Bridging the Gap

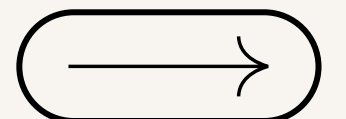## Mental Health Support for Older Adults at DBSA
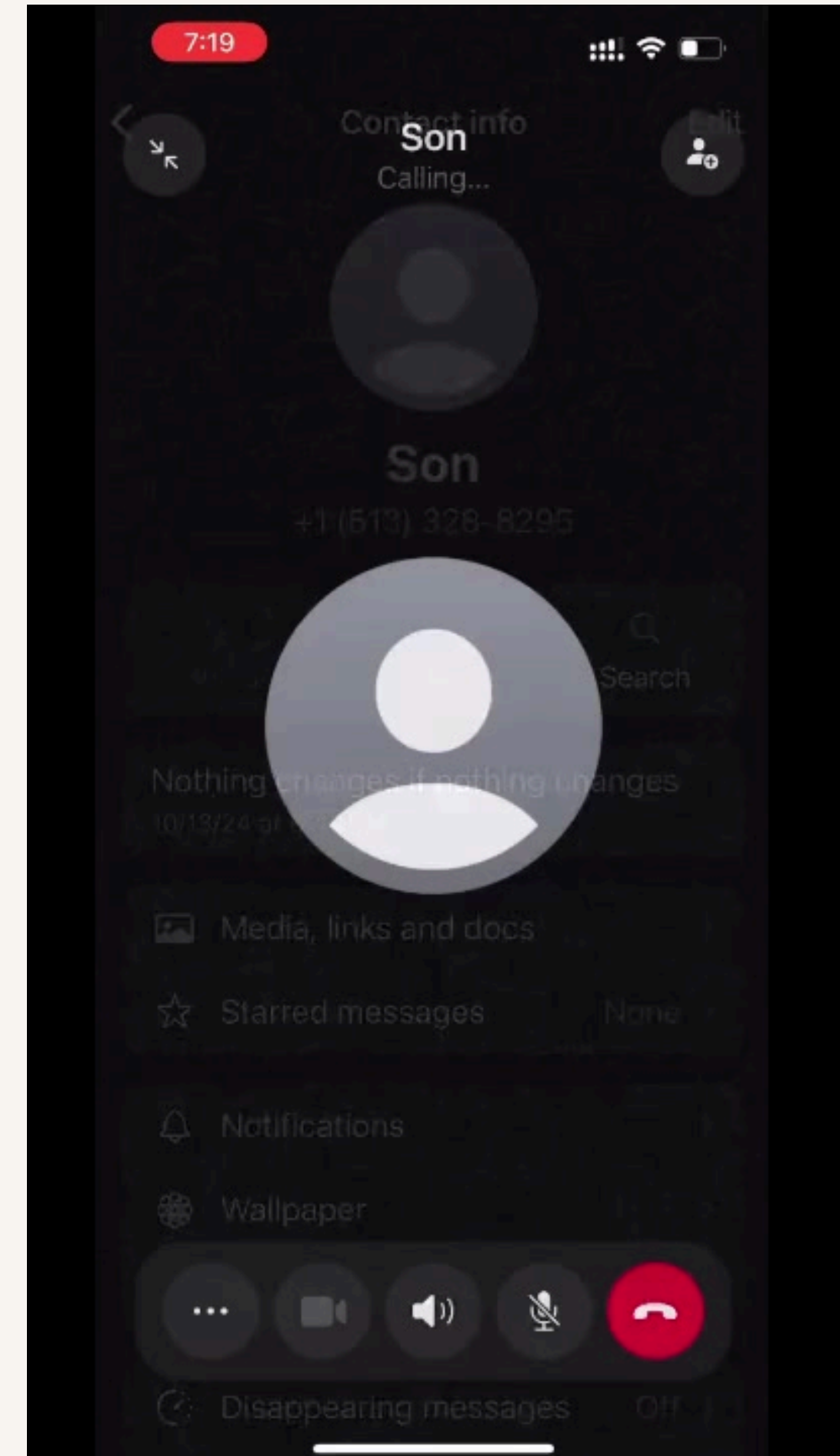
Group 1

