

Evaluation and Treatment Resources for Providers, Patients and Families

A wide range of options is available to treat mental health concerns and conditions such as depression and anxiety, including:

- Medications,
- Individual therapy or counseling
- Support groups.

Most mental illnesses in older people are identified and treated in primary care settings.. Occasionally, primary care and behavioral health providers are co-located, so they are in the same building, clinic, hospital, or health center. In other cases, therapy/counseling or support groups may occur in other settings including private practices, community-based clinics or even home-delivered counseling.

Several factors influence treatment preferences and plans including

- insurance coverage
- availability of specific treatments
- provider expertise
- transportation
- reduced patient mobility.

The following basic information is provided to assist providers, especially primary care providers in helping older adults and family caregivers make treatment plans to address mental health needs.

Insurance for Evaluation and Treatment of Older Adults:

Medicare: (the federal health insurance program for persons 65 years of age and younger persons with disabilities) is a chief payer of mental health services for older adults. Original Medicare (Fee for Service) includes Part A (Hospital Care) and B (Medical Care). Medicare Part B covers mental health services usually given outside a hospital, including visits with health professionals such as doctors, clinical psychologists, and clinical social workers. Some of the other mental health services that Medicare Part B may cover include, but aren't limited to:

- Annual depression screenings
- Psychiatric evaluation
- Certain diagnostic tests your provider orders
- Partial hospitalization (a structured program of outpatient psychiatric services as an alternative to inpatient mental health care)

- Individual and group psychotherapy by **licensed professionals** permitted by the state where therapy takes place
- Medication management
- Family counseling as part of your treatment

Medicare Part B covers 80% of the costs for mental health care after the annual deductible as it does for other medical care, if the mental health provider will assign bills to Medicare.

Medicare Part B covers mental health services and visits with these types of health professionals:

- Psychiatrist or other doctor
- Clinical psychologist
- Clinical social worker
- Clinical nurse specialist
- Nurse practitioner
- Physician assistant

Providers must be licensed within the State where they are providing care to receive insurance reimbursement. Some clinicians (psychiatry, psychology and social work) can have added training and credentials in the treatment of older adults.

Medicare Supplement Insurance (Medigap) policy helps pay some of the health care costs that Original Medicare doesn't cover, like: Copayments, Coinsurance, Deductibles.

Medicare Advantage Plan: If an individual is enrolled in a Medicare Advantage plan, they still get the same coverage listed above, and the plan might include additional benefits, such as prescription drug coverage.

For more information about Medicare coverage of mental health care, see <https://www.medicare.gov/coverage/mental-health-care-outpatient>

Finding a Mental Health Provider: An important step to getting behavioral health care is finding a provider. There are different ways to do this:

- **Primary care providers** (like a doctor, nurse practitioner, or other health care provider) may be able to screen or treat many behavioral health problems. Inquire about experience with older adults
- A primary care provider may also recommend or refer someone to a **behavioral health provider**. You may need a **referral** for your health plan to pay for a visit. Advise consumers to check with their insurance company or call the behavioral health provider's office to be sure they accept your insurance and are an in-network provider.
- Sometimes insurance plans require a **preauthorization**. This is a decision made by the

insurance plan that a service, treatment, or prescription drug is medically necessary.

Although there are not an adequate supply of licensed providers with expertise in older adult mental health you can suggest options for locating potential providers using these national resources,

American Psychiatric Association

Website: www.psychiatry.org

Phone: (703) 907-7300

Find a Psychiatrist:

http://finder.psychiatry.org/?_ga=2.205190544.1697006359.1579201366-507368371.1579201366

American Psychological Association (APA)

Website: www.apa.org

Phone: (800) 374-2721

Psychologist Locator

<https://locator.apa.org/>

Association for Behavioral and Cognitive Therapist (ABCT)

Website: <http://www.abct.org/Home/>

Phone (212) 647-1890

Find a Therapist:

<http://www.findcbt.org/FAT/>

Anxiety and Depression Association of America (ADAA)

Website: www.adaa.org

Phone: (240) 485-1001

Find a therapist

<https://members.adaa.org/page/FATMain>

Older adults

<https://adaa.org/finding-help/helping-others/older-adults>

Psychology Today

<https://www.psychologytoday.com/us>

Texas Health and Human Services

<https://apps.hhs.texas.gov/contact/search.cfm>

If you are seeking services or assistance with insurance benefits etc. you can use the above website to find help in the geography best suited to the person needing help.

Aging and Disability Resource Centers (ADRC) provide information about and help with state and federal benefits. They can also help you learn about local programs and services. Including behavioral health services. Anyone — individuals, family members, friends or professionals — can receive information tailored to their needs:

https://eldercare.acl.gov/Public/About/Aging_Network/ADRC.aspx
1-800-677-1116

Substance Abuse and Mental Health Services Administration (SAMHSA)

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. They have a treatment locator :

SAMHSA Treatment Locator: <https://fndtreatment.samhsa.gov/> and also a SAMHSA Referral Helpline

1-800-662-HELP (4357) TTY: 1-800-487-4889

24 hour free and private treatment referral and information about mental and/or substance use disorders, prevention, and recovery. Calls in English and Spanish.

Veterans Affairs Medical Centers

Find VA medical center locations near you with mental health services with the facility locator tool. You can search for your nearest VA medical center as well as other health facilities, benefit offices, cemeteries, community care providers and Vet Centers.

Find VA locations: [va.gov.findlocations](https://va.gov/findlocations)

National Alliance on Mental Illness (NAMI)

NAMI provides advocacy, education, support and public awareness for individuals and families affected by mental illness. The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health conditions, their family members and caregivers, mental health providers and the public.

<https://www.nami.org/>

The NAMI HelpLine can be reached Monday through Friday, 10 am-6 pm, ET.

1-800-950-NAMI (6264) or info@nami.org

Available Guidelines for Psychological Practice with Older Adults

<https://www.apa.org/pubs/journals/features/older-adults.pdf>

Working With Older Adults What Mental Health Providers Should Know

<https://www.apa.org/pi/aging/resources/guides/practitioners-should-know>