

Older Adult Transition Services El Camino Hospital Behavioral Health

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Why is Depression a Concern For Seniors?

- The “golden years” are often a time of loss – loss of spouse, loss of friends, loss of job, loss of physical and mental capacity, loss of independence.
- Fact: 20 percent of adults age 55 and older have a mental health disorder (such as anxiety, cognitive impairment, or mood disorder) that is not part of normal aging (American Association for Geriatric Psychiatry, 2008)
- Fact: High risk of suicide (American Association of Suicidology, 2012 data)
 - One of the leading causes of suicide among the elderly is depression; often undiagnosed and/or untreated.
 - Seniors (ages 65 and older) made up 13.75% of the population; they accounted for 16.37% of all suicides in the US.
 - Older adults have a higher suicide completion rate compared to other age groups. Suicide means tend to be more lethal in older adults: Firearms were the most common means (72%) used for completing suicide

The need for mental health services for older adults in Santa Clara County:

- The number of seniors aged 55 and older in Santa Clara County represents a considerable proportion of the population and will be expected to overwhelm current available services.
- US Census Bureau Data

US Census Data	Santa Clara County	California
Population, 2014 estimate	1,894,605	38,802,500
Population, percent change 2010-2014	6.3%	4.2%
Persons 65 years and over, percent, 2014	12.2%	12.9%

Available Mental Health Resources for Older Adults in Santa Clara County

Few acute mental health services specialized for the unique needs of older adults in Santa Clara County

Intensive Outpatient Programs (IOP)

One hospital-based program in Santa Clara County

Acute psychiatric hospitalization

Zero Gero-Psych beds in Santa Clara

71 Gero-Psych beds in the state of California

(California Hospital Association, 2012)

Older Adult Transition Services (OATS) Program

El Camino Hospital

About:

- An IOP specifically designed to treat the older adult, ages 55 and older, with primary psychiatric disorder who requires intensive, integrated care that addresses psychiatric needs as well as issues of aging.

Locations:

- Mountain View: Opened in 1993
- Los Gatos: Opened in 2012

Treatment:

- The program uses intensive cognitive behavioral therapy, which focuses on the relationship between thoughts, feelings and behaviors to help people learn how to cope effectively.
 - Individual and group sessions
 - Evaluation, medication monitoring and treatment oversight by a geriatric psychiatrist
 - Coordination of care with medical providers
 - Includes family counseling to support caregivers
 - Coping skills, stress management and relaxation techniques.

Older Adult Transition Services (OATS) Program El Camino Hospital

Program led by a specialized, interdisciplinary team including:

- Geriatric psychiatrist: Hired in 2014 as a population health management approach to services for older adults with mental health conditions, treating patients in both the Mountain View and Los Gatos programs, and at the Senior Health Center in Mountain View.
- Registered nurse
- Occupational therapist
- Licensed program therapist (LMFT, MFT, MSW, LCSW, Psychologists)

Occupational Therapy Room



Meditation Room



Group Room



Older Adult Transition Services (OATS) Program

El Camino Hospital

Treatment duration:

Includes 3-5 visits per week up to 12 weeks. After 12 weeks, we offer follow-up support groups to continue engaging our patients and support their growth.

Access to care:

- Referrals: Primary care, family member, mental health professional, website, etc.
- Admission: Gaining entry to the program includes a no-cost telephone interview with a licensed therapist. If the patient is found unlikely to benefit from the program, other community referrals will be made to support the individual and family by guiding them to appropriate resources.
- Coverage: Program charges covered by Medicare and most major insurance companies
- Transportation: Provided through El Camino Hospital Road Runners

OATS Program Testimonials: A message of hope!

“Keep coming back. It works!”

“The OATS program saved my life.”

“The group has become my real family!”

“OATS is where I started my life again.”

“This program brought me back to life.”

Thank you!

To make an appointment, get information, schedule a free assessment or refer someone to OATS:

Phone: 650-988-8468 or 866-789-6089.

Website: www.elcaminohospital.org/mentalhealth