



American Society on Aging presents

Serving Older Women with Substance Use Problems

Made possible through a contract from the California Department of Alcohol & Drug Programs



November 13, 2009 • 8:00 am – 5:00 pm • Balboa Park Club, San Diego (free parking)

The full-day program goal will address the social, health and mental health issues of older women with substance use problems that must be integrated into the recovery process.

By attending this conference you will:

- ♥ increase your understanding of older women with substance abuse problems
- ♥ enhance your skills in meeting the needs of this population
- ♥ access helpful resources

AGENDA

8:00 – 8:45 am

REGISTRATION

8:45 – 9:00 am

WELCOME + Continental Breakfast (Sponsored by Caregiver Coalition)

Carole Anderson, EdD, Vice President, Education Programs, American Society on Aging, **Martin Dare**, Family Caregiver Support Program AIS and **Deborah Levan**, MPH, Divisional Director, Older Adult Services, Behavioral Health Services, Inc., Aging Constituency Committee Chair and **Cindy Wilson**, Caregiver Coalition SD Chair



Deborah Levan

9:00 – 9:30 am

Older Women and Substance Use – Risk Factors, Challenges and Opportunities

Marshall Lewis, MD, DFAPA, Behavioral Health Clinical Director, County of San Diego, Health and Human Services Agency

This session will describe a case-based approach to review the prevalence, definitions, risk factors for, challenges and opportunities for identification and management of substance use problems in older women.



Marshall Lewis

9:30 – 10:15 am

The Power of Empathy and Hope: The Possibility of Change

Catherine Royer, MSW, LCSW

Substance abuse has long been considered and treated as an acute illness, severely limiting approaches and neglecting the very realities of treatment needs. This session will explore how treatment works from the perspective that our clients are not only their problems.

Participants will learn to focus on what could be rather than what isn't. Royer will explain how efforts to heighten client hope may be as genuinely therapeutic as specific techniques, and how hopefulness opens up new possibilities for our clients and our work with them.

10:15 – 11:45 am

PANEL DISCUSSION: Comprehensive & Holistic Approach to Helping Older Women With Substance Use Problems

The Role of Clinicians

Catherine Royer, MSW, LCSW

This session will help us to clarify our role in our clients' journey. The shift from teaching to learning allows us to offer our knowledge in ways that are experienced by our older female clients as empowering rather than inadvertently disempowering or shaming. It requires of us radical listening, and a willingness to question our assumptions about our clients. Our task is to elicit themes of competence, connection and hope.





Jane Farmer

Treatment Planning

Jane Farmer, CASII, CRPM

Participants in this session will learn to recognize barriers and challenges to providing quality substance treatment services for older women. You will acquire new insights in treatment services for older women, as well as recognize the importance of senior-specific focused staffing.

Family Roles in Recovery

Verda Bradley, PhD, LCSW, BCD

Women with a psychiatric disorder who also abuse alcohol or other drugs have historically encountered barriers to integrated treatment for both disorders. Psychosocial treatment plays an essential role in the care of older women who have significant life crises, lack social support, or lack coping skills. Many older women live alone, have inadequate support systems, and do not have effective contact with a primary care physician. Special efforts are needed to reengage family members or institute other support systems to identify these women to provide them with needed care.

Social Supports

Deborah Levan, MPH

The segment on “Social Supports” will cover the different types of social support, the benefits of social support demonstrated through research, and the importance of rebuilding a support network for older women in recovery. Case examples will be shared.



Verda Bradley

11:45 am – 12:45 pm **LUNCH**

12:45 – 2:00 pm **BREAKOUT SESSIONS**

Older Women & Co-Occurring Disorders

Verda Bradley, PhD, LCSW, BCD, and special guest Leslie Roberts

This workshop will explore how older women with co-occurring disorders of substance use and mental illnesses (COD) are often forgotten and neglected in preventive and treatment services. Although well-designed research is limited, available studies suggest that women with COD suffer more severe health and social consequences than men. The good news, however, is that treatments for COD work. There is a broad range of treatments now available and results are robust and restorative.

Mixed Age Treatment

Jane Farmer, CASII, CRPM

This workshop will describe specific issues that set older women apart from other clients in many facilities. Challenges to quality treatment for older women will be addressed and you will learn what you can do to create better age-specific treatment. Legacy-of-Life treatment materials will be shared.



Catherine Royer

Screening and Intervention for Older Women

Catherine Royer, MSW, LCSW

This session will explore when intervention begins. Assessment and screening are vital components of establishing the therapeutic relationship. How should we begin the conversation? Explore Stages of Change and motivational interviewing.

2:20 – 3:15 pm **Prescription for Peril: Medication Issues in Older Women**

Bill Liu, Pharm D, CGP; and Deborah Levan, MPH

Compared to men, women of all ages are at higher risk for negative physical, medical, social and psychological consequences of alcohol and other drug consumption. The most commonly abused or misused substance in older women is not alcohol, but prescription drugs such as pain relievers and tranquilizers. A study from the Center on Addiction and Substance Abuse estimates 2.8 million mature women may be abusing psychotropic or mood-altering medications. This session will describe the unique susceptibilities older women face with medication use, the dangers of misuse and abuse, and the tools social service providers can use.



Bill Liu

3:15 – 3:45 pm **SUMMARY AND NEXT STEPS**

Martin Dare, Family Caregiver Support Program AIS, Cindy Wilson, Caregiver Coalition SD Chair, Deborah Levan, MPH, Divisional Director, Older Adult Services, Behavioral Health Services, Inc. and Carole Anderson, EdD, Vice President, Education Programs, American Society on Aging

3:45 **CLOSING**