

MENTAL HEALTH AND OLDER ADULTS

ADVANCED MSW CURRICULUM MENTAL HEALTH AND AGING

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Appendix: Curriculum Resources



Teaching Modules:

- *John A. Hartford Institute for Geriatric Nursing fundamental geriatric curriculum resources, *Try This*. This site provides free fully scripted PowerPoint teaching slides that comprise state-of-the art information in best practices nursing care for older adults. The material is practical and user-friendly. Each chapter is organized with Competencies, Content Outline, Instruments and Scales, Case Study, Experiential/Clinical Activities, and Post-test.
<http://www.hartfordign.org/resources/education/bsnPartners.html>
- This site also has videos on a number of topics relevant to social work, such as administration of the Geriatric Depression Scale, Mini-Cog, the Recognition of Dementia Scale and the Katz Index of Independence. The videos include a demonstration of the instrument, a discussion of the problem, debriefing, and the implications of the assessment for intervention/treatment planning after the assessment. The assessments are conducted in a hospital setting, so instructors may need to discuss with their students the influence of context on the process of evaluation. Overall, the quality of the videos is good as are the other *Try This* resources. While these resources were developed for nursing students, they are readily applicable for social work students. [To show these full screen, you will need to click the full screen icon in the lower right corner.]
<http://www.nursingcenter.com/library/static.asp?pageid=730390>
- Mental Health and Aging curriculum modules for MSW programs. (California State University, Los Angeles, School of Social Work) Three modules on mental health (HBSE), research methods, and mezzo and macro practice. The HBSE section contains a useful table comparing characteristics of delirium, dementia, depression, anxiety, and psychosis. There also is a section addressing cultural factors in aging that may be useful for the advanced practice curriculum. The research section includes Contains lecture outlines, figures and tables, case vignettes.
<http://depts.washington.edu/geroctr/Curriculum3/TeachingModule/MentHealModules.doc>

- Gero-RICH at Kansas University School of Social Welfare. The goals of Gero-RICH are to increase student interest in aging; to integrate aging content in both the BSW and MSW programs; to increase aging content in field practicum and student interest in aging-related field placements; and finally, to encourage students to choose a career in aging. This is a series of basic-level courses to introduce students to aging. Gero-RICH is primarily useful for beginning level masters courses and is not geared toward the advanced clinical curriculum. Includes Power Point slides, exercises and learning activities, web links, and lecture notes. <http://www.oaltc.ku.edu/gerorich/>



Web Resources:

General resources on aging

- *National Institutes of Health National Institute on Aging. This site provides information on health issues and ongoing research in aging. Includes a link to a Spanish language website. <http://www.nia.nih.gov/>
- *CSWE Gero-Ed Center. The CSWE Gero-Ed Center aims to prepare social work faculty to respond to the demographic realities of our aging society. This Web site is the online resource for gerontologically-competent social work faculty, students, and practitioners. Provides links to eLearning course, conferences and educational opportunities, *Aging Times*, and a quick navigation resource that facilitates access to other resources for practitioners, students, and faculty. <http://depts.washington.edu/geroctr/>
- *SAMHSA National Mental Health Information Center Mental Health Links-Elderly. This site provides an extensive set of links to organizations, current issues, and online resources addressing mental health in older adults. <http://mentalhealth.samhsa.gov/links/default2.asp?ID=Elderly&Topic=Elderly>
- *Agency for Healthcare Quality and Research (AHRQ). The Agency for Healthcare Research and Quality (AHRQ) is the lead Federal agency charged with improving the quality, safety, efficiency, and effectiveness of health care for all Americans. AHRQ supports health services research that will improve the quality of health care and promote evidence-based decision making. This site allows one to search for specific topics. It also provides links to treatment guidelines, systematic reviews, research reports, and a number of other resources. <http://www.ahrq.gov/>
- American Society on Aging (ASA). ASA is the largest organization of multidisciplinary professionals in the field of aging. They offer resources, publications, and educational opportunities geared to enhance the knowledge and skills of people working with older adults and their families. <http://www.asaging.org/index.cfm#>
- American Psychological Association topic: Aging. This site news articles and press releases, (older) journal articles, books and videos from APA Press, and links to other sites. <http://www.apa.org/topics/topicaging.html>

