

# ADDRESSING THE NEEDS OF PATIENT POPULATIONS WITH AGE-SPECIFIC MENTAL HEALTH CARE

*Prepared by Psychiatric Medical Care*

- **How is your hospital addressing America's Mental Health Crisis?**
- **Does Your Hospital Provide Age-Specific Mental Health Care?**

---

The *American Hospital Association* (AHA) has determined that the United States is facing a "mental health crisis" (AHA, 2022). It suggests that hospitals increase their focus on mental health screenings and care now and into the future. Integrating mental health screenings into physical health screenings would provide a better continuum of care for patients and a continuum of service for hospitals. Hospitals could provide holistic treatment without referring patients to outside sources.

*World Health Organization* (WHO) Director Dr. Tedros Adhanom Ghebreyesus states, "Everyone's life touches someone with a mental health condition. Good mental health translates to good physical health, and this new report makes a compelling case for change" (WHO, 2022). As hospitals look to include more mental health programs in their services provided, they should consider different age populations and their specific needs.

In 2019, *Mental Health America* (MHA) reported that nearly 50 million American adults experienced mental illness. Of those adults, more than half, or 27 million, did not receive treatment. MHA also reported that over 60% of youth with major depression did not receive treatment (MHA, 2019).

The *WHO* reports that over 20% of adults aged 60 and over suffer from a mental or neurological disorder, and with a rapidly aging population, this number could increase (WHO, 2022). Each of these populations would benefit from age-specific mental health care. However, given their stage in life, the Geriatric population would receive higher benefit with access to age-specific programs and treatment.

## **Unique Needs of Geriatric Patients**

The *WHO* has determined many risk factors for older adults later in life that can increase their chance of mental illness. The geriatric population faces challenges that differ from the youth and adult populations. Geriatric patients are dealing with age-related physical health issues that impact their mental health and vice versa. Additionally, they suffer stressors linked to their stage of life. Some of these stressors include functional disabilities, anxiety and depression linked to heart problems, and depression over a decline in quality of life. Mental health programs designed to address the needs of the geriatric population would provide them with targeted care and support.

With the growing need for mental health services in the United States, Psychiatric Medical Care has created age-specific treatment programs to address the specific needs of underserved populations. Our treatment model provides valuable support to hospitals by supplying needed resources and personnel to better serve patients. As the landscape of healthcare changes, Psychiatric Medical Care remains focused on providing quality and evidence-based mental health care and support to its partner hospitals.

## Your hospital can benefit from Psychiatric Medical Care's (PMC) comprehensive solutions:

- After-care programs post-discharge.
- Award-winning community education support.
- Compliance and crisis prevention training.
- Financial impact and cost report analysis.
- Forms and billing training.
- Partnerships with medical schools.
- Physician and staff recruitment.
- Policies and procedures templates.
- Program management and operational oversight.
- Telepsychiatry system and capability.

PMC's programs are designed to meet the specific needs of acute care hospitals based in rural areas. We partner with small and large, for-profit and non-profit, critical access hospitals. Together, we can address your community's needs and improve your older adults' quality of life while providing a financial benefit to your hospital.

### ABOUT PMC

Psychiatric Medical Care (PMC) works to improve access to behavioral healthcare in communities like yours. Our founder and Chief Medical Officer, James A. Greene, M.D., developed PMC with the sole mission of improving the function and quality of life for patients living in underserved communities. Our clinical leadership team consists of some of the country's most knowledgeable and recognized mental health leaders. We offer extensive support to our hospitals and partners, including recruiting, training, and education for each clinical function.

If you are interested in learning more about PMC and how your hospital could benefit from our partnership, contact us today:



**(615) 647-0750**



**[info@psychmc.com](mailto:info@psychmc.com)**