

CPCCO Community Health Summit

Seaside, Oregon

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Behavioral Activation
A Substance Use Disorder Best Practice
for Older Adults



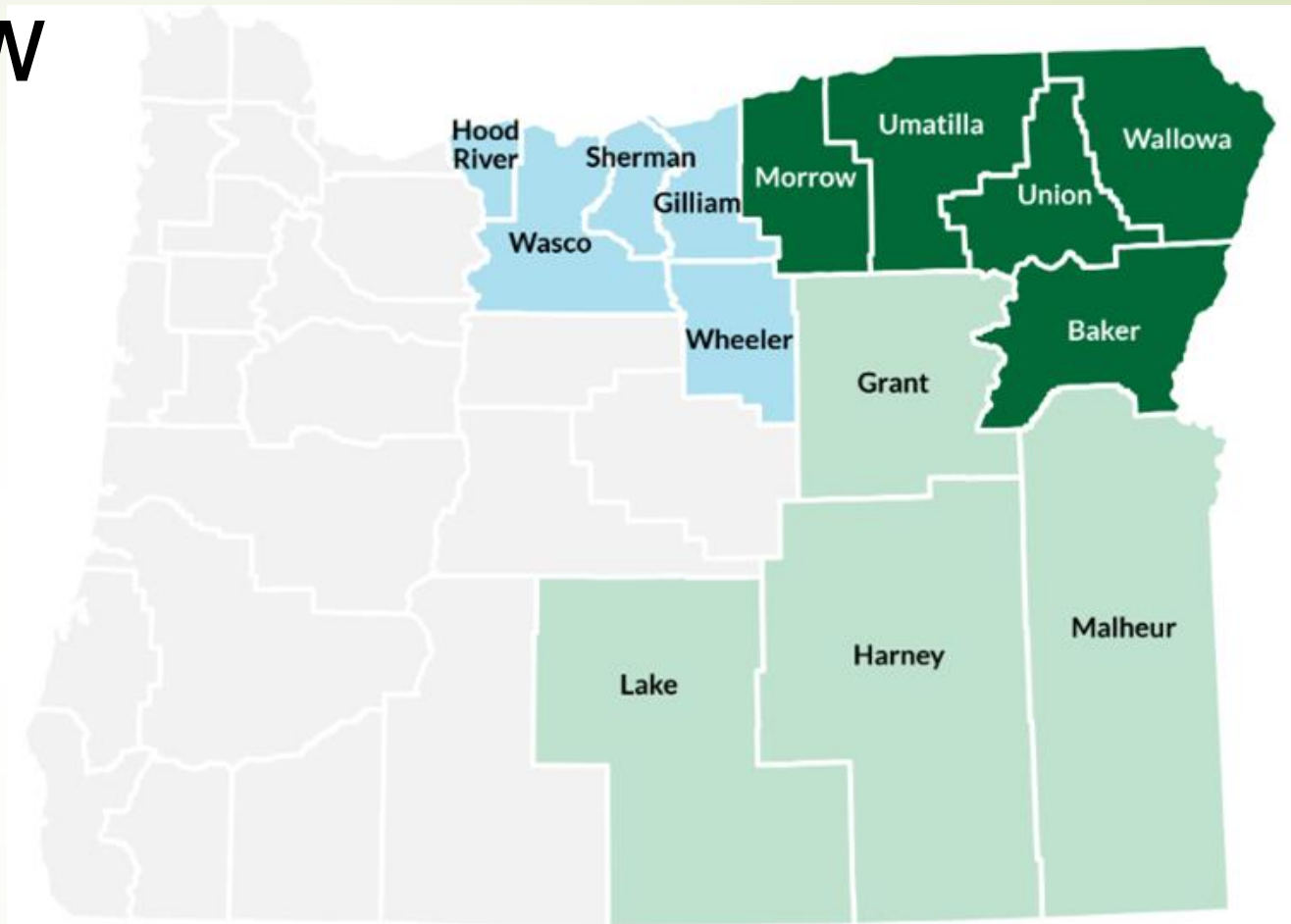
OABHI Overview

- ↓ State-wide program launched in 2015
 - ← Funded by Oregon Health Authority
 - Insurance-blind
- ↓ Created to better meet the needs of older adults and people with physical disabilities

www.oregonbhi.org

www.gobhi.org/oabhi

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**Collaborate
& Coordinate**



