Goals

The overall purposes of this 3-year grant are to:

- **Goal 1**: Through robust partnerships, develop a result-based, comprehensive strategy for addressing behavioral health and/or chronic pain among older adults and adults with disabilities living in your community.

- **Goal 2**: Significantly increase the number of older adults and adults with disabilities who participate in evidence-based self-management education and/or self-management support programs to empower them to better manage these chronic condition(s), while concurrently pursuing the sustainability of these programs beyond the end of the grant period.

Strategies and Activities

The Pennsylvania Department on Aging (PDA) and its partners will:

- Engage 2,190 socially isolated older adults in the evidence-based depression intervention program, Healthy IDEAS, in Pennsylvania.

- Develop partnerships between area agencies on aging (AAA) and local mental health organizations.

- Train 135 AAA staff and 52 mental health staff.

- Create a standardized suicide intervention protocol for all 52 AAA’s in the state.

- Pursue sustainability of the program through its integration into the AAAs’ existing aging services and establish a cost benefit to potential payors.

Proposed Interventions

- Healthy IDEAS (Identifying Depression Empowering Activities for Seniors)

Partnerships

To achieve the goals of the grant, PDA will collaborate with the following key partners:

- Dering Consulting, Inc.
- Elder Services of the Merrimack Valley
- Pennsylvania Association of Area Agencies on Aging
- Pennsylvania Council on Aging
- Pennsylvania Department of Human Services, Office of Mental Health and Substance Abuse Services
- Pennsylvania’s 52 AAAs

Prevention and Public Health Fund 2021, effective May 1, 2021
Anticipated Results

The PDA and its partners propose to achieve the following results:

- Engage 2,190 participants in Healthy IDEAS.
- Achieve an 85% participant completion rate in Healthy IDEAS.
- Expand access to community-based mental health services.
- Decrease depression symptoms in 75% of participants.
- Refer 548 participants to community mental health services.

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