



**Senior Life
Solutions[®]**

OUTCOMES REPORT

2025





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A Message From Our Chief Clinical Officer

Stephanie Weatherly, DNP,
PMH RN-BC, FACHE

As the chief clinical officer of Psychiatric Medical Care, I am privileged to witness the transformative impact of the Senior Life Solutions program on the lives of older adults. Designed specifically to address the unique mental health needs of seniors, this program focuses on treating depression, anxiety, and other emotional challenges that often accompany aging.

The following report provides an in-depth analysis of the program's outcomes, underscoring our commitment to evidence-based practices and patient-centered care. By leveraging a combination of group therapy, individual counseling, medication management and tailored treatment plans, we aim to not only improve mental health metrics but also enhance the overall quality of life for our participants.

This evaluation highlights critical measures such as changes in depression and anxiety scales and rates of patient engagement. It serves as both a reflection of our current successes and a guide for continuous improvement as we strive to meet the growing demand for effective geriatric mental health care.

At the heart of Senior Life Solutions is a simple yet powerful belief: every senior deserves dignity, connection, and hope. It is our mission to provide that through compassionate, expert care. I look forward to using the insights from this report to advance our shared goal of better mental health outcomes for our senior population.

Sincerely,

Stephani Wey

Senior Life Solutions Overview



Creating and Measuring Lasting Change

The mission of Senior Life Solutions is to improve the mental health of older adults (aged 65 and over) in meaningful and measurable ways. Our clinical team utilizes patient assessments before, during and after treatment to better understand the severity and frequency of symptoms of depression and anxiety. Senior Life Solutions is one of the few behavioral health programs for older adults that collects such data in order to inform clients, clinicians, and families of behavioral trends and follow-up needs.

Through group and individual therapy sessions, participants in Senior Life Solutions gain coping and communication skills, and the confidence they need to live a healthier, happy life.

Delivering Outcome-Based Treatment

Senior Life Solutions clinicians are trained to use and interpret behavioral-based assessments routinely surveyed by participants. The scores from these assessments are integrated in treatment plans, therapy sessions, and discussed with patients, their healthcare providers, and family members.

Senior Life Solutions Overview

Senior Life Solutions is a network of intensive outpatient programs based in critical access hospitals that provide mental health treatment services to older adults (typically 65+) who experience symptoms of anxiety, depression, and other behavioral health challenges often associated with aging.

Evidence-Based Treatment

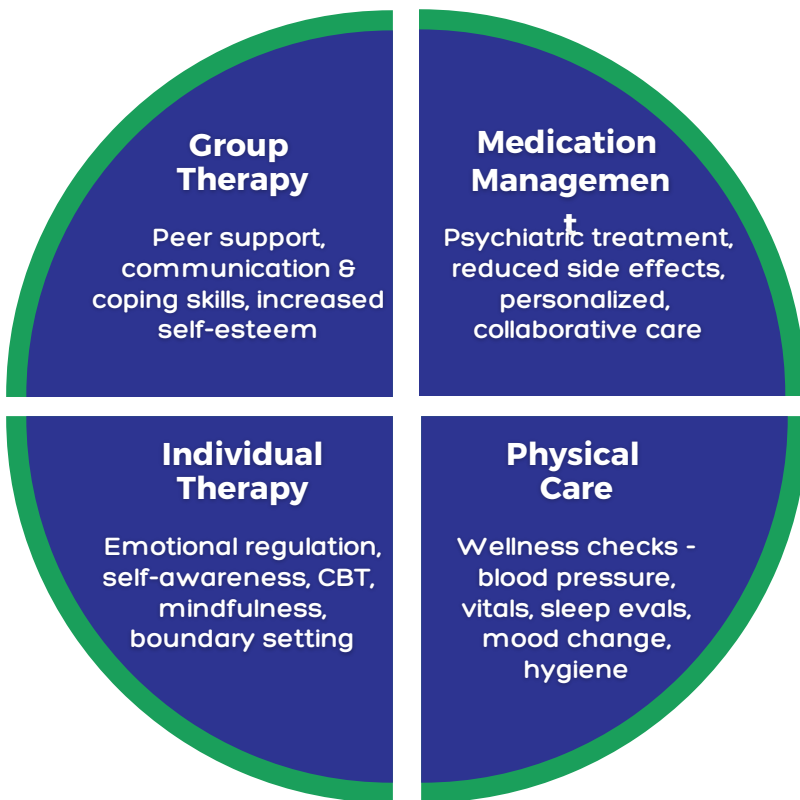
- Cognitive Behavioral Therapy
- Dialectical Behavioral Therapy
- Psychoeducational Therapy



Program Goals

- Significantly improve patients' quality of life with the development of coping and communication skills to reduce symptoms of anxiety, depression and other mental health challenges.
- Deliver accurate diagnoses and appropriate treatments.
- Reduce polypharmacy, hospitalizations and institutionalizations.