**Consult on
Complex Cases**



**Training &
Education**

Objectives

- *Participants will be able to understand Behavioral Activation and explain its importance in treating Substance Use Disorders in Older Adults.*
- *Participants will be able to apply Behavioral Activation in SUD treatment for Older Adults by using specific strategies and interventions.*
- *Participants will be able to apply their understanding of Behavioral Activation to various settings, including individual and group therapy to enhance treatment outcomes.*



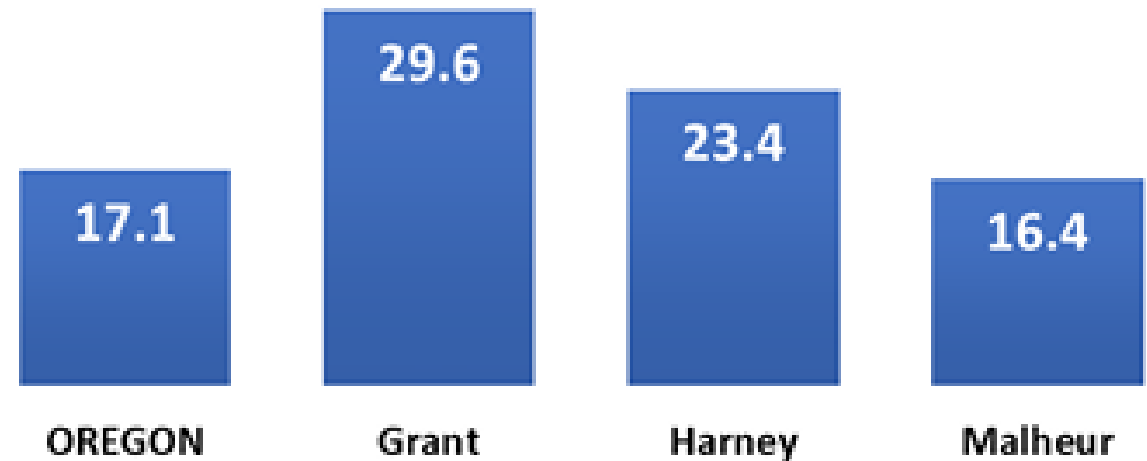
Why? Do we need to talk about older adults specifically?

- ▶ Over 11, 000 people turn 65 in the United States every day! (7 per min)
- ▶ By the year 2030 there will be more Oregonians over 65 than under 18...

Which means...

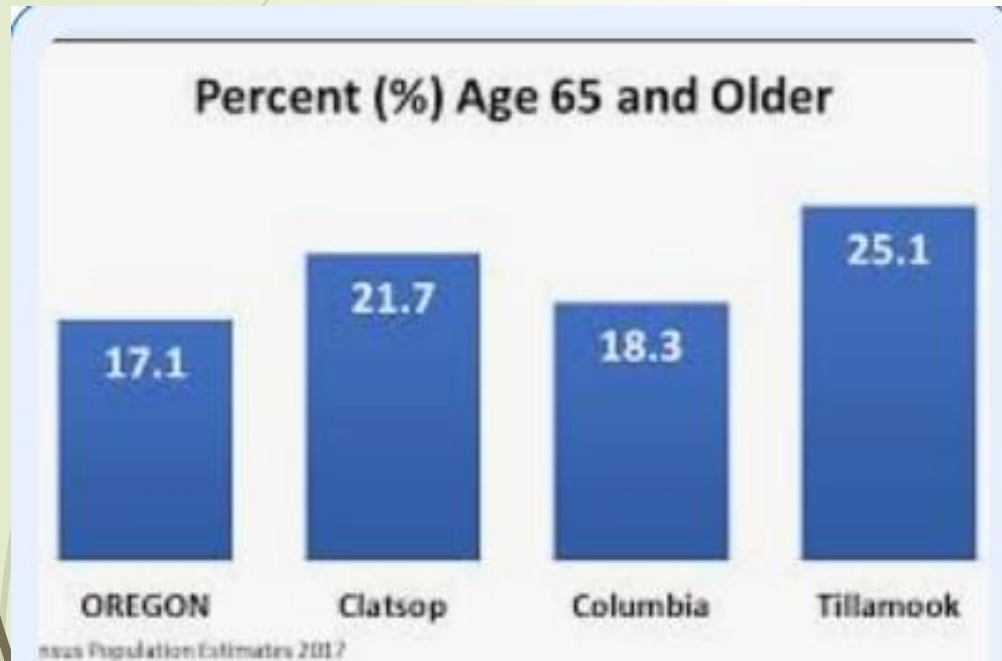
- ▶ In the coming years you are likely to have an increasing number of older adults seeking/needing services. No matter what role you play, Older Adults are likely to play a larger role in your work
- ▶ Older adults (like all sub-populations) have unique needs you will want to meet

