



Be Well

ORANGE COUNTY

Result 2 Older Adult Workgroup Minutes

Tuesday, July 14, 2020

3:00 pm – 4:30 pm

Attendees:

Amina Sen-Matthews, Cambodian Family Center
Andrew Fahmy - MECCA
Christine Tran Le - Council on Aging
Cynthia Okialda - OCASC
Judy Osuna, Alzheimer's Family Center
Karyl Dupée - St. Jude Senior Services
Lynne Conger, Alzheimer's Orange County
Matt Holzmann, NAMI OC
Michael Arnot, Children's Cause Orange County
Rachel Roberts, Institute for Healthcare Advancement
Shivani, NAMI OC

Meeting Notes:

1. Be Well/Mind OC Updates
 - a. Next Be Well Coalition meeting to be held on September 23
2. Ad Hoc Group Updates
 - a. Reminder for ad hocs
 - i. Each member should be participating in at least one ad hoc. Contact Cynthia if you have not signed up for an ad hoc.
 - ii. Ad hoc members are responsible for recruiting new members. Jim, Hieu, and Cynthia are available for support.
 - b. Ad hoc #1: Identify, align, and expand successful social & wellness support programs for older adults
 - i. Karyl has recruited new members to join her ad hoc group. They will be meeting monthly to brainstorm support programs
 - c. Ad hoc #2: Train older adult health care providers on older adult mental health & well-being
 - i. A survey questionnaire was sent out to OCASC members along with other providers to determine what kind of mental health training professionals have (or have not received). Responses were shared
 - ii. Matt mentioned at his local church they offered a course providing skills training and active listening.
 - iii. Discussed the possibility of providing a mental health first aid course for older adults
 1. Modules available: <https://www.mentalhealthfirstaid.org/population-focused-modules/older-adults/>

2. Hoag offers this training, but require registration for specific training for older adults
 3. Group will further explore this option
 - iv. Group will also review Natalie's older adult mental health PowerPoint presentation and provide feedback
 - d. Ad hoc #3: Host a conference or convening on older adult mental health/substance abuse
 - i. Still seeking members to join group. There are only 2 members
 - ii. Focus is to develop a conference session to shop around at existing mental health conferences. Goal is to have a solid draft by September 30th
 1. Information to incorporate
 - a. Social wellness programs in OC
 - b. Best practices for older adult healthcare providers
 - c. Unique behavioral health challenges
 - d. OC older adult landscape analysis
3. Next Steps
 - a. Ad hoc groups to continue their work and seek support from Jim, Cynthia and/or Hieu, if needed
4. Next workgroup Meeting
 - a. Group agreed to come together and report on their progress every other month
 - b. Cynthia will send a doodle for September & November