

NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Mental Health,
Developmental Disabilities and
Substance Use Services

Behavioral Health* and Older Adults

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*Behavioral Health = Mental Health & Substance Use

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Agenda

1. Introduction
2. Mental Health Statistics for Older Adults
3. Services & Initiatives for Older Adults
 - 988: Suicide & Crisis Lifeline
 - Certified Older Adult Peer Support (COAPS)
 - Geriatric and Adult Specialty Teams (GAST)
4. The Way Forward
5. Q&A

Introduction

Division of Mental Health, Intellectual/Developmental Disabilities, and Substance Use Services (DMHDDSDSUS)

What do we do?

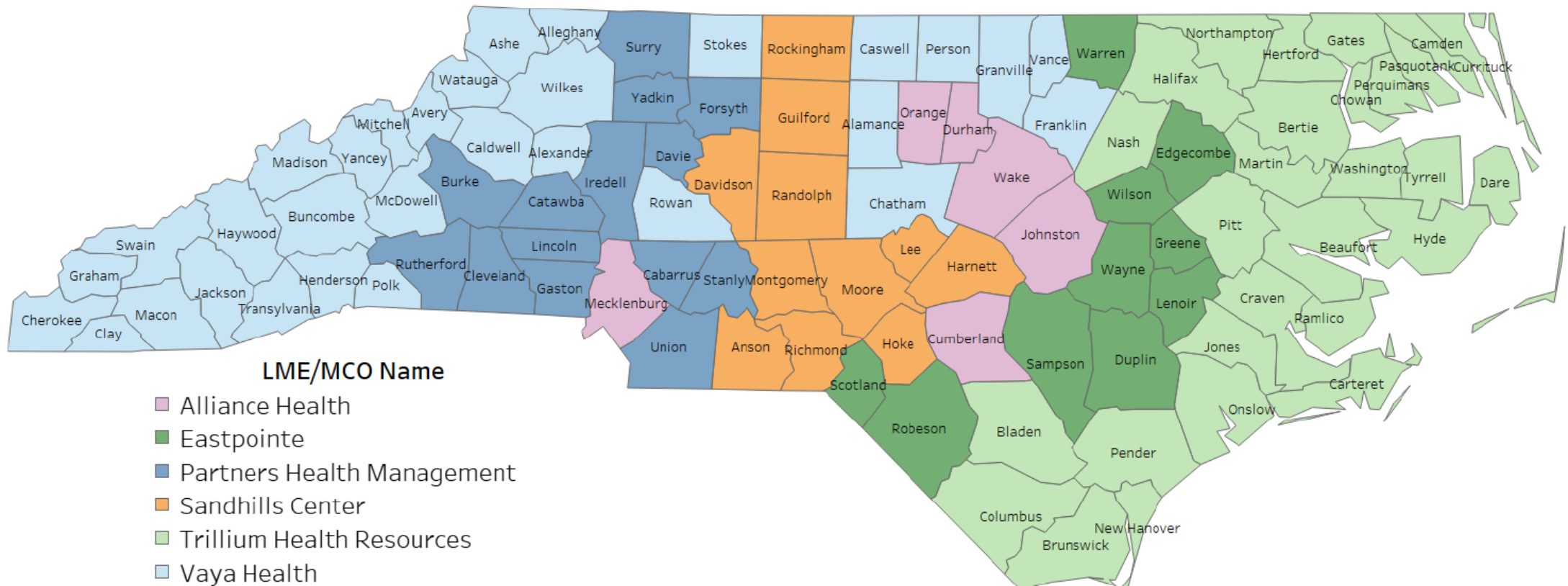
Develop Policy for the state

How do we tackle large-scale problems?

- What programs do we fund with state, federal, Medicaid dollars
- What do we prioritize with legislative efforts
- How do we measure success

Administer state & federal dollars for prevention and treatment services for people with MH/SUS, and I/DD

Support statewide supports: 988



Local Management Entity/Managed Care Organizations (LME/MCOs)

LME/MCOs serve as the public behavioral health infrastructure. They manage the care of NC beneficiaries who receive publicly-funded mental health and substance use services.

Mental Health Statistics for Older Adults

Mental Health Statistics for Older Adults

- Life changes affect mental health & well-being. Challenges stressors for older adults include:
 - Losing a loved one, a career
 - Changing a career, an income, a living arrangement
 - Social isolation
- Between **1/4 and 1/5** of adults ages 55+ experience mental health issues, such as depression, anxiety, and dementia
- Nearly **1 million** adults aged 65+ live with a substance use disorder
- Since 2018, statewide Opioid related deaths for ages 60+ have increased **28%**
- Only **4-28%** of older adults with mental health and substance use disorders receive services
- Between 2016-2020, **1,370** North Carolinians ages 65+ died by suicide
 - The suicide rate among adults ages 65+ was the **third highest rated age group** at 16 deaths/100,000 people
 - 81% of suicides among older adults were males
- In 2020,
 - males ages >85 had the **highest** rate of suicide deaths of 41.5/100,000 people
 - males ages 75-84 had the **second highest** rate of suicide deaths at 35.4/100,000 people

