

## Collaborative Meeting Notes

December 9, 2022

### Introductions

- Naomi Dreeben
- Bob Linscott- AgeStrong; Behavioral Health Unit
- Betsy Englander- JF&CS; Mental Health/Wellness Engagement Manager
- Laura Vanderhill

### Member Updates

- Greg Tocco (DMH)→ 22<sup>nd</sup> Annual Suicide Prevention Conference
  - May 17-18, 2023 (<https://www.event.com/c/calendar/0b6613d1-e5ee-46f5-9823-560c6f110967>)
- Rob Walker (DMH)→ Behavioral Health Helpline still secluded to go live the first week of January 2023; CBHCs going live in January as well
  - Possible presentation for group: Have someone come and speak about the Behavioral Health Helpline and CBHCs once launch occurs
    - What are they, when do you call, what services/supports are provided, etc.
- Elder Affair→ nothing at this time
- Options Counselling→
  - Hosted annual training
    - Rob Walker presented on peer services
    - Discussion about Behavioral Health Helpline and DMH services
  - New grant released for respite services
    - \$20M grant over 2yrs for agencies to enhance current respite services offered or begin providing services
    - Looking for creative ideas to get respite to people across the lifespan
    - RFR: <https://www.mass.gov/info-details/respite-innovations-grant>
  - If interested in learning about the respite innovations grant, join the bidders conference next Wednesday 12/14 at 3 PM.
    - To register, contact this email: [MAHCBSgrants@pcgus.com](mailto:MAHCBSgrants@pcgus.com)
- Call for speaker proposals for OABH conference
- AgeStrong
  - Just a plug for any of you working with older adults in the city of Boston - since the holidays are a challenging time for many people for multiple reasons like loss or isolation, Libby and I have been offering a program for older adults in the city of Boston regarding the holidays being a challenging time for many reasons like loss or isolation
    - Program 1) bring awareness to these challenges, 2) normalize these feelings and 3) learn mindfulness strategies to navigate this time for greater ease and calm.
    - Reach out to me at Bob Linscott ([Robert.linscott@boston.gov](mailto:Robert.linscott@boston.gov)) or Libby Arsenault ([Elizabeth.arsenault@boston.gov](mailto:Elizabeth.arsenault@boston.gov))
  - Typically in-person, but could be offered online
- Dr. Stephen Pinals webinar
  - One key takeaway: Individuals couldn't do grieving rituals due to covid (Ex. going to the cemetery)

- Are there individuals at agencies that can help older adults partake in these types of grieving rituals
- Cassie will send link to recording once uploaded on training webpage (<https://www.mamh.org/education/trainings-and-webinars>)

### **Behavioral Health Innovations Grant Brief Overview**

- Purpose: address the unique barrier faced by OA with a focus on underserved populations when seeking BH care
- Chelmsford COA
- Dennis COA: hire and train behavioral health coaches to work in community-based setting with at-risk older adult populations
- Elder Healthcare Disparities Coalition (Ronald Lammy): counteract isolation and health disparities among older adults who are people of color with intergenerational relationship, technology access and learning to address whole health and well-being
- Hull COA: Meeting the increase in demand for behavioral health care by hiring additional mental health staff
- Ludlow: Self Care...YOU! utilizing health methods (ex. Reiki) and home visits for older adults in Ludlow
- Northeast Independent Living Program (NILP) (Gabriel Fonseca): support the behavioral health needs of underserved communities in Lawrence and Lowell, including Cambodian and Hispanic older adults and community members not involved with local ASAPS
  - Will share call for individuals to participate when ready to disseminate
- Randolph Elder services: establish and train a task force to recognize, approach, and assist persons experiencing hoarding
- Somerville-Cambridge Elder Services (Tatiana Martin): support multicultural clients with behavioral health conditions facing major life transitions through collaboration with Cambridge health alliance and designating current and hiring additional EMHOT staff who speak Haitian, Creole, Portuguese, and Spanish
- Southeast Independent Living Center: Introduce WISH (Wellness, Independence, Support, Hope) to offer older adults a non-clinical, curriculum-based approach to mental health support

**\*\*Cassie will send slide presentation\*\***

**\*\*Currently working on issue brief on the different innovations; will send to group when complete\*\***