

# Hispanic Outreach Program (HOP)

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# LEARNING OBJECTIVES

- Understand Affiliated Sante Group's program for Hispanics
- Learn common, broad mental health factors affecting the seniors who receive services
- Discover the common, inter-related cultural factors that cause or exacerbate mental illness
- Identify the most common diagnoses affecting Hispanic seniors

# LEARNING OBJECTIVES

- Learn why a “one size fits all” approach among Hispanics doesn’t work
- Differentiate some different cultural norms between Central Americans and South Americans
- Identify some different cultural norms among various countries in these regions
- Learn some approaches to dealing with the differences and methods of gaining acceptance

# MISSION

Our mission is to improve the quality of life of Hispanic elderly community members, who are experiencing mental health problems, and are unable or unwilling to access traditional mental health care and to provide forums for individuals to meet in a supportive group for discussion and psycho-education.

# HOP OBJECTIVES

- To develop a pro-active approach to the Hispanic elderly community by delivering bilingual, short-term therapy and medication evaluations to homebound seniors and support to their caregivers.
- To promote education on mental health topics to the Hispanic elderly community.

# HOP OBJECTIVES

- To provide timely, accurate, and professional therapy in the Spanish language.
- To foster closer working relationships with Hispanic serving institutions and to advocate for services wherever possible.

# HISPANIC OUTREACH SERVICES

- Mental health assessment and treatment
- Consultation to senior centers and residences
- Mental health training to those serving seniors
- Drop-in groups at senior centers
- Psycho-educational presentations to the general public?

# WHO REFERS

Hispanic seniors are referred by:

1. Senior centers
2. Department of Health and Human Services
3. Home care and other agencies
4. Residential counselors from (House Community Opportunity) HOC buildings
5. Other Hispanic agencies and programs in Montgomery County, Maryland
6. Self-referral



# WHO IS ELIGIBLE

- Hispanic Seniors
  - Over 60 years old and homebound\*
  - Who cannot or will not access traditional outpatient care
  - Who have a diagnosed or suspected present a mental health illness
  - Who might benefit from a medication evaluation by a psychiatrist
- \* Who are referred for consultation by senior centers and residences, but may not be homebound

# LEARNING ABOUT HOP

- Brochures
- Newspapers
- Other media (radio, Montgomery County cable TV, libraries)
- Senior centers
- Some Montgomery County public and private agencies

# COMMON MENTAL HEALTH FACTORS

1. Isolation
2. Symptoms of depression
3. General anxiety
4. Frustration
5. Emotional trauma

# COMMON MENTAL HEALTH FACTORS

6. Poor communication skills
7. Physiological conditions which are often un- or under-treated
8. Lifestyle adjustments
9. Memory problems

# COMMON CAUSES FOR MENTAL PROBLEMS

- Communication/language barriers
- Immigration status and lack of knowledge about or ineligibility for services
- Isolation of nuclear family and poor family relationships
- Minimum knowledge about mental health issues
- Stigma and discrimination

# MOST COMMON DIAGNOSES

1. Depression
2. General anxiety
3. PTSD
4. Bipolar disorder
5. Alzheimer's disease
6. Multi-infarct dementia
7. Schizophrenia
8. Substance abuse

# THERAPY AND TREATMENT

1. Assessment
2. Individual, client-driven treatment plan
3. Specific number of individual and/or family therapy sessions, consistent with clinical status and the treatment plan(6-12)
4. Medication evaluation and recommendations by a Spanish-speaking psychiatrist, if needed
5. Psycho-education and caregiver support
6. Connection with other Hispanic resources

# Hispanic Outreach Program (HOP)

- If your patients need stability in their lives and have dreams to pursue, the Hispanic Outreach Program is the right step to a healthy outcome.



# Hispanic Outreach Program (HOP)

The Hispanic Outreach program has definitely influenced and help the community with their mental health needs. The Hispanic community has confidence in the information, education, and service given by HOP on mental health and other issues related to improving the well being and quality their lives.

Questions?

Thank You