Percent (%) Age 65 and Older



Census Population Estimates 2017

Older Adults across Oregon



➤ Multnomah County 15%

➤ Marion County 17%



➤ Douglas County 25%

➤ Wheeler County 34%

WOW!

- Long-term illness (e.g., heart disease, cancer)
- Disability (seen or unseen)
- Dementia-causing illness (e.g., Alzheimer's disease)
- Chronic conditions that can affect thought, memory, and emotion (e.g., thyroid or adrenal disease)
- Behavioral Health issue (anxiety, depression, PTSD)
- Illness or loss of a loved one
- Estranged from family/friends
- Social Isolation
- Retirement Woes (personal/financial)
- Elder Abuse
- Medication interactions
- Alcohol or substance use
- Poor diet or malnutrition
- Problem Gambling
- Scam/Fraud Victim
- End-of-Life Issues



Oregon and National numbers

Community surveys: Estimates of older adults with problem drinking range from 1% to 16%.

- **Binge drinking: 14% of men and 3% of women over 65 drink to binge levels. Oregon rates 38/46 participating states**
- Alcohol use disorder: Alcohol is the most misused substance in Oregon, with over 12% of Oregonians suffering from alcohol use disorder.
- Alcohol-related deaths: More than 1,000 people die from alcohol-related causes in Oregon each year.
- Alcohol-related diseases: Alcohol-induced diseases are a leading cause of death for Oregon men and women aged 35-64.
- Alcohol-related motor vehicle fatalities: About one-third of all motor vehicle fatalities in Oregon involve alcohol.
- About 50% of Older Adults hospitalized for psychiatric concerns in Oregon experience co-occurring disordered alcohol use
- 78% of Americans over 65 take medications that adversely react with alcohol



FACTOID:
Baby Boomers drink more alcohol
Than previous generations
And emerging generations are predicted to consume

How SUD may present in older adults

- Sleep disturbances
- Chronic pain
- Will use the words "lonely" 'sad' or 'stressed' instead
- Increased hypervigilance or anxiety
- Diminished family/friendships
- Uptick in Gambling



- Difficulty with ADL's
- Falls
- Chronic Illnesses
- Cognitive problems
- Difficulty conducting routine business
- **Report that their doctor is concerned**

In addition to questions about risky alcohol consumption

Ask about...

- Sleep problems
- Memory loss
- Depression
- Anxiety
- Aches and pains
- Poor diet
- Loss of interest in sex

What do people who are about them say about their drinking?



Evidence-based screening tools for older adults

Substance Use

- Short Michigan Alcoholism Test – Geriatric Version (SMAST-G)
- CAGE Aid Questionnaire
- Alcohol Use Disorders Identification Test (AUDIT)
- Senior Alcohol Misuse Indicator (SAMI)

Anxiety/Depression

- Patient Health Questionnaire – 9 item (PHQ-9)
- Patient Health Questionnaire – 3 item (PHQ-3)
- Generalized Anxiety Disorder Scale – 7 item (GAD-7)
- Penn State Worry Questionnaire (PSWQ)

Cognition

- St. Louis University Mental Status Exam (SLUMS)
- Montreal Cognitive Assessment (MoCA)
- **Loneliness/Social Isolation**
 - UCLA Loneliness Scale

Pain

- Revised Iowa Pain Thermometer (IPT-R)

