

What is Senior Peer Counselling?

This service provides mental health assessment, counselling and consultation to people age 60 and older in English and Spanish.

Services provided in this program include:

- ◆ In-Home Mental Health Assessment
- ◆ Individual Counselling
- ◆ Community Presentations
- ◆ Support Groups

Senior Peer Counselling: A Bridge Connecting Changing Realities

Volunteer counselors help older adults sort through the transitions and realities of aging: the loss of independence, isolation, and declining physical health. Counselors provide emotional support and practical tools to help clients deal with change, to remain independent, and to cultivate a positive approach to aging. Senior Peer Counselors are trained and supervised by mental health professionals .

If you have questions, please contact The HOPE Program

and Senior Peer Counseling at

(415) 473-4306

Contacts



NAMI Marin Website:

<http://namimarin.org/emergency/family-member-has-beenarrested-what-do-i-do/>

If you are a person with a disability and require this document in an alternate format (example: Braille, Large Print, Audiotape, CD-ROM), you may request an alternate format by calling: (415) 473-XXXX (Voice), (415) 473-3232 (TTY), or by e-mail at: xxxx@marincounty.org



SUPPORT



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EXCELLENCE

Helping Older People Excel (HOPE) and the Senior Peer Counselling Program

The Department of Health and Human Services is pleased to provide you with this brochure which describes the services available through The HOPE Program, a Full Service Partnership Program for Older Adults.

What is The HOPE Program?

The HOPE Program is designed for adults age 60 and older who are interested in participating in a program designed to assess and support their emotional and psychiatric needs.

The program is capable of providing services beyond the scope of traditional mental health outpatient services. Those participating in The HOPE Program will have a multi-disciplinary team of professionals available to help support the many facets of life including housing, finance, and healthcare needs. Services are available in English, Spanish, and Vietnamese.

HOPE Program Services

This program provides comprehensive, intensive mental health services for individuals in their homes and communities. Some examples of services that might be provided are as follows:

- ◇ Intensive Case Management
- ◇ Consulting with primary care physicians and assistance in scheduling medical appointments
- ◇ Support in obtaining all medications needed to maximize health
- ◇ Help in maintaining current residence or relocating to a more appropriate placement
- ◇ Assistance in obtaining entitled financial and health benefits
- ◇ A team of case managers, nurses, nurse practitioners and psychiatrists dedicated to working with the individual and their support system
- ◇ Individually designed treatment plans to help accomplish goals and objectives that are important to the senior
- ◇ Counseling and Senior Peer Counseling (See back panel for more information)



Interested in The HOPE Program? To be considered for The HOPE Program, a referral must be submitted and screened for eligibility. Provided the referral meets the program's eligibility criteria, the individual will be assigned to a Hope Program Team Member. If needed, recommendations and referrals will be given.

Thank you for your interest in The HOPE Program.

Safeguarding your health information is important to us. All information is strictly confidential and in accordance with all privacy laws.



As long as we live, we hope.