Alisha Shinde (ashinde3)
Sravya Adapa(nadapa2)
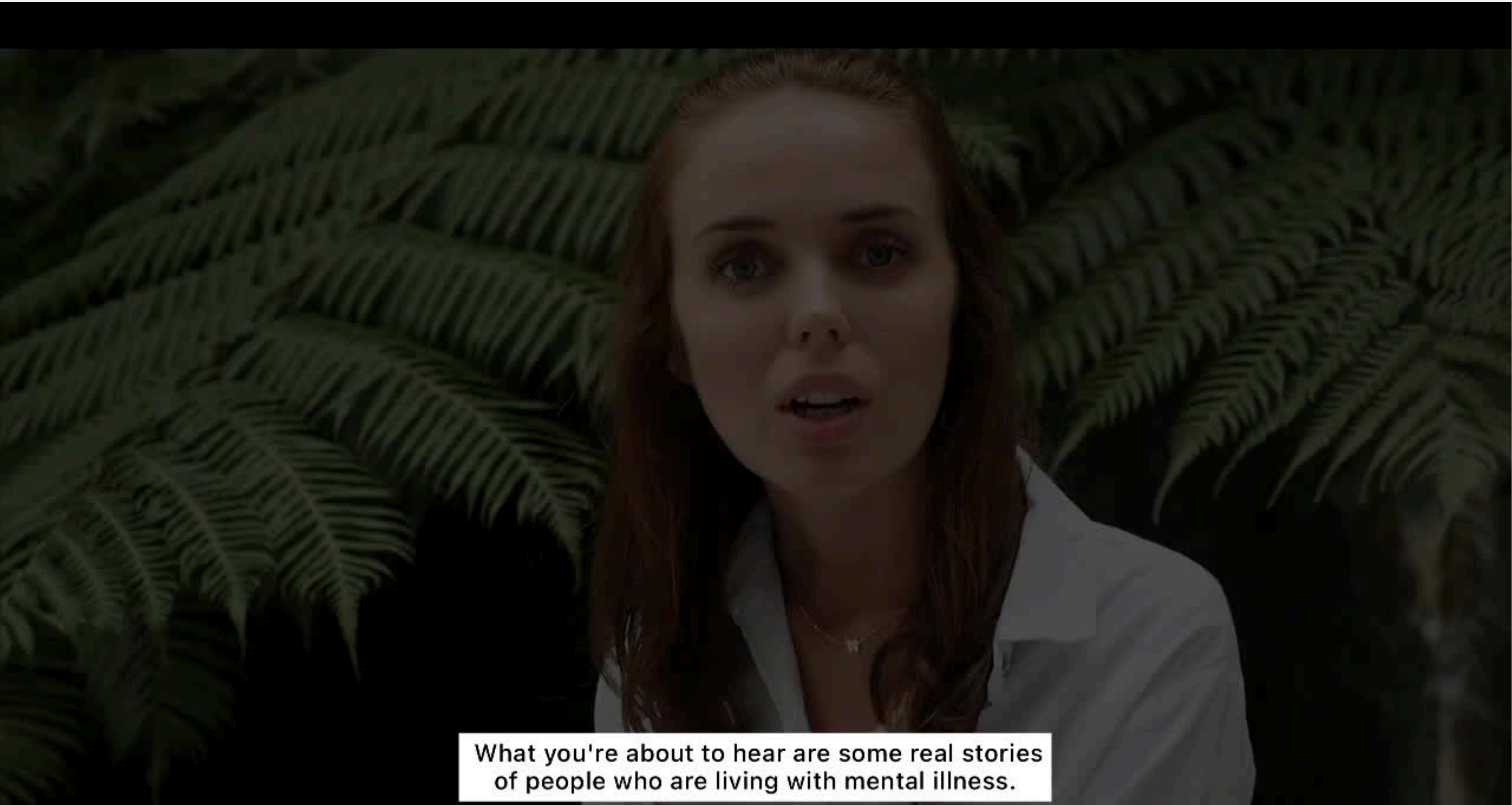Ankitha Bheeram(abeeram2)
Dania Juvale(djuvale2)

"Imagine dialing a number,
hoping for a voice,
but hearing only the ringing…
and then
silence."

Twine Link: https://twinery.org/2/#/stories/71833be6-e1c6-4a22-9fbe-45af76a39238/play

What you're about to hear are some real stories of people who are living with mental illness.

