

*CJE Counseling Services Presents*

# **Insights on Aging: Checking In on Mental Health**

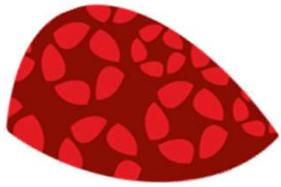
*Sharon Dornberg-Lee, LCSW, Clinical Supervisor*

*Lisa Andrews, LCSW, Clinical Supervisor*

*CJE Counseling Services*

*May 13, 2022*

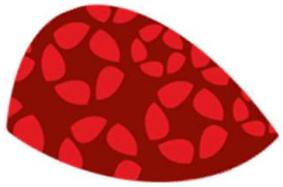




# Agenda

- Three confidential quizzes for a mental health check up
  - Depression
  - Anxiety
  - Caregiver Stress
- Self-care tips to promote good mental health and reduce stress – even during a pandemic!
- Resources, questions, next steps
- Practice a self-care strategy

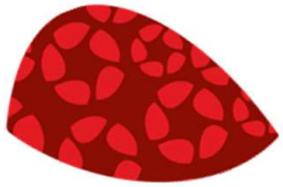




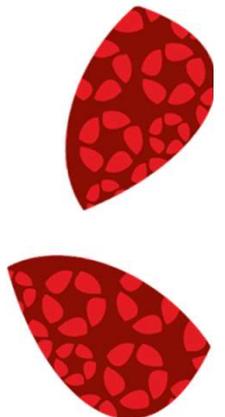
# Depression, Anxiety, Caregiver Stress

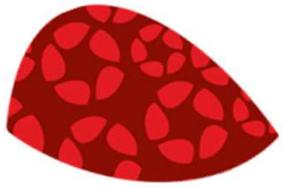
- Not a normal part of aging!
- Increased incidence during COVID pandemic
- A reaction to stressors that exceed one's capacity to cope
- Highly treatable!





# Mental Health Screenings





# PHQ-9: Depression Screening

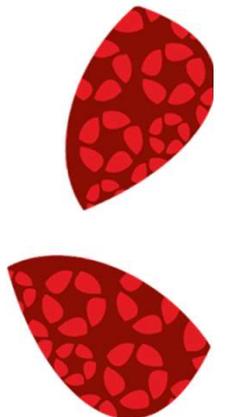
**Over the last 2 weeks, how often have you been bothered by any of the following problems?**

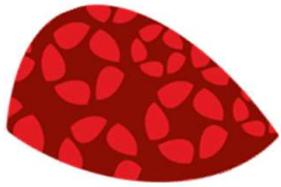
Not at all = 0

Several days = 1

More than half the days = 2

Nearly every day = 3

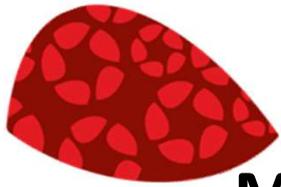




**Not at all = 0    Several days = 1**  
**More than half the days = 2    Nearly every day = 3**

1. Having little interest or pleasure in doing things
2. Feeling down, depressed, or hopeless
3. Trouble falling or staying asleep, or sleeping too much
4. Feeling tired or having little energy
5. Poor appetite or overeating
6. Feeling bad about yourself or that you are a failure or have let yourself or your family down



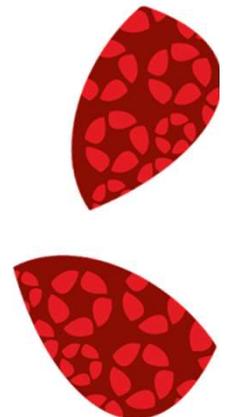


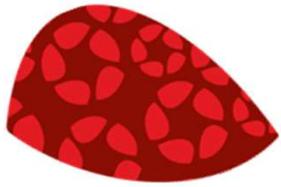
**Not at all = 0    Several days = 1**  
**More than half the days = 2    Nearly every day = 3**

7. Trouble concentrating on things, such as reading the newspaper or watching television

8. Moving or speaking so slowly that other people could have noticed or the opposite, being so fidgety or restless that you have been moving around a lot more than usual

