



STANISLAUS COUNTY BEHAVIORAL HEALTH AND RECOVERY SERVICES

CULTURAL COMPETENCY UPDATE

...a newsletter to address cultural issues that enable us to effectively work in cross cultural situations.

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SENIOR ACCESS TREATMENT TEAM

By Collette West, Behavioral Health Specialist II
High Risk Health & Senior Access Team

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Senior Access Treatment Team (SATT) is a small, regional-style team that provides services for seniors that have reached sixty years of age or older. We serve the senior population that is experiencing severe, persistent mental health disorders.

Seniors experiencing moderate or mild mental health symptoms are referred to their Medi-Cal Management Plan. Health Net provides the services through the Managed Health Network (MHN). Health Plan of San Joaquin provides the services through Beacon. There may be a contact number on the Medi-Cal Management Plan card.

Usually, senior consumers are referred to SATT by their Primary Care Physician, by Doctors Behavioral Health Center (DBHC), or by the board and care facility in which they reside. Occasionally, SATT will receive a call from a family member or the individual themselves requesting services. In this case, we refer the individual to call the Medi-Cal Assessment Team at 1-888-376-6246. They will be scheduled for assessment, and if appropriate, referred to SATT for services.

Contrary to popular belief SATT is NOT part of High Risk Health and Senior Access (HRH&SA). HRH&SA is a Mental Health Services Act (MHSA) program. SATT is not. We do work in the same building, and we assist one another as needed. We are located at 303 Downey Avenue in Modesto. Our number is 525-4921. We are open 8:00am to 5:00pm, Monday through Friday. Our staff consists of Vickie Looney, Manager, Dr. Mukherjee, Holly Jensen, Register Nurse, Karen Reid, Case Manager, and Colette West, Case Manager. We share Administrative Staff, drivers, groups, recreational outings, and the Peer Support network with HRH&SA.

In the five years I have worked with this team as a Case Manager, we have experienced MUCH change. We have changed locations, doctors, managers and criteria. We have even changed policies. The good news is: WE LOVE IT. Our team is healthier and our mission is better defined. It is easier to prioritize our work.

So, as a consumer, why would one want to be transferred to SATT? SATT specializes in working with seniors. Unlike most regional teams, we know the obstacles seniors are most likely to be up against. We understand seniors' unique health problems, and how they will impact psychiatric symptoms. We know seniors respond very differently to medications than the general population. We understand how psychiatric symptoms may change with aging. We know the difference between delirium and dementia, and how they can mimic depression. We know how easy it is for caregivers to confuse a urinary tract infection with psychosis or dementia. Best of all, our psychiatrist is a Geriatric Specialist.

**BHRS Cultural Competence,
Equity and Social Justice
Committee meets on the 2nd
Monday of each month from
9:00 a.m. to 10:30 a.m. in the
Martin Conference Room,
830 Scenic Drive**

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Case Managers at SATT understand that seniors face unique challenges finding housing that provides the best balance of support vs freedom. Whether living independently at home, or living in senior housing, or using room and board, board and care, or an assisted-living facility, we can help seniors find the best arrangement that is tailored to personality, health symptoms, and budget.

When it comes to medications, SATT Staff can assist seniors with locating a pharmacy that will bubble pack medications, making it easier to keep track of doses. We can suggest pharmacies that will deliver, so seniors don't have to pick up medications.

SATT is able to provide a place for other seniors to befriend one another, network with one-another, and support one another. Rehabilitation groups are tailored to seniors, to maintain relevance to each individual's experiences, and to facilitate learning and remembering vital information.

SATT is familiar with Senior-related agencies, such as Area Agency on Aging, Medi-Cal, Medicare, Social Security, and Adult Protective Services. We help seniors access low income cell phone services, assistance with utilities, and assistance with finding help for home repairs or modifications to accommodate mobility.

The Senior Access Treatment Team office is located at 303 Downey Avenue in Modesto. The office phone number is 525-4921. They are open 8:00am to 5:00pm, Monday through Friday. If you are in need of mental health services, you can call our Access line at 1-888-376-6246 to schedule a mental health assessment appointment.

The Access line is open 24 hours a day, 7 days a week.

Highlights of June Cultural Competency, Equity and Social Justice Committee (CCESJC) Meeting



- * **Sue Garcia, Director of Bereavement Services at Community Hospice** presented on Bereavement services of Community Hospice (CH). Bereavement services are available to the community, free of charge. If invited, CH will go to wherever the need is such as Recovery programs, organizations and into the jail if there has been a death/loss. The services they provide are support groups, individual grief support, mailings, and a workshop called Coping through the Holidays. Both presentations gave the committee the opportunity to share their experiences with grief, loss and the role hospice played in recovery.
 - * **Dana Coates, Grief Counselor at Community Hospice**, presented to the committee how Community Hospice helps people in the community with grief related to death and dying.
 - * **Dan Rosas, MHSA Manager**, updated the CCESJC that the Stanislaus County Board of Supervisors unanimously adopted the MHSA Annual Update FY 15-16 on Tuesday, June 2, 2015. The report is on the website www.stanislausmhsa.com. There will be another MHSA Stakeholder meeting on Friday, July 17, 2015.
 - * **Madelyn Schlaepfer, BHRS Director**, encouraged the committee members to wear the green mental health awareness ribbon or bracelet. She gave an example of how by wearing the ribbon she was able to connect to someone in the community about mental health awareness.
 - * The **LGBTQA Collaborative** will meet every two weeks to discuss the LGBTQA summit. The meetings are now held at the Mod Spot in downtown Modesto. Pres. Obama has declared June LGBTQA awareness month. In lieu of this, there will be a mixer in June at the Mod Spot. More information to come.
 - * The **Latino Behavioral Health Coalition** – Meetings held every month at different agencies in the community. They continue to work on the referral form to help with the warm handoff process from health care providers and the community to mental health care providers.
 - * The **Assyrian Collaborative** – They are looking for new opportunities to reduce stigma and to help the Assyrian refugees with mental health issues. There was a discussion with the Assyrian Bishops and mental health because of the persecution of the refugees' religious beliefs. They are also planning a commemoration celebration.
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If you have questions or suggestions regarding Cultural Competency, please forward them by e-mail to:

Veronica Ortiz-Valle, vortiz@stanbhhs.org

Jorge Fernandez, jfernandez@gvhc.org