Depression and Bipolar Support Alliance

" *Find Community.*
Find Wellness.
Find Hope "

Suicide Statistics for Illinois Residents Aged 65+ (2020-2021)
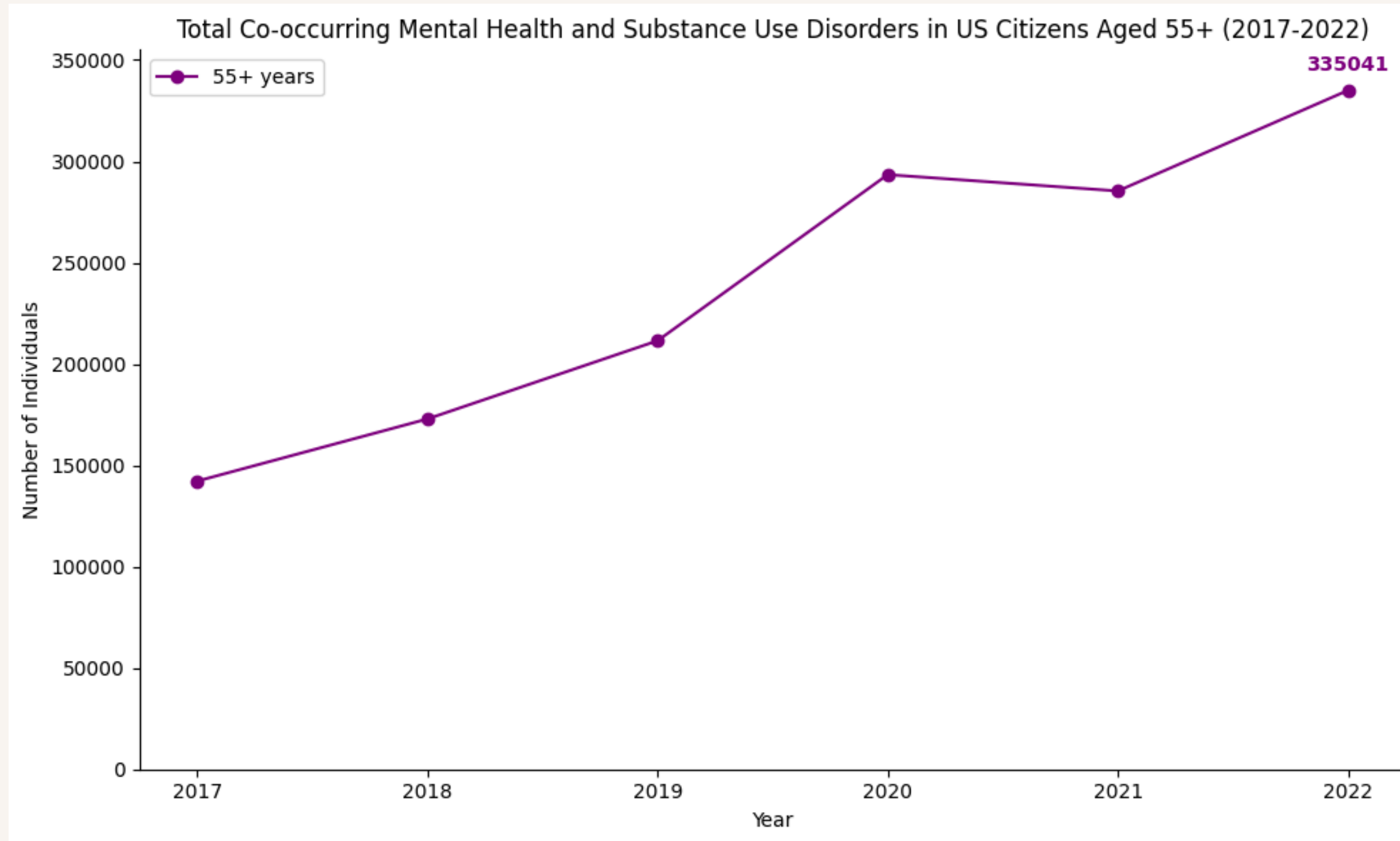
509