9. Thoughts that you would be better off dead, or of hurting yourself





# PHQ-9 Score

## **1-4 = Minimal depression**

No follow up needed but use self-help tips provided

## **5-9 = Mild depression**

Consider counseling or discussion with your doctor and use self-help

## **10-14 = Moderate depression**

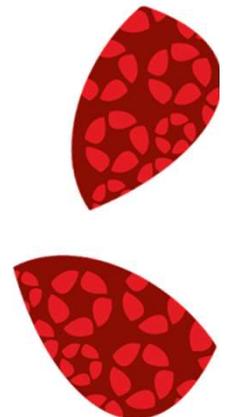
Counseling and discussion with doctor clearly indicated

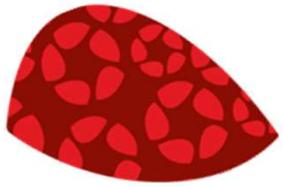
## **15-19 = Moderately severe depression**

Counseling and discussion with doctor clearly indicated – don't wait, use crisis resources as needed

## **20-27 Severe depression**

Counseling and discussion with doctor clearly indicated – don't wait, use crisis resources as needed





# GAD-7 Anxiety Screening

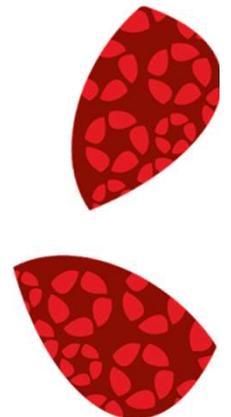
**Over the last 2 weeks, how often have you been bothered by any of the following problems?**

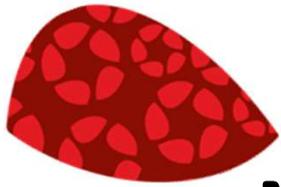
Not at all = 0

Several days = 1

More than half the days = 2

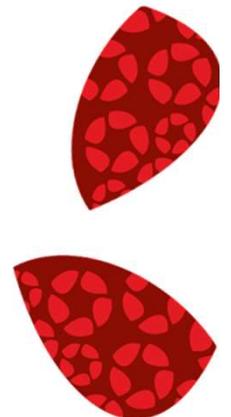
Nearly every day = 3

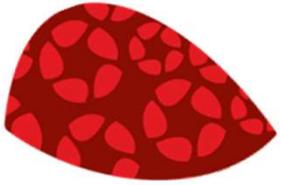




**Not at all = 0    Several days = 1**  
**More than half the days = 2    Nearly every day = 3**

1. Feeling nervous, anxious, or on edge?
2. Not being able to stop or control worrying?
3. Worrying too much about different things?
4. Trouble relaxing?
5. Being so restless that it is hard to sit still?
6. Becoming easily annoyed or irritable?
7. Feeling afraid as if something awful might happen?





# GAD-7 Score

## **0–4: minimal anxiety**

Use self-help strategies

## **5–9: mild anxiety**

Consider counseling or discussion with doctor and use self-help

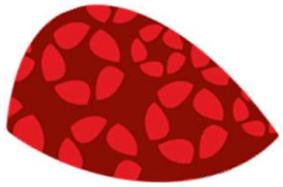
## **10–14: moderate anxiety**

Counseling and discussion with doctor clearly indicated; use crisis resources as needed

## **15–21: severe anxiety**

Counseling and discussion with doctor clearly indicated, don't wait, use crisis resources as needed





# Caregiver Stress Quiz

**In caring for a loved one, how often do you have the following experiences?**

Never = 1

Once or twice = 2

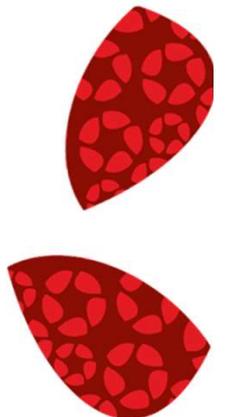
Rarely = 3

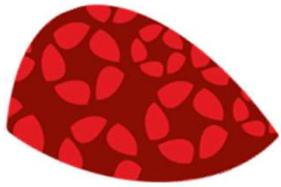
Sometimes = 4

Often = 5

Usually = 6

Always = 7

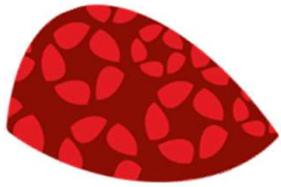




**Never = 1   Once or twice = 2**  
**Rarely = 3   Sometimes = 4**  
**Often = 5   Usually = 6   Always = 7**

1. Feeling resentful
2. Feeling trapped
3. Being tired, not getting enough sleep
4. Feeling weary
5. Feeling troubled
6. Feeling helpless
7. Poor appetite or overeating

