

# Older Adult Behavioral Health Overview

Presented by:

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Department of Health Services  
Behavioral Health Services



# Where Older Adults are Served

- Mental Health Urgent Care Clinic (MHUCC)
- Community Support Team (CST)
- SeniorLink
- Supporting Community Connections (SCC)
- Older Adult SCC Program
- Sacramento County Time-Limited Community Driven Prevention and Early Intervention (PEI) Grant Program, Round II
- Community Outreach Recovery Empowerment (CORE) Programs
- Transformative, Healing, Renewing, Inclusive, Voice, Empowerment (THRIVE) Programs
- Full-Service Partnership (FSP) Programs
- Substance Use and Prevention Treatment (SUPT)



# Mental Health Urgent Care Clinic

**Services:** Provides services on a walk-in basis to individuals of all ages who are experiencing a mental health and/or co-occurring substance abuse crisis.

**Hours:** 24/7, 7 days a week

**Location:** 2130 Stockton Boulevard, Building 300,  
Sacramento, CA 95817

**Phone:** (916) 520-2460

# Community Support Team

**Services:** Staff support individuals with navigating mental health services, provide field-based assessments, and can refer to other community resources as needed.

**Hours:** Monday - Friday, 8 am - 5 pm

**Contact:** (916) 874-6015

**[Community Support Team brochure](#)**

# SeniorLink

A prevention and early intervention program designed to provide support services to Older Adults (age 55+) experiencing isolation and/or early signs of depression or anxiety.

Culturally diverse staff reach out to program participants in their homes or community settings to assist with improving health and wellness, collaborating with healthcare providers, increasing opportunities for socialization, and providing transportation services as needed.

**[Behavioral Health Services for Older Adults  
Sacramento CA \(elhogarinc.org\)](http://elhogarinc.org)**

# Supporting Community Connections (SCC)

Prevention and Early Intervention (PEI) programs which provide culturally, and linguistically appropriate suicide prevention support services that are designed to:

- Increase access to and linkage with needed services
- Improve self-reported life satisfaction and well-being
- Reduce risk factors and enhance of protective factors
- Decrease need for crisis services
- Decrease suicide risk
- Increase knowledge of available resources and supports
- Enhance connectedness and reduce isolation

Currently there are 12 SCC Programs each of which are specifically tailored to meet the needs of their respective communities.

[Sacramento County BHS Prevention and Early Intervention Services and Mental Health Respite Services Provider List](#)

# Older Adult SCC Program

This SCC program is operated by [La Familia Counseling Center](#) and provides culturally and age-appropriate services to older adults (ages 55 and older) to promote community connectedness, improve access to mental health and other needed services (such as housing, medical and transportation resources), and decrease suicide risks through appropriate and effective prevention strategies for older adults.

In addition to providing one-on-one support, the program also offers two groups, a Senior Activity Group and a Technos Sabios (Tech Savvy) Senior Group. These groups provide seniors with opportunities to socialize, build healthy connections, and reduce suicide risk factors such as isolation.

# Sacramento County Time-Limited Community Driven Prevention and Early Intervention (PEI) Grant Program, Round II

## Program Details:

The Sacramento County Division of Behavioral Health Services, through Mental Health Services Act PEI component funding and in collaboration with California Mental Health Services Authority implemented a second round of the Time-Limited Community-Driven Grant Program.

## Program Objective:

The Time-Limited Community-Driven PEI Grant Program is intended to build community capacity by addressing the mental health needs of communities by promoting mental health and wellness, increasing mental health services, and reducing stigma associated with mental health and wellness through cultural and linguistic congruent programs and activities that serve diverse communities

Round II awarded grants to 27 local community-based organizations. To view the list of awardees, one of which specifically serves African American older adults, please visit: [Community-Driven PEI Grant Awardee Round 2 Contact Sheet \(saccounty.gov\)](https://saccounty.gov/Community-Driven-PEI-Grant-Awardee-Round-2-Contact-Sheet)



# Community Outreach Recovery Empowerment (CORE)

Flexible, low to moderate-high intensity mental health services for Sacramento County residents, ages 18+

## CORE Community Wellness Centers

- 11 peer run walk-in locations
- Open to the community and serves as hub for individuals seeking connection and meaningful activities.
- Provides opportunities for those that reach their recovery goals to volunteer or seek employment with the centers.

