



Mental Health Access and Resources for Older Adults Across Utah

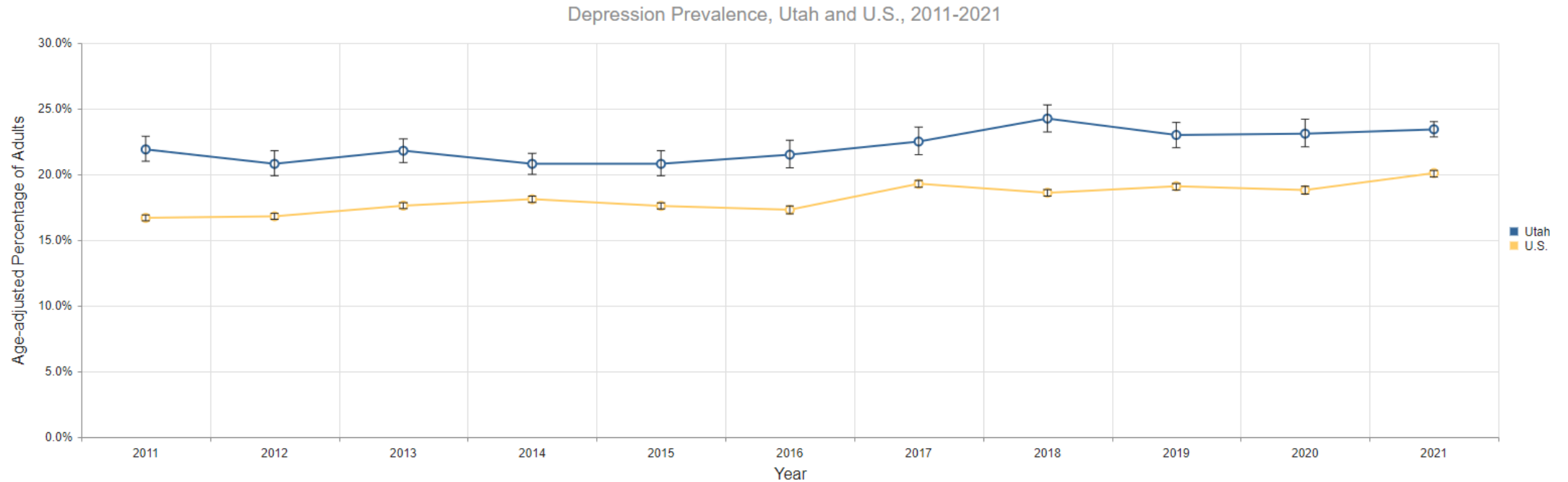
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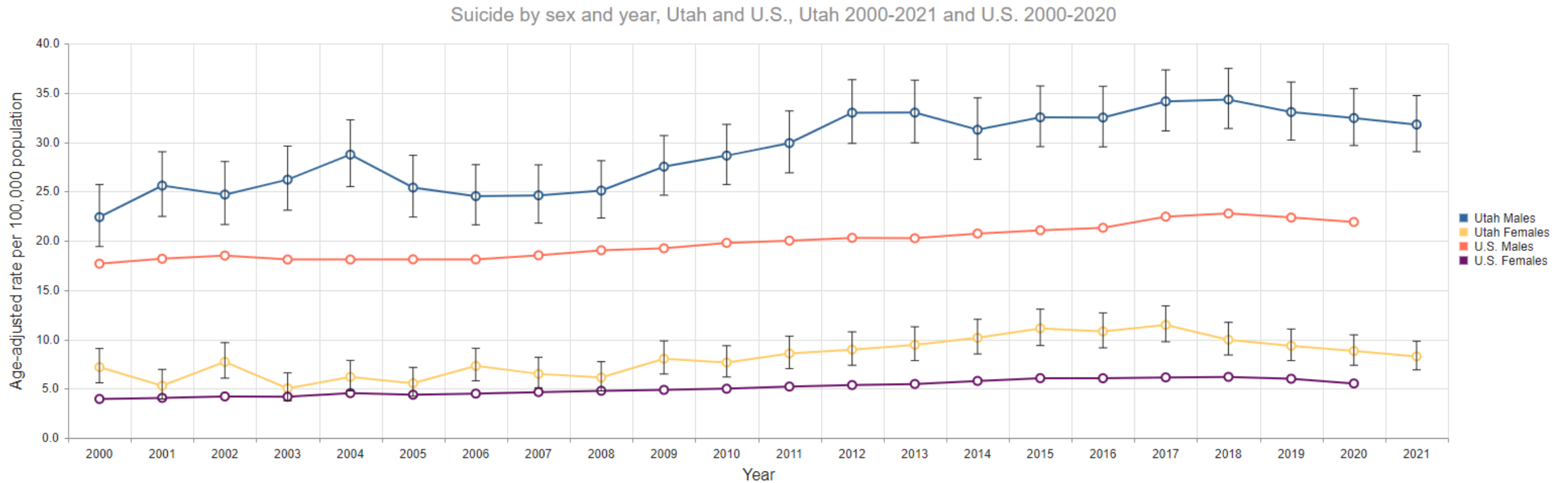
The State of Mental Health Across Utah