Comprehensive Care



Program Staff

- Director, RN
- Psychiatrist
- Therapist
- Office/Patient Coordinator

Schedule

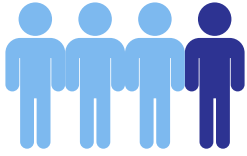
Group therapy three times per week.

Individual therapy as needed.

Psychiatric assessments once a month.

Health screening three times a week.

Older Adult Mental Health Stats



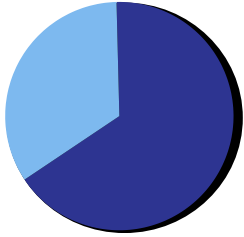
1 in 4 older adults experiences a behavioral health problem such as depression, anxiety or substance abuse.

Source: The National Council on Aging



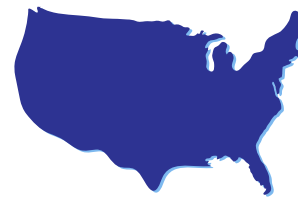
Older adults are more likely to have chronic conditions such as hearing loss, heart disease, cancer, stroke or diabetes, which puts them at greater risk of depression and anxiety.

Source: American Hospital Association



66% of older adults need but do not receive treatment for a behavioral health problem.

Source: Mental Health America



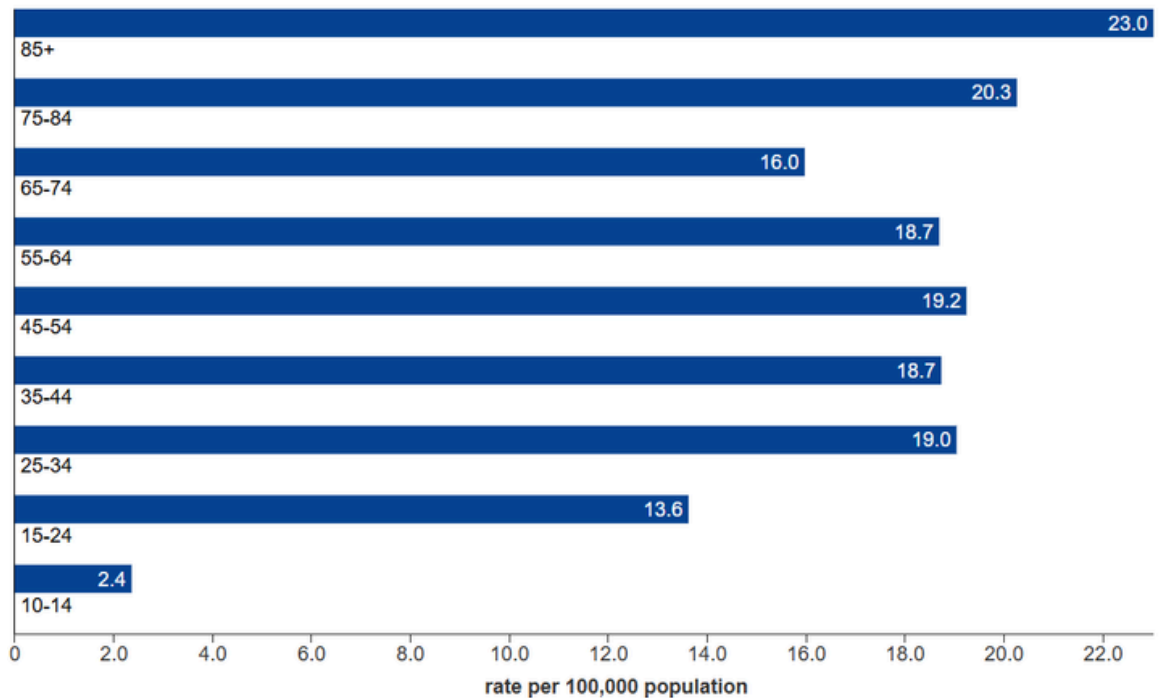
77% of U.S. counties have a shortage of mental health providers.