## CORE Outpatient Program

- 11 sites across Sacramento County
- Capacity: 700 per site annually
- Offering the full array of Specialty Mental Health Services and expanded supports

[CORE Program, formerly the Adult Outpatient Services Transformation \(saccounty.gov\)](https://saccounty.gov)

# Full-Service Partnership Programs (FSP)

Supports clients with high intensity mental health needs.

- **El Hogar Sierra Elder Wellness (Sierra):**
  - FSP specialized to service older Adult population (55+ years of age)
  - Assists in navigating the complex challenges associated with later stage of life.
  - Services: A comprehensive Geriatric assessment, medication management, individual, family, and group counseling, age-specific meaningful activities, referrals and support linkage to appropriate self-help or community-based supportive services, and referrals for, and coordination with, physical health and dental health as needed.
  - Currently in Lease up: 30 Permanent Supportive Housing Units at Hope Landing

# Full-Service Partnership Programs (FSP)

**Other FSPs serving individuals 18 and older, including our older adults:**

- Asian Pacific Community Counseling Transcultural Wellness Center (APCC TWC)
- Turning Point Integrated Services Agency (ISA)
- Telecare Adults Recovering in a Strength-Based Environment (ARISE)
- Telecare Sacramento Outreach Adult Recovery (SOAR)
- Telecare Outpatient Assisted Services and Integration Supports (OASIS)
- Hope Cooperative (dba TLCS) New Direction
- Turning Point Pathways

[Referrals to FSPs: Level of Intensity Screening Tool \(LIST\)- Updated January 2025.pdf](#)

# Court/Justice Involved Outpatient Programs

## Outpatient Mental Health Program

Flexible, low to moderate-high intensity outpatient mental health services for those who have court/justice involvement

- WellSpace Health THRIVE Outpatient
- Bay Area Community Services (BACS) THRIVE Outpatient

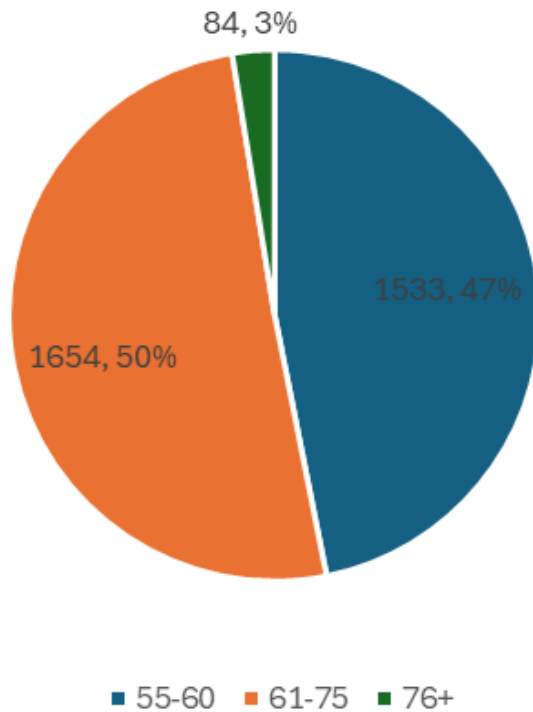
## Full-Service Partnerships

High intensity mental health services for individuals who have court/justice involvement

