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**Presentation Objectives**

- Identify the risk factors and warning signs of depression and suicidal behavior in older adults
- Describe stigma, treatment and recovery of mental illness in older adults
- Identify two resources to support older adults living with depression

NAMI  
National Alliance on Mental Illness  
MINNESOTA

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**Definition**

Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood and ability to relate to others and daily functioning.

NAMI  
National Alliance on Mental Illness  
MINNESOTA

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### What Causes Mental Illnesses?

- Heredity
- Biology
- Brain chemistry
- Life experiences
- Environment



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### Co-occurring Disorders

- Older Adults often have several co-occurring disorders
- People living with depression or anxiety disorder are two to three times more likely to have a substance use disorder



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### U.S. Adults with a Mental Illness in Any One Year

Type of Mental Illness	% Adults
Anxiety disorder	19.1
Major depressive disorder	6.8
Substance use disorder	8.0
Bipolar disorder	2.8
Eating disorders	2.1
Schizophrenia	0.45
Any mental disorder	19.6

Source: National Co-morbidity Survey Replication, Published 2007 ; the National Survey on Drug Use and Health, Update published 2011; and Tandon, Keshavan & Nasrallah published 2008.



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### Sadness and Grief are Normal

- Temporary responses to the losses and hardships of life
- Natural to feel grief after losing a spouse or a good friend, when leaving a home of many years or when experiencing health issues
- Normal sadness passes; untreated depression does not



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### What Is Depression?

- Depression affects a person's
  - Emotions, thoughts, behaviors, and physical health
  - Ability to work, engage in activities and have satisfying relationships



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### Signs and Symptoms of Depression

**Emotions:**

- Sadness, anxiety, guilt, anger, moodiness, irritability, lack of emotional responsiveness, feelings of helplessness, hopelessness



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### Signs and Symptoms of Depression

**Thoughts**

- Frequent self-criticism, self-blame, pessimism, impaired memory and concentration, indecisiveness and confusion, tendency to believe others see them in a negative light, thoughts of death and suicide



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### Signs and Symptoms of Depression

**Behaviors**

- Crying spells, loss of interest/pleasure in activities previously enjoyed, withdrawal from others, neglect of responsibilities, loss of interest in personal appearance, loss of motivation, slow movement, misuse of drugs and alcohol



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### Signs and Symptoms of Depression

**Physical**

- Fatigue, lack of energy, sleeping too much or too little, overeating or loss of appetite, constipation, weight loss or gain, headaches, unexplained aches and pains



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### Risk Factors for Depression

- Distressing and uncontrollable event
- Exposure to stressful life events
- Ongoing stress and anxiety
- Another mental illness
- Previous episode of depression
- Family history
- More sensitive emotional nature



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### Risk Factors for Depression

- Illness that is life threatening, chronic, or associated with pain
- Medical conditions
- Side effects of medication
- Poverty
- Lack of exposure to bright light in winter
- Chemical (neurotransmitter) imbalance
- Substance misuse



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### Suicide and Older Adults

- U.S. suicide rate for all ages is 13.4 per 100,000
- U.S. suicide rate for ages 65 and above is 16.6 per 100,000
- U.S. suicide rate for ages 15-24 is 11.6 per 100,000
- U.S. suicide rate for ages 45-64 is 19.5 per 100,000

Datasource: American Association of Suicidology 2016; data from 2014



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**Warning Signs of Suicide**

- Threatening to hurt or kill oneself
- Seeking access to means
- Talking or writing about death, dying, or suicide
- Feeling hopeless
- Feeling worthless or a lack of purpose
- Acting recklessly or engaging in risky activities
- Displaying an unexpected peacefulness



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**Warning Signs of Suicide**

- Increasing alcohol or drug use
- Withdrawing from family, friends, or society
- Demonstrating rage and anger or seeking revenge
- Appearing agitated
- Having a dramatic change in mood



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**Suicide Risk Assessment**

- Untreated depression
- Gender
- Age
- Chronic physical illness
- A mental illness or family history
- Use of alcohol or other substances
- Less social support
- Previous attempt
- Organized plan



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### Suicide Resources

For 24 hour crisis counseling call:

- 1-800-SUICIDE: 1 (800) 273-8255

If you need immediate help for someone in crisis call:

- 911
- County Crisis Line and/or Crisis Team



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### What Can Help?

- Medication, talk therapy, education and support can help older adults feel better
- A healthy diet, less stress, exercise, affirming relationships, enjoyable activities, self-help books, peer support specialists and a spiritual connection can also help



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### Medication

MN Council of Health Plans reported:

- 10% of their members age 65 or older have a mental health diagnosis
- They take an average of 3.5 psychotropic medications
- Older adults age 80 or older had the highest rate of mental illnesses – 14%



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Recovery from Depression

Over 80% of older adults diagnosed with depression can be effectively treated.



