

>>> PASSAGES <<<

Mindful

CONNECTIONS



MENTAL HEALTH IN OLDER ADULTS

>>> The purpose of this newsletter is to inform the public and community members about mental health in older adults 60+. We will be discussing various mental health topics and providing resources to help those dealing with mental health throughout our newsletters.

According to the World Health Organization, approximately 15% of older adults 60+ suffer from a mental disorder. Compared to younger adults, older adults are 40% less likely to seek out professional help. This could be due to lack of access to professional help, unawareness of mental health services, and stigmatization, just to name a few.

As we age, there are various factors that may contribute to mental health such as losing significant others, decline in functional ability, retirement, decreased involvement in the community, major health issues, abuse, and more. We can also see that mental health and physical health are correlated. The rate of depression in individuals with heart disease is higher than those who are healthy.

➤➤➤ If depression is left untreated in an older adult who has heart disease, the results can be detrimental.

It is imperative that if you are noticing mental health symptoms- depression, anxiety, loneliness, inability to concentrate, and/or disrupted sleep patterns, you should seek professional help. Obtaining the right treatment will allow individuals to see the benefits, i.e greater insight and self-awareness, improved problem-solving skills, better conflict resolution and emotional regulation, and improved communication and interpersonal skills.

Treatment can range from medication, psychotherapy, case management, hospitalization for close monitoring, support group, peering support, and electroconvulsive therapy. Treatments options can be done independently or combined. For the best treatment options for you, please consult with your physician or a professional.

➤➤➤ MENTAL HEALTH TERMS AND DEFINITIONS <<<

*These terms and definitions are retrieved from D'AMORE MENTAL HEALTH

Acute: Refers to symptoms or conditions that begin suddenly, only last for a short time, and are usually extremely intense.

Addiction: A type of condition characterized by a mental or physical dependence on alcohol or other drugs. Individuals can also experience behavioral addictions, such as sexual, internet, and gambling addictions.

Agoraphobia: An irrational and extreme fear of being in unfamiliar places. Someone who experience agoraphobia will avoid public situations they might be unable to escape.

Alzheimer's Disease: A progressive disease that involves cortical atrophy, neuronal death, synapse loss, and more. These issues create memory loss that worsens over time and eventually causes dementia.

Antidepressants: Drugs that are prescribed as a part of the treatment of depression.

Boundaries: Limits that are set to protect an individual in a relationship or during an activity.

Chronic: Refers to symptoms or conditions that are persistent and get worse over time.

Cognition: The actions of knowing and understanding through perceiving, conceiving, remembering, reasoning, judging, imagining and problem solving.

Comorbidity: Refers to more than one illness, disease, or disorder occurring simultaneously in one individual.



➤➤➤ MORE TERMS

Comorbidity: Refers to more than one illness, disease, or disorder occurring simultaneously in one individual.

Dementia: A disorder of mental processes characterized by a deterioration of memory and at least one other cognitive function.

Manic episode: An episode characterized by an elevated or irritable mood, restlessness, talkativeness, racing thoughts, inflated self-esteem, a decreased need for sleep, engagement in risky behaviors, and a tendency to be more easily distracted.

Mindfulness: The state of awareness of one's internal state and surroundings.

Psychosis: A mental state in which reality is experienced in a different way than other people.

Stress: A mental state characterized by emotional strain in response to internal or external stressors, including adverse or demanding circumstances.

Trauma: An emotional response to any disturbing experience.

Trigger: A stimulus that affects one's emotional state by causing extreme distress or a feeling of being overwhelmed. An example of a trigger is a memory that brings up uncomfortable or upsetting feelings in the present moment.

***Test your knowledge on these terms by doing the puzzle included.**

>>> ACTION BEFORE MOTIVATION <<<

Action leads to motivation, not the other way around. Any action is better than no action at all. Stop waiting for motivation, and start motivating yourself.