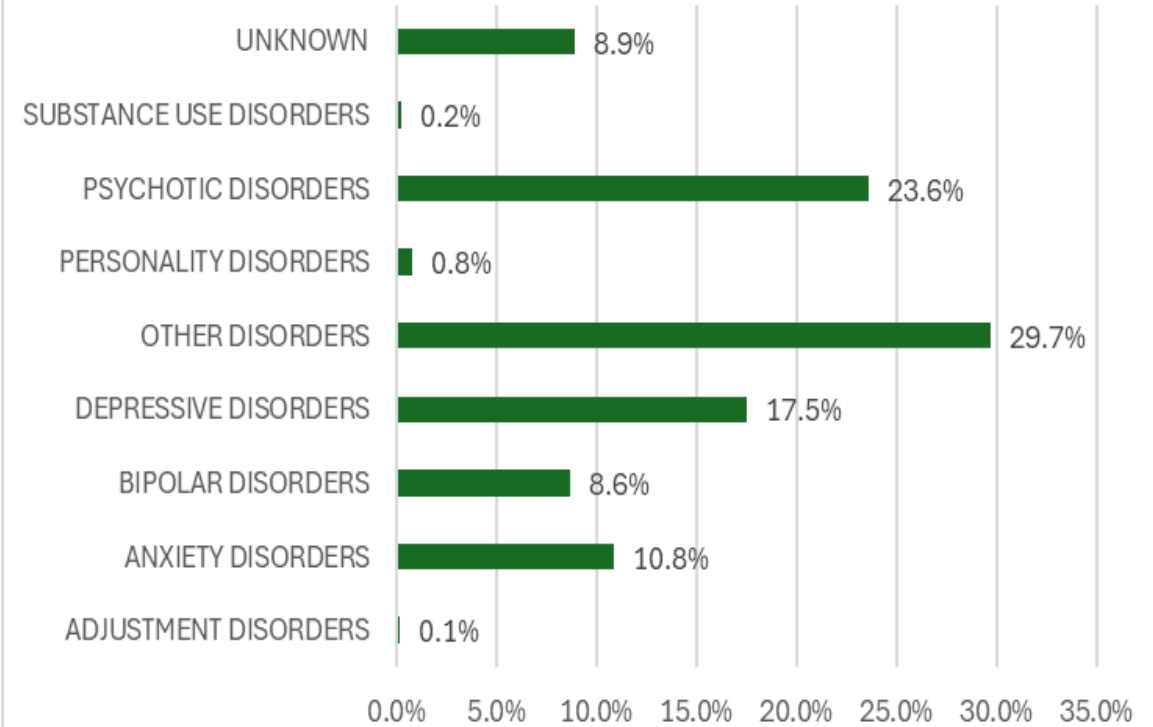
- Bay Area Community Services (BACS) THRIVE FSP
- El Hogar Community Justice Support Program (CJSP)

# Older Adults Served in 23/24

### Client Age



### Client Diagnosis



Source: SmartCare Electronic Health Record- FY 23/24

Note: some clients will have multiple primary diagnoses, which is why the total % is greater than 100%.

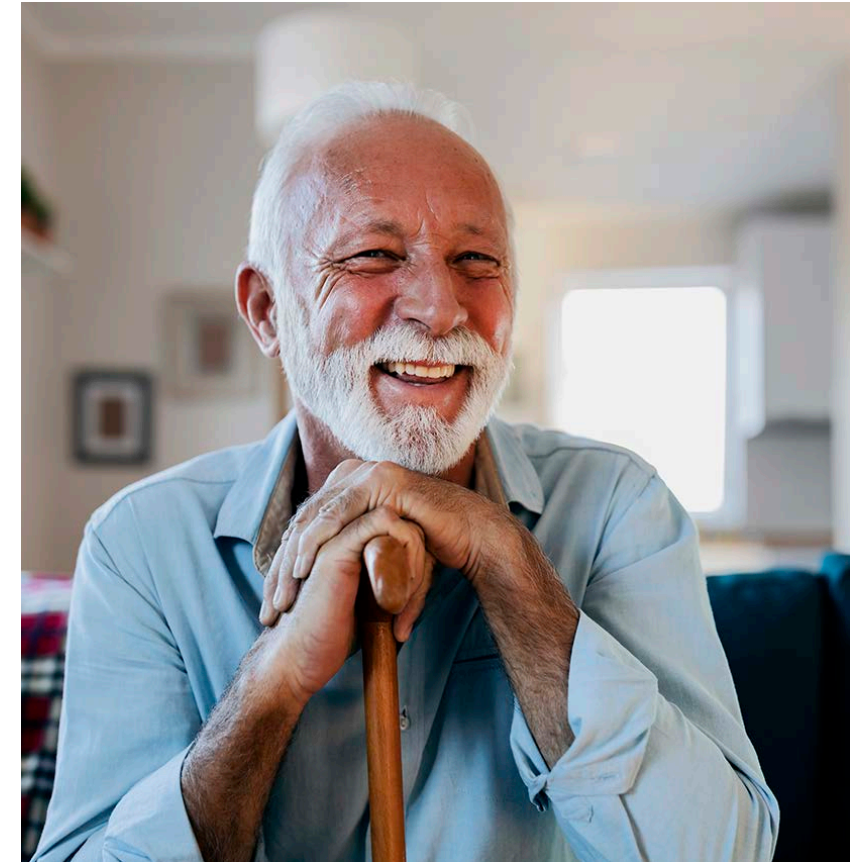
# Older Adults in Outpatient, FSPs and Wellness Centers by Area FY 23/24

