

GERIATRIC & ADULT MENTAL HEALTH SPECIALTY TEAM

Who is the Geriatric and Adult Mental Health Specialty Team?

The **Geriatric and Adult Mental Health Specialty Team (GAMHST)** is a NC State Funded Program that is comprised of three members: a master's level clinician, a registered nurse and a qualified mental health professional. **GAMHST** is designed to work with direct care staff, family members, and other caregivers.

How do I Contact a Geriatric and Adult Mental Health Specialty Team Member?

- **Clinician and Team Leader:** Amelia Fan, MS, LPC 336-838-1065 ext. 107
zana@newriver.org
- **Registered Nurse:** Cathy Riddle, RN, QMHP 336-838-1065 ext. 108
ca1424@newriver.org
- **Qualified Mental Health Professional:**

What Support can I Expect from the Geriatric and Adult Mental Health Specialty Team?

Services offered are to individuals who are 60 years and older with a mental illness, different types of Dementias or who are experiencing emotional and behavior challenges. Services are also offered to individuals who are under 60 years old with early onset Dementia or other geriatric type illnesses who reside in a long term care facility. Examples of services offered are:

For Facilities/Psychiatric Hospitals:

- Free education and consultation for client specific needs for persons residing in nursing homes, adult care homes or family care homes.
- Assistance with discharge planning from psychiatric inpatient settings to community-based settings.
- Hospital diversion support for persons at risk for psychiatric hospitalizations.

For Family Members/Caregivers:

- Free in-home education and support for family members and other caregivers.
- Facilitate access to community resources and provide support to caregivers.

What Trainings are Available?

Our current curriculum of training includes:

- ABCs of Aggressive Behavior
- Accepting the Challenge (DVD- 4 part series)
- Alternatives to Restraints
- Alzheimer's Care: The Best Friend's Approach
- Anger Management
- Anxiety in Older Adults
- Assessing Mental Status: Commitment as a Last Resort
- Bathing without a Battle: Providing Person-Centered Care (DVD)
- Bipolar Disorder
- Brain Impairment and Communication

- Communication
- Cultural Competence
- Dealing with Difficult Behavior in Long Term Care Facilities
- Defining the Differences : Side Effects or Adverse Reactions to Medication
- Diabetes & the Connection with Mental Illness
- Documentation: "Writing the Wrongs and Rights"
- End of Life and Mental Illness
- Families-Helping Caregivers Cope
- "Getting A Grip" on Stress
- "Hands On" with Alzheimer's Disease
- Healthy Boundaries
- Helping Caregivers Cope with Grief
- Holiday Depression
- Humor & Care giving
- Late Life Depression
- Medication Side Effects in Older Adults
- Medication-Induced Nutrient Depletion I (Vitamins)
- Medication-Induced Nutrient Depletion II (Minerals)
- Medications: Using Them Safely (For Senior Centers)
- Mental Health Medications- Part I & II
- Navigating Mental Health Systems
- Overview of Mental Illness (2 hours)
- Pain in the Elderly
- Paranoia, Suspiciousness & Accusations
- Parkinson's Disease
- Personality Disorders-the Basics
- Preventing and Responding to Crisis Situations
- Preventing Caregiver Burnout
- Psychotherapeutic Medications
- Resident's Rights
- Schizophrenia: A Brief Overview
- Seasonal Affective Disorder
- Sensory Integration
- Sexuality and Aging
- Smoking in Residents with Dementia
- Stress Management for Caregivers (1-3 Hours)
- Substance Abuse and Older Adults
- Supporting Healthy Choices
- Teamwork
- The 3 Ds: Depression, Delirium and Dementia
- Traumatic Brain Injury (TBI)
- Walk a Mile in My Shoes