

Local Advisory Council (LAC) North

St. Louis County

September 15, 2022 4:30 – 6:00 @ Virginia GSC and Teams

Present: Todd Swenson, Ann Marie Lubovich, Jennifer Rich, Brenda Shafer-Pellinen, Michelle Long, Heather Kainz, Katy Lofquist, Linda O'Neil Deremee, Sandy Tuin

Absent: Nicole Stone, Macy Viita, Daniel Triestman, Patty Stensland, Lacy Podlogar, Darcie LaFlamme

- Meeting started at 4:35
- Tod read the LAC values
- Guest speaker Catherine Johnson, PsyD, LP, Clinic Lead/Geriatric Traveling Unit – at the Associated Clinic of Psychology in the Twin Cities to talk about Mental Health Services for Geriatric clients.

Associated Clinic of Psychology – They are a mental health clinic with a licensed person, and they will go out into (residential home, memory care facilities, assisted living, transitional care units or senior high rises) to speak to geriatric patients.

The Behavioral Health Unit would need an order from a doctor to be able to go out and meet with the person. This unit works with others in a team setting like social workers. They can do Diagnostic Assessments for seniors and share info with family members to recommend other services (of course that is if the client is willing to sign a release for family members). They maintain confidential relationships with this person if no releases are signed.

Staff can contract with the Clinic Director at a nursing home if the person wants more assistance to return home possibly with services. The nursing

home can have consistent staff come to the nursing home and the staff can get paid so much each month for a fee.

They get paid from Medicare, MA, or third-party insurances. If interested in doing this service, you could ask a hospital or clinic to do the billing as they would be credentialed and licensed in the State of MN.

Research shows older adults don't have any less mental health issues than a younger person. An older person has more life experiences.

Older adults experiencing memory loss, or a spouse with memory loss can start to see other mental health issues – anxiety and depression or suicide ideations.

Parkinson – lack of dopamine can cause anxiety and/or depression. Care givers taking care of someone with memory loss also experience depression.

PTSD and trauma – sexual assault or war time and never talked about this before and now need to talk about this.

Passive suicide and active suicide – men over the age of 85 have a higher risk of suicide.

Mini mental status – learn and employ these screenings to be done. Explain to a person about healthy brain and wellness instead of talking to them about dementia.

Medications can help early on to help stay in their homes. Finding someone else to help with other things like balancing a person's checking accounts or handling bills. Educating family members on what to do for their own cognition.

Older adults don't realize how much they are drinking as so they won't go to treatment when they are older.

Community to support people. Engage spouse or adult children to keep an eye on the person to make sure they are doing ok.

OCD and depression come out when they have dementia issues.

Is this a medical condition like a UTI or maybe prescription drugs or is this a mental health issue.

Decision tree for people that include family members to be able to talk to doctors, church, mailman, county case manager (network of who needs to get involved). Neighbor that my help to get the person to the clinic, shoveling, yard work and other things to help the person continue to live in their house.

Buses to take seniors to the Senior Center when the buses are in use for school. Not sure how the bus place would get paid.

Center for aging, VA – dig up creative ideas. Memory clinic in St. Cloud not sure if that is still open?

Connect with Senior Centers and nursing home, senior high rises for the volume of people. Psychiatry services through Telehealth now to make it easier. Screening the person for cognitive health or baseline.

Still, lots of stigma in older adults. Approaches are a little different when doing a DA to let the person tell their story. Maintain your health both physically and mentally.

Four things that Dr. Johnson instills in older adults:

Character, confidence wisdom and strength.

Future Ideas/Recommendations:

- Health Aging Campaign for Older Adults (instead of anti-aging campaign)
- Myth busting. – have they been diagnosed or treated for other things besides mental health (UTI's, medications, blood flow)
- Check and Connect (like they do in schools) but do the same with seniors in assisted living facilities or senior housing.
- Dr. Johnson's program. Associated Clinic of Psychology - How do we fund that?
- Suicide is under reported in older adult due to stigma or sparing the family that their loved one committed suicide.
- Check for any covid money to use for a grant for this service.
- APS coming to speak to the LAC. – David Vukelich's number for someone to reach out to him to talk about the APS issues with older adults.
- Law Enforcement and EMT's coming to talk to us about what they are seeing and experiencing with older adults.
- Support Group for caregivers of dementia clients - mental health of the caregiver not just the person with dementia
- Range Respite – no longer available but could use that service again.
- Strengthening the informal networks.
 - August meeting minutes were approved
 - Ann Marie will keep working on speakers for next month.
 - Meeting adjourned at 6:00 pm