

**Category for which you wish to apply:** Replicable Programming – Mental Health – BOOST Program – Older Adult Mental Health Services

**Agency name and Community** Jewish Family and Children’s Services of San Francisco, the Peninsula, Marin and Sonoma Counties

**Agency Budget** \$32,389,096

**Contact information for the point person on the submission:**

Nancy Masters, Associate Executive Director, [NancyM@jfcs.org](mailto:NancyM@jfcs.org) or (415) 449-1200.

**Staff listing by title:** Nancy Masters, Associate Executive Director, Julia Chu, Ph.D., Project Coordinator, Psychologist

**200-word (max) summary description of program or video purpose**

Many of the stresses experienced by older adults, including declines in health, social networks, independence, and other life changes, can exacerbate previous underlying mental health conditions or trigger onset of new symptoms. Older adults are less likely to access mental health services due to perceived stigma of mental health diagnoses, reluctance to engage in counseling, and difficulty accessing services. The BOOST program provides professional psychological screening, assessment, early intervention, and linkages to services, including volunteer support, for older adults with onset of mild to moderate depression and/or anxiety. Outreach and interventions are initially provided in the clients’ homes with a service model that reduces the stigma of seeking mental health services. The BOOST program has had significant success in increasing community awareness of mental health issues in seniors, improving access to and acceptance of intervention services, and delivering evidence-based short-term effective treatment utilizing a replicable model which incorporates cognitive-behavioral interventions and case management support. Short-term family counseling is also provided to help caregivers with mental health issues that arise from the burdens of the caregiving role. Approximately sixty older adults are served annually with this model program, with documented improvements in their mental health and quality of life.

**Total program or production cost if applicable and funding sources:** Funding for this program is \$170,000 and includes a contract for state mental health prevention funds, Medicare and insurance billing, and donations from local healthcare organizations, all of which provide a diversified and stable funding base for the program.

**Link pertaining to the program:** <http://www.seniorsathome.org/boost>

**List of 3 major outcomes and evaluation method(s) used to determine those outcomes and/ or video impact:**

- 1) Older adults receiving counseling interventions focused on decreasing depression or anxiety will experience a reduction in symptoms as measured on psychological screening tools, including the PHQ9, GDS, and/or GAD-7, as clinically appropriate.
- 2) Clients and families will indicate that they are less isolated and more connected with their community, as measured on client surveys and progress toward treatment plan goals.
- 3) Client and family will express satisfaction with the program as measured by program satisfaction survey.