Helping Older People “THRIVE” with the use of Group Empowerment Drumming and Intensive Outpatient Group Interventions

Angie Winkler, MS, LPC
Deborah Babbitt, MSW
Globally, the population is ageing rapidly; the number of persons aged 60 or over is expected to more than triple by 2100.

Approximately 20% of adults aged 55 and over experience some type of mental health concern.

- The most common neuropsychiatric disorders in this age group are dementia and depression. Mental health and emotional well-being are as important in older age as at any other time of life.
Behavioral Health Needs and Preferences of Older Americans

- Older adults often prefer psychotherapy to psychiatric medications (Koh et al., 2010; Areán et al., 2002). However, psychological interventions are often not offered as an alternative.

- Older adults with physical health conditions such as heart disease have higher rates of depression than those who are medically well. Conversely, untreated depression in an older person with heart disease can negatively affect the outcome of the physical disease.
Is it Mental Illness or Aging?

Regular forgetfulness is one thing, however; persistent memory loss or cognitive impairment is another thing and potentially serious. The same goes for extreme anxiety or long-term depression. Caregivers should keep an eye out for the following warning signs, which could indicate a mental health concern:

- Sad or depressed mood lasting longer than two weeks
- Social withdrawal; loss of interest in things that used to be enjoyable
- Unexplained fatigue, energy loss, or sleep changes
- Confusion, disorientation, problems with concentration or decision-making
- Increase or decrease in appetite; changes in weight
- Memory loss, especially recent or short-term memory problems
- Feelings of worthlessness, inappropriate guilt, helplessness; thoughts of suicide
- Physical problems that can’t otherwise be explained: aches, constipation, etc.
- Changes in appearance or dress, or problems maintaining the home or yard
- Trouble handling finances or working with numbers
Depression in Older Adults

- Depression is not a normal part of aging, it occurs in 7% of general elderly population and can cause great suffering and impaired functioning in daily life. Yet depression is a widely underrecognized and undertreated medical illness.

- Depression often co-occurs with other serious illnesses, such as heart disease, stroke, diabetes, cancer, and Parkinson's disease. Because many older adults face these illnesses as well as various social and economic difficulties, health care professionals may mistakenly conclude that depression is a normal consequence of these problems — an attitude often shared by patients themselves.
Suicide in the Elderly

- Depression is a major risk factor for suicide. Yet depression is frequently missed by physicians because older adults are more likely to seek treatment for other physical ailments than they are to seek treatment for depression (NAMI, 2009).

- Older adults make up 12% of the US population, but account for 18% of all suicide deaths. Suicides by women decline after age 60, but the rate among men keeps climbing.
Interventions

- A trained mental health practitioner, such as a family therapist, who is experienced with handling issues of the elderly, including depression and high risk for suicide, can offer services to help the suffering older adult, as well as assist the family as they cope with various issues surrounding the problem.

- Studies show that brief therapy can be very beneficial, and even more so when combined with medication for depressive disorders. Over 80% of geriatric patients in one study recovered from depression when treated with this approach.
Interventions

- A number of features associated with group approaches to treatment (Group Therapy) may also facilitate affective, behavioral, and cognitive changes. These factors include: the realization that others share similar problems; the development (and reinforcement) of socializing techniques; role modeling; rehearsal; and peer/therapist feedback. The opportunity to try out new behaviors in a social environment, and the development and enhancement of interpersonal learning and trust may also be influential. (Myers & Brown, 1996)
Signature Psychiatric Hospital - Liberty

- Adult Acute Psychiatric Care located at Liberty Hospital
  - Crisis Stabilization
  - Inpatient Care
  - 18 Adult Inpatient beds
  - 18 geropsychiatric beds for senior adults

- Outpatient Clinic located on Liberty Hospital Campus
  - Outpatient services clinic for adolescents, adults, and senior adults
Silver Lining at Signature - Liberty

- We accept all seniors
  - Showing signs of severe depression that interferes with daily life
  - Who are a threat to themselves and others
  - Hallucinating, delusional or paranoid
  - Not taking their prescribed psychiatric medicine
  - Not able to cope with stressful situations, which cause severe personal, social and occupational dysfunction
  - Not able to do daily activities and care for themselves
  - Having mental disorders too severe to be treated on an outpatient basis
  - Living with dementia or Alzheimer's

Medicare, Medicare Supplemental, and Most Insurances accepted
https://youtu.be/6kEW1E4IPSI
Assessment and Referral

- Free, Confidential, Walk in assessments are available, 7 days a week at Signature Psychiatric Hospital
  - 8:00am – 10:00pm at North Kansas city
  - 8:00am – 4:00pm at Liberty Outpatient Clinic

- Phone assessments are scheduled 24 hours per day, online at www.sphkc.net or by calling 816-795-1445, Option 1: Assessment & Referral

- The licensed mental health clinician who completes the assessment will make a recommendation of the most appropriate level of care for the patient’s needs, in consultation with the psychiatrist
HealthRHYTHMS
Group
Empowerment
Drumming

The quest for well being begins... by discovering your own personal rhythm.
Benefits of Drumming

HealthRHYTHMS is an evidence based program being utilized as an effective strategy for older adults.
Benefits

1. Makes you happy.
2. Induces deep relaxation.
3. Helps control chronic pain.
4. Boosts immune system.
5. Creates a sense of connectedness.
6. Aligns your body and mind with the natural world.
7. Integrates body, mind, spirit.
8. Release of negative feelings/energy.
9. Present moment mindfulness.
10. Stimulates personal expression.
Drumming and the Brain

Access the entire brain.
Synchronizes left and right hemispheres and lower areas of the brain (non-verbal) with the frontal cortex.
Generates new neuronal connections.
Releases Alpha brain waves (calming)
Wellness and Mindfulness Practice

Four Square breathing to Rhythm of Buffalo Drum.

Using the Ocean Drum.
Assessment & referral

816-691-5103

(816) 337-2547: Angie Winkler, Clinical Liaison

www.sphkc.net
References