- NASW Aging area of practice. Links to news and journal articles related to aging.
<http://www.naswdc.org/practice/aging/default.asp>
- HELPGUIDE. Helpguide is a non-profit resource that provides consumer links to information and referrals for a mental health, healthy lifestyles, and aging.
<http://www.helpguide.org/index.htm>
- National Institute on Mental Health (NIMH) Pages about Older Adults. This site provides links to other NIMH sites addressing mental health and older adults.
<http://www.nimh.nih.gov/topics/older-adults.shtml>

Assessment instruments

- *John A. Hartford Institute for Geriatric Nursing *Try This. Try This: Best Practices in Nursing Care to Older Adults* is a series of assessment tools to provide knowledge of best practices in the care of older adults. Includes a general assessment tool (SPICES), the Katz Index of Independence in Activities of Daily Living; Mental Status Assessment of Older Adults (Mini-Cog), and the Geriatric Depression Scale (GDS) in English or Spanish. The *Try This* resources were developed for a nursing curriculum, but they are quite appropriate for social work students and practitioners. (See below for links to demonstration videos of the various instruments.)
<http://www.hartfordign.org/resources/education/tryThis.html>
- *Neurotransmitter.net Psychiatric Rating Scales Index. This link takes you to a list of conditions. Selecting one of these conditions takes you to a list of assessment instruments, many of which can be downloaded and used in your practice, others take you to a link to contact the instrument developer about use. (Includes scales for anxiety, depression, Parkinson's Disease, Alzheimer's Disease and dementia, schizophrenia, among others.)
<http://www.neurotransmitter.net/ratingscales.html>
- *Yesavage Geriatric Depression Scale. This site provides a link to the short (15-item) version of the scale and allows clinician administration, scoring, and downloading for your records. There also is a bibliography on the instrument and a streaming video with information on assessing suicidality.
<http://www.stanford.edu/~yesavage/GDS.html>
- *Mini-International Neuropsychiatric Interview (MINI). Register and download paper and pencil version free at: <https://www.medical-outcomes.com/indexSSL.htm>. The MINI is available in several languages.

Information

- *Anxiety Disorders Association of America **Anxiety in the Elderly**. The ADAA is an association of consumers, family members, researchers, and therapists working with individuals with anxiety disorders. This links to a brief clearly written discussion of anxiety and its treatment written for consumers and family members. This site includes links to more detailed discussions of the different anxiety disorders, of psychosocial and medication therapy, of how to choose a therapist, and to self-help groups. Finally, the ADAA site provides links to self-tests for each of the anxiety disorders.
<http://www.adaa.org/GettingHelp/FocusOn/Elderly.asp>