EXHIBIT 4.3. DSM-5 Criteria for AUD and Considerations for Older Adults

DSM-5 CRITERIA FOR AUD ⁶⁴³	CLINICAL CONSIDERATIONS ^{644,645,646,647,648}
Criterion A1	Older adults may need less alcohol to feel physical effects. Cognitive impairment can make it hard for older adults to keep track of their drinking.
Criterion A2	No special considerations for older adults.
Criterion A3	Effects of alcohol can result from drinking even small amounts, so relatively less time may be spent getting and drinking alcohol and recovering from using it.
Criterion A4	No special considerations for older adults.
Criterion A5	Older adults may have different role responsibilities because of life-stage changes, such as retirement. Role responsibilities more common in older adulthood include caregiving for a spouse or another family member, such as a grandchild.
Criterion A6	Older adults may not realize that social or interpersonal problems they are experiencing are connected to their alcohol use.
Criterion A7	Older adults may take part in fewer activities generally, making it more difficult to discover when drinking is causing them to withdraw from activities.
Criterion A8	Older adults may not understand that their alcohol use is hazardous, especially when they are drinking the same as or less than before. In addition, older adults may not realize the physical dangers of drinking in certain situations (e.g., before using a step stool).
Criterion A9	Older adults experiencing physical or psychological problems may not realize that drinking could be a factor.
Criterion A10	Changes in tolerance occur because of increased sensitivity to alcohol with age. Previously manageable quantities of alcohol may cause greater impairment.
Criterion A11	Withdrawal symptoms in older adults can last longer, be less obvious, or be mistaken for age-related illness.



Tip 26 recommends....

- ▶ Supportive and non-confrontational (e.g., forming a respectful partnership with your clients, which is the primary way to support behavior change)
- ▶ • Flexible (e.g., supplying services at home or over the phone if clients cannot get to you)
- ▶ • Sensitive to gender differences (e.g., addressing in AUD treatment the fact that women are more likely to be prescribed psychoactive medications than men)
- ▶ • Sensitive to cultural differences (e.g., using print materials in your clients' primary language)
- ▶ • Sensitive to the client's level of physical and cognitive functioning (e.g., using shorter sessions; meeting in a room close to the building entrance; giving information in multiple formats, like verbally and in writing)
- ▶ • Holistic and thorough (e.g., addressing cognitive, physical, social, mental, financial, emotional, and spiritual factors that may inhibit treatment engagement or enhance recovery). • Focused on helping older adults develop and improve coping and social skills

Behavioral Activation



- Behavioral Activation (BA) is a specific CBT skill. It can be a treatment all by itself, or can be used alongside other CBT skills such as cognitive restructuring. Behavioral activation helps us understand how behaviors influence emotions, just like cognitive work helps us understand the connection between thoughts and emotions. BA also correlates activity with mood.
- Behavioral Activation is based on the well-researched understanding that depression often keeps us from doing the things that bring enjoyment and meaning to our lives. This “downward spiral” causes us to feel even worse. In Behavioral Activation we work to reverse this cycle using our actions and choices

Behavioral Activation: Evidenced Based CBT Model



Tip 26 (SAMSHA)



- ❖ CBT for AUD focuses on helping clients find and change thoughts, feelings, and behaviors that lead to alcohol misuse.
- ❖ Skills-based approaches may work well with older adults. Skills-based interventions focus on reducing health-related risks for alcohol use and continuing abstinence
- ❖ Social skills training helps older adults grow or improve social networks to decrease the effects of substance use, loneliness, and depression in their lives.
- ❖ Coping skills training helps older adults learn about and avoid or manage high-stress or high-risk situations they used to cope with by drinking.

The Goal of Behavioral Activation is to experience greater contact with sources of reward (pleasure)



The overall goal of Behavioral Activation is to experience greater contact with sources of reward in life which creates space and ability to solve life problems



**What do you want your
life to be about?**

What do you
want your life
to be about?



What is
important
to you?

How would you
choose to make
your life unfold?

What direction
would you
choose?