Source: U.S. Census Bureau

U.S. Suicide Rates

Men over the age of 85 have the highest suicide rate in the U.S.

Source: CDC



14% to 17% of adults aged 65 and over are diagnosed with depression or anxiety each year. Most experts believe that's a significant undercount because many cases are missed.

Source: Cedars Sinai

Senior Life Solutions

Patient Profile

Demographics

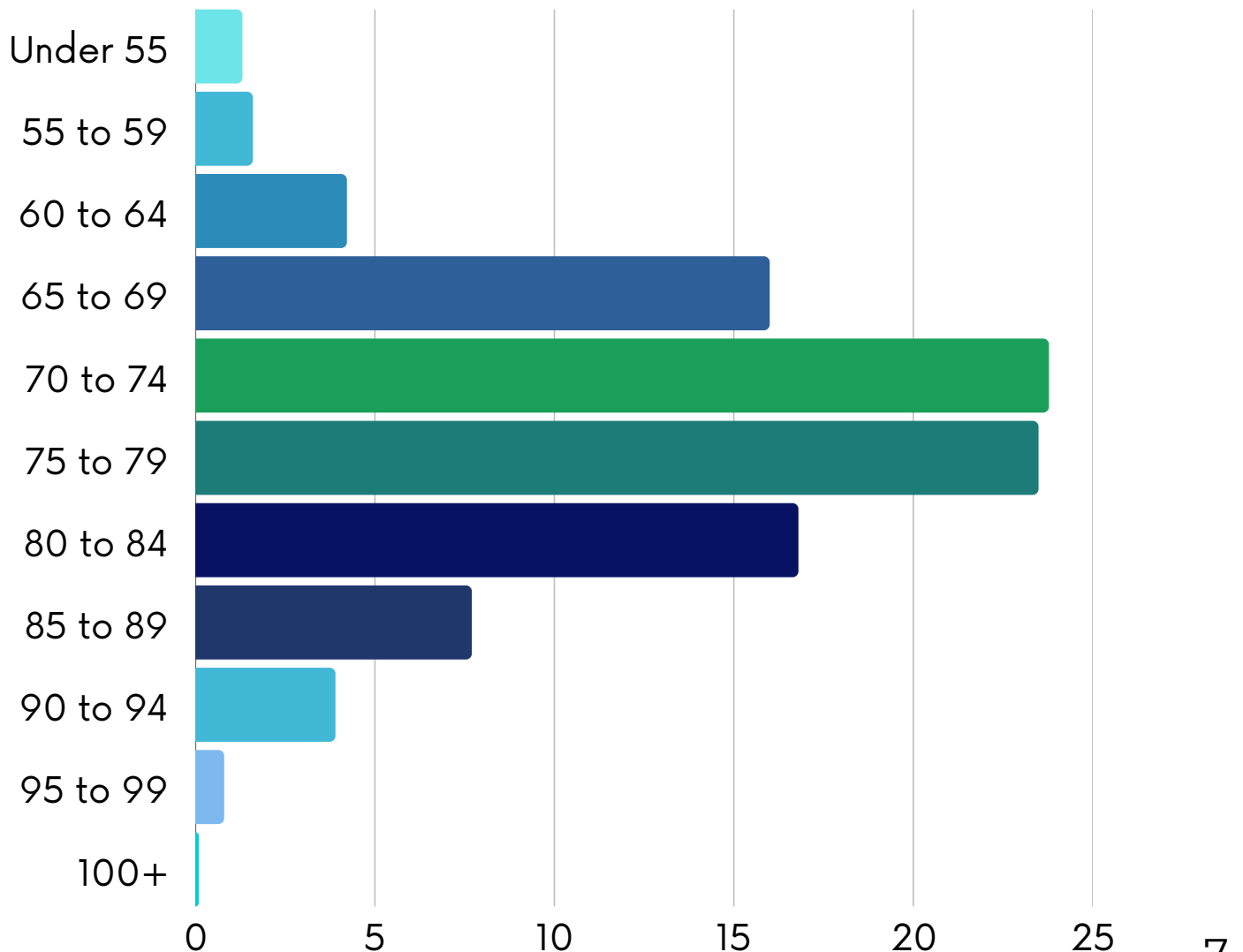
The following pages provide information about who our patients are. This includes age, gender, marital status, and living situation.