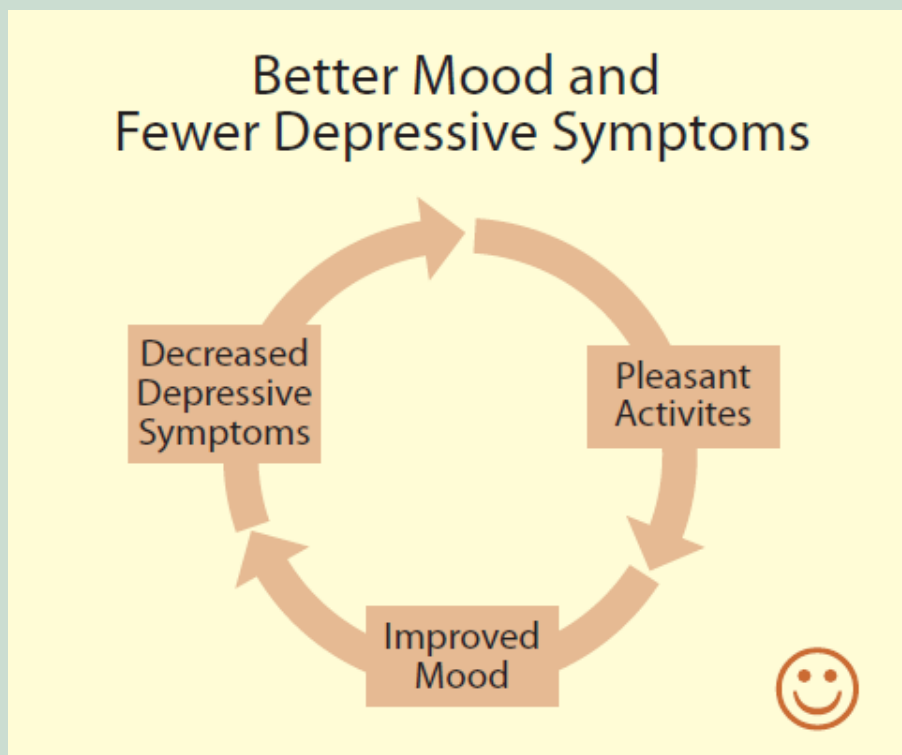
Healthy IDEAS

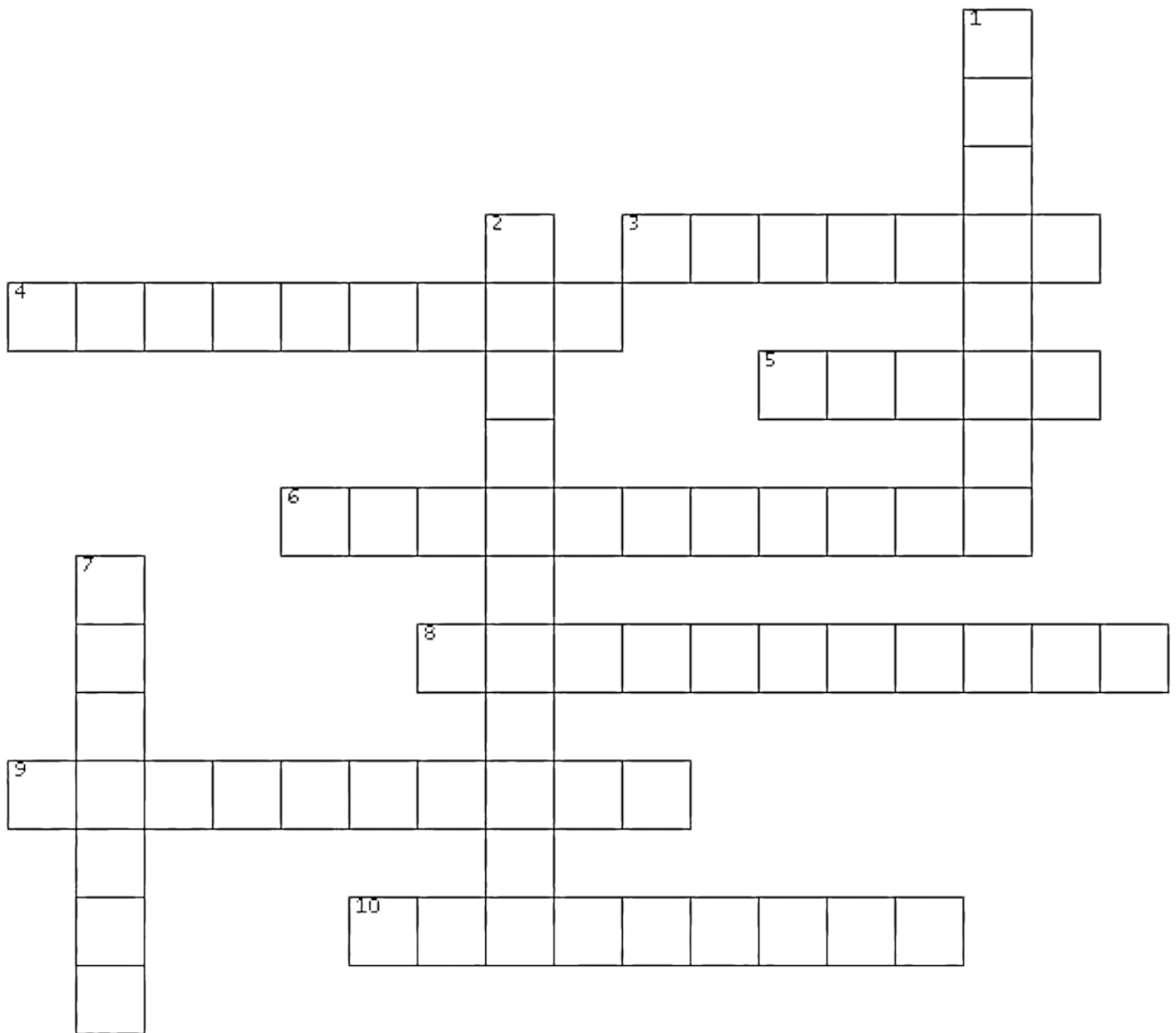
Connections presents Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors), an evidence-based program for older adults that integrates depression awareness and management into case management services.