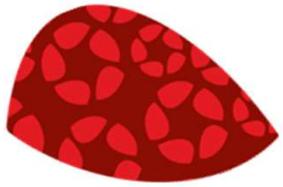




**Never = 1   Once or twice = 2**  
**Rarely = 3   Sometimes = 4**  
**Often = 5   Usually = 6   Always = 7**

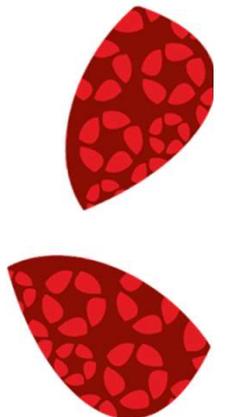
8. Feeling disillusioned
9. Feeling useless
10. Being utterly drained of feeling
11. Feeling “burned out”
12. Being unhappy
13. Feeling anxious
14. Feeling rejected

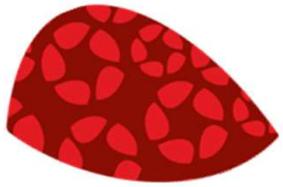




# Caregiver Stress Score

- 60 or less: you're in good shape.
- 60 +: the stress of taking care of your loved one is beginning to take its toll.
- 90+: you are living with high levels of caregiver stress.



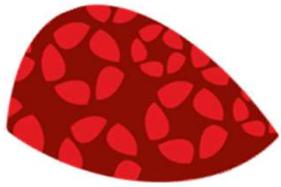


# Healthy Ways to Cope

- **Focus on what you can control**
- **Avoid unreliable information**
- **Seek support**
- **Take a breath**

Source: <https://www.chicago.gov/content/dam/city/depts/cdph/HealthProtectionandResponse/COVID-19%20FAST%20Tips%20on%20Managing%20Anxiety%2003.11.2020.pdf>

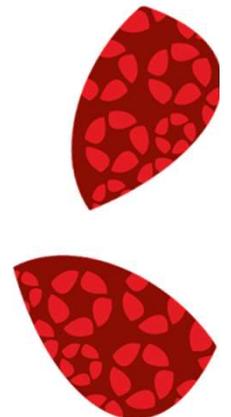


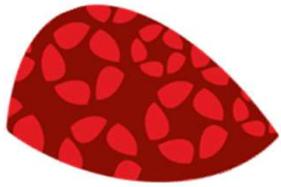


# Healthy Ways to Cope

- **Take breaks from watching, reading, or listening to news stories**, including those on social media.
- **Take care of your body.**
  - Take deep breaths, stretch.
  - Try to eat healthy, well-balanced meals.
  - Exercise regularly – don't get deconditioned.
  - Get enough sleep and practice good sleep hygiene.
  - Avoid excessive alcohol, tobacco, substance use.
  - Continue with routine preventive measures and get vaccinated.

Adapted from: [https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html)

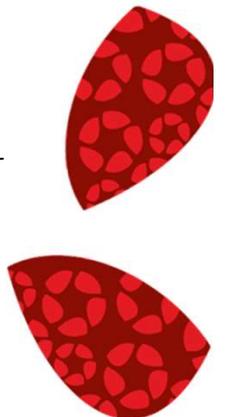


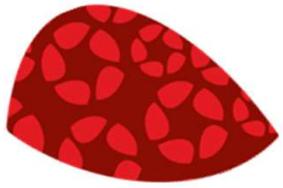


# Healthy Ways to Cope

- **Make time to unwind.** Try to do some activities you enjoy every day.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.
- **Find a creative outlet.** Take photos, start a journal, pick up a new hobby.
- **Find a sense of purpose.** Volunteer, write a letter to the editor, get engaged, give back, contribute.