The 10 Core Principles of Behavioral Activation

Principle 1	The key to changing how people feel is helping them change what they do.
Principle 2	Changes in life can lead to depression and short- term coping strategies can keep people stuck over time.
Principle 3	The clues to figuring out what will ne antidepressant lie in what precedes and follows the client's important behaviors.
Principle 4	Structure and follow a plan , not a mood.
Principle 5	Change will be easier when starting small.
Principle 6	Emphasize activities that are naturally reinforcing.
Principle 7	Act as a coach.
Principle 8	Have a problem- solving approach and recognize all results are useful.
Principle 9	Don't just talk, do!!
Principle 10	Troubleshoot possible and actual barriers to activation.

The First Vicious Cycle...

Events often get the depression "ball rolling." This could be something new or a reminder from a past stressful event.

What happened
(stressful life events, triggers from past, etc.)

"I lost my job"
"We had our first child"



How you feel
(emotions)

Sad
Anxious
Stressed
Shut down
Embarrassed

The stress of events leads to negative emotions that are distressing and make us want to draw back.



What you do
(or don't do)

Stay in bed
Don't engage with family
Don't return calls or texts
Avoid people



Emotions lead to behaviors: we avoid or isolate, which makes us feel worse.

FIRST VICIOUS CYCLE

What it might look like for an Older Adult

What happened?

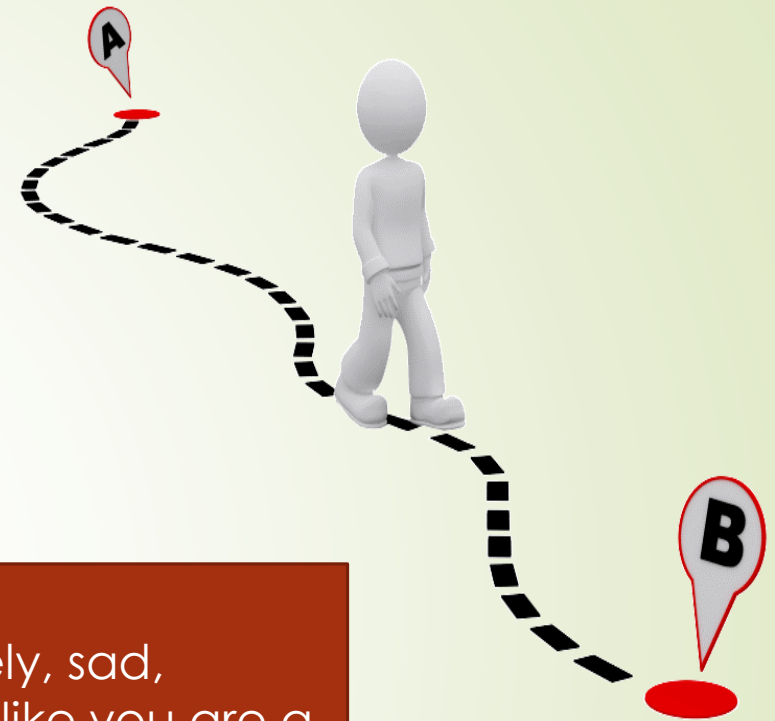
Retired, estranged from children and friends, chronic illness, financial concerns, moved to LTC

How you feel

No longer useful, lonely, sad, Anxious, depressed, angry, like you are a burden

What you do/don't do

Drink alcohol, gamble, stay in bed, Misuse medication, avoid friends, family & responsibilities