- *Older adults and mental health—Chapter 5, *Mental Health: A Report of the Surgeon General* (DHHS, 1999). This link takes you to an online version of this 72 page chapter. If you select Contents at the top of the web page, you can go the Table of Contents for the full report. You can then scroll down to Chapter 5 and download a pdf version of the chapter. Even though the chapter is dated, there is a lot of good information. The main section that needs updating is the section on pharmacotherapy.
<http://mentalhealth.samhsa.gov/features/surgeongeneralreport/chapter5/sec1.asp>
- *Health and Age **Depression Center**. This site contains a brief description of depression with a link for more detailed information and another link to a self-test for depression. There is a section with articles and news about depression, and another section with questions and answers geared toward caregivers.
<http://www.healthandage.com/Home/?gm=20&gc=7&select.x=21&select.y=8>
- *Medline Plus **Anxiety**. Medline Plus is a service of the National Library of Medicine and the National Institutes of Health. This site lists a number of resources on anxiety and anxiety disorders including articles, directories, glossaries, links to associations, and both disorder-specific and population-specific information. This site is geared to professionals, including social workers. <http://www.nlm.nih.gov/medlineplus/anxiety.html>
- *Medline Plus **Schizophrenia**. Medline Plus is a service of the National Library of Medicine and the National Institutes of Health. This site lists a number of resources on schizophrenia including articles, directories, glossaries, links to associations, and both disorder-specific and population-specific information. This site is geared to professionals, including social workers. <http://www.nlm.nih.gov/medlineplus/schizophrenia.html>
- *National Alliance on Mental Illness (NAMI). NAMI is nation's largest grassroots organization for people with mental illness and their families. Founded in 1979, NAMI has affiliates in every state and in more than 1,100 local communities across the country. NAMI is dedicated to the eradication of mental illnesses and to the improvement of the quality of life for persons of all ages who are affected by mental illnesses. These sites provide information on psychoses, depression, suicide, panic disorder, and obsessive compulsive disorder; medications; and links to other resources including discussion groups, treatment recommendations, and support. The NAMI site is one of the most useful sites for general information on mental illnesses, though its focus is more general than just older adults.

Depression:

http://www.nami.org/Template.cfm?Section=By_Illness&Template=/TaggedPage/TaggedPageDisplay.cfm&TPLID=54&ContentID=26414

NAMI Suicide links:

http://www.nami.org/Template.cfm?Section=By_Illness&Template=/TaggedPage/TaggedPageDisplay.cfm&TPLID=54&ContentID=23041

Panic Disorder:

http://www.nami.org/Template.cfm?Section=By_Illness&Template=/TaggedPage/TaggedPageDisplay.cfm&TPLID=54&ContentID=23050

Obsessive Compulsive Disorder:

http://www.nami.org/Template.cfm?Section=By_Illness&Template=/TaggedPage/TaggedPageDisplay.cfm&TPLID=54&ContentID=23035

Psychoses:

http://www.nami.org/Template.cfm?Section=By_Illness&Template=/TaggedPage/TaggedPageDisplay.cfm&TPLID=54&ContentID=23036&Istid=327

- **NIMH Depression and Suicide Facts.** This link provides information about depression and suicide in older adults. It is written for the consumer and includes a self-screen. Unfortunately, the font is so small that you would want to copy this to a word processing document in order for your clients to be able to read it.
<http://www.nimh.nih.gov/health/publications/older-adults-depression-and-suicide-facts.shtml>
- **American Geriatric Society (AGS) Anxiety.** The AGS discussion of anxiety is written for the consumer or family member. The AGS discussion is a bit more detailed than that of the ADAA. Both the font size and color may make it difficult to read for older adults, though the information included is useful and quite appropriate for family members and social work students.
http://www.healthinaging.org/agingintheknow/chapters_ch_trial.asp?ch=33#General
- **American Geriatric Society (AGS) Psychoses.** The AGS discussion of psychosis is written for the consumer or family member. It provides a discussion of psychotic symptoms including information about schizophrenia, delusional disorder, and other possible causes of psychotic symptoms, including links to delirium and dementia. There also is a table listing some of the medications used to relieve psychotic symptoms. The font size and color may make it difficult to read for older adults, though the information included is useful and quite appropriate for family members and social work students.
http://www.healthinaging.org/agingintheknow/chapters_ch_trial.asp?ch=34
- **Health and Age Depression Center.** This site contains a brief description of depression with a link for more detailed information and another link to a self-test for depression. There is a section with articles and news about depression, and another section with questions and answers geared toward caregivers.
<http://www.healthandage.com/Home/?gm=20&gc=7&select.x=21&select.y=8>