Age At Admission

The average Senior Life Solutions patient is 74.5 years old. Though our program is intended for people 65 or older, we do occasionally admit younger patients if they qualify for services. Here's a look at the age range of our patients at admission from January 2025 to December 2025.

Patient Age Range

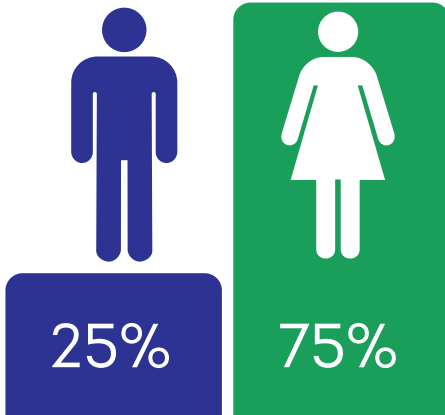
Percentage of Patients



Senior Life Solutions

Patient Profile

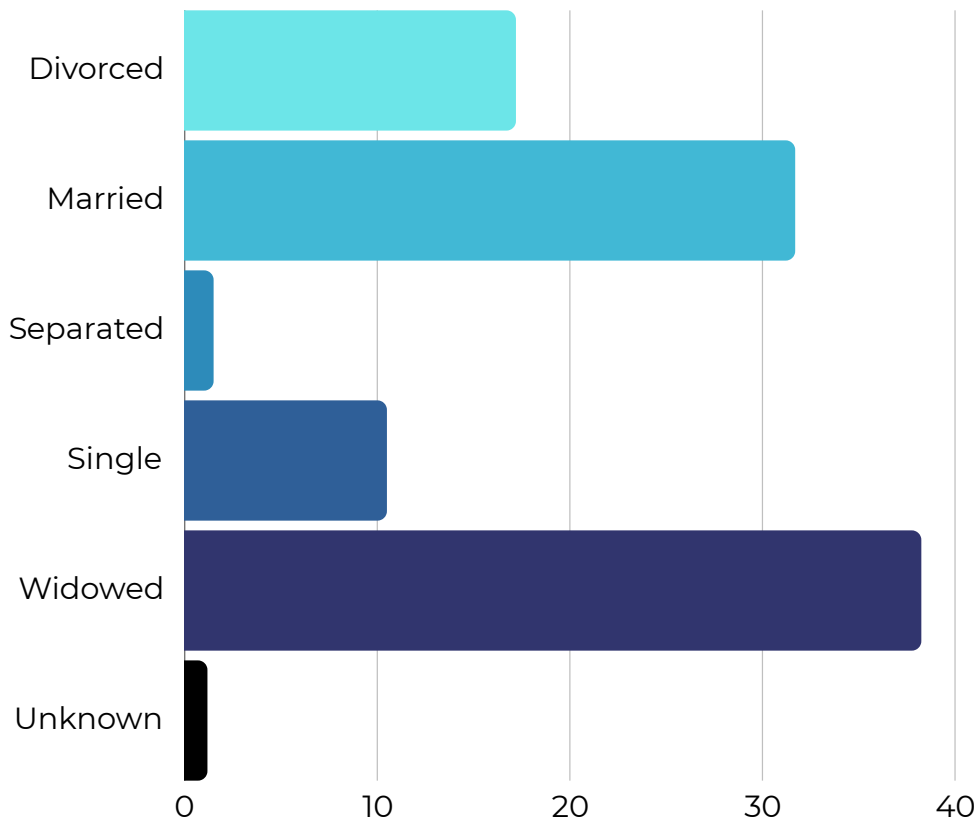
Male vs Female Patients



The majority of Senior Life Solutions' patients in 2025 were female. This data supports research that shows there is a gender divide in the usage of mental health services. Women consult mental health experts more frequently than men. This disparity in mental health care utilization between men and women is not due to a lack of need.

