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Archstone Foundation Funds DBSA's Innovative Initiative to Reduce Depression in Aging Adults

DBSA Senior Strength Initiative is a collaboration with Facey Medical Group of Southern California

MISSION HILLS -- An innovative partnership will take effect this month, targeting older adults living with depression by engaging and supporting them and educating primary care physicians and their staffs in recognizing and treating symptoms.

A multi-year grant from the Archstone Foundation will fund the Depression and Bipolar Support Alliance Senior Strength Initiative, in partnership with Facey Medical Foundation and Facey Medical Group.

DBSA will develop, establish and evaluate the effectiveness of planned interventions among older adults served in primary care settings, launching Senior Strength at Facey Medical Group's Mission Hills Clinic. The goal is to serve 250 Medicare Advantage patients over three years. Facey is an affiliate of Providence Health & Services.

Objectives of the Senior Strength Initiative are to:

- Activate and engage older adult patients in supportive activities designed to maintain engagement and adherence to their treatment plans for depression
- Improve patient hopefulness and self-efficacy and solidify the patient-clinician partnership
- Improve knowledge among primary clinic providers and staff about the role and value of peer support services
- Improve treatment outcomes and reduce depression in older adult patients

The Senior Strength Initiative will consist of three core components:

1. Primary care physicians, licensed behavioral health professionals, and other practice-based staff – will complete **virtual and in-person training** on best practices in integration of peer support services and wellness tools into treatment to enhance patient care.
2. Enrolled patients will be provided with **access to three types of self-guided wellness tools** to enhance knowledge and promote self-efficacy.
3. **Peer Community Workers** – Individuals who have experienced mental health challenges and have been trained and certified as peer specialists to support others from their unique perspective – will engage with these patients in the community, delivering support services to assist in use of the wellness tools, helping maintain ongoing patient engagement in services, and serving as role models for recovery.

Screening, enrollment, and delivery of peer support services to patients will begin in November 2018. DBSA's Northridge chapter will host a face-to-face support group for clinic patients and other older adults as one program-associated wellness tool. Senior Strength outcomes will be tracked through independent academic evaluation and results will be made public for expansion opportunities.

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Established in 1986, **Archstone Foundation** is a private, non-profit foundation whose mission is to prepare society for the growing needs of an aging society. Under the leadership of president and CEO Joseph F. Prevratil, J.D., Archstone grants up to \$5 million annually, primarily in Southern California.

The Senior Strength Initiative is part of the Care Partners: Bridging Families, Clinics, and Communities to Advance Late-Life Depression Care cohort of projects supported by Archstone Foundation. Care Partners seeks to improve care for older adults with depression by strengthening the involvement of family, friends, and community-based organizations (CBOs) in depression care. Training, technical assistance, and initiative-wide evaluation for Care Partners is provided by the University of Washington's AIMS Center (Advancing Integrated Mental Health Solutions) and the University of California, Davis.

About Facey Medical Group

Facey Medical Group is a multispecialty physician group which operates ten clinics in Northern Los Angeles County and Ventura County. Originally founded in 1923, Facey's 208 physicians and their support staff care for the 150,000 patients who visit Facey clinics each year. Facey was recognized by the California Association of Physician Groups as one of twenty "Elite Performer" medical groups in Southern California. In 2015 the Integrated Healthcare Association recognized Facey as one of 12 physician groups in their statewide Excellence in Healthcare program and in 2017 Facey was recognized as Most Improved.

Facey Medical Group is an affiliate of Providence Health and Services and their Mission Hills location is one of six clinics in the Providence network working to integrate behavioral health specialists into the primary care setting.

About Providence Health & Services

Providence Health & Services, Southern California, is a Catholic not-for-profit, mission-driven healthcare system. Providence Southern California operates six award-winning hospitals and a comprehensive, fully-integrated network of primary care clinics, urgent care centers, home care, TrinityCare and TrinityKids Care hospice as well as Providence High School. Providence is anchored locally by Providence Holy Cross Medical Center in Mission Hills, Providence Saint Joseph Medical Center in Burbank, Providence Saint John's Health Center in Santa Monica, Providence Tarzana Medical Center and Providence Little Company of Mary Medical Centers in Torrance and San Pedro. With more than 3,400 physicians, Providence provides coordinated primary and specialty care through an array of physician groups and individual providers including Providence Medical Institute and physician groups in the South Bay, the West Valley and Santa Clarita. Providence affiliate, Facey Medical Group, provides primary and specialty care in the San Fernando and Santa Clarita valleys and Simi Valley.

The Depression and Bipolar Support Alliance (DBSA) strives to improve the lives of people living with mood disorders. The organization fosters an environment of understanding the impact and management of these life-threatening conditions by providing up-to-date, scientifically based tools and information; supports research; and works to ensure that people living with mood disorders are treated equitably. Assisted by a scientific advisory board comprising leading researchers and clinicians in the field of mood disorders, DBSA has more than 600 peer run support groups across the country. Hundreds of thousands of people are assisted each year with in-person and online peer support; readily understandable and current information about depression and bipolar disorder; and empowering tools focused on an integrated approach to wellness.

For more information, please visit www.DBSAAlliance.org or call (800) 826-3632.