



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

Definition

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

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What Causes Mental Illnesses?

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



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



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.



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



What Is Depression?

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



Signs and Symptoms of Depression

Emotions:

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



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



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



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



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



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



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



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



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



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



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



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



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%



Recovery from Depression

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



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.



Stigma

How We Think About Mental Illnesses?

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

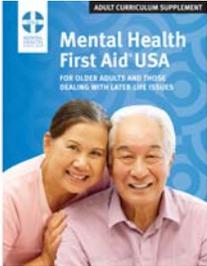


Community Resources

- 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



Mental Health First Aid Class



NAMI Minnesota Resources

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



**Mental Health Resources
for Depression**

- National Alliance on Mental Illness (NAMI):
 - www.nami.org: national website
 - 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
 - US government site with up-to-date information on depression and suicide
- National Council for Community Behavioral Healthcare: www.thenationalcouncil.org
- Mental Health America: www.mentalhealthamerical.net and www.depression-screening.org



**Mental Health Resources
for Depression**

- National Empowerment Center: 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
 - Promotes research, public awareness, public education and training for professionals and volunteers. AAS serves as a national clearinghouse for information on suicide



**Mental Health Resources
for Depression**

- MN Psychiatric Society: www.mnpsychsoc.org
 - Professional association for board-certified psychiatrists. They have a physician-finder tool
- MN Psychological Association:
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
 - Part of U.S. Department of Health and Human Services



Senior-Specific Resources

- Senior LinkAge Line = 1 (800) 333-2433; 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
- Senior Recovery Program – Chemical Dependency: www.seniorrecoverycenter.org; (651) 773-0473



Senior-Specific Resources

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



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



Thank you

Contact NAMI Minnesota for more information

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