

# COMMISSION TO STUDY MENTAL AND BEHAVIORAL HEALTH

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# MDoA and Behavioral Health

- Enhanced Community for Life <sup>SM</sup> 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

A promotional graphic for the Senior Call Check program. It features a yellow and white background with a diagonal split. The text is centered and includes the Maryland Department of Aging logo, the program name 'Senior Call Check', the phone number '1-866-50-CHECK', and the website 'aging.maryland.gov'. A red rotary telephone is positioned on the right side, and a QR code is in the bottom right corner. The word 'FREE' is prominently displayed in large red letters.

for Maryland Residents 65 +  
**FREE**

 **Maryland**  
DEPARTMENT OF AGING

**Senior Call Check**

Call 1-866-50-CHECK  
or Register Online  
[aging.maryland.gov](http://aging.maryland.gov)

*A daily call to verify your well-being, at a time scheduled at your convenience.  
Register today or tell a loved one about this program!*



- 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