Marital Status

Percentage of SLS Patients



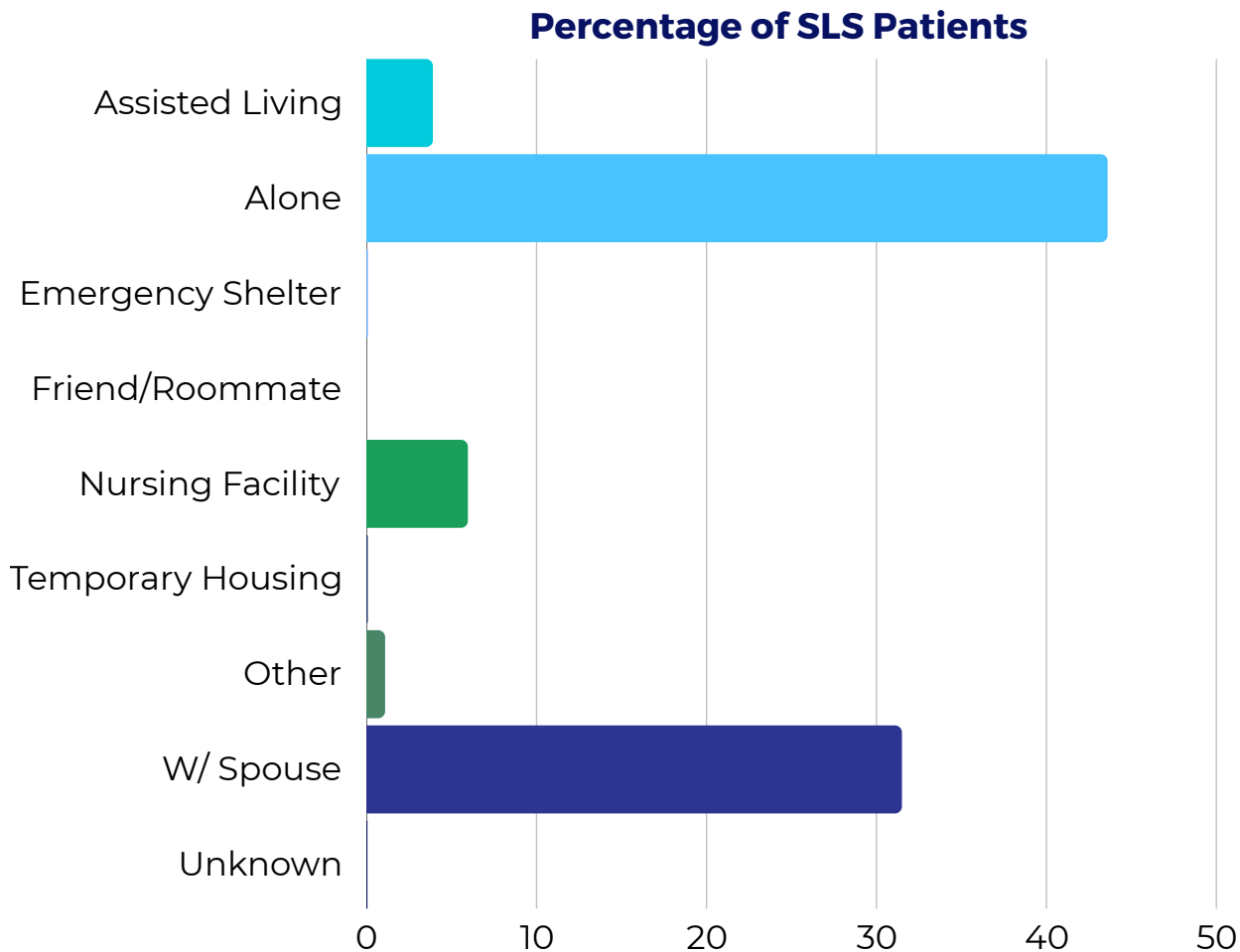
Widowhood remains a significant factor in the mental health of older adults. Programs like Senior Life Solutions can help someone experiencing depression after losing a spouse. 38% of SLS patients were widowed.

*based on Jan. 2025 to Dec. 2025 data

Senior Life Solutions

Patient Profile

Living Situation



*based on Jan. 2025 to Dec. 2025 data

Nearly 44% of Senior Life Solutions' patients lived alone when they were admitted into the intensive outpatient program. It's been well documented that older adults who live alone are more likely to experience mental health challenges such as anxiety and depression. This can be a result of social isolation and loneliness. Group therapy can significantly help older adults who live alone by providing a supportive community where they can connect with others who share similar experiences, combat feelings of loneliness and isolation, and build meaningful relationships through sharing stories and offering mutual support.

Senior Life Solutions

Patient Outcomes



Measured Outcomes

Senior Life Solutions uses assessment tools and surveys to determine the severity of symptoms a patient is experiencing. Assessments are administered before a patient enters the program, during treatment, and upon program completion. The following pages present a summary of patient outcomes based on three assessments (Geriatric Depression Scale, CORE-10, Zung Anxiety Scale). These assessments represent measures used by behavioral healthcare providers around the world.

