor Participation
- Caregiver Support Groups & Grandparents Caring for Grandchildren Activities
- Lend Assistance with Adult Day Program
- Participate in Bereavement Support Groups & include Local Hospice



NEWSLETTER & INTERNAL COMMUNICATIONS

REGARDING MSW INTERN - ACTIVITIES, PROGRAMS & SERVICES



Gratitude Jars with Kellie

It's the season of giving thanks! This year, join our Master of Social Work Intern Kellie Blake to create your own gratitude jar. Kellie will teach you what a gratitude jar is and take you through the process of crafting your own. Are crafts not your thing? We will also be having a discussion about gratitude and how to find it in difficult times. Two sessions are offered, so choose the time that works best for you. Limited jars will be provided, so you are encouraged to bring a clean jar from home. 10-person maximum per session.

Registration appreciated. Drop-ins welcome if space allows.

Friday, November 8th at 11:15am and Monday, November 18th at 1:15pm

Live Your Life Well

AN INTERN RUN PROJECT

10 TOOLS OF RESILIENCY

- Connect with Others
- Stay Positive
- Get Physically Active
- Help Others
- Deal Better with Hard Times
- Create Joy & Satisfaction
- Eat Well
- Take Care of Your Spirit
- Get Enough Sleep
- Get Professional Help if you Need It

PAYOFF:

Tracked Activities & Benefits for Older Adults, including:

- Counseling
- Communication
- Advocacy
- Activity

BY THE NUMBERS:

OUR MSW INTERNS TRACKED THE PROVISION AND/OR FACILITATION OF THE FOLLOWING:

<div>8</div> <div>Community Outreach external to COA</div>	<div>12</div> <div>Intern Activities, Events & Programs Attended</div>	<div>47</div> <div>Group Counseling Sessions Facilitated</div>
<div>Individual Counseling Sessions Provided</div>	<div>72</div>	
<div>93</div> <div>Email Advocacy to providers, staff, and clients for resources and appointments</div>		<div>156</div> <div>Participants of the Group Counseling Sessions</div>
<div>Phone Call Advocacy to providers, staff & clients for resources and appointments</div>	<div>104</div>	

FUNDING & DOCUMENTATION



How to get the funding

- Example: Title III grants from the Older Americans Act



Documentation and statistics



Centralized Partnerships



Flow of money through one COA in the region

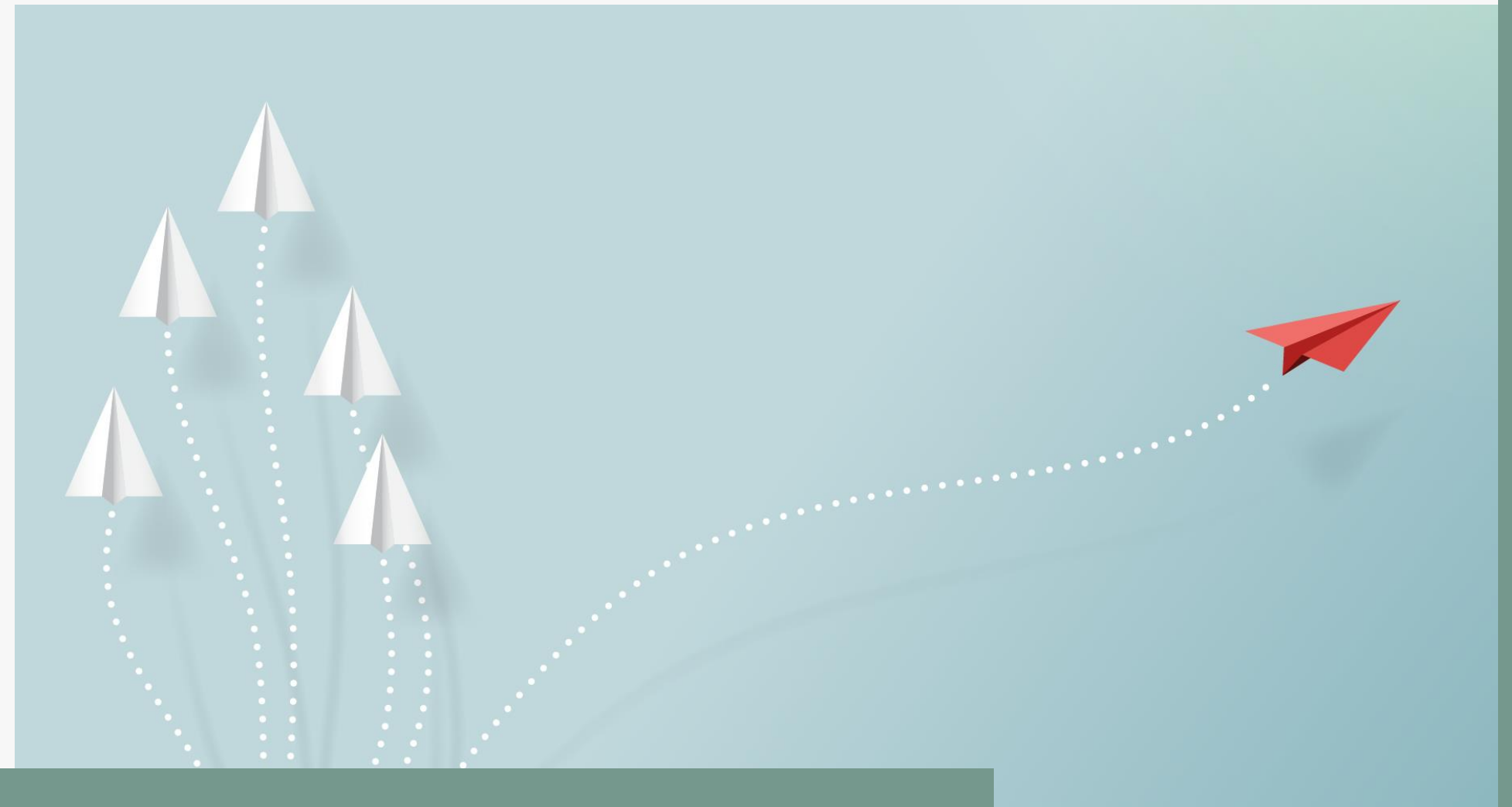
- Example: Duxbury COA receives all money from OCPC for:
 - Payment for Clinical Supervisor
 - Stipends for interns (during internship or when completed)
 - Program incidentals and costs for each COA, if applicable