(Unduplicated based of most recent services in the year)

	CORE OP	FSP	OP	Wellness Center	Total
Central	579	164	134	309	1186
East	465	0	0	143	608
North East	120	0	0	219	339
North West	357	114	0	242	713
South	213	128	0	185	526
South East	0	79	0	0	79
West	282	370	0	96	748
<b>Total</b>	<b>2016</b>	<b>855</b>	<b>134</b>	<b>1194</b>	<b>4199</b>

- There were an additional 2,746 clients served from other programs in the MHP, such as crisis residentials, urgent care, mobile crisis, crisis navigation, CalWorks, IPT, inpatients, ECM, probation, etc.
- There were 253 clients served in Senior Link.

\*Neither prevention or other services are unduplicated and can be served in multiple programs.

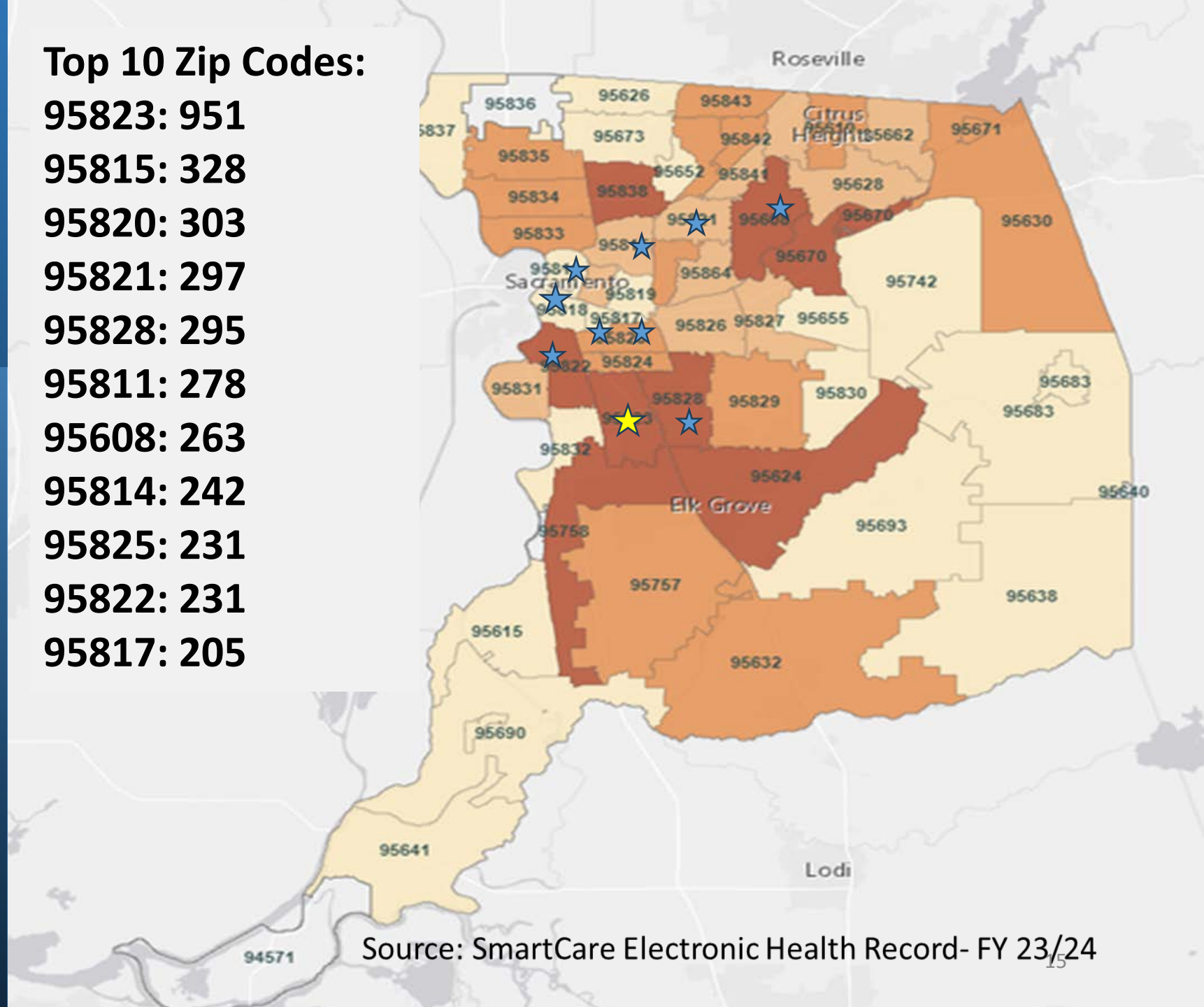


Source: SmartCare Electronic Health Record

# 23/24 Older Adults Receiving MH Services by Zip Code

## Top 10 Zip Codes:

- 95823: 951
- 95815: 328
- 95820: 303
- 95821: 297
- 95828: 295
- 95811: 278
- 95608: 263
- 95814: 242
- 95825: 231
- 95822: 231
- 95817: 205



