

Older Adult Services

Serving adults
age 60 and better!



 **Arapahoe/Douglas
Mental Health Network**
OLDER ADULT SERVICES

Services for Older Adults

Our program takes into account the specific needs and issues of those ages 60 and above. Plus, all the other services offered at Arapahoe/Douglas Mental Health Network are available to older adults and their families.

Psychiatric Services — Medication Management

Our board-certified psychiatrists and nurses can assess the need for medications, prescribe, and monitor use over time.

We take into account the needs of older adults who are taking multiple medications.



Individual and Group Therapy

Licensed masters-level clinicians provide individual, couples counseling, family and group therapy, and substance abuse treatment for a wide range of mental health needs.



A Seniors Group is held twice monthly, covering topics such as positive thinking, self-calming skills and aging gracefully.



Senior Peer Program

Our peer-to-peer program, loosely based on the Center for Creative Aging's "friendly visitors program," trains older adults to provide outreach and support with other older adults.

This approach provides the personal touch and assistance that makes all the difference to an isolated older person, as well as to the peer.



About Payment

We accept most forms of insurance, including Medicare, Medicaid, self-payment and most private insurance. Our staff can work with your insurer to find out if insurance will cover some, or all, of the costs.



Services in Nursing Homes

For older adults living in nursing homes, we provide on-site **counseling services** as well as **pre-admission mental health evaluations**.

For more information on nursing home services, call 303 723 5906.

Community Outreach

Arapahoe/Douglas Mental Health Network offers **education classes** and **programs** on mental health issues. Our **Speakers Bureau** provides knowledgeable speakers to businesses, places of worship, and other organizations on topics of mental health for older adults, as well as a variety of other subjects. Visit **admhn.org** for articles, resources and information on mental health.

Information and Appointments

303 730 8858





Older Adult Services at Arapahoe/Douglas Mental Health Network helps older individuals develop effective coping skills for life's challenges. For those dealing with loss, isolation, declining health, depression, anxiety and other mental health issues, we provide counseling and psychiatric services. We also provide services for older adults dealing with mental illness, substance abuse and co-occurring substance abuse and mental illness.



For those with severe and persistent mental illness, we offer a comprehensive continuum of services for the older adult and the family.

Other Services at Arapahoe/Douglas Mental Health Network

We provide a comprehensive range of culturally inclusive services for people of all ages in numerous locations in south metro Denver.

- Counseling— Individual, Group, Family
- Psychiatry
- Case Management
- Intensive In-Home Therapy
- Substance Abuse Treatment
- Bridge House Acute Treatment Unit — Adults
- Supported & Residential Housing — Adults
- Vocational & Social Rehabilitation
- Victim Services
- Criminal Justice Services
- Day Treatment Therapeutic School
- School-Based Services
- Integrated Healthcare Services
- Pharmacy
- Speakers Bureau
- Education and Wellness Programs

Emergency & Crisis Intervention
303 730 3303

**For information and an appointment,
call 303 730 8858.**



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