A majority of SLS patients experienced symptoms of major depressive disorder along with high levels of anxiety. On average, patients who completed the program reported a **42% decrease in symptoms** of depression, anxiety, and distress. The majority of SLS patients graduate in remission from depression and anxiety. The average length of stay in the program was 92 days.

(Based on Jan. 2025 to Dec. 2025 data)

Senior Life Solutions

Patient Outcomes

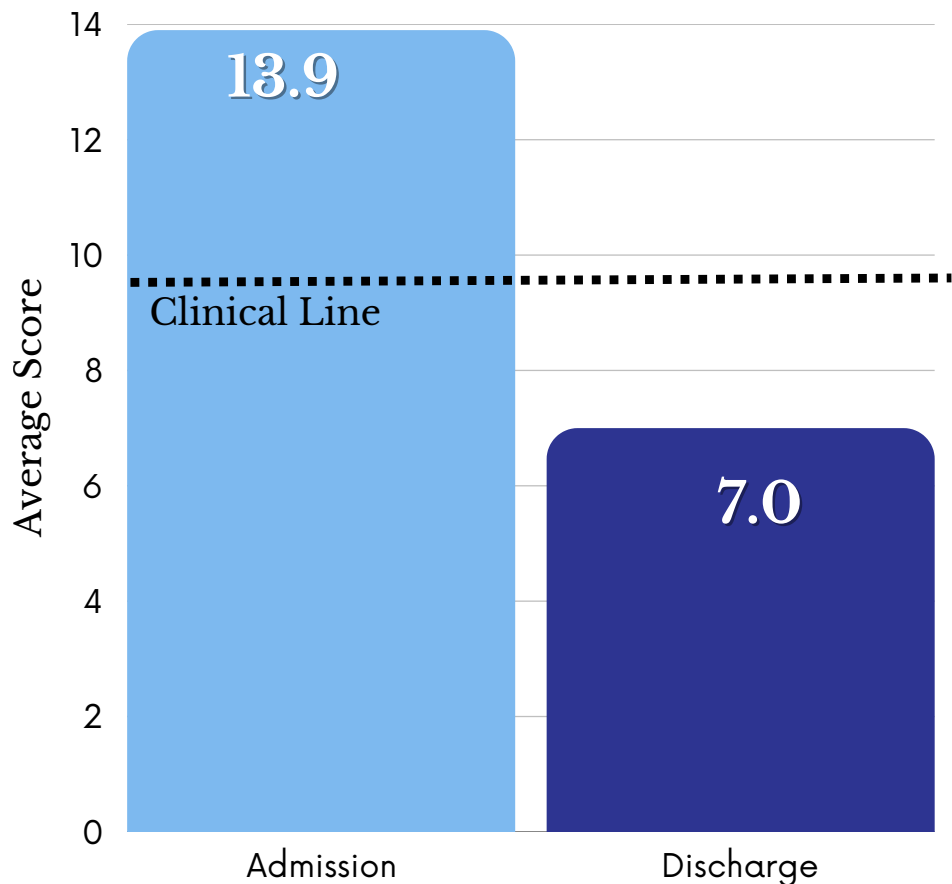
Depression

Depression is the most common disorder among Senior Life Solutions patients. In 2025, at intake, over 83% of admitted patients reported moderate, moderately severe, or severe symptoms of depression, scoring above the clinical line, which indicates possible impairment with daily function. Patients take the Geriatric Depression Scale (GDS) at intake and completion of the program. On average, patients reported a **50% improvement**, with symptoms falling, on average, between the mild and moderate ranges at the completion of the program.

Geriatric Depression Scale (GDS)

The Geriatric Depression Scale (GDS) is a 30-question self-report assessment of depression in older adults. Users respond in a “Yes/No” format. The GDS was found to have a 92% sensitivity and an 89% specificity when evaluated against diagnostic criteria. The validity and reliability of the tool have been supported through both clinical practice and research.