TOTAL SUICIDES (65+)
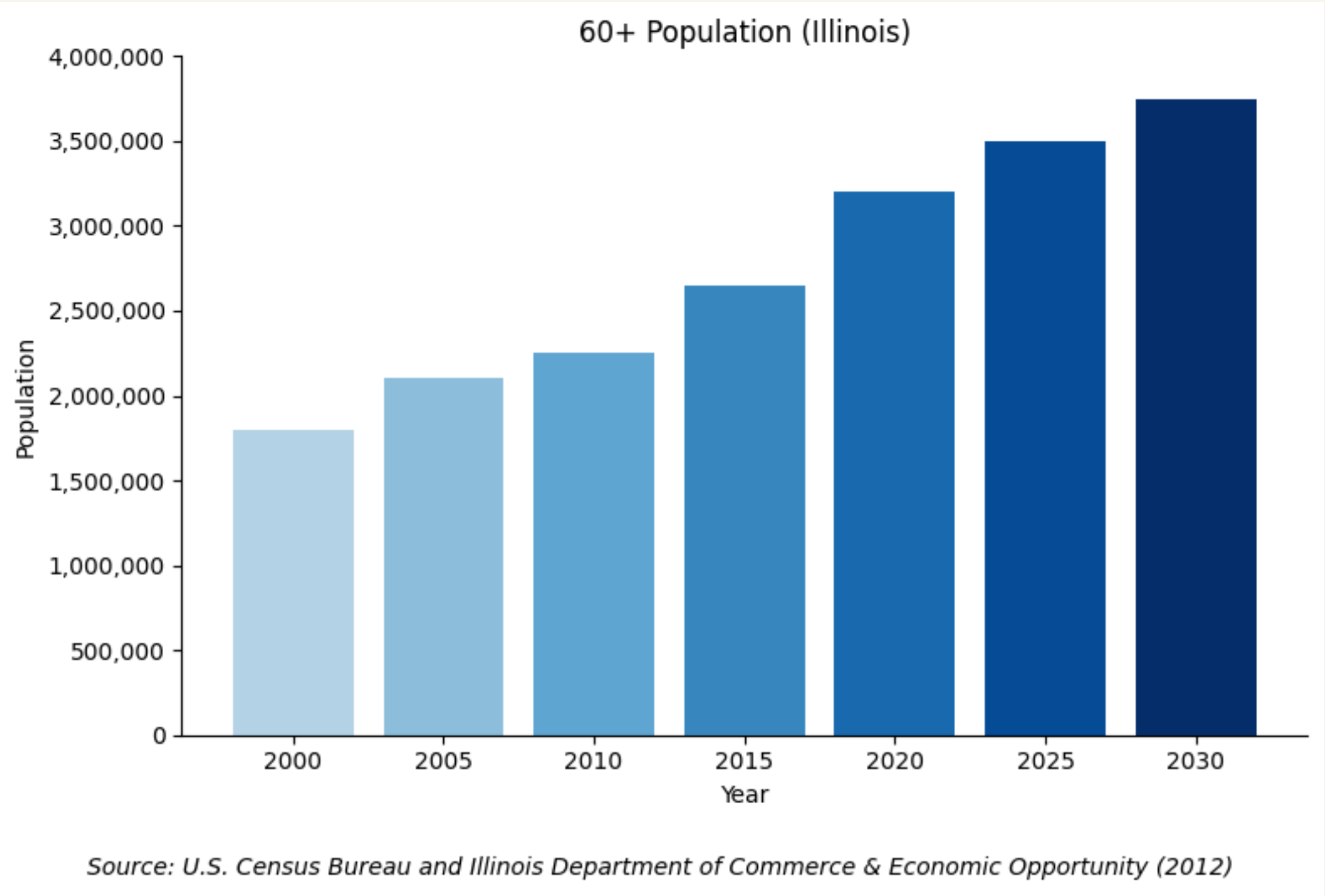
18.9%

PERCENT OF SUICIDES IN ILLINOIS

During 2020 and 2021, the Illinois Violent Death Reporting System recorded a total of 509 suicide deaths among residents aged 65 and older (238 in 2020 and 271 in 2021).

Mental Health and Substance Use Disorders in US Citizens Aged 55+ (2017-2022)

Total Co-occurring Mental Health and Substance Use Disorders in US Citizens Aged 55+ (2017-2022)

335041

Source: Department of Health and Human Services

60+ Age Population Growth Trend in Illinois

60+ Population (Illinois)

Source: U.S. Census Bureau and Illinois Department of Commerce & Economic Opportunity (2012)

The projected increase emphasizes why our proposed initiative for older adults is both timely and necessary.

Goal

- Enhancing senior mental health through targeted programs

- Proactive outreach and service expansion

- Developing a comprehensive support system

Gaps

The Illinois government have offers several initiatives aimed at supporting the mental health of senior citizens.

