



**TASK FORCE ON MENTAL HEALTH AND SUBSTANCE ABUSE
OLDER ADULTS WORKING GROUP**

**MEETING SUMMARY
MARCH 4, 2016**

IN ATTENDANCE: Carla Bradshaw, Tony Caprio, Mary Edwards, Tana Hartman Thorn, Paula Hartman-Stein, Michael Leone, Dawn Lillard, Brandy Lineberger, Adrienne Mims, Ellen Schneider, Starleen Scott Robbins, Christina Shenvi, Flo Stein, Gina Upchurch, Berkeley Yorkery, Adam Zolotor

OLDER ADULT SUBSTANCE ABUSE

Michael A. Leone MSW, LCSW, LCAS, Instructor/Resident Preceptor Wake Forest School of Medicine, Integrated Behavioral Health Clinician, Wake Forest Baptist Health Family and Community Medicine

http://www.nciom.org/wp-content/uploads/2016/01/Leone_3-4-16.pdf

Mr. Leone shared statistical information on substance use among North Carolina's aging population, common misconceptions about substance use among older adults, and options for identification and treatment. He highlighted a number of reasons that substance misuse is often underidentified among older adults including a culture difference between older adults and their health providers, a lack of screening, and a discomfort around discussions of substance use. He highlighted that older bodies process both drugs and substances differently. Mr. Leone also pointed out that the controlled substances report system is quite helpful with older populations and the effectiveness of SBIRT.

ALCOHOL MISUSE IN OLDER ADULTS

Christina Shenvi, MD, PhD, Assistant Professor, Assistant Residency Director, Department of Emergency Medicine, University of North Carolina

http://www.nciom.org/wp-content/uploads/2016/01/Shenvi_3-4-16.pdf

Dr. Shenvi talked about misconceptions around older adult alcohol misuse, the spectrum of misuse, and why it is important to look for hazardous and harmful use in addition to abuse. She highlighted alcohol misuse as a leading cause of morbidity and mortality among older adults. Dr. Shenvi talked about the prevalence of alcohol misuse and tools to detect misuse in a clinical setting. She then talked about SBIRT implementation with an older adult population and the effectiveness of interventions in various settings. Dr. Shenvi ended by highlighting the need for far more screening of alcohol misuse among older adults.

REVIEW DRAFT RECOMMENDATIONS

Task Force members discussed and revised potential recommendations.



DISCUSS POTENTIAL NEW RECOMMENDATIONS

Task Force members discussed new potential recommendations. As part of this discussion, Gina Upchurch gave a short presentation on SHIP, the senior health insurance information program, that helps seniors figure out which Medicare plan will best meet their needs. Paula Hartman-Stein also gave a short presentation on the potential of community-based behavioral wellness clubs.