

GRAT – First Year Summary

MIDD Advisory Committee Meeting

Thursday, April 28, 2022

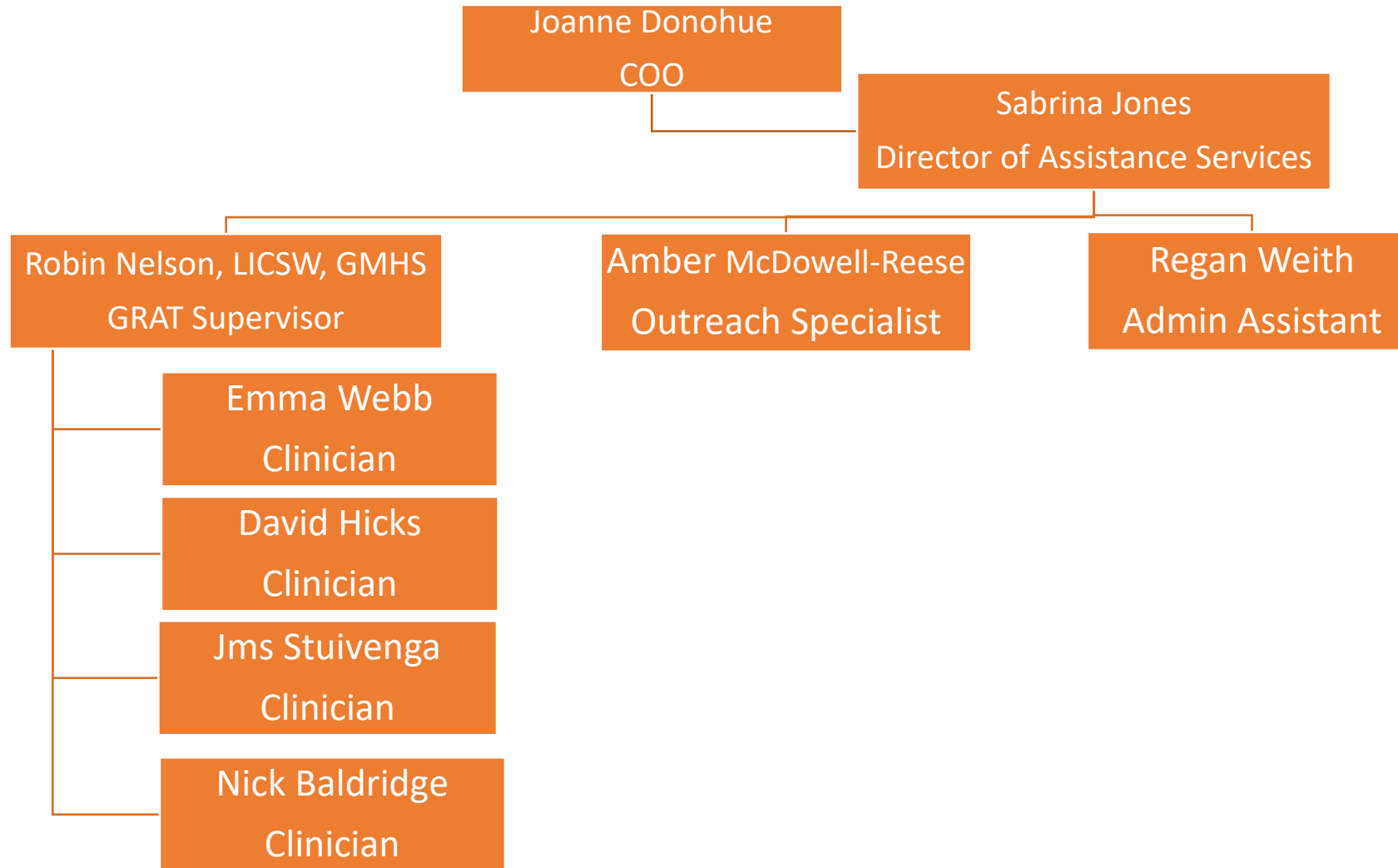
Geriatric Regional Assessment Team (GRAT)

Brief History

- Previously operated out of Evergreen Health (1994 – 2017)
- Team of licensed counselors, geriatric mental health specialists, chemical dependency professionals, social workers, a nurse, an on-call occupational therapist, and a consulting geriatric psychiatrist
- Worked collaboratively to provide in-home assessments of mental health, substance abuse, medical status, safety, psychosocial and functioning abilities for people aged 60+ who meet the criteria for eligibility
- Common cases:
 - Mental health and/or substance abuse concerns
 - Medical concerns
 - Cases with neglect and financial exploitation by family members/caregivers, or self-neglect
 - Cases with DPOA or guardians not able to get the person to accept needed care

GRAT Comes to Sound Generations!

