

## - FACTS -

- ◆ Older persons require the same mental health services as younger people. Proper diagnosis, treatment planning, crisis intervention and possible therapy.
- ◆ Older persons also need supportive services such as outreach, home visits, transportation, and coordination with other community services.
- ◆ Depression can be prevented and treated.
- ◆ Only 2-4% of the aging population who complete suicide have diagnosed terminal illness at time of death.
- ◆ People in this age group are less likely than younger counterparts to reach out to call crisis lines.
- ◆ As many as 75% of depressed older Americans are not receiving the treatment they need, placing them at increased risk.
- ◆ Increased public awareness and knowledge of special mental health needs may decrease fear and Mental Health stigma.



- ◆ Member Shiawassee County Coalition Against Vulnerable Adult Abuse
- ◆ Involved with Nursing Home Coalition

*Our Mission is to provide Individualized behavioral healthcare services to members of the community to assist them in improving and maintaining quality of life by reaching their personal goals.*

## Objectives

- ◆ To promote early intervention – prevention and treatment specifically targeted to the aging population.
- ◆ To promote specialized age-sensitive mental health services for older adults.
- ◆ To develop culturally sensitive information regarding community services.

# 65 YEARS and OLDER

*New Horizons  
New Challenges  
New Goals*



SHIAWASSEE  
COUNTY  
COMMUNITY

**Mental Health  
Authority**

1555 Industrial Ave.  
Owosso, MI 48867

**989-723-6791**

# Take The First Step



For help with:

**Depression**

**Anxiety**

**Life Transitions**

**Coping with Mood Changes**

**Relationship Issues**

**Grief**

*Sometimes people feel  
tomorrow can be no  
different than today.*



SHIAWASSEE COUNTY COMMUNITY  
**Mental Health Authority**

*New Horizons*

*New Challenges*

*New Goals*

Shiawassee County Community  
Mental Health Authority has a  
full-time Elder Specialist to provide  
a variety of services in the community.

### ***Services may include:***

- ◆ Assessment of your mental health needs
- ◆ Out-patient therapy
- ◆ Services in your home if needed
- ◆ Mental Health Medication Management
- ◆ Referrals to other organizations in the community
- ◆ Assisting during adjustment to nursing home setting
- ◆ Conferring with other service providers

### **- MYTHS -**

- ◆ Depression is a normal consequence of aging with associated health problems.
- ◆ Depression cannot be treated with older people.
- ◆ Most older people who complete suicides are terminally ill.
- ◆ The aging population understands what Mental Health Services are available.
- ◆ Older people can't develop goals and be happy.
- ◆ Most elderly people refer themselves for Mental Health treatment.