# SUBSTANCE USE PREVENTION AND TREATMENT FOR OLDER ADULTS





# Primary Drug of Choice by Older Adults

- 1 Heroin
- 2 Opioids
- 3 Meth
- 4 Alcohol
- 5 Oxycodone/  
OxyContin

Source: SmartCare Electronic Health Record

MHSA Steering Committee presentation: BHS Older Adult System of Care Overview 1/16/2025

# Older Adults Most Common Substance Use Disorder

- 1 Opioid Use Disorder
- 2 Stimulant Use Disorder
- 3 Alcohol Use Disorder
- 4 Cannabis Use Disorder
- 5 Cocaine Use Disorder

Source: SmartCare Electronic Health Record

MHSA Steering Committee presentation: BHS Older Adult System of Care Overview 1/16/2025

# FENTANYL DEATHS

(CY January 1, 2023 - December 31, 2024)

## CY 2023

Fentanyl Deaths

Total = 404

50 and Older = 115

Fentanyl Deaths by Gender for  
50 and Older (*n*=115)

Male = 77

Female = 38

Fentanyl Deaths and for 50 and  
Older (*n*=115)

Housed = 81

Unhoused = 34

## CY 2024

Fentanyl Deaths

Total = 223

50 and Older = 73

Fentanyl Deaths by Gender for  
50 and Older (*n*=73)

Male = 60

Female = 13

Fentanyl Deaths and for 50 and  
Older (*n*=73)