- King County Department of Community and Human Services released a Request for Proposals (RFP) in October 2019 with VSHSL and MIDD Funding
- Sound Generations was the only agency awarded the contract
 - \$3,363,957 from 2020 – 2023
- Team has a GRAT Supervisor, four GRAT clinicians, an administrative assistant, and an Outreach Specialist
- Consultants: Karen Kent (previous GRAT Supervisor), Terri Haaga (MSW trainer)
- Contract: ARNP



Timeline

- August 2020: Began accepting referrals
- Assessments:
 - 2020 – 81
 - 2021 - 174
- Referrals:
 - 2020 – 294
 - 2021 – 400+
 - Referrals came from Sound Generations, ADS, APS, Bellevue CARES, senior centers, hospitals, etc.
- In-home assessments began May 2021



Community Outreach and Cultural Competency and Humility

- GRAT's Outreach Specialist was tasked with reaching out to CBOs, culturally specific organizations, faith-based communities, and local community groups. The goals were to:
 - Share information about GRAT and the referral process
 - Learn about the needs of older adults in the community
 - Learn what services are currently being offered
 - Develop mutually beneficial relationships
- And we learned a lot!

Key Takeaways

- Sound Generations is seen as a governmental / primarily white organization.
- There are many reasons why communities of color, refugee, and immigrant communities prolong seeking out or do not seek out mental healthcare.
- Sometimes immediate, critical needs must be met before a community can also focus on the emotional/mental wellbeing of older adults.
- Well-connected older adults are more likely to have a support system that recognizes the symptoms of mental health challenges.
- Many organizations were unaware of the services available.
- Language matters.

Partner Organizations

- African American Reach and Teach Health Ministry (AARTH)
- African Leaders Health Board
- Association of Zambians in Seattle (AZISWA)
- Congolese Integration Network (CIN)
- Equity in Education Coalition
- Global to Local
- Khmer Community of Seattle King County (KCSKC)
- Lake City-Northgate Senior Center Project
- The Integrity Nurse Consultants
- Mother Africa
- Mother Nation
- Pacific Islander Community Association (PICA)
- SeeQuiLouw (formerly the Duwamish Native Veterans Program)
- Southeast Seattle Senior Center (SESSC)
- Tabernacle Missionary Baptist Church
- Ukrainian Community Center
- UTOPIA (United Territories of Pacific Islanders Alliance)

Examples of Projects



Pop-up vaccination clinics

Emergency food support

Technology assistance and support

Focus Groups

Language support and feedback

Training

Sound Generations Elder Council

- Monthly meetings to discuss client trends, emerging issues, potential collaborations, resource sharing, networking



Referrals from:

- Emergency providers
- Family, Friends, or Neighbors
- Primary Care Physicians
- Social Service Providers
- (206) 448-5730
- GRAT@soundgenerations.org
- No Wrong Door approach

Refer people who are:

- Isolated adults 55+
- Escalating toward a crisis
- Risking hospitalization
- Living in unhealthy environments
- Limited, or lack of community and family support
- Struggling with cognitive, behavioral, mental health or substance use issues
- Risk of losing housing
- Living alone with cognitive deficits
- Located in King County

Examples of GRAT Interventions

- Rally family or supportive others in elder's informal resource network to increase care and safety.
- Refer to community mental health or private therapist through an agency such as Mindful Therapy Group, considering language, race, culture, gender identity. Examples might include linkage to ACRS or SCS.
- Link to medical staff for further diagnosis and treatment.
- Educate families about caregiver support resources; e.g., Alzheimer's Association support groups. Provide information to families about respite services, hiring caregivers privately vs. Medicaid based in home services.
- Link to community sobriety support programs, or range of services including inpatient and outpatient SUD services.