Here's how it works:

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

Disclaimer: We are not diagnosing or providing treatment for depression.





ACROSS

- 3. a stimulus that affects one's emotional state by causing extreme stress
- 4. a mental or physical dependence on alcohol or other drugs
- 5. symptoms that begin suddenly lasting for a short period, and extremely intense
- 6. an irrational and extreme fear of being in unfamiliar places
- 8. state of awareness of one's internal state and surroundings
- 9. limits that are set to protect an individual in a relationship
- 10. a mental state in which reality is experience in a different way than other people

DOWN

- 1. disorder of mental processes characterized by a deterioration of memory and at least one other cognitive function
- 2. refers to more than one illness, disease, or disorder occurring simultaneously
- 7. symptoms or conditions that are persistent and get worse over time



Health
is wealth

>>> SUICIDE AWARENESS

"Slow, deep breathing is important...It's like an anchor in the midst of an emotional storm: the anchor won't get rid of the storm, but it will hold you steady until it passes."
-Dr. Russ Harris

DEBUNKING MYTHS ABOUT SUICIDE

1. Talking about SUICIDE or asking someone if they feel suicidal will encourage suicide attempts.

- Talking about suicide provides the opportunity for communication. This lets you know if they are thinking of suicide and if they are, you can help them get the assistance they need.

2. Suicide attempts or deaths happen without warning.

- Survivors of a suicide often say that the intention was hidden from them. It is more likely that the intention was just not recognized. Warning signs may include:
 - i. Talking about wanting to die or about suicide
 - ii. Talking about feeling hopeless or having no reason to live.
 - iii. Being alone or isolating themselves.
 - iv. Putting affairs in order, giving away possessions, or making changes in Will.
- The warning signs mentioned above are only a few from the other signs.

3. If a person attempts suicide and survives, they will never make a further attempt.

- A suicide attempt is regarded as an indicator of further attempts. It is likely that the level of danger will increase with each further suicide attempt.

4. Once a person is intent on suicide, there is no way of stopping them.

- Suicides can be prevented. Immediate practical help such as staying with the person, encouraging them to talk and helping them build plans for the future, can avert the intention to attempt or die by suicide.

5. People who threaten suicide are just seeking attention.

- All suicide attempts must be treated as though the person has intent to die. Do not dismiss a suicide attempt as simply being an attention-gaining device.

6. Suicide is hereditary.

- Although suicide can be over-representing in families, attempts are not genetically inherited.

7. People who take their own lives are selfish, cowardly, or weak.

- People do not die of suicide by choice. Often people who die of suicide experience significant emotional pain and find it difficult to consider different views or see a way out of their situation.



****If you or someone you know is at risk of suicide, please seek out help immediately
Butte County Behavioral Health Crisis Line: 530-891-2810 or 800-334-6622
Suicide and Crisis Lifeline: Call or text 988***



SELF-CARE TIPS



Self-care: The practice of taking action to preserve or improve one's own health.

- The practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.

Self-care is limitless. It comes down to the quality, intention, and proactiveness of the action. Below you will find some self-care tips you can incorporate.

Say goodbye
to negative
self-talk

Spend time
outdoors

Find a hobby

Learn to say
"yes" to new
experiences and
challenges

Learn to say "no"
to establish
boundaries

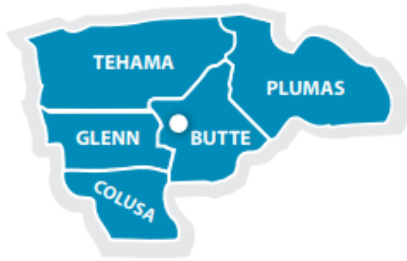
Move your
body, be
active

Practice
mindfulness

Connect with
family and
friends



Serving California's Northern Region



Passages is funded by the California Department of Aging.
Connections is funded through the CA Department of Aging and the Mental Health Services Act.

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