Consistently higher rates of depression, all ages



IBIS data source link: [IBIS-PH - Mental Health \(utah.gov\)](https://utah.gov/ibis-ph-mental-health).

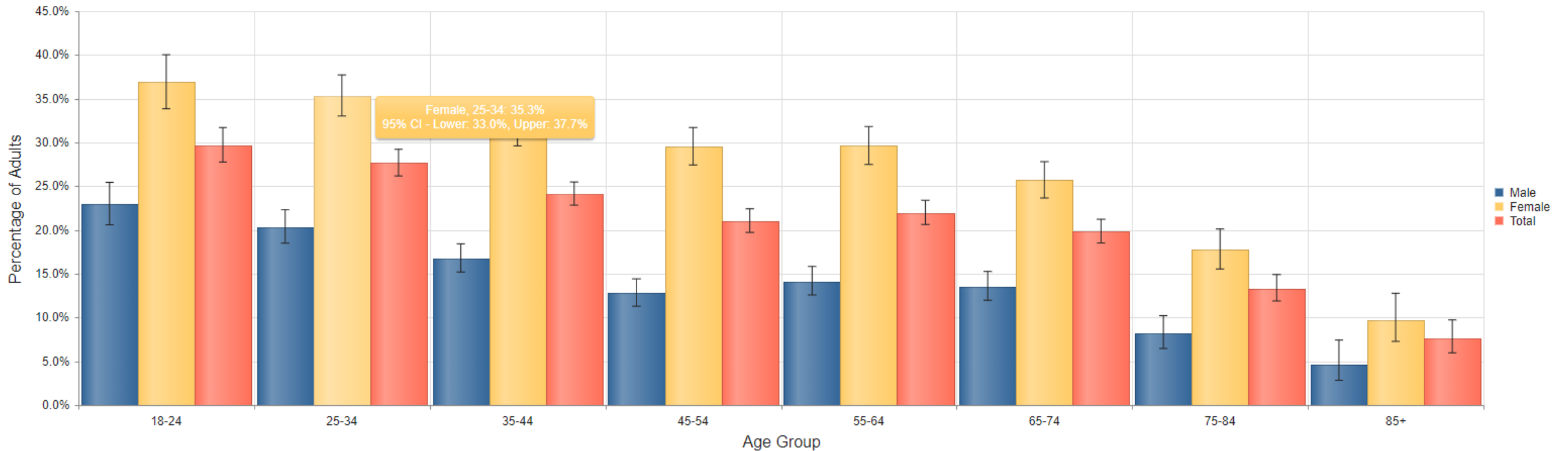