Aging-related databases and search engines

- ***AARP Ageline Database.** AgeLine abstracts the literature of social gerontology as well as aging-related research from psychology, sociology, social work, economics, public policy, and the health sciences. It covers aging-related issues for professionals in aging services, health, business, law, and mental health. AgeLine also includes selected consumer content. AgeLine summarizes journal articles, books and chapters, research reports, dissertations, gray literature, and educational videos from many publishers and organizations, including AARP. Links to full text or ordering options are included wherever possible.
<http://www.aarp.org/research/ageline/>
- ***National Registry of Evidence-based Programs and Practices (NREPP),** a service of the Substance Abuse and Mental Health Services Administration (SAMHSA). NREPP is a searchable database of interventions for the prevention and treatment of mental

and substance use disorders. The database can be search according to a number of criteria, including age group, ethnicity, and area of interest (e.g., older adults/aging, suicide prevention, alcoholism). SAMHSA has developed this resource to help people, agencies, and organizations implement programs and practices in their communities. Specific practices are described and include a bibliography, information on training, research, and implementation. This is a highly recommended resource for evidence-based practices in all areas including older adults. It should be checked regularly.

<http://www.nrepp.samhsa.gov/find.asp>



Films and Media:

- ***Assessment of Suicide Risk in an Older Adult Male.** Geron 620 Mental Health and Aging, K-State Division of Continuing Education. Laurel Dinkel demonstrates an assessment of suicide risk in a white, older adult male. The video provides an outline of the interview including suicide risk and protective factors, the interview, and a post-interview discussion between Laurel and Janice Dinkel. This 60 minute DVD was developed specifically for social work students and is quite user-friendly for both bachelor's and master's level students. DVD, 60 minutes. \$50.00 The DVD was prepared by Janice Dinkel, Associate Professor of Social Work, Kansas State University and Laurel Dinkel, private clinical geriatric practice, Norman, OK. The DVD may be obtained by contacting: Janice Nikkel, Program Coordinator, Division of Continuing Education, 244 College Court Bldg., Kansas State University, Manhattan, KS 66506, Phone 785.532.2548, FAX 785.532.3779, jnikkel@k-state.edu, www.dce.k-state.edu
- ***Initial Screening: Older Woman with Suspected Cognitive Impairment.** Geron 630 Mental Health and Aging, K-State Division of Continuing Education. Laurel Dinkel demonstrates an initial assessment of a 77 y.o. woman with suspected cognitive impairment. The demonstration includes a brief history taking; assessment of current symptoms; administration of the Mini-Mental Status Exam, Clock Drawing Test, and Trail Making Test A and B; and presentation of recommendations and plan to the client and her daughter. The demonstration is followed by a post-interview discussion, between Laurel and Janice Dinkel, of the interview and the scoring and implications of the screening tools. This 60 minute DVD was developed specifically for social work students and is quite user-friendly for both bachelor's and master's level students. DVD, 60 minutes. \$50.00. The DVD was prepared by Janice Dinkel, Associate Professor of Social Work, Kansas State University and Laurel Dinkel, private clinical geriatric practice, Norman, OK. . The DVD may be obtained by contacting: Janice Nikkel, Program Coordinator, Division of Continuing Education, 244 College Court Bldg., Kansas State University, Manhattan, KS 66506, Phone 785.532.2548, FAX 785.532.3779, jnikkel@k-state.edu, www.dce.k-state.edu
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Teaching Modules.