- Community Care Program (CCP) managed by the Illinois Department on Aging (IDoA)
- Mental Health First Aid Training
- Senior Helpline and Information Services

Proposed Initiatives

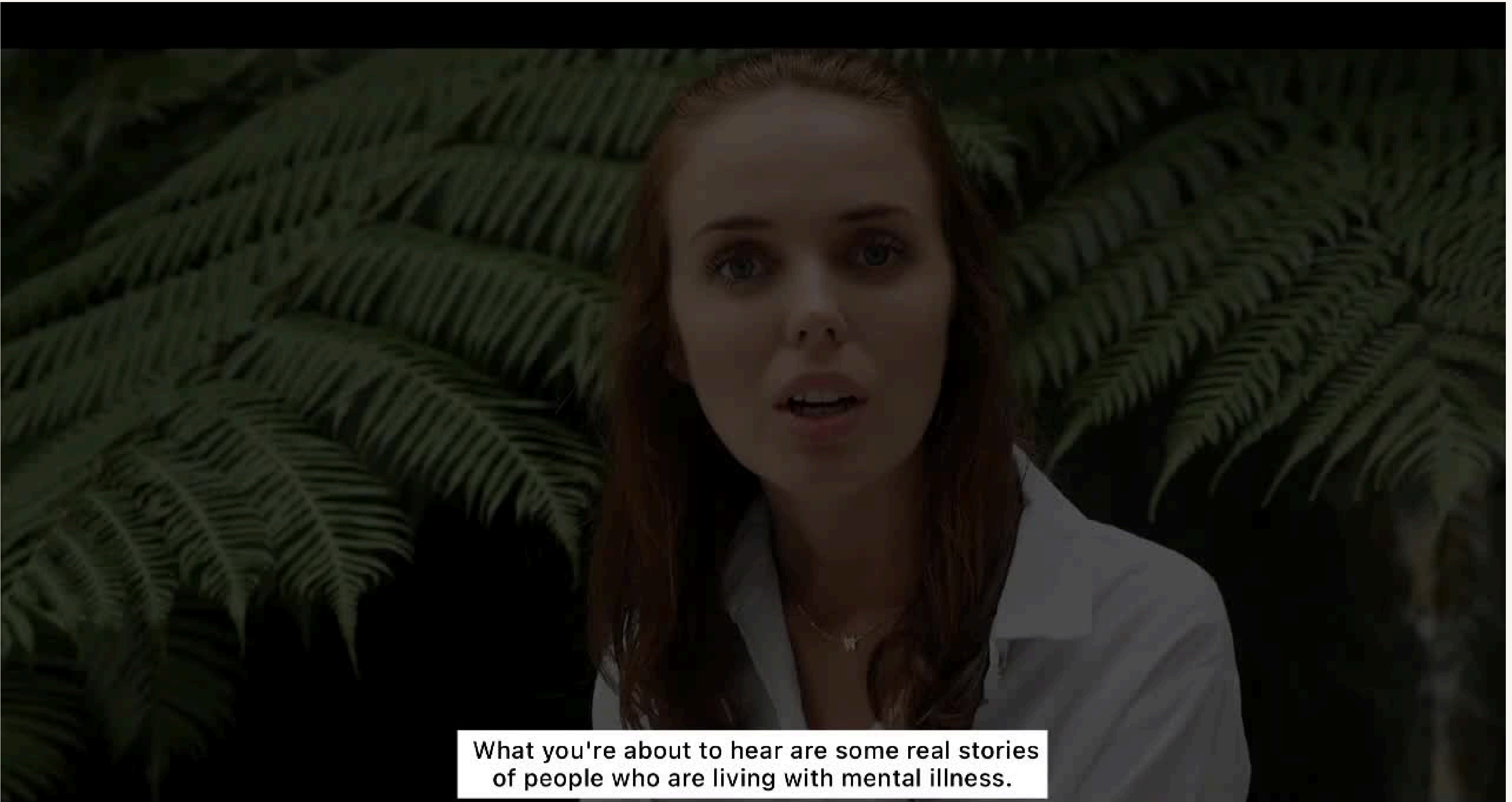| Gap		Initiative
Community Care Program	→	Awarness Programs
Reactive Support Systems	→	Peer Support Networks
Limited Mental Health Services	→	Subsidized therapy and counseling program
Crisis-Focused Training	→	Caregiver Training Programs

What you're about to hear are some real stories
of people who are living with mental illness.

Conclusion

At DBSA, we envision a world where older adults not only find support but also build a community where they can

"Laugh together, cry together, heal together"

Thank You!

References