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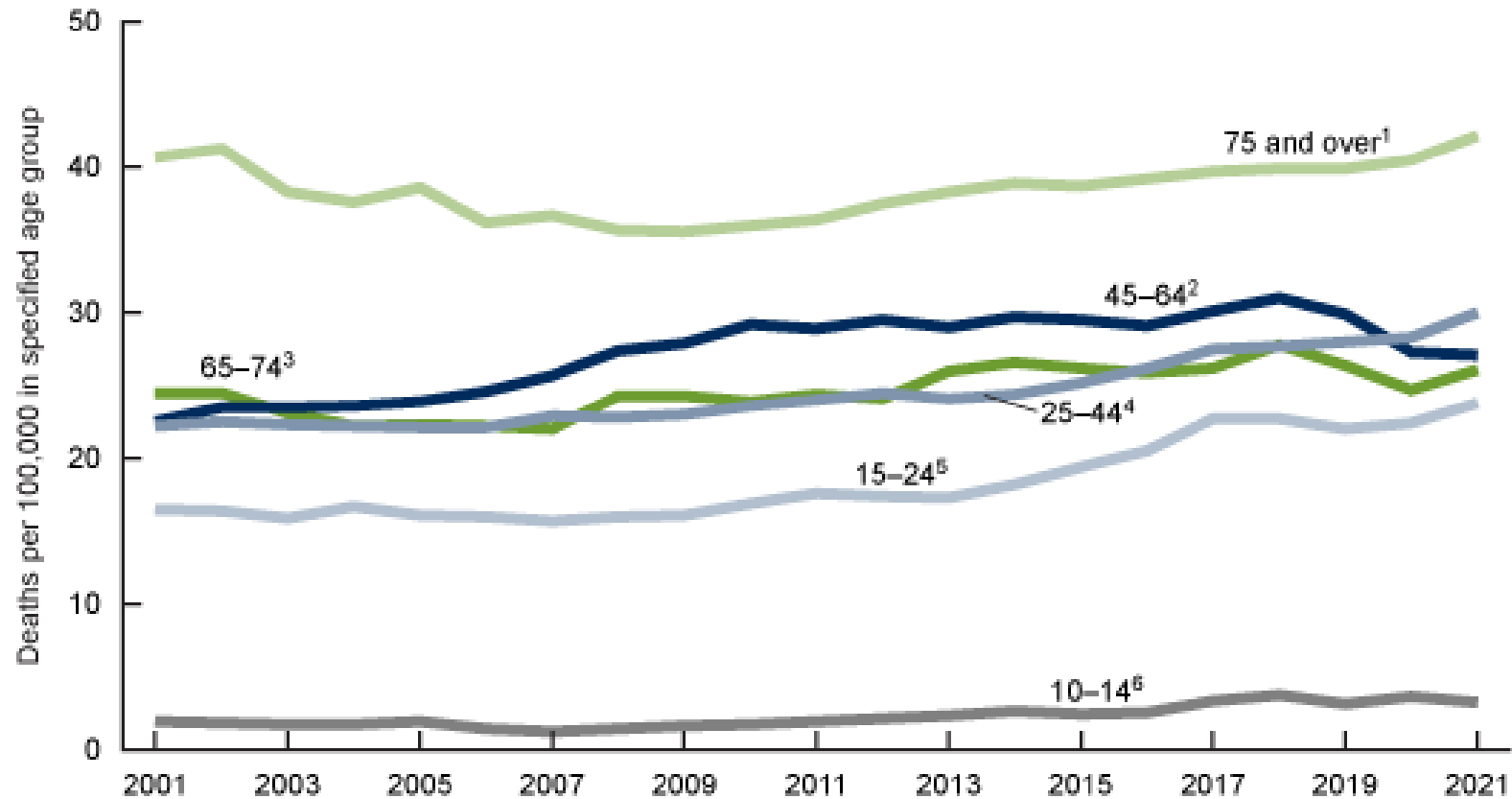
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Depression Prevalence by Age and Sex, Utah, 2019-2021



