Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors) is a community depression program designed to detect and reduce the severity of depressive symptoms in older adults with chronic health conditions and functional limitations. The program incorporates four evidence-based components into the ongoing service delivery of care/case management or social service programs serving older individuals in the home environment or other private location over several months.

Who delivers the program?
Over 100 organizations in 25 states have received technical assistance and training to deliver Healthy IDEAS in diverse communities: urban and rural, ethnically and racially diverse. Personnel of differing backgrounds and educational levels deliver the intervention through their work with individual older adults in one of the following agencies:

- Area Agency on Aging
- Local non-profit social service agencies
- Behavioral health provider agencies
- Caregiver support programs
- Senior service centers
- Home health care agencies
- Health departments
- Housing with supportive services

Partnerships with community behavioral health resources and medical providers are important to program success. Culturally adapted and translated materials are available in Spanish and Chinese.

Healthy IDEAS Improves Quality of Life By:

- Screening for symptoms of depression and assessing their severity.
- Educating older adults and caregivers about depression, effective treatment and self-care
- Referring and linking clients to treatment and follow-up with primary care and mental/behavioral health providers
- Empowering older adults to manage their symptoms of depression through a behavioral activation approach that encourages involvement in meaningful activities
- Assessing clients’ progress, supporting their efforts, and encouraging clients to continue self managing their mood, using a behavior change approach

“This program was the answer to our prayers.”
We wanted to address depression, and this program really helped our staff learn new skills to empower our clients to do more and feel better” Case Management Program Supervisor

To help determine if Healthy IDEAS is a good fit for your agency, consider:

- Organizational readiness and capacity to embed Healthy IDEAS into your agency’s current service delivery
- Ability to develop local partnerships with mental health providers
- Availability of startup resources, including personnel and funding, necessary to successfully implement the program
- Desire to address depressive symptoms in your older-adult, community-dwelling clients

http://www.HealthyIDEASprograms.org
Technical Assistance and Training

**One-time fee** covers costs for the following:

- Telephone consultation about implementation, training, evaluation, fidelity, and sustainability
- Ongoing technical assistance calls to the implementing agency and its local leadership team.
- Use of all the Healthy IDEAS written program materials in print and electronic versions; an Agency Manual to guide program implementation; a staff Intervention Manual and a Tools and Resources Manual with forms, handouts and tools for supporting client depression education and activation (Spanish, Chinese)
- Use of an 80-minute Healthy IDEAS skills-training DVD
- A skills-based, onsite Healthy IDEAS intervention training for staff, case-management supervisors, and local coaches/trainers.

Leadership and Training

The Healthy Living Center of Excellence at Elder Services of the Merrimack Valley manages the dissemination of Healthy IDEAS to potential adopters and oversees replication. The Center provides training and technical assistance to adopting agencies and organizations that want to replicate the program in their local communities.

National Recognition

Healthy IDEAS is one of the Title III-D Highest-Tier Evidence-Based Health Promotion/Disease Prevention Programs.

It was awarded a Science and Service Award for Mental Health Promotion from the Substance Abuse and Mental Health Services Administration.

Check the website to learn more about how you can help your older clients learn skills and improve their well-being

Web: [www.HealthyIDEASprograms.org](http://www.HealthyIDEASprograms.org)

“I understand now how my activity affects my mood now…when I am feeling sad I know what I can do.” Healthy IDEAS participant