Housed = 48

Unhoused = 25

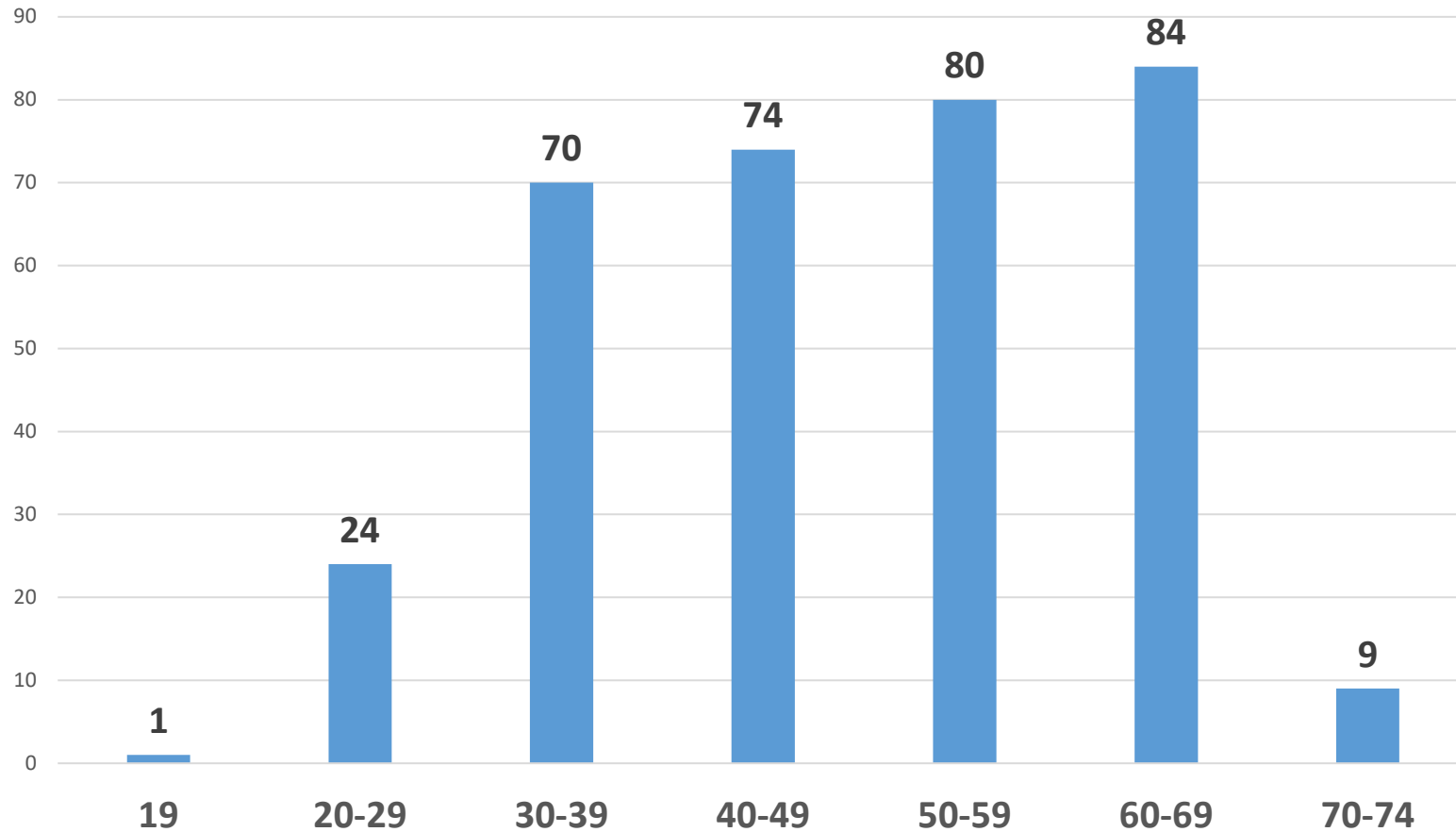
## RACE/ETHNICITY

1. CAUCASIAN/WHITE
2. AFRICAN AMERICAN/BLACK/OF AFRICAN DESCENT
3. HISPANIC/LATINO



Source: Sacramento County Coroner's Office (DATA AS OF 1-13-25 1:25 PM PST)

# TOTAL BY AGE= 342



● DATA PROVIDED BY THE SACRAMENTO COUNTY CORONER'S OFFICE



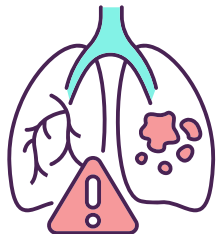
## Meth Involved Deaths - 2023

# RISK FACTORS



Several factors contribute to the increased risk of substance use struggles in older adults

## Age - Related Changes



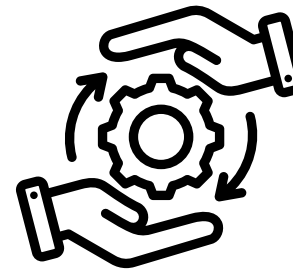
managing chronic health conditions and pain can impact both physical and mental health and lead to self-medication and misuse of substances.

## Mistreatment and Abuse



Physical, verbal, psychological, sexual, and financial abuse is not uncommon. 1 in 10 older adults experience some form of abuse.

## Life Transitions



Retirement, loss of loved ones, or a decline in physical health can lead to feelings of depression and anxiety, which may increase the likelihood of substance use.