Average SLS Patient GDS Scores



*based on Jan. 2025 to Dec. 2025 data

Senior Life Solutions

Patient Outcomes

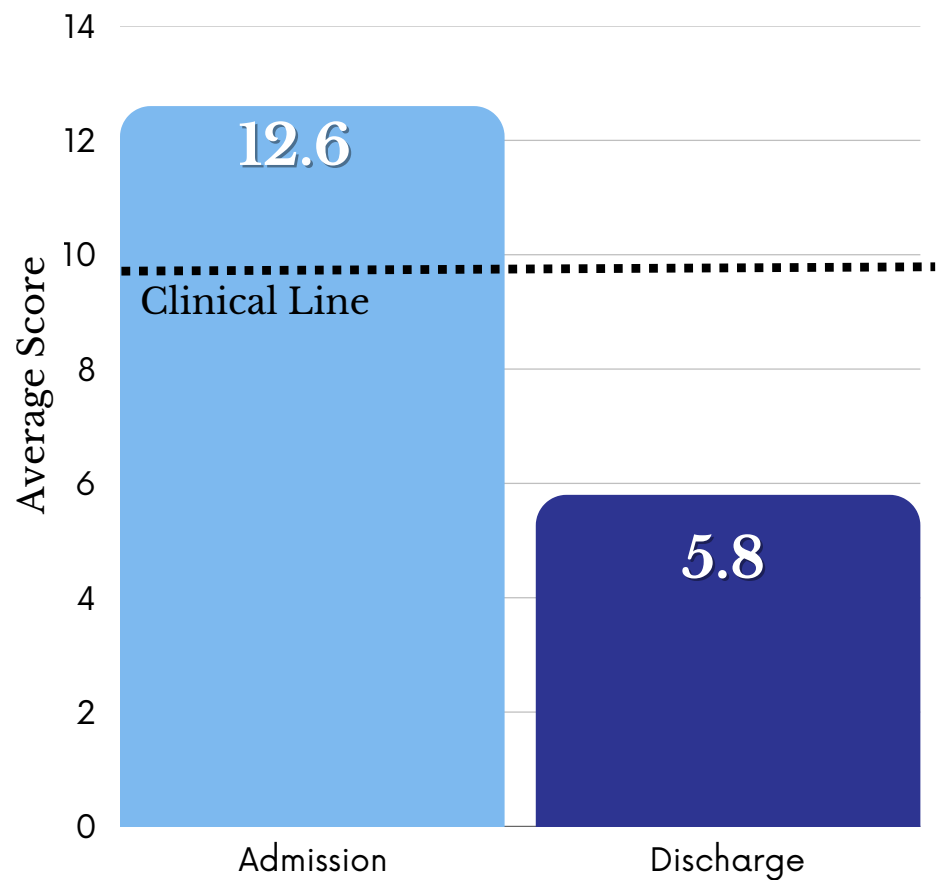
Clinical Outcomes in Routine Evaluation 10 (CORE-10)

The CORE-10 is a 10-item assessment measure for common presentations of psychological distress and is used to track symptoms over the course of treatment. Most patients scored above the clinical line during admission, indicating their symptoms of distress likely impacted their ability to function. On average, patients who completed the Senior Life Solutions program showed a **54% improvement** on the CORE-10 assessment.

CORE-10

The CORE-10 is valued for its brevity and its utility in tracking changes over time in response to treatment or other interventions, making it suitable for routine outcome monitoring in clinical and non-clinical settings. The scale is sensitive to experiences of those with depression, anxiety, post traumatic stress disorder and other highly prevalent mental health disorders. The scale also has items related to suicide, social supports and sleep, making it a valuable tool for identifying risks and treatment targets over and above other questionnaires that purely assess symptoms of psychological distress.