SUCCESSSES

- **Implemented/Enhanced Clinical Mental Health Services**
- **Reduced Loneliness**
- **Improved Senior Wellbeing**
- **Expanded Outreach Services**
- **Increased Professional Interest in the Geriatric Field**
- **Reduce Expense Through Regional Collaboration**
- **Bridged Services to Homebound Older Adults**

CHALLENGES

- **Need a Fiscal Hub**
- **Onboarding**
- **Time**
- **Space**
- **Staffing**



HOW CAN YOUR CENTER TAKE ON A PROJECT LIKE THIS?



IDENTIFY



Funding & Resources

- Example: Title III grants from the Older Americans Act

Someone regional to assist

- Example: AAA or Other Liaisons)

Which Community COAs Want to Participate in a Consortium

College/University to Partner with to Provide Student Interns

- Example: First & Second Year MSW, LMHC

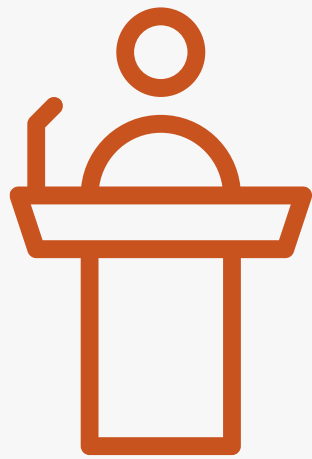


COLLABORATE

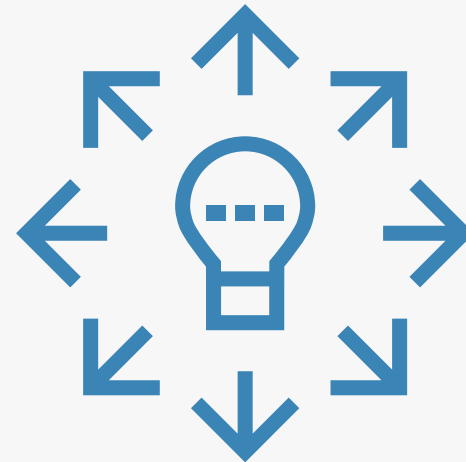


Market the Mental Health Service & Programs to Your Community Partners

HOPES FOR THE FUTURE



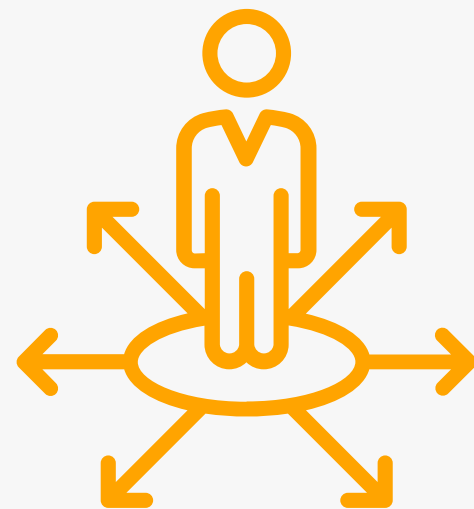
**PRESENT PROJECT
NATIONALLY**



**REPLICATE PROJECT
IN ALL COAS**



**SECURE PERMANENT
FUNDING**



**EXPAND PROFESSIONAL
OPPORTUNITIES IN
GERONTOLOGY FIELD**



THANK YOU

Joanne Moore, Director
Duxbury Council on Aging
781-934-5774 x5700
joannemoore@duxbury-ma.gov

David Klein, Administrator
Old Colony Planning Council
Area Agency on Aging
774-539-5220
dklein@ocpcrpa.org

Michelle Bratti, Commissioner of
Health & Human Services - Plymouth
508-830-4230 x13102
mbratti@plymouth-ma.gov