

# 2008 WAHA Summit

## Lifting the Clouds: Addressing Depression in Older Adults

May 30, 2008, Cedarbrook Conference Center (18525 36th Avenue South, SeaTac, WA)

### Meeting Goal

Participants from aging services, mental health, community-based organizations, and public health will increase their knowledge of depression in older adults, learn strategies for community-based screening and treatment, and network with colleagues to increase collaboration and idea-sharing.

### Meeting Objectives

*Participants will:*

1. Understand current trends in depression and aging
2. Promote and advance screening and early detection of depression
3. Increase knowledge of effective community-based treatment models and other resources
4. Learn about successful collaborative approaches among aging services, mental health, public health, and other community-based service providers
5. Recognize and discuss barriers to mental health for older adults

### Agenda

#### 9:00 Registration, Continental Breakfast, and Resource Exhibits

**9:30 Welcome:** Candace Goehring, RN, MN (Program Manager, Aging and Disability Services Administration, State Unit on Aging)

**Introduction:** Ken Ryan, MC-GMHS (Supervisor of Older Adult, Community Services, Highline - West Seattle Mental Health)

#### 9:45 Keynote Address: Overview of depression & aging

*Speaker:* Mark Snowden, MD, MPH (Harborview Medical Center and University of Washington Department of Psychiatry and Behavioral Sciences)

*Q&A Facilitator:* Ken Ryan, MC-GMHS (Supervisor of Older Adult, Community Services, Highline - West Seattle Mental Health)

#### 10:45 Break & Resource Exhibits

#### 11:00 Panel and discussion: Recognizing depression in older adults

*Moderator:* Nancy Dapper, Executive Director, Alzheimer's Association, Western and Central Washington Chapter

*Panelists:*

- Kamilia Dunskey, MA (Mental Health Program Manager, Senior Information & Assistance, Snohomish Senior Services)
- Pam Sloan, RN, MSW (Director of Elder Services in Spokane)
- Kathy Hultquist, MSW (Oncology and Emergency Department Social Worker, Evergreen Healthcare and Clinical Supervisor, Senior Services Project Enhance)

**12:15 Humor Activity:** Merletta Roberts, LMFT, GMHSpec. (Local Program Coordinator, SE Washington Aging & Long Term Care; Music Therapist; Humor Specialist; Certified Laughter Leader)

**12:30 Networking Lunch**

**1:25 Panel and discussion: Best and promising prevention and treatment practices among aging services, mental health, and public health providers**

*Moderator:* George Dicks (Mental Health Practitioner Lead, Harborview Mental Health Services Geriatric Psychiatry Service)

*Panelists:*

- Ken Ryan, MC-GMHS (Supervisor of Older Adult, Community Services, Highline-West Seattle Mental Health)
- Debbie Seelye, BA, GMHS (HEROS – Helping Elders through Referral & Outreach Services, Good Samaritan Behavioral Healthcare)
- Pamela Piering (Director, Aging and Disability Services, the Seattle/King County AAA)

**2:45 Break & Resource Exhibits**

**3:00 Story from an older adult who has successfully addressed depression**

*Speaker:* Barbara Myerson

**3:15 Keynote Address: Addressing barriers to mental health for older adults**

*Speaker:* Rick Crozier (Manager of Geriatric Programs, Good Samaritan Behavioral Healthcare)

*Q&A and Discussion Facilitator:* Basia Belza, PhD, RN (Professor, University of Washington School of Nursing)

**4:15 Closing Remarks:** Tara Lee, MPA (Senior Program Officer, Washington Dental Service Foundation) and Sheryl Schwartz, MPA (Deputy Director, University of Washington Health Promotion Research Center)

**4:30 End of Day**