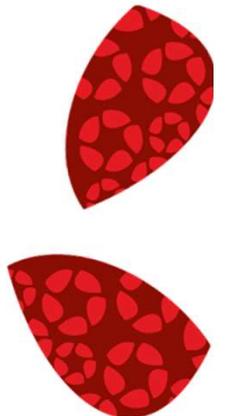
Adapted from: [https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html)

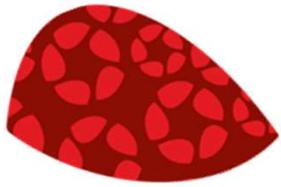




# Managing Caregiver Stress

- Take care of your own health.
- Maintain social contacts.
- Call on friends and relatives for help.
- Get additional help from community services and organizations.
- Try to find time for yourself to unwind when stresses pile up.
- Get organized.
- Deal constructively with negative feelings.
- Get help as needed including counseling!

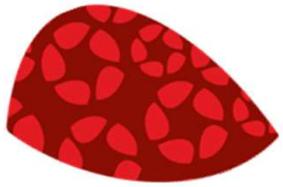




# Counseling

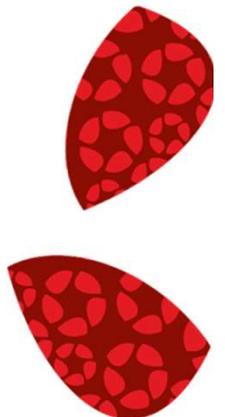
- Psychotherapy, or counseling, or therapy, can be provided by a social worker, professional counselor, or psychologist.
- CJE SeniorLife offers counseling services provided by licensed clinical social workers, including home visits where necessary.
- These services are covered by Medicare and other insurance.
- Available via telehealth.

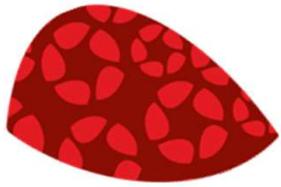




# What is therapy like?

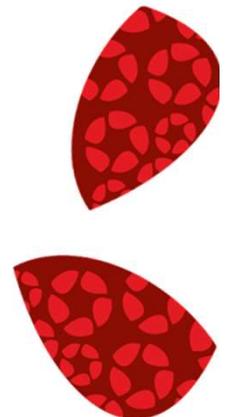
- Seeing a counselor or therapist is a unique relationship -- different than talking to a friend or family.
- There won't be any judgment, and the counselor generally won't give advice.
- Their role is to listen and help the individual seek their own path.

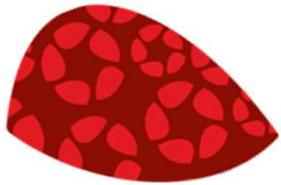




# What is therapy like?

- Therapists have different styles and approaches.
- May want to understand some of the patterns of coping you've used in the past.
- May want to help you understand how losses or challenges in the past may be reawakened by losses and challenges you're experiencing now.
- May even give you homework to practice new ways of thinking or coping, or to learn new skills.





# Resources

**Friendship Line:**, a warmline for older adults who need support, available 24/6: 1.800.971-0016

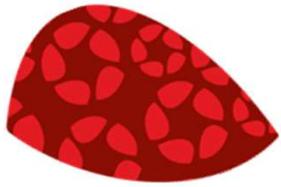
**JCFS Warmline:** 1.855.275.5237 (Monday-Thursday, 9 a.m. to 5 p.m. and Friday, 9 a.m. to 4 p.m., Central time).

**Illinois Warmline:** 1.866.359.7953, then press 2, then 5. (operates Monday-Friday, 8 a.m. to 5 p.m. Central time).

**National Suicide Prevention Lifeline:** Call 800.273.TALK (8255). If you or someone you know is in crisis—whether they are considering suicide or not—please call the toll-free Lifeline at 800.273.TALK (8255) to speak with a trained crisis counselor 24/7. Calls are confidential and free.

**NAMI Chicago Helpline** has mental health counselors available at 833.626.4244, operating Monday-Friday, 9 a.m. to 8 p.m., and Saturday and Sunday, 9 a.m. to 5 p.m. Central Time.



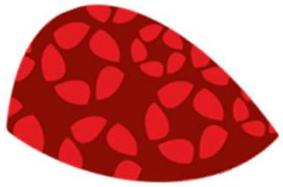


# Mini-relaxation exercises: A quick fix in stressful moments

- Mini-relaxations are stressbusters you can reach for any time.
- Whether you have one minute or three, these exercises work.