Services & Initiatives for Older Adults

988: Suicide and Crisis Lifeline

- **National 9-8-8 Suicide and Crisis Lifeline was launched on July 16, 2022**
- **24-hour access to trained crisis counselors**
- **Reached through**
 - 988 or 1-800-273-TALK (8255) - call/text
 - 988lifeline.org – chat
- **Assessment will determine the need for further intervention** (Mobile Crisis, Law Enforcement, Warm Hand-off to LMEs, Referral to community)



Year 1 of 988: Facts & Figures

- Every person who connects with 988 is offered support.
- Currently, about 5,000 people call 988 each month in North Carolina.
- Since its launch last July, there has been a 40% increase in North Carolinians calling for support.
- 60% of callers are new callers.
- 40% are repeat callers looking for additional support.
- 90% of individuals with thoughts of suicide reported improvement in how they were feeling by the end of their call.
- North Carolina's average speed to answer is 17 seconds, while the national average is 41 seconds (at the start of last year, the national average was 2 minutes and 39 seconds).

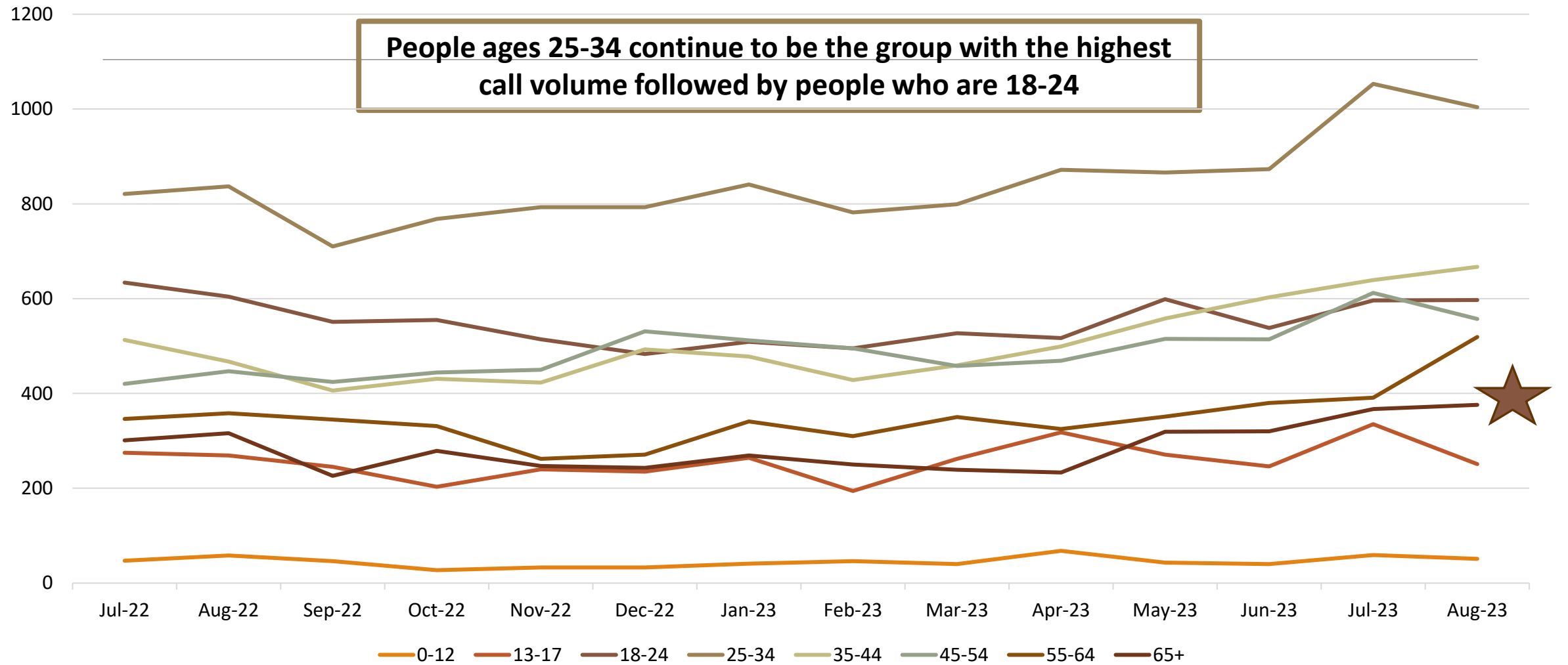
What to expect when you call 988



<https://www.thetrevorproject.org/>

- **Calls routed to call center based on caller's area code**
 - Message comes on
 - Press **"2"** Spanish (average 174 per month)
 - Press **"1"** Veterans line (average 1,933)
 - Press **"3"** LGBTQ+ (ages 13 – 24) (average 423 since July 2023)

