Silver and Blue: The Unfinished Business of Mental Health Care for Older Adults

A Poll Briefing Webinar from the John A. Hartford Foundation

December 12, 2012
Logistics

• Audio part of the call is at: 866-740-1260, Password: 6875496 (no audio through the computer).

• Please mute your line (can use *6) during the presentation. If you would like to speak, please unmute your line (can use *7).

• If you would like to ask a question, you can also send us a chat (we will get to your query as soon as possible).

• You can also “raise your hand,” and we will call on you.

• We will record the presentation.

• Embargoed until Thursday, December 13, 2012
Presenters

• Christopher Langston, PhD, Program Director at the John A. Hartford Foundation

• Tresa Undem, MA, Partner at Lake Research Partners

• Christopher Callahan, MD, Cornelius & Yvonne Pettinga Professor of Medicine at Indiana University School of Medicine and Director, Indiana University Center for Aging Research
Agenda

• Background and context
  Christopher Langston, PhD, The John A. Hartford Foundation

• Findings from the survey
  Tresa Undem, Lake Research Partners

• Implications and discussion
  Dr. Christopher Callahan, Indiana University School of Medicine

• Questions and answers
The John A. Hartford Foundation

- Private, non-partisan foundation based in New York City
- Founded in 1929 by John A. Hartford with funds from the family-owned A&P grocery store chain
- Mission: improving the health care and the health of older Americans
- Longstanding interest in mental health care

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The IMPACT program

• Collaborative depression care model supported by the John A. Hartford Foundation.

• Results published in *Journal of the American Medical Association* in December 2002.

• Nation’s largest treatment trial for depression care, led by Dr. Jürgen Unützer at University of Washington

• IMPACT doubles success rate of usual care
“Silver and Blue”

• Survey explores the quality and experience of mental health care that older patients receive.

• Depression is a common problem and takes an enormous toll on health and quality of life of older adults.

• Older adults do not understand the health risks of depression.

• Serious shortfalls in care are tragic for patients and families but are not inevitable: we know how to do better.

• Not getting evidence-based care or enough follow-up.

• Older adults want to get mental health care in their primary care provider’s office and want team care.
Methodology

- Partnered with Lake Research Partners

- National survey of n = 1,318 adults ages 65 and older
  Base sample n = 1,011 adults 65+
  Oversample of n = 307 adults 65+ who have been diagnosed with a mental health issue or have had recent feelings of depression or anxiety
  Total sample includes n = 330 adults 65 and older who have had treatment for a mental health issue since turning 65

- Fielded November 16 through 26, 2012

- Used Knowledge Networks

- Margin of error: ± 3.9 percentage points

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Some Think Depression is Normal

Would you agree or disagree: Depression is a natural part of aging and growing old

- Agree, 27%
- Disagree, 73%
- DK/REF, 1%

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Most Lack Awareness of Health Risks

Before today, have you heard that depression...

- Increases chances of dying from another disease: 35% (Yes), 64% (No)
- Doubles the risk of heart disease: 34% (Yes), 65% (No)
- Doubles the risk of having dementia: 21% (Yes), 78% (No)

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One in Five Reports Mental Health Diagnosis

Have you ever been told by a doctor or health care provider that you have...

- At least one mental health diagnosis: 20%
- Depression: 14%
- Anxiety: 11%
- Other: 2%

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Voices of Depression

• “As if I were falling into a deep dark well and I could not climb out of it.”

• “You can't make decisions on your own. You don't care about anything.”

• “That no one cares or loves you.”

• “Like you will never be happy again, no joy in anything.”

• “You want to die.”
Care May Not Be Meeting Evidence-Based Standards

Thinking about the last time your doctor talked to you about getting treatment, did he or she...
(Base N = 178 adults 65 and older currently receiving treatment and had talked to his/her doctor about getting treatment since turning 65)

Percent saying “no”

- Half or fewer of these: 49%
- Tell you about the side effects of treatment: 38%
- Contact you w/in a couple weeks: 46%
- Tell you how long treatment would take to work: 40%
- Tell you what to do if you started feeling worse: 34%
- Tell you about different treatment options: 33%
- Work w/ you to decide best treatment option: 22%

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Many Still Struggling with Feeling Anxious and Depressed

Percent bothered by feeling (_____) for several days or more in the past 2 weeks

- Feeling nervous, anxious or on edge: 29% (All adults 65+) 63% (Adults 65+ currently receiving treatment)
- Not being able to stop worrying or to control worrying: 21% (All adults 65+) 49% (Adults 65+ currently receiving treatment)
- Feeling little interest or pleasure in doing things: 27% (All adults 65+) 55% (Adults 65+ currently receiving treatment)
- Feeling down, depressed, or hopeless: 18% (All adults 65+) 47% (Adults 65+ currently receiving treatment)
Many Have Stopped Treatment in Past

Have you ever stopped a treatment for depression, anxiety, or another mental health issue?
(Base n = 330 who have received treatment since age 65)

Yes, 41%
No, 59%
Top Reasons for Stopping a Treatment

(Base n = 132 who have had treatment since age 65 and have stopped at some point) Multiple responses accepted

- Finished treatment and felt better: 29%
- Did not want treatment anymore: 26%
- Did not like side effects: 24%
- Treatment was not working: 19%
- It was too expensive: 13%

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Providers May Be Lacking in Follow-Up Care

The last time you saw your doctor or health care provider, did he or she...
(Base n = 267 currently receiving prescription medication for a mental health issue)

- Added another treatment: 88%
- Changed the dose of a medication: 78%
- Used a survey or questions to measure how you were doing: 73%
- Talked to you about other things to help like exercise or social activities: 51%
Stigma Is Low

If you were feeling depressed or anxious, would you tell anyone about your feelings?

- Yes, 50%
- DK/REF, 36%
- No; 13%

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Stigma Is Low (2)

If you were feeling sad, anxious or depressed, but your doctor did not ask you about your feelings, would you bring it up to him or her on your own?

- Yes, 77%
- No, 22%
- DK/REF, 1%

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Majority Would Want a Say in Treatment

How important would it be for you to have a say in the types of care or treatment you might get for feelings of depression or anxiety?

- Very important, 79%
- Somewhat important, 16%
- Not too important, 2%
- Not at all important, 2%
Majority Thinks PCP Should Have Mental Health Professional On Staff

Do you think your doctor should have a professional on staff to help patients with issues like depression and anxiety?

Percent saying "yes"

- All adults 65+: 62%
- Adults treated for mental health, but still struggling w/ feelings of depression or anxiety: 82%
- African Americans: 78%

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Implications and Discussion

Dr. Christopher Callahan
Questions and Answers
To Learn More

Please visit our website

www.jhartfound.org

or contact Christopher Langston at 212.832.7788 or christopher.langston@jhartfound.org