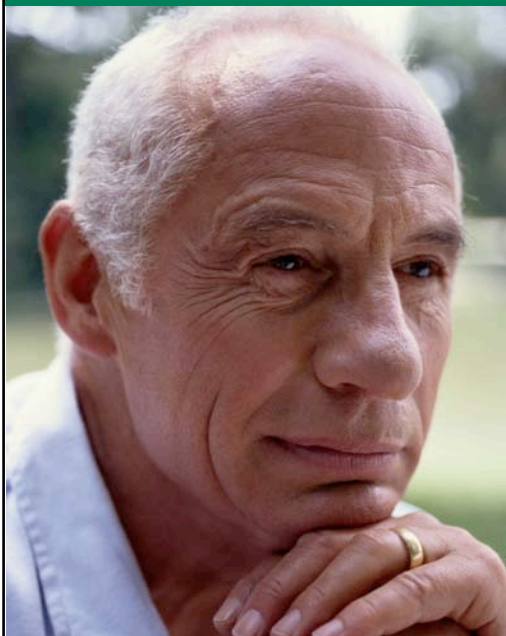


Depression Care Management:
Evidence-based Programs

Healthy IDEAS

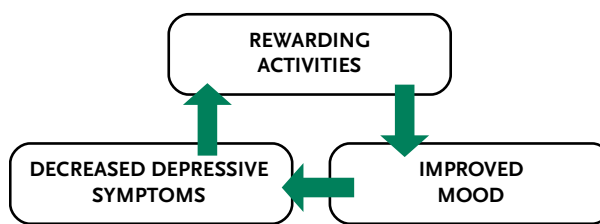


The No-Man's Land of Depression

- By 2020, depression is expected to be the second most common cause of disability and death in established market economies like the United States.
- An estimated 15 to 30 percent of U.S. adults aged 65+ experience depressive symptoms on any given day.
- In this group, severe depressive symptoms appear more commonly among women than men, but by age 85, they occur equally in both groups—22.5 percent in men, 23 percent in women.

Healthy IDEAS: Helping Older Adults Manage Their Depression

Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors) is an evidence-based depression program designed to detect and reduce the severity of depressive symptoms in older adults with chronic health conditions and functional limitations through existing community-based case management or caregiver support services. The Baylor College of Medicine's Huffington Center on Aging developed Healthy IDEAS as part of the Model Programs Project sponsored by the National Council on Aging (NCOA) and funded by the John A. Hartford Foundation. An extensive demonstration was subsequently funded by the U.S. Department of Health and Human Services Administration on Aging to further enhance and evaluate the program.



There are four evidence-based components of Healthy IDEAS:

- Screening and assessment of depressive symptoms
- Education for older adults and family caregivers about depression and self-care
- Referral and linkage to healthcare and mental health professionals
- Behavioral activation

Behavioral activation is fundamental to the Healthy IDEAS approach. It empowers older adults to manage their depressive symptoms by engaging in meaningful, positive activities. By regularly scheduling activities that bring pleasure or reduce stress, older adults with depression can improve their mood and ultimately decrease their depressive symptoms.

Based on PEARLS and IMPACT — but Different



The IMPACT (Unützer et al, 2002) and PEARLS (Ciechnowski et al, 2004) studies provide the primary evidence base for Healthy IDEAS. The Healthy IDEAS model, however, does not introduce a separate case manager focused exclusively on a client's depression. Rather, it embeds the four components of the program into regular case-management duties. Instead of scheduling weekly, in-person individual sessions with clients, case managers complete the tasks as part of regular phone calls or home visits. This reduces transportation costs, as well as costs associated with hiring a separate case manager. Research has shown that adequately trained case managers (i.e., nonclinicians) using validated tools can quite successfully help clients manage their own depression.



Visit the Healthy IDEAS website for more information about evidence-based depression care:

<http://www.careforelders.org/healthyideas>



Collaboration: The Key to a Healthy Implementation

Healthy IDEAS was designed to be incorporated into an organization's existing case management practice or caregiver support program. A readiness assessment is a recommended first step for any organization considering Healthy IDEAS. The Healthy IDEAS website (see above) offers a self-assessment tool to help your organization recognize the capabilities, resources, and partners you might need to implement the program. You can also receive a free initial consultation from Care for Elders, the technical assistance office for the dissemination of Healthy IDEAS.

Identifying local partners is one of the most important steps in successfully implementing Healthy IDEAS. Partners who may be helpful include:

- Representatives from academic institutions and other community professionals with mental health expertise to help with training and ongoing consultation around both services and outcome assessment activities
- Mental health professionals who are available for outside referral when needed and who can act as coaches or provide training to staff
- Your Area Agency on Aging, which can help identify appropriate agencies and organizations through which Healthy IDEAS might be made available
- Community social service or aging services agencies interested in expanding their case management services to include addressing their clients' depressive symptoms

Working with partners that share a similar mission and values strengthens the relationship, but there are other, more practical benefits. Sharing expertise among agencies reduces the need for each partner to hire separate consultants or specialists.

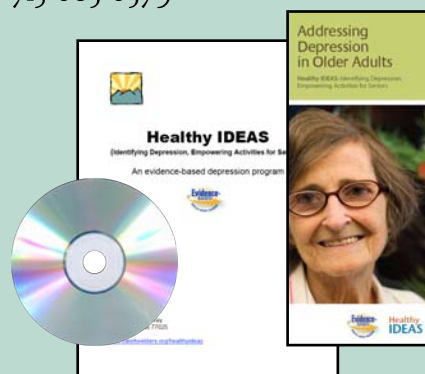
Implementation Tools

A variety of resources are available for organizations that commit to replicating Healthy IDEAS. In addition to on-site training and ongoing technical assistance and consultation, an implementation toolkit includes:

- A program manual
- An intervention manual
- Client handouts
- Sample assessment forms
- Sample reporting forms
- A training DVD and facilitator guide

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To learn more about related resources and initiatives, please visit the Healthy Aging Research Network at <http://www.prc-han.org>.