

**The OACS (Older Adults Counseling Services) Program
of NHS Human Services**

**Community Based Mental Health Services
in Delaware County**

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NHS Human Services of Delaware County
OMHSAS Older Adult Advisory Meeting
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I. Overview of OACS Programs - Community Based Behavioral Health Services

A. NHS Human Services

Mission Statement *"NHS provides innovative solutions to support the unique needs of the individuals we serve by striving to create a caring and responsive environment that promotes the highest standards of integrity and quality."*

NHS and its subsidiaries provide a core group of services to individuals with varying degrees of mental health and mental retardation disabilities and drug and alcohol problems.

- Division of Specialized Adult Services in Delaware County
- Corporate Office – Lafayette Hills (620 Germantown Pike)
- Regional office – Erdenheim (906 Bethlehem Pike)

B. Funding Sources

Delaware County Office of Services for the Aging (COSA)

3rd Party Insurances – Medicare, Magellan, etc.

Medicaid

*No fees to clients

C. History of Services

1997 Grant Funding – Contract with COSA

In Home Counseling & Peer Counseling Program

II. OACS Programs - In Home Counseling Programs – Grant Funded & PDA Waiver Clients

A. Eligibility Requirements:

- Age Requirements:
aged 60+ or caregivers for person (s) 60+
- homebound status:
mental illness is severe to the extent that it prevents them from seeking treatment outside of the home.
physically compromised because of severe medical conditions – unable to engage in treatment outside of home
- referral sources – self or other referred

B. Service Delivery

- Length of Course of Treatment:
brief therapy, goal oriented but not time limited
- Location of treatment:
clients' homes & other community locations, i.e. senior centers when the home is not conducive for treatment
- Presenting Problems/Treatment Issues:
depression, anxiety – acute & chronic
marital/relational issues, grief and loneliness.

C. Treatment Modalities

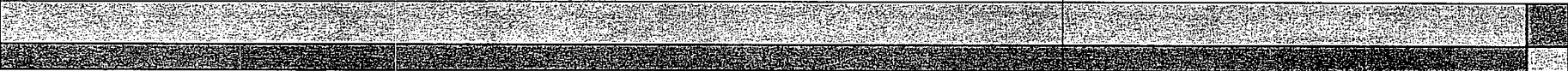
- individual therapy, couples & family therapy

D. Staffing

- Licensed Clinical Social Workers & Non Licensed Clinicians (LSW, MFT, etc.)
- Masters Level Interns – Final Year (2nd or 3rd Year)

E. Program Challenges

- Lack of psychiatrists willing to make home visits
- Stigma of MH & Psychotropic Medication Use



III. Senior Center Behavioral Health Program


Services Delivered at Senior Centers Funded by COSA (8)

A. Program Design

- 3 Tiered:
 - Need based
 - Wellness Centered Programs
 - Educational Presentations & Trainings
- Staffing:
 - Professionals – Behavioral Health Specialist & Behavioral Health Activities Facilitator
 - Peer Counselors

B. Professional Services

- Senior Center Individual Behavioral Health Service Plans - Yearly
 - Individualized needs assessment for services, wellness programs & educational needs
- Professional Behavioral Health Services – BH Specialist & Activities Facilitator
 - Screenings (depression, etc.)
 - Behavioral Health Assessments
 - Individual Counseling – brief therapy for clients with acute issues
 - Referrals to Community Behavioral Health Service Providers (Psychiatrists, Outpatient Clinics/Practices, Inpatient Facilities, etc.) and Other External Agencies
 - Clinical Consultations with Center Directors



III. Senior Center Behavioral Health Program (Cont'd)

C. Para – Professional Services – Volunteer Peer Counseling Program

- Trainings – All Program Professional Staff & Guest Presenters
 - Initial Intensive Training
 - Monthly Supervision
 - Quarterly In-Services
- Roles & Responsibilities:
 - individual supportive counseling – participants not requiring professional services.
 - counseling, co-facilitation of groups, KTS Program (reminiscence - oral & written story telling)
 - information & referrals
 - participation in advocacy activities
 - monthly reports

D. Wellness Programs:

- Kitchen Table Stories Program (reminiscence - oral & written story telling program)
- self esteem/etiquette groups – female & male distinct groups
 - goal – appropriate social & emotional behaviors in the senior centers
 - 2 session program designed & implemented with center director/staff

D. Wellness Programs (Cont'd):

- Positive Aging Book Club
 - "Something to Live For: Finding Your Way in the Second Half of Life" by Richard Leider
 - "Living Well: Taking Care of Yourself in the Middle and Later Years" by James Fries
 - "ABC for Seniors: Successful Aging: Wisdom from an Outrageous Gerontologist" by Ruth Harriet Jacobs, Ph.D.
 - "How to Thrive Until You're 105: Coping Skills in a Time of Uncertainty

- 2009 Initiatives Currently Being Designed:
 - Veterans' Oral History Project
 - Support group for cancer survivors -
 - "Keeping a Light Heart While You're Aging: Laughing All the Way!

E. 2008/2009 Trainings for Center Directors

- Behavioral Health 101: Red Flags, What to Know, Who to Call
- Working with Difficult Consumers
- Educational Presentations & Trainings

NHS Human Services of Delaware County

OACS Program (Older Adults Counseling Services)

Community Based Behavioral Health Services

Program Director – Sharon D. White, MSS, LCSW

**In Home Counseling Program
&
PDA Waiver Program**

**Senior Center Behavioral Health Program
At COSA Funded Senior Centers (8)**
Behavioral Health Specialist, M. M.
Behavioral Health Activities Facilitator, R. B.

Therapists:

L. B. – FFS, PT
M. M. - FT
J. V. – FFS, PT
N. B. – (PDA W) FFS
N. S. – (PDA W) FFS

**Peer Counseling Program
Individual & Group Work**

Peer Counselors - 8:

J. B.
L. C.
M. H.
D. M.
F. R.
P. S.
A. W.
W. W.

**Professional Behavioral
Health Services**

- Assessments
- Individual Counseling

Referrals to
Community
Service Providers

- Behavioral Health &
Aging Trainings:**
- Professional/Staff
 - Para-Professionals
 - Center Participants