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Stigma

"Mental Health: A Report of the Surgeon General" identified stigma as one of the major barriers that discourages adults with mental illnesses from seeking treatment.



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Stigma

How We Think About Mental Illnesses?

- Courageous
- Determined
- Inspirational
- Generous
- Afraid
- Weak
- Selfish
- Strange



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### Community Resources

- NAMI's Family to Family or Hope for Recovery classes, Mental Health First Aid
- MN Department of Human Services (DHS)
- People Incorporated or Volunteers of America (in the Twin Cities); Community Mental Health Centers (ex. – Canvas Health or Hiawatha Valley Mental Health)
- Senior LinkAge Line: (800) 333-2433  
[www.MinnesotaHelp.info](http://www.MinnesotaHelp.info)




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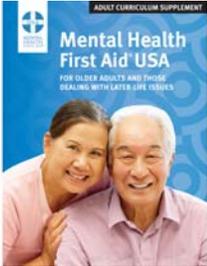
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### Mental Health First Aid Class





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### NAMI Minnesota Resources

- Education
- Support Groups
- Fact Sheets
- Suicide Prevention
- Helpline
- Legislative Advocacy




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**Mental Health Resources  
for Depression**

- National Alliance on Mental Illness (NAMI):
  - [www.nami.org](http://www.nami.org): national website
  - [www.namihelps.org](http://www.namihelps.org): Minnesota website
  - NAMI is a non-profit, grassroots organization that provides education, support and advocacy for individuals living with mental illnesses and their families.
- National Institute of Mental Health: [www.nimh.nih.gov](http://www.nimh.nih.gov)
  - US government site with up-to-date information on depression and suicide
- National Council for Community Behavioral Healthcare: [www.thenationalcouncil.org](http://www.thenationalcouncil.org)
- Mental Health America: [www.mentalhealthamerical.net](http://www.mentalhealthamerical.net) and [www.depression-screening.org](http://www.depression-screening.org)



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**Mental Health Resources  
for Depression**

- National Empowerment Center: [www.power2u.org](http://www.power2u.org)
  - Their mission is to carry a message of recovery, empowerment, hope and healing for those diagnosed with a mental illness
- National Suicide Prevention Lifeline = 1-(800)273-8255
- American Association of Suicidology: [www.suicidology.org](http://www.suicidology.org)
  - Promotes research, public awareness, public education and training for professionals and volunteers. AAS serves as a national clearinghouse for information on suicide



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**Mental Health Resources  
for Depression**

- MN Psychiatric Society: [www.mnpsychsoc.org](http://www.mnpsychsoc.org)
  - Professional association for board-certified psychiatrists. They have a physician-finder tool
- MN Psychological Association:  
[www.mnpsych.org](http://www.mnpsych.org)
  - Professional association for MN licensed psychologists. They have a psychologist-finder tool
- SAMHSA (Substance Abuse & Mental Health Services Administration): [www.samhsa.gov](http://www.samhsa.gov)
  - Part of U.S. Department of Health and Human Services



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**Senior-Specific Resources**

- Senior LinkAge Line = 1 (800) 333-2433; [www.minnesotahelp.info](http://www.minnesotahelp.info)  
 – Statewide resource database of over 12,000 agencies offering social services, education, health, recreation, etc.
- Metropolitan Area Agency on Aging: [www.tcaging.org](http://www.tcaging.org)
- Senior Recovery Program – Chemical Dependency: [www.seniorrecoverycenter.org](http://www.seniorrecoverycenter.org); (651) 773-0473




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**Senior-Specific Resources**

- Volunteers of America Minnesota – Senior Mental Health Services: [www.voamn.org](http://www.voamn.org); (763) 225-4052
- People Incorporated – Stark Mental Health Clinic: [www.peopleincorporated.org](http://www.peopleincorporated.org); (612) 872-2000
- Jewish Family Service of St. Paul: [www.jfssp.org](http://www.jfssp.org); (651) 698-0767




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**Support NAMI Minnesota**

- Advocate for a better Mental Health System
- Attend an event
- Sign up for a newsletter
- Join an affiliate
- Be a sponsor
- Volunteer
- Become a donor




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Thank you

Contact NAMI Minnesota for more information

Kay King

Older Adults Program Coordinator

800 Transfer Road, Suite 31

St Paul, MN 55114

651-645-2948, x 113

1-888-NAMI-HELPS

kking@namimn.org

www.namihelps.org



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