Gray Matters
Understanding Depression in Older Adults
June 19, 2017

Improving Antidepressant Medication Management Provider Toolkit

Antidepressant Provider Toolkit

Tools to increase antidepressant medication adherence and reduce racial and ethnic disparities in depression management.
Upcoming Webinar

Gray Matters
Understanding Anxiety in Older Adults
Thursday - July 20, 2017
11:00am – 12:30pm
Click here to Register

Gray Matters
Understanding Depression in Older Adults
Presentation Objectives

• Identify the risk factors and warning signs of depression and suicidal behavior in older adults
• Describe stigma, treatment and recovery of mental illness in older adults
• Identify two resources to support older adults living with depression

Definition

Mental illnesses are medical conditions that disrupt a person’s thinking, feeling, mood and ability to relate to others and daily functioning.
What Causes Mental Illnesses?

• Heredity
• Biology
• Brain chemistry
• Life experiences
• Environment

Co-occurring Disorders

• Older Adults often have several co-occurring disorders
• People living with depression or anxiety disorder are two to three times more likely to have a substance use disorder
U.S. Adults with a Mental Illness in Any One Year

<table>
<thead>
<tr>
<th>Type of Mental Illness</th>
<th>% Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety disorder</td>
<td>19.1</td>
</tr>
<tr>
<td>Major depressive disorder</td>
<td>6.8</td>
</tr>
<tr>
<td>Substance use disorder</td>
<td>8.0</td>
</tr>
<tr>
<td>Bipolar disorder</td>
<td>2.8</td>
</tr>
<tr>
<td>Eating disorders</td>
<td>2.1</td>
</tr>
<tr>
<td>Schizophrenia</td>
<td>0.45</td>
</tr>
<tr>
<td>Any mental disorder</td>
<td>19.6</td>
</tr>
</tbody>
</table>


Sadness and Grief are Normal

• Temporary responses to the losses and hardships of life
• Natural to feel grief after losing a spouse or a good friend, when leaving a home of many years or when experiencing health issues
• Normal sadness passes; untreated depression does not
What Is Depression?

• Depression affects a person’s
  – Emotions, thoughts, behaviors, and physical health
  – Ability to work, engage in activities and have satisfying relationships

Signs and Symptoms of Depression

**Emotions:**

• Sadness, anxiety, guilt, anger, moodiness, irritability, lack of emotional responsiveness, feelings of helplessness, hopelessness
Signs and Symptoms of Depression

Thoughts
• Frequent self-criticism, self-blame, pessimism, impaired memory and concentration, indecisiveness and confusion, tendency to believe others see them in a negative light, thoughts of death and suicide

Behaviors
• Crying spells, loss of interest/pleasure in activities previously enjoyed, withdrawal from others, neglect of responsibilities, loss of interest in personal appearance, loss of motivation, slow movement, misuse of drugs and alcohol
Signs and Symptoms of Depression

Physical
• Fatigue, lack of energy, sleeping too much or too little, overeating or loss of appetite, constipation, weight loss or gain, headaches, unexplained aches and pains

Risk Factors for Depression
• Distressing and uncontrollable event
• Exposure to stressful life events
• Ongoing stress and anxiety
• Another mental illness
• Previous episode of depression
• Family history
• More sensitive emotional nature
Risk Factors for Depression

- Illness that is life threatening, chronic, or associated with pain
- Medical conditions
- Side effects of medication
- Poverty
- Lack of exposure to bright light in winter
- Chemical (neurotransmitter) imbalance
- Substance misuse

Suicide and Older Adults

- U.S. suicide rate for all ages is 13.4 per 100,000
- U.S. suicide rate for ages 65 and above is 16.6 per 100,000
- U.S. suicide rate for ages 15-24 is 11.6 per 100,000
- U.S. suicide rate for ages 45-64 is 19.5 per 100,000

Datasource: American Association of Suicidology 2016; data from 2014
Warning Signs of Suicide

• Threatening to hurt or kill oneself
• Seeking access to means
• Talking or writing about death, dying, or suicide
• Feeling hopeless
• Feeling worthless or a lack of purpose
• Acting recklessly or engaging in risky activities
• Displaying an unexpected peacefulness

Warning Signs of Suicide

• Increasing alcohol or drug use
• Withdrawing from family, friends, or society
• Demonstrating rage and anger or seeking revenge
• Appearing agitated
• Having a dramatic change in mood
Suicide Risk Assessment

- Untreated depression
- Gender
- Age
- Chronic physical illness
- A mental illness or family history
- Use of alcohol or other substances
- Less social support
- Previous attempt
- Organized plan

Suicide Resources

For 24 hour crisis counseling call:
- 1-800-SUICIDE: 1 (800) 273-8255

If you need immediate help for someone in crisis call:
- 911
- County Crisis Line and/or Crisis Team
What Can Help?