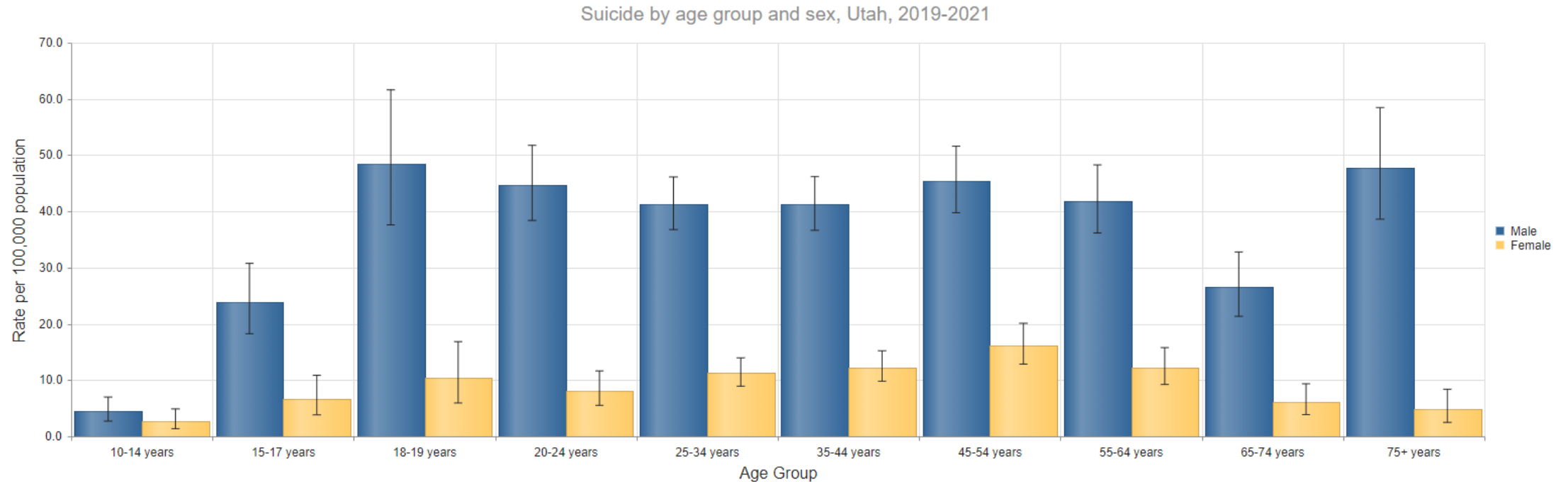
IBIS data source link: [IBIS-PH - Mental Health \(utah.gov\)](https://ibis-ph.utah.gov/).

Suicide Rates for Males in US, by age group



CDC, Suicide Mortality in the US, accessed at:
<https://www.cdc.gov/nchs/products/databriefs/db464.htm>

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Suicide risk by age (2019-2021)

- Utah population
 - 20.6 per 100,000
- 65-74
 - 26.6 per 100,000
- 75+
 - 47.8 per 100,000

Suicide Risk among Older Adults

- Fastest growing segment of the population
- Significant gender disparity
- Lethal means access
 - More likely to use firearms
 - Increased access to medications
- Cognitive impairment
- Chronic pain
- Older adults are more likely to die following an attempt
 - Frailty
 - Isolation
 - Planned

Mental Health Care - Best Practices

- Evidence-based psychotherapy
- MH medication management
- Hearing/vision
- Connectedness
 - Social network
 - Community
- Regular physical activity
- Sense of purpose and meaning