## Social Isolation and Loneliness



Having few social relationships and inconsistent contact with friends and family can lead to feelings of isolation and loneliness.

Behavioral Health  
Services -  
Screening and  
Coordination  
(BHS-SAC)



## **BHS-SAC**

**Phone:**

**916-875-1055; CA Relay 711**

**Toll Free:**

**888-881-4881**

**Fax:**

**916-875-1190**

**Hours:**

**24 Hour a Day, 365 Days a Year**

**Screening and referral to a  
network service provider**

## CONTINUUM OF CARE



<https://dhs.saccounty.gov/BHS/Pages/SUPT/Substance-Use-Prevention-and-Treatment.aspx>

# OLDER ADULTS in Treatment

*(Fiscal Year 2022-23)*

Number of  
Older Adults  
Served



55-59 Years Old = 371 (41.1%)

60-79 Years Old = 529 (58.6%)

80+ Years Old = 3 (0.3%)

**Total: 903 Unduplicated Older Adults Served**

Modality/  
Program  
Type



Narcotic Treatment Programs = 708 (78.4%)

Residential Services = 103 (11.4%)

Outpatient Programs = 74 (8.2%)

Withdrawal Management = 11 (1.2%)

Intensive Outpatient Treatment = 6 (0.7%)

Recovery Services = 1 (0.1%)

**Source: SmartCare Electronic Health Record**

MHSA Steering Committee presentation: BHS Older Adult System of Care Overview 1/16/2025





[www.saferSacramento.com](http://www.saferSacramento.com)

About Learn Fentanyl Awareness Meth Awareness

Grief and Trauma Diverse Communities



Older Adults Resources

**Educational multimedia resources to guide individuals to make healthy choices and to avoid or reduce the potential harm from the use or misuse of alcohol, tobacco, marijuana, and other substances.**

**Welcome to Safer Sacramento**



Committed to promoting a healthy community and reducing the harmful effects associated with alcohol and drug use.

**An APS representative is a member of the ADAB.**

## Meetings:

Hybrid meetings are held the second Wednesday of each month

Time: 5:30 pm to 7:30 pm

WellSpace Health: 1500 Expo Parkway, Sacramento, CA 95815

Link to join meeting:

<https://www.zoomgov.com/j/1600611745?pwd=NnYvNk45MXlkOU1NbzV6L1RPaThxUT09>



## Nottoli Place

15-Bed Facility  
For Adults Aged 60+



### ***A SAFE HAVEN FOR OLDER ADULTS***

Sacramento County Adult Protective Services and Volunteers of America

### **SUPT Clinician attends weekly Multi-Disciplinary Team Meetings**

- Case planning
- SUD Assessments
- Referrals to SUD treatment providers



# SUPT and MH Representative – Meeting Participation

## Behavioral Health Older Adult Coalition

Educational forum regarding Sacramento County community-based services and supports to promote older adult mental health recovery.

The OAC is comprised of a broad cross-section of mental health, health, and social service professionals in the public and private sectors. Its voluntary membership also reflects public citizens, consumers, family members, retired professionals, mental health, and older adult advocates.



## Aging Resources Exchange

Forum for networking and exchanging information for community members and professionals serving older and dependent adults in Sacramento County

Participants learn about local programs and services from guest presenters (non-profit or government agencies) and share information with each other.

# Sacramento County Aging Resources Directory

## Sacramento County Substance Use Prevention & Treatment Services

Through contracts with community-based service providers, the county provides free prevention and treatment services for alcohol and drug use disorders.

## Sacramento County Community Resource List - Substance Use Prevention & Treatment Services

The county maintains a list of residential and outpatient substance use prevention and treatment services. The resource list also includes support groups and places to safely dispose of medications.

<https://www.sacagingresources.org/resources-directory>

# Older Adult Resource List

This resource list includes a directory of local, state, and national resources and services available to older adults and caregivers living in Sacramento County. The list also includes:

- mental health services,
- crisis services,
- shelter services,
- prevention services,
- social connection resources,
- housing resources, and
- information on elder abuse.

[County of Sacramento Older Adult Resource List](#)

Questions?