Average SLS Patient CORE-10 Scores



*based on Jan. 2025 to Dec. 2025 data

Senior Life Solutions

Patient Outcomes

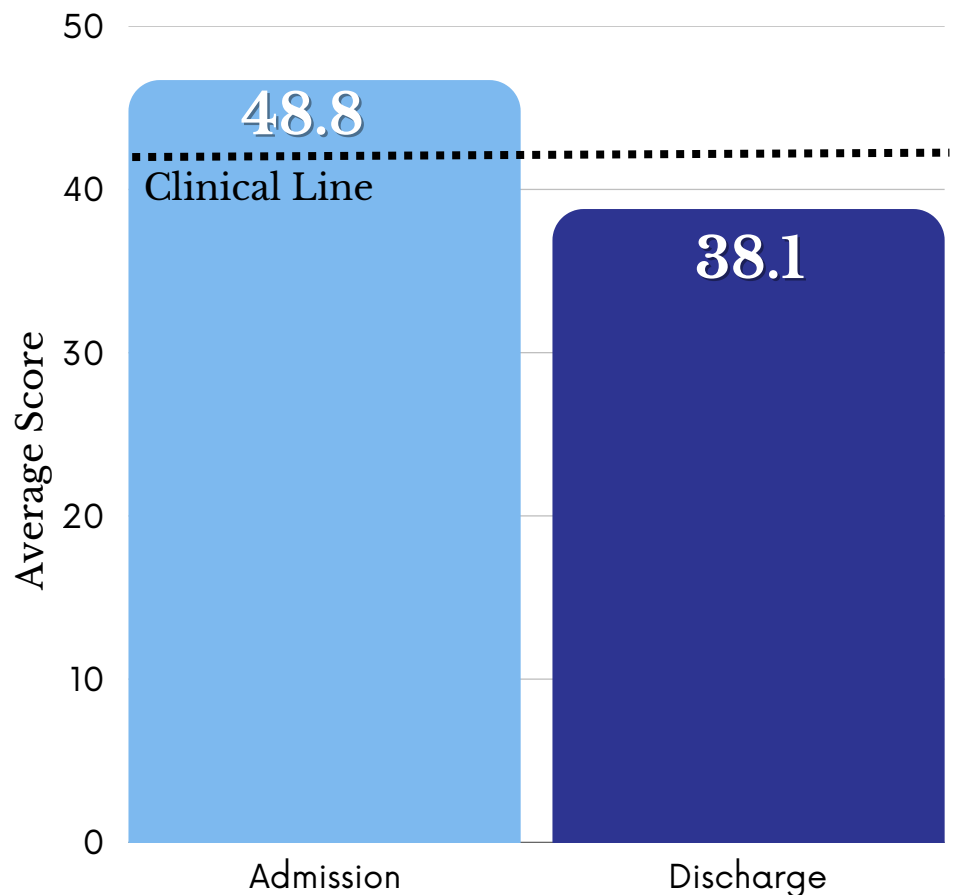
Anxiety

Over 33% of older adults admitted into the Senior Life Solutions program reported high levels of anxiety, including feeling nervous, exhibiting physical symptoms such as stomach aches, fast heart beats and headaches. Patients take the Zung assessment at intake, throughout treatment and after completing the program. The majority of patients initially reported marked to severe anxiety levels, scoring above the clinical line which indicated their anxiety symptoms negatively impacted their ability to function. The average patient reported a **22% decrease in anxiety** symptoms after completing the SLS program.

Average SLS Patient Zung Assessment Scores

Zung Assessment

The Zung anxiety assessment, also known as the Zung Self-Rating Anxiety Scale (SAS), is a self-administered questionnaire used to measure the severity of anxiety symptoms in individuals by asking them to rate how often they experience various anxiety-related feelings on a 4-point scale; it is a widely used tool in both clinical and research settings to assess anxiety levels.



*based on Jan. 2025 to Dec. 2025 data

Senior Life Solutions

Patient Feedback

Patient Feedback

The outcomes data presented in the previous pages reflects the significant impact that Senior Life Solutions has on older adults who struggle with mental health challenges. While this data shows the improvement most patients experience, patient feedback provides another opportunity to evaluate the program and patient experience. Here is a sample of feedback sent in by patients. Any detail that could identify patients has been removed to ensure privacy.

"I feel so much better since I have been coming here. Even my kids say that I seem to be doing better."

"Never have I experienced such a holistic approach. Vitals are taken each session, recognizing the physical health influences on mental health. The group setting allows members to be supportive of one another, and we all know that acts of supporting another supports ourselves. I go there to grow and get better. This program provides opportunity for growth and healing."

"This program totally changed my life. Might have saved it. I realize now that I did have a mental problem and learned how to deal with it. Thank you isn't enough."

"Senior Life Solutions was my first personal exposure to therapy. I'm unsure who recommended my participation but am so glad. Sometimes I wonder what our therapist is trying for with her exercises, but they usually end up getting us to open up about life experiences. We then see others have had the same or worse things happen. When you realize your life is not so bad it helps with your mental health."

"When I first attended SLS, my mental state was so desperate I could barely function due to my career. Through SLS's counselors and group discussions, I have my life back. Yes, it is very intense but soon I became part of a family, learning skills that I never knew existed. I know I got my life back by using simple things I never dreamed of. The staff at SLS are dedicated and they are serving each of us with the goal of becoming a whole person."


"With SLS, I have a group of people that listens to me and gives me feedback, and I get to return my thoughts to them without judgment. I'm accepted for who I am."




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