Assessing Goals

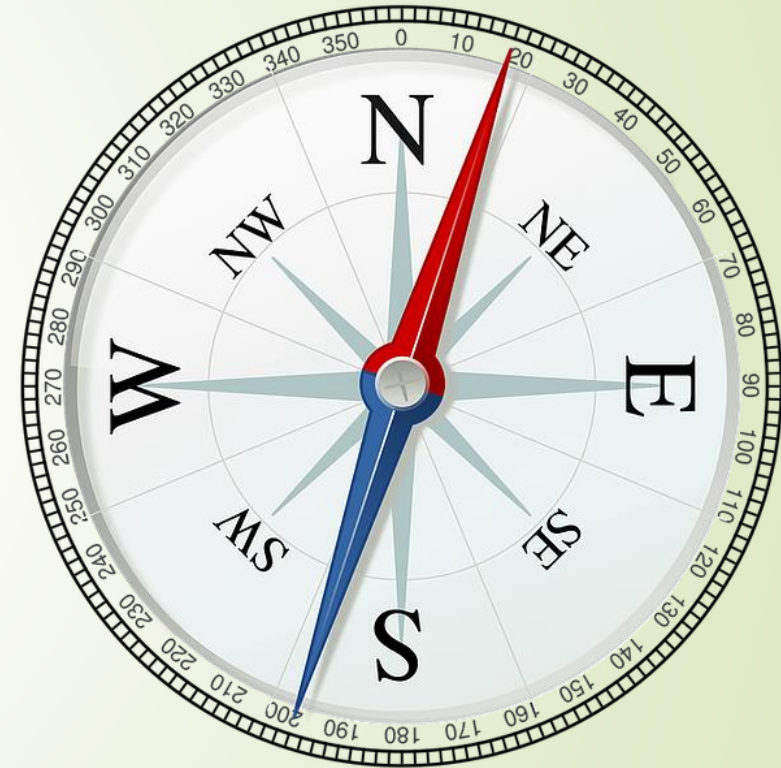
GOAL SETTING

- Short-term
- Action-oriented
- Person-centered
- Solution-focused
- Easily attainable
- Pleasure inducing
- Based on values which helps when 'stuck'



What are values?

- ▶ Values are what we find meaningful and consider to be important
- ▶ Values can change over time
- ▶ Values are different from goals: goals are specific end result that is achievable; our values act as a compass that influences our goals and bigger life decisions.
- ▶ Example: most of us value being a good human being and a goal would be being helpful and generous to others
- ▶ Establishing the function of behavior for the individual is crucial because the aim is not merely to increase activity but to ensure that activities are purposeful and motivating for the individual



Explore!

What Value is at stake?
What is in the way?
Decrease/explore barriers
What is the fear?
What is the worst/best
outcome?
What happened instead?



Explore any/all
Avoidance

Assessment Activity Charts

- Primary assessment tools in Behavioral Activation
- Socializing to purpose is key
- Gives insight into lives 'behind closed doors'
- Various approaches (hour-by-hour, blocks of time, time sample)



Activity Monitoring Worksheet

Instructions: Record your activity for each hour of the day (what you were doing, with whom, where, etc.). Record a rating for your mood as you were doing each activity. Mood is rated between 0-10, with "0" indicating "low mood" and "10" indicating "good mood."

	Sun	Mon	Tues	Wed	Thurs	Fr	Sat
5-7:00 am							
7:00 am							
8:00 am							
9:00 am							
10:00 am							
11:00 am							
12:00 pm							
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm							
6:00 pm							
7:00 pm							
8:00 pm							
9:00 pm							
10:00 pm							
11:00 pm							



Values exercise

Values Clarification Activities

- 1. Recall times when you have been so absorbed in what you were doing that you hardly noticed the time. What were you doing?
- 2. Think about the things that you find meaningful. What do you think of? Include ideals, feelings, and activities.
- 3. What values are most important to you?



TOP 10



Achievement/accomplishment
Advancement
Autonomy
Balance
Belonging to a group
Building something
Challenge
Compassion
Competition
Creativity
Creating something new
Creating beauty
Creating change (e.g. social change)
Creating information
Decision-making
Entrepreneurship
Equality
Excitement/risk
Fame
Family happiness
Financial security
Friendships
Fun
Happiness
Harmony
Health
Helping others/serving people
Influencing people
Improving or perfecting something

Independence
Integrity
Leadership
Learning/growing/gaining wisdom
Leisure
Listening
Mastering a technique/field
Personal development
Physical activity
Receiving recognition/impressing people
Repairing or fixing something
Respect
Risk-taking
Safety
Security
Self-expression
Spirituality
Stability
Status
Teamwork
Tenacity
Visioning
Wealth
Other: _____
Other: _____
Other: _____
Other: _____
Other: _____

