

# Connections

# Healthy IDEAS

Introducing an evidenced based program for older adults, Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors) that integrates depression awareness and management into case management services.

## Here's how it works:

- \*Screening and assessment for depression
- \*Education on depression and treatment
- \*Referral and linkage to treatment
- \*Behavioral Activation

Call us today



530-898-6191  
530-898-5923