Crises among Older Adults

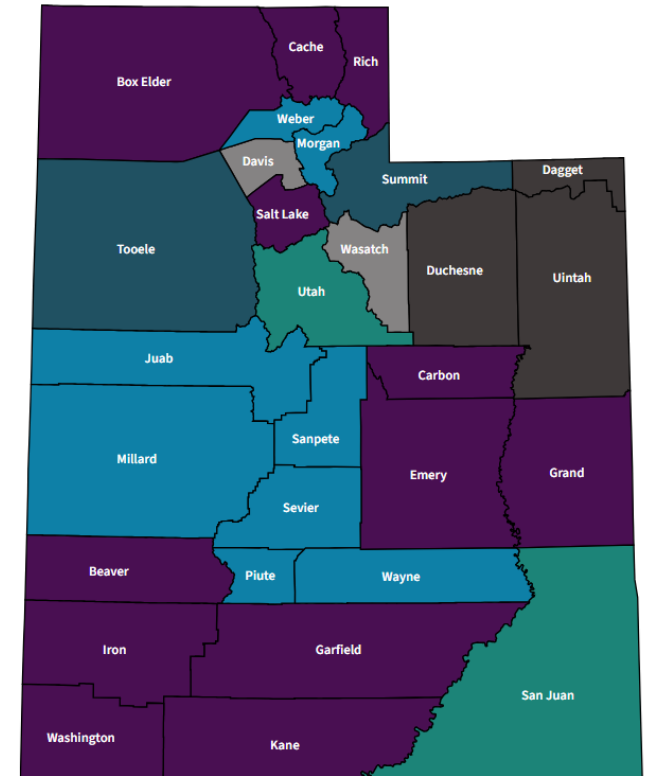
- Suicide/homicide ideation
- Medical issues that present as mental health
- Psychosis
- “Failure to thrive”

Resources: Acute Stabilization

- Geripsych
 - Highland Ridge
 - <https://www.highlandridgehospital.com/programs/senior-inpatient/>
 - The Marian Center
 - <https://themariancenter.net/>
 - Lakeview
 - <https://www.mountainstar.com/specialties/mental-health-and-wellness/senior-mental-health>
- Huntsman Mental Health Institute
 - 501 Chipeta Way, Salt Lake City, UT 84108
- Intermountain Health Access Center
 - LDS Hospital
 - McKay-Dee
 - St. George Regional
 - <https://intermountainhealthcare.org/medical-specialties/behavioral-health/access-centers/>

Resources: Statewide

- 988
- Mobile Crisis Outreach Team (MCOT) - 988
- SafeUT.org
 - 833-372-3388
 - Chat
 - Submit a tip
- Utah DHHS
 - <https://sumh.utah.gov/contact/location-map/>



Regional – Stabilization Centers

- Southwest Behavioral Health Center
 - Washington, Iron, Bever, Kane, and Garfield
 - Crisis Stabilization Center
 - 176 S. Regional Park Road, Hurricane, UT 84737
 - (435) 676-8176
- Davis Behavioral Health Receiving Center
 - Davis County
 - 380 South 200 West, Farmington, UT 84025
 - 801-513-2800
- Wasatch Behavioral Health
 - Utah County
 - 1175 E 300 N, Provo, UT 84606
 - 801-852-2131
- Four Corners Behavioral Health
 - Carbon, Emory, and Grand Counties
 - 24-hour Crisis Center projected to open later this year
- Bear River
 - Box Elder, Cache and Rich counties

Save the Date

7th Annual Older Adult Mental
Health Awareness Day Symposium

Online: May 2, 2024

- Free virtual registration coming soon
- CEUs offered for multiple disciplines



<https://acl.gov/news-and-events/announcements/save-date-may-2-older-adult-mental-health-awareness-day-symposium>

Additional Resources

- SAMHSA Toolkit for Senior Centers
 - <https://store.samhsa.gov/sites/default/files/sma15-4416.pdf>
- SAMHSA Toolkit for Senior Living
 - <https://store.samhsa.gov/sites/default/files/sma10-4515toolkitoverview.pdf>
- E4 Center of Excellence for Behavioral health Disparities in Aging
 - Engage, Education, and Empower for Equity
 - <https://e4center.org/>

Questions? Additional thoughts?

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