Fast Values Exercise

- Adventure
- Altruism
- Ambition
- Animals
- Art
- Authenticity
- Balance
- Beauty
- Bravery
- Calmness
- Career
- Change
- Commitment
- Community
- Connection
- Contribution
- Cooking
- Creativity
- Culture
- Curiosity
- Empathy
- Entertainment
- Environment
- Equality
- Ethics
- Excellence
- Exercise
- Fairness
- Faith
- Family
- Financial Stability
- Friendships
- Fun
- Gaming
- Gardening
- Generosity
- Gratitude
- Growth
- Happiness
- Health
- Honesty
- Humility
- Humour
- Independence
- Innovation
- Integrity
- Kindness
- Knowledge
- Leadership
- Learning
- Leisure
- Love
- Loyalty
- Mercy
- Mindfulness
- Minimalism
- Music
- Nature
- Open-Mindedness
- Optimism
- Order
- Parenting
- Passion
- Patience
- Perseverance
- Playfulness
- Pleasure
- Politics
- Privacy
- Quality
- Reading
- Relationships
- Resilience
- Resourcefulness
- Respect
- Responsibility
- Risk-Taking
- Safety
- Security
- Self-Compassion
- Self-Expression
- Self-Respect
- Spirituality
- Sport
- Stability
- Thoughtfulness
- Travel
- Trust
- Truth
- Vulnerability
- Wealth
- Wisdom
- Writing

Below is a list of general value categories, and some specific values that are common in each. See if any of them fit you, and use this page to fill out the values rating sheet on the next page.

Family relations

- Work on current relationships
- Spend time with family
- Take an active role in raising my children
- Maintain consistent healthy communication

Marriage/couples/intimate relationships

- Establish a sense of safety and trust
- Give and receive affection
- Spend quality time with my partner
- Show my partner how much I appreciate them

Friendships/Social Relationships

- End destructive relationships
- Reach out for new relationships
- Feel a sense of belonging
- Have and keep close friends
- Spend time with friends
- Have people to do things with

Mental/Emotional health

- Seek fun and things that give me pleasure
- Have free time
- Be independent and take care of myself
- Challenge my negative thinking
- Make my own decisions
- Engage in therapy
- Take my medications
- Stay active

Physical well-being

- Live in secure and safe surroundings
- Engage in regular exercise
- Have a steady income to meet physical needs
- Eat foods that are nourishing to my body
- Maintain a balance between rest and activity
- Get enough sleep

Citizenship/Community

- Contribute to the larger community
- Help people in need
- Improve society
- Be committed to a cause or group that has a larger purpose
- Make sacrifices for others

Spirituality

- Follow traditions and customs
- Live according to spiritual principles
- Practice my religion or faith
- Grow in understanding myself, my personal calling, and life's purpose
- Discern the will of God
- Find meaning in life
- Develop a personal philosophy of life
- Spend time in nature
- Focus on the greater good

Education/Training/Personal Growth

- Be involved in undertakings I believe personally are significant
- Try new and different things in life
- Learn new things
- Be daring and seek adventure
- Have an exciting life
- Learn to do challenging things that help me grow as a person

Employment

- Be powerful and able to influence others, have authority
- Make important decisions that affect the organization
- Be a leader
- Make a great deal of money
- Be respected by others
- Be seen by others as successful, be ambitious
- Become well-known, obtain recognition and status
- Be productive, work hard
- Achieve significant goals
- Enjoy the work I do
- Do what I'm told and follow the rules

Possible Values


- Authenticity
- Achievement
- Adventure
- Authority
- Autonomy
- Balance
- Beauty
- Boldness
- Compassion
- Citizenship
- Community
- Contribution
- Creativity
- Curiosity
- Determination
- Fairness
- Faith
- Family
- Friendships
- Fun
- Happiness
- Health
- Honesty
- Humor
- Influence
- Justice
- Kindness
- Knowledge
- Leadership
- Learning
- Love
- Loyalty
- Meaningful
- Work
- Openness
- Optimism
- Peace
- Pleasure
- Poise
- Popularity
- Recognition
- Religion
- Reputation
- Respect
- Responsibility
- Security
- Self-Respect
- Service
- Spirituality
- Stability
- Success
- Status
- Trustworthiness
- Wealth

Values Rating Sheet

Based on your exploration of the previous pages, write a summary of your values. For example, "to live a healthy life and take care of my body" (physical well-being), or "to be a good friend to people who need me, and to enjoy time with people I love"(friendships).