*Source: Harvard Health Publishing*

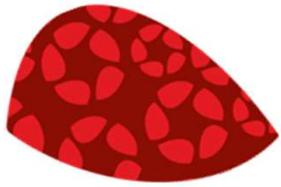




## When You've Got One Minute

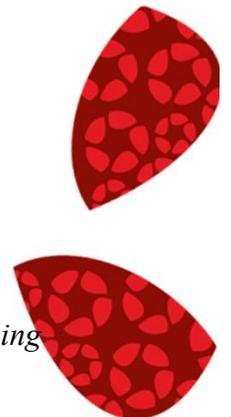
- Place your hand just beneath your navel so you can feel the gentle rise and fall of your belly as you breathe. Breathe in. Pause for a count of three. Breathe out. Pause for a count of three. Continue to breathe deeply for one minute, pausing for a count of three after each inhalation and exhalation.
- Alternatively, while sitting comfortably, take a few slow deep breaths and quietly repeat to yourself "I am" as you breathe in and "at peace" as you breathe out. Repeat slowly two or three times. Then feel your entire body relax into the support of your chair.

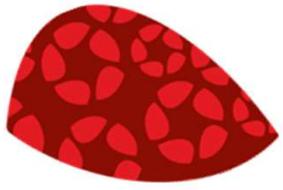




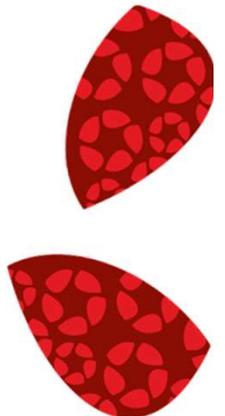
## When You've Got Two Minutes

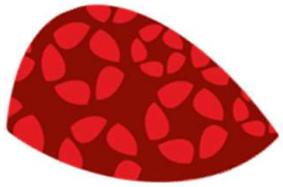
- Count down slowly from 10 to 0.
- With each number, take one complete breath, inhaling and exhaling.
- For example, breathe in deeply, saying "10" to yourself. Breathe out slowly.
- On your next breath, say "nine", and so on.
- If you feel lightheaded, count down more slowly to space your breaths further apart.
- When you reach zero, you should feel more relaxed. If not, go through the exercise again.





# Q & A

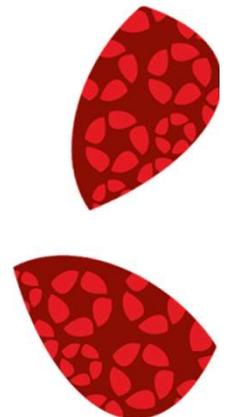


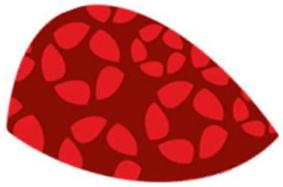


Thank you for coming!

Please complete the survey in the chat!

Look for an email with these slides.



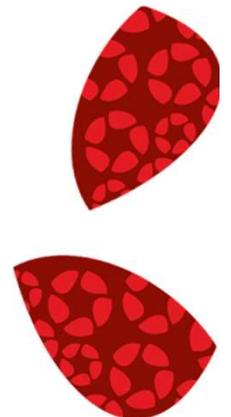


# CJE Counseling Services

**773-508-1000**

**[cje.net/counseling](http://cje.net/counseling)**

Video and audio only options are covered by Medicare  
and most private insurers.



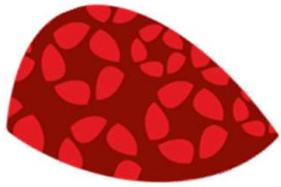
•**CJE SeniorLife** is a nationally recognized, not-for-profit agency that helps more than 22,000 older adults, their families and caregivers from all walks of life throughout metropolitan Chicago.

•**CJE** provides a broad range of services to enable older adults to remain at home in the community.

•**CJE's** continuum of care includes:

1. Life Enrichment
2. Supportive Resources
3. Healthcare
4. Research and Education





# Our Mission

The mission of CJE SeniorLife is to facilitate independence and to enhance the quality of life of older adults.

# Our Values

Respect

Intention

Advocacy

Innovation

Compassion

Accountability

