



Geriatric Track *(All times in Pacific Daylight Time)*

Thursday, June 23, 2022

9:00 – 10:00 AM Breakout Session Number 1

The Invisibles: Older Adults Living To Thrive Through COVID-19

Presented by Nina Nechay, LPC, NCC; Caitlin Overfelt, Ed. S, LPC; Jerrickson Ajex Palvannan, MA, AMFT

According to research and clients' personal accounts, the COVID-19 pandemic has disproportionately affected the older adult population in the United States and worldwide. Stressors such as higher mortality and more significant health risks associated with the virus, sudden disruption to regular routines, and lack of daily structures have turned the world of the geriatric population into unfamiliar and threatening territory (Vahia et al., 2020). What contributed to further distress is abruptly disturbed access to healthcare services and places of socialization, the acute need of mastering communication technology such as Zoom or Telemedicine, loss of any physical contact, including seeing and physical touch from loved ones.

Baby Boomers are now estimated to be at about 73 million people in the United States. Many are experiencing mental health crises and stressors related to living through the global pandemic (Bureau, 2021). With previous coping strategies largely unavailable due to social isolation and massive abrupt closures of senior citizen's centers, libraries, etc., older adults were left to cope with high-stress situations mainly on their own, without the support and opportunities to prepare or have time to adjust. They were left isolated in their homes or assisted living facilities, and their experience was unnoticed and hidden from the public view.

In this lecture, we would like to highlight the main effects of the pandemic, suggest research-based psychotherapy treatment modalities, and make recommendations related to transitioning our older adult clients back to the "new" normal. Additionally, we will provide recommendations for the caregivers and loved ones.

Target Audiences: Student, New Professional, Middle Career, Late Career, Educator, Supervisor, Clinician

1:30 – 2:45 PM Breakout Session Number 2

Counseling with Multigenerational Families

Presented by Dr Kathie Erwin, MA, Ed.D, LMHC, NCC, NCGC, Fulbright Specialist, DCMHS-G

Economics, longevity, shared trauma and Covid 19 pandemic are key factors driving the return of multigenerational families living together. As a largely individualistic culture, many American families did not previously experience multigenerational lifestyle. Counselors often discover these issues in couples counseling when the relationship is strained due to



financial and relationship costs of multigenerational living. The unique aspects of multigenerational families are not well represented in our counselor education programs to prepare new counselors for these increasing lifestyle issues. This presentation also features some effective techniques for counseling Multigenerational Families with examples of relational, values and spiritual approaches.

Target Audiences: Student, New Professional, Middle Career, Educator, Clinician

3:00 – 4:30 PM Breakout Session Number 3

Geriatric Psychopharmacology And Common Medications Of Seniors

Presented by Greggus Yahr, PhD, DCMHS, LCPC, NCSP

The "baby boomer" generation is rapidly aging and "seniors" have become the biggest consumers of health care. Although geriatric medicine is not new, research focusing on "seniors" and mental health, as well as the number of providers skilled in geriatric mental health, lags far behind the medical side of geriatrics. Integrated health care is considered to be "cutting edge" practice and rapidly becoming the standard; however, as noted in research conducted through the world health association (2017) approximately 15% of the population age 60 and old suffers from a mental health disorder, yet only a small percentage (less than 20%) are actually seen by a mental health clinician skilled in geriatrics. This dearth of providers results in very treatable conditions becoming chronic issues, thus significantly increasing overall health care costs. However, when skilled geriatric mental health providers have been included in the integrated care model, significant reductions in geriatric hospital admissions has been noted. This lack of clinicians skilled in geriatrics offers the clinical mental health counselor, after gaining the requisite training opportunities to both serve a population sorely in need and create a successful practice; along with further advancing the standing, parity and relevance of our profession in the firmament of essential mental health providers.

Target Audiences: New Professional, Middle Career, Late Career, Educator, Supervisor, Clinician