Rate each domain for how important it is to you from 0-10 (0 = not important, 10 = extremely important).

Remember: values are not internal states, how people treat us, or specific things to achieve.

<u>Physical well-being</u>	<u>Family relationships</u>	<u>Intimate Relationships</u>
<u>Citizenship/Community</u>		<u>Mental/Emotional Health</u>
<u>Spirituality</u>	<u>Other?</u>	<u>Friendships/social relations</u>
<u>Hobbies/Recreation</u>	<u>Education/training/ personal growth</u>	<u>Employment/career</u>



Behavioral Activation

You can begin to decrease depression by engaging in activities you find enjoyable, and by taking care of responsibilities that you have been neglecting.

List three activities you enjoy:

- 1.
- 2.
- 3.

List three responsibilities you need to take care of:

- 1.
- 2.
- 3.

Try doing at least one activity or responsibility each day. Use the following scale to rate your depression, pleasant feelings, and sense of achievement before and after the activity.

0	1	2	3	4	5	6	7	8
None				Moderate				Extreme

Activity (location, date, time)		Depression	Pleasure	Achievement
	Before			
	After			
	Before			
	After			
	Before			
	After			



Add in weekly movement!



Examples of Pleasurable Activities

- 1. Walking in your neighborhood or in your home
- 2. Soaking in the bathtub
- 3. Rediscovering and adding to your collections (coins, shells, etc.)
- 4. Going to a museum or travel location
- 5. Using your nicest dishes for no reason
- 6. Listening to music
- 7. Buying household gadgets online
- 8. Lying in the sun (with sunscreen/hat)
- 9. Laughing
- 10. Thinking about past travels



Examples of Pleasurable Activities



- ▶ 11. Listening to others
- ▶ 12. Reading magazines or newspapers
- ▶ 13. Hobbies (stamp collecting, model building, etc.)
- ▶ 14. Spending an evening with good friends
- ▶ 15. Planning a day's activities with grandchildren
- ▶ 16. Meeting new people online
- ▶ 17. Remembering beautiful scenery
- ▶ 18. Eating favorite foods (perhaps at Senior Center or with others)
- ▶ 19. Practicing yoga or tai chi
- ▶ 20. Repairing things around the house

Examples of Pleasurable Activities

- 21. Ride a regular or stationary bike
- 22. Attend Senior Center meal
- Join a painting class or Paint Night
- 23. Spending time with children or young people through intergenerational programs
- 24. Doing volunteer work such as making fundraising or political calls for a favorite cause
- 25. Going antique shopping/window shopping
- 26. Caring for houseplants
- 27. Doodling
- 28. Wearing a fun outfit
- 29. Phoning a friend
- 30. Go to the Library



A few more Older Adult specific considerations:

ASAM considerations ~

Individual sessions or required psychoeducational group session are strongly preferred. Older Adults do not typically thrive in a group behavioral health setting

Telehealth ~ is a great option; particularly for remote folks or inclement weather

Peers ~ Senior Centers, Advance Directive, Legacy Work

Medications Matter ~ Older Adults are likely to be taking 1-7 medications daily (interactions!)

Always screen for thoughts of Suicide ~ white males 65+ highest rates

CBT/DBT ~ are best practices (compared to talk-therapy)

Behavioral Activation should be considered





Recommendation


FIRST EDITION

**BEHAVIORAL
ACTIVATION *for*
DEPRESSION**

A CLINICIAN'S GUIDE

Christopher R. Martell
Sona Dimidjian
Ruth Herman-Dunn





Scan this QR code to find the OABHI
Specialist in your community



When you see me sitting quietly, like a sack upon a shelf,
Don't think I need your chattering. I'm listening to myself.
Hold! Stop! Don't pity me! Hold! Stop your sympathy!
Understanding if you got it, otherwise I'll do without it!
When my bones are stiff and aching and my feet won't
climb the stair,
I will only ask one favor: Don't bring me no rocking chair.
When you see me walking, stumbling, don't study and get
it wrong.
'Cause tired don't mean lazy and every goodbye ain't
gone.
I'm the same person I was back then, a little less hair, a
little less chin,
A lot less lungs and much less wind.
But ain't I lucky I can still breathe in."