- Medication, talk therapy, education and support can help older adults feel better
- A healthy diet, less stress, exercise, affirming relationships, enjoyable activities, self-help books, peer support specialists and a spiritual connection can also help

Medication

MN Council of Health Plans reported:
- 10% of their members age 65 or older have a mental health diagnosis
- They take an average of 3.5 psychotropic medications
- Older adults age 80 or older had the highest rate of mental illnesses – 14%
Recovery from Depression

Over 80% of older adults diagnosed with depression can be effectively treated.

Stigma

“Mental Health: A Report of the Surgeon General” identified stigma as one of the major barriers that discourages adults with mental illnesses from seeking treatment.
Stigma
How We Think About Mental Illnesses?

• Courageous
• Determined
• Inspirational
• Generous
• Afraid
• Weak
• Selfish
• Strange

Community Resources

• NAMI's Family to Family or Hope for Recovery classes, Mental Health First Aid
• MN Department of Human Services (DHS)
• People Incorporated or Volunteers of America (in the Twin Cities); Community Mental Health Centers (ex. – Canvas Health or Hiawatha Valley Mental Health)
• Senior LinkAge Line: (800) 333-2433
  www.MinnesotaHelp.info
Mental Health First Aid Class

NAMI Minnesota Resources

- Education
- Support Groups
- Fact Sheets
- Suicide Prevention
- Helpline
- Legislative Advocacy
Mental Health Resources for Depression

• National Alliance on Mental Illness (NAMI):
  – www.nami.org: national website
  – www.namihelps.org: Minnesota website
  – NAMI is a non-profit, grassroots organization that provides education, support and advocacy for individuals living with mental illnesses and their families.

• National Institute of Mental Health: www.nimh.nih.gov
  – US government site with up-to-date information on depression and suicide

• National Council for Community Behavioral Healthcare: www.thenationalcouncil.org

• Mental Health America: www.mentalhealthamerical.net and www.depression-screening.org

Mental Health Resources for Depression

• National Empowerment Center: www.power2u.org
  – Their mission is the carry a message of recovery, empowerment, hope and healing for those diagnosed with a mental illness

• National Suicide Prevention Lifeline = 1-(800)273-8255

• American Association of Suicidology: www.suicidology.org
  – Promotes research, public awareness, public education and training for professionals and volunteers. AAS serves as a national clearinghouse for information on suicide

• Brain and Behavior Research Fund (formerly NARSAD): www.bbrfoundation.org
Mental Health Resources for Depression

- MN Psychiatric Society: www.mnpsychsoc.org
  - Professional association for board-certified psychiatrists. They have a physician-finder tool
- MN Psychological Association: www.mnpsych.org
  - Professional association for MN licensed psychologists. They have a psychologist-finder tool
- SAMHSA (Substance Abuse & Mental Health Services Administration): www.samhsa.gov
  - Part of U.S. Department of Health and Human Services

Senior-Specific Resources

- Senior LinkAge Line = 1 (800) 333-2433; www.minnesotahelp.info
  - Statewide resource database of over 12,000 agencies offering social services, education, health, recreation, etc.
- Metropolitan Area Agency on Aging: www.tcaging.org
- Senior Recovery Program – Chemical Dependency: www.seniorrecoverycenter.org; (651) 773-0473
Senior-Specific Resources

• Volunteers of America Minnesota – Senior Mental Health Services: [www.voamn.org](http://www.voamn.org); (763) 225-4052

• People Incorporated – Stark Mental Health Clinic: [www.peopleincorporated.org](http://www.peopleincorporated.org); (612) 872-2000

• Jewish Family Service of St. Paul: [www.jfssp.org](http://www.jfssp.org); (651) 698-0767

Senior-Specific Resources

• Lutheran Social Service of Minnesota [www.lssmn.org](http://www.lssmn.org); 651.642.5990 & 800.582.5260
Support NAMI Minnesota

• Advocate for a better Mental Health System
• Attend an event
• Sign up for a newsletter
• Join an affiliate
• Be a sponsor
• Volunteer
• Become a donor

Thank you

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