Un Nuevo Amanecer

A New Dawn

ONE LIFE  ONE FAMILY  ONE COMMUