



Un Nuevo Amanecer



A New Dawn

ONE LIFE

ONE FAMILY

ONE COMMUNITY





El Centro de la Comunidad Unida The United Community Center

- Community – based non-profit organization located in Milwaukee, WI
- Serves ~ 18,000 people annually
- UCC Mission: To provide programs and services to Hispanics and near south side residents of all ages
- Elderly Programs: Senior Center, Family Care Management, Latino Geriatric Center



ONE LIFE

ONE FAMILY

ONE COMMUNITY



Background

- Program need established through the “Latino Seniors Health and Depression Study” (2008)

A total of 63 Latino seniors were screened for depression.

Among those screened, 43% (n=27) exhibited mild to severe depressive symptomology.

- Study led to an Older Adults Targeted Capacity Expansion grant, funded through SAMHSA, in 2008.

ONE LIFE

ONE FAMILY

ONE COMMUNITY



Purpose

- *Un Nuevo Amanecer* (A New Dawn) targets Latino older adults, age 60 and older, who are experiencing symptoms of depression.
- Program goals include:
 - Decreasing participants' severity of depression.
 - Improving participants' physical functioning.
 - Improving participants' quality of life and social connectedness.
- Uses IMPACT, an evidence-based collaborative care model designed for older adults with depression.

ONE LIFE

ONE FAMILY

ONE COMMUNITY



Population Served

- Over 165 participants have been served to date through the *Un Nuevo Amanecer* program.

Group	%
Latino/Latina	100%
Mexican ancestry	43%
Puerto Rican ancestry	39%
Female	70%
Less than 12 th grade education	83%

ONE LIFE

ONE FAMILY

ONE COMMUNITY



IMPACT Model – Collaborative Approach

- Collaboration between the UCC Care Manager (CM) and the participant's Primary Care Physician (PCP).

Each participant is assigned a CM who remains constant throughout the course of their treatment.

CMs communicate regularly with PCPs about participants' progress in treatment and other issues.

- Additional clinical support is provided to CMs by the UCC Treatment Team, which includes a Clinical Manager, Clinical Treatment Consultant, Consulting Psychologist, and Consulting Psychiatrist.

ONE LIFE

ONE FAMILY

ONE COMMUNITY



IMPACT Model – Treatment Approach

- Older adults are screened for depressive symptoms and exclusionary conditions using the IMPACT screening tool.
- Eligible participants choose between:
 - Antidepressant medication
and
Behavioral Activation (BA)
 - OR
 - Problem Solving Treatment (PST)
and
Behavioral Activation (BA)
- Participant meets with a Care Manager regularly over the course of treatment (approximately one year). Progress is monitored using the PHQ-9.
- If the participant does not respond during the initial phase of treatment, the team adjusts the treatment plan using a Stepped Care model.
- Once stabilized, a Relapse Prevention Plan is put into place (and the CM checks in periodically with the participant).

ONE LIFE

ONE FAMILY

ONE COMMUNITY



Adapting IMPACT to the Local Context

- The IMPACT model was originally developed to provide services to older adults in a primary care setting.
- However, A New Dawn is housed and implemented at the UCC—a community-based setting.

Informal, accessible, and primarily Spanish-speaking setting of the UCC may help to reduce barriers to accessing services.

Participants also have access to several other health and social programs located at the UCC.

- CMs build on existing relationships with local PCPs who serve the Latino community to establish and maintain communications.

ONE LIFE

ONE FAMILY

ONE COMMUNITY



Adapting IMPACT to the Population's Culture

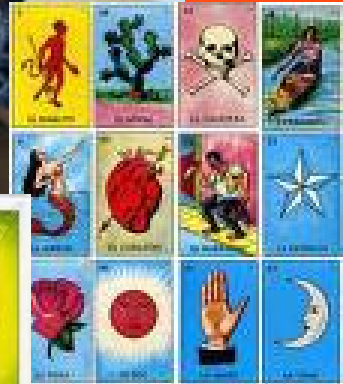
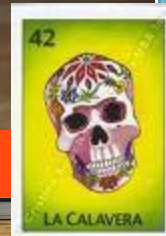
- Translation of tools and materials into Spanish
- Adaptations for low-literacy participants
- Outreach and recruitment strategies
- Extra time up front for trust building and education
- Extra time for case management activities
- Culturally appropriate BA and PST
- Aftercare group (art therapy)
- Culturally appropriate approaches to grief/loss

ONE LIFE

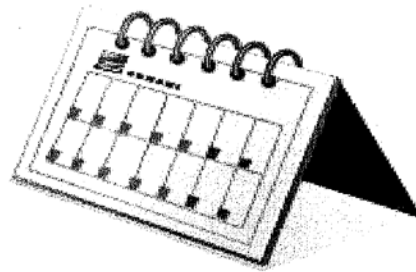
ONE FAMILY

ONE COMMUNITY





PHQ – 9 Visual Aid



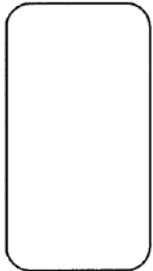
Durante las ÚLTIMAS 2 SEMANAS, ¿con qué frecuencia ha tenido molestias por este problema?

NUNCA

VARIOS
DIAS

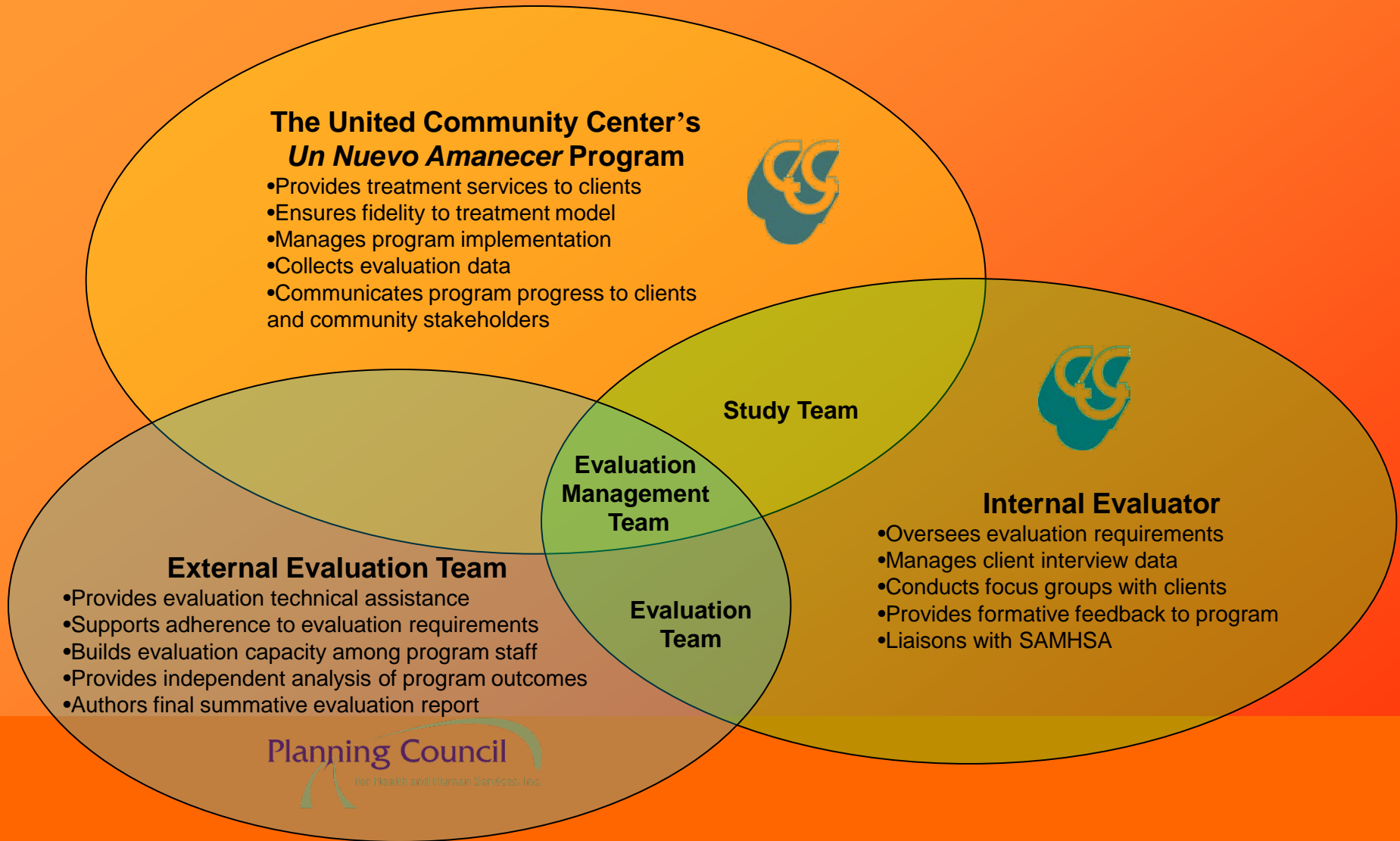
MAS DE LA
MITAD DE
LOS DIAS

CASI TODOS
LOS DIAS



PHQ-9 Visual Aid. Adapted from the PHQ9*. Property of the United Community Center, Inc. Do not use without permission. Contact Cindy Suszek, Human Services Director, for more information at (414) 414-649-1922. United Community Center, 1028 S. 9th St, Milwaukee, WI 53204. * Kroenke, K, Spitzer, R.L., Williams, J.B.W. (2001). The PHQ-9: Validity of a brief depression severity measure. *Journal of General Internal Medicine*, 16, 606-613.

Un Nuevo Amanecer: Evaluation Implementation Model



Preliminary Results

- Among the 112 participants who were interviewed 6 months following program entry, 98% - 99% strongly agreed or agreed that:
- They liked the services they received through *Un Nuevo Amanecer*;
 - Program staff helped them obtain information to manage their illness;
 - Program staff believed they could grow, change, and recover;
 - They would recommend the agency to a friend or family member; and
 - Even if they had other choices, they would still get services from UCC.

ONE LIFE

ONE FAMILY

ONE COMMUNITY



Preliminary Results (cont.)

- Preliminary data indicate improvements in all areas of social connectedness from intake to 6-month follow-up (N=112).

Social Connectedness Item	Baseline # and % Strongly Agree or Agree	6 Months # and % Strongly Agree or Agree
I am happy with the friendships I have.	73%	89%
I have people with whom I can do enjoyable things.	73%	92%
I feel I belong in my community.	78%	89%
In a crisis, I would have the support I need from family or friends.	88%	92%

- Preliminary data also show early indications of trends towards improvement in: symptoms of depression, physical functioning, and quality of life rating.

ONE LIFE

ONE FAMILY

ONE COMMUNITY



Our Community Advisory Board

- UNA participants from the UCC Elderly Programs (our target population for UNA).
- The internal evaluator meets with them on a periodic basis to talk to them about the evaluation, share updates, and ask for their feedback on the program services.
- They think some people do not enroll because of: denial, fear of unknown places and people, lack of confidence, or they may not know that the services are available in Spanish.



ONE LIFE

ONE FAMILY

ONE COMMUNITY



Participant Testimony

"You have saved my life. Before the Program, I thought my live was over and no one was there for me. Now, at UCC we have a place to go to where we can get help and have a better quality of life."

– "Ana"

ONE LIFE

ONE FAMILY

ONE COMMUNITY



Thank You!

Angelica Delgado, MS
United Community Center
adelgado@unitedcc.org

Andrea Garr
United Community Center
agarr@unitedcc.org

Erin Malcolm, MAPS
Planning Council for Health and Human Services, Inc.
emalcolm@planningcouncil.org

ONE LIFE

ONE FAMILY

ONE COMMUNITY