988: Age of NC Callers



Crisis Continuum in North Carolina (and nationally)

SOMEONE TO TALK TO (Connect)

- 988

SOMEONE TO RESPOND (Dispatch)

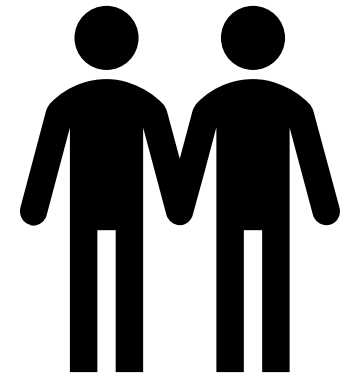
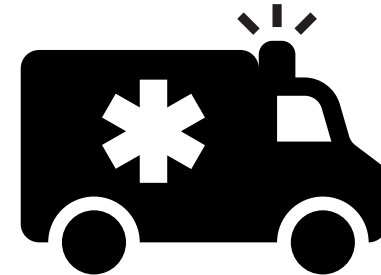
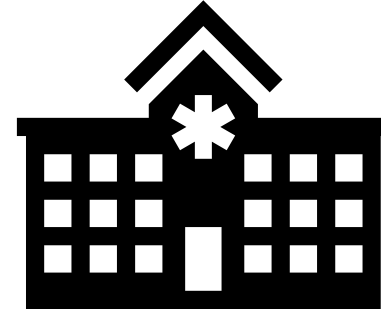
- Mobile Crisis Team Response,
- CIT Law Enforcement/EMS

A PLACE TO GO (Stabilize)

- Behavioral Health Urgent Care (BHUC)
- Facility Based Crisis
Peer and Community Respite, NCSTART
ED, Inpatient

POST-VENTION SUPPORTS

- Outpatient Follow-Up, Peer Supports



Certified Older Adult Peer Support (COAPS)

COAPS TRAINING CLASSES: PURPOSE & CRITERIA

- Currently offering classes to train 150 North Carolina Certified Peer Support Specialists
- Focus on the aging population of individuals 55 and older
- Learn about services for older adults like hospice care, Medicare
- Attendees must be at least 50 years old to take the class

CURRENT & FUTURE CLASSES

- Three more classes offered in 2024
- Sign-up opens in January
- One trainer course will be offered in 2024 and another will be offered in 2025 through the University of Pennsylvania

Geriatric and Adult Specialty Teams (GAST)

Tasked with increasing the community's knowledge and understanding of mental health and substance use issues facing older adults

Each team minimally consists of a Registered Nurse, Master Level Clinician and Qualified Professional

Designed to help caretakers understand how mental illness, especially depression and anxiety, manifests in older adults

Focuses on how to recognize suicide thoughts, and substance use/misuse

Trainings review how older adults can access mental health services through NC's LME-MCO network*

Free of charge to community agencies such as

- local NAMI organizations

- senior centers

- nutrition sites supported by local Area Agencies on Aging, health departments, adult care/assisted living facilities, and other invested community groups

Transformation Transfer Initiative Grant

\$250,000 grant to do the following:

Needs Assessment: To Assess mental health crisis needs for Deaf, Hard of Hearing, and Deafblind individuals in North Carolina under system transformation.

Resource Tool Kit: To Develop information and resource tool kit for community stakeholders specific to crisis services. The targeted stakeholders will be local management entities-managed care organizations, crisis service providers, hospitals and law enforcement.

To Advertise resources to Deaf, Hard of Hearing, and Deafblind individuals and stakeholders

Trainings: To Provide trauma-informed and culturally responsive crisis intervention trainings for interpreters to serve Deaf, Hard of Hearing, and Deafblind individuals needing behavioral health crisis services.

What's Next?

- **DMHDDSUS is looking at our GAST model now**
 - Rate of funding
 - Use of funds
- **More collaboration with our Division of Aging and Adult Services (DAAS)**
 - Social isolation campaign
 - MH and Older Adults Advisory Group

The Way Forward

The Way Forward: Medicaid Expansion!



- Last week, the General Assembly released and voted to approve the state budget
- Medicaid Expansion is a once-in-a-generation opportunity to support working families and improve the health and wellbeing of our communities
- When Medicaid Expansion launches on December 1st, it will
 - provide 600,000 North Carolinians with access to the care they need to live better, healthier lives

The Way Forward: Move Past & Through Stigma

DMHDDSUS is developing an **anti-stigma mental health and substance use education campaign**. The goals of the campaign are to

1. increase awareness, reduce stigma, and improve access to recovery-based services before mental health and/or substance use crises arise and
2. Share stories of tragedy **AND recovery**—of people getting the supports, care, and treatments they need

The Way Forward: Your Thoughts

- **What can we do to promote mental health (wellness)?**
- **What additional programs, trainings, or initiatives for older adults would you like to see?**

Q&A

Thank you!