COMMISSION TO STUDY MENTAL AND BEHAVIORAL HEALTH

Rona E. Kramer
Secretary, Maryland Department of Aging
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MDoA and Behavioral Health

• Enhanced Community for Life™ Services
  • COVID-19 Safety Information
  • Virtual Social Interaction Opportunities
  • Assistance Accessing and Utilizing Technology

• Restaurant Initiative Meal Delivery
  • Home Delivered Meals program provided by local restaurants
  • Makes the meals special and something to look forward to
  • Ethnically tailored meals provide comfort to older adults
• Public Service Announcements
  • Series of PSAs addressing COVID-19 topics
  • Reaching out personally to bring vital COVID-19 information to seniors
  • PSA specifically addressing social isolation and behavioral health issues
• Senior Call Check
  • Daily automated check-in calls
  • Weekly live calls by volunteers trained to recognize behavioral health issues and elder abuse
  • AAAs conducting personal check-ins 1-3 times a week for senior center participants and meal delivery recipients

• Communications/Social Media
  • Frequent social media posts
  • E-blasts with PSA behavioral health information
  • Enhanced website focused on behavioral health/social isolation
• Depression Screening and Chronic Disease Self-Management
  • Monitoring physical and mental health, specifically depression and isolation
  • Enrolling in evidence-based programs
  • Now online and by phone
  • MAC, Inc. (Lower Shore Aging) providing training to deliver Program to Encourage Active and Rewarding Lives (PEARLS) behavioral health program

• Virtual Senior Centers
  • New post-COVID
  • Through Facebook Live, YouTube, Zoom, and other platforms
  • Tai Chi, meditation, yoga...
• Local Programming Highlights
  • Baltimore County
    • 100 online events each month
    • Weekly programs from Mental Health Association of Maryland
    • 150,000 individuals have participated
    • Programs shared throughout State
  
  • Charles County
    • Online live workouts
    • Health and Fitness challenge hosted on Facebook
    • Participants call in weekly to report minutes of activity
  
  • Frederick County
    • Virtual museum tours available to all jurisdictions