<http://www.nursingcenter.com/library/static.asp?pageid=730390>

- ***Depression with Older Adults.** Dr. Peter A. Lichtenberg demonstrates his multimodal approach to treating this common presenting problem in older clients. There are many possible contributing factors to depression in this population, as issues of grief, loss, and physical decline are unavoidable aspects of later life. In this session, Dr. Lichtenberg works with a 78-year-old woman whose husband is ill, but is controlling. Because many of her friends have died or live elsewhere, the client has no support network to help with the stressors she faces. Dr. Lichtenberg works with her to help to define her problems and focus on what she can change. The session is more geared toward information gathering than therapy per se. Preceding the interview, there is a question and answer session highlighting different aspects of his treatment approach. Following the interview, there is a detailed discussion illustrated with clips from the interview. The DVD focuses on the beginning of treatment, and the viewer would benefit from seeing a second DVD illustrating subsequent sessions and response to treatment. The viewer also would benefit from a discussion of the roles of ethnicity, socioeconomic status, and cultural or religious values as contributing factors to depression as well as how these issues are addressed in this approach. DVD, 100+ minutes, American Psychological Association. \$99.95 (member/affiliate \$69.95). <http://www.apa.org/videos/bysubject.html#aging>

There is an excellent, detailed review of this DVD that can be read at <http://www.apa.org/videos/4310762c.pdf>.

- ***Interpersonal Psychotherapy for Older Adults with Depression.** Gregory A. Hinrichsen demonstrates his approach to working with older clients suffering with this common disorder. Interpersonal psychotherapy (IPT) is a time-limited therapy that has been found to be effective in the treatment of depression in different age groups, including older adults. IPT focuses on one or two interpersonally relevant problems including interpersonal role disputes, role transitions, grief, and interpersonal deficits. In this session, Dr. Hinrichsen works with a 77-year-old woman who recently lost her husband following a long period of caregiving during which one of her sons died. Despite the presence of many depressive symptoms, the client is unaware that she has a major depression. Dr. Hinrichsen demonstrates effectively the process of interpersonal psychotherapy as he helps the client to understand depression, its precipitants, and the path to improvement. DVD, 100+ minutes, American Psychological Association. \$99.95 (member/affiliate \$69.95). <http://www.apa.org/videos/bysubject.html#aging>

*Highly recommended resources.

Screening Tools for Identifying Depression Disorders in Older Adults

Administration	Screening Tool	Source
Clinician	Hamilton Rating Scale for Depression http://www.neurotransmitter.net/depressionscales.html	Hamilton, 1960
Self-report	Center for Epidemiologic Scale for Depression http://www.neurotransmitter.net/depressionscales.html	Radloff, 1977
Self-report or clinician	Patient Health Questionnaire (PHQ-9) http://www.americangeriatrics.org/education/dep_tool_05.pdf	Kroenke & Spitzer, 2002
Self-report	Beck Depression Inventory	Beck & Beck, 1972
Self-report or Clinician	Yesavage Geriatric Depression Scale (This site provides a link to the short (15-item) version of the scale and allows clinician administration, scoring, and downloading for your records. Available in over 20 languages. There also is a bibliography on the instrument and a streaming video with information on assessing suicidality.) http://www.stanford.edu/~yesavage/GDS.html	Brink et al., 1982
Clinician	Cornell Scale for Depression in Dementia http://www.health.gov.au/internet/wcms/publishing.nsf/Content/2EED125A69192179CA2571AB0012C7D2/\$File/08dementia.pdf	Alexopoulos et al, 1988

Dementia Assessment Instruments

Instrument	Web Link	Source
Mini-Cog	http://www.hartfordign.org/publications/trythis/issue03.pdf	Borson et al., 2000
Mini-Mental State Examination (MMSE)	http://www.chcr.brown.edu/MMSE.PDF	Folstein et al., 1975

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Beck, A. T. & Beck, R. W. (1972). Screening depressed patients in family practice. A rapid technic. *Postgraduate Medicine*, 52(6), 81-85.

Brink, T. L., Yesavage, J. A., Lum, O., Heersema, P., Adey, M. B., Rose, T. L. (1982). Screening tests for geriatric depression. *Clinical Gerontologist* 1: 37-44.

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Kroenke, K., & Spitzer, R. (2002). The PHQ-9: A new depression diagnostic and severity measure. *Psychiatric Annals*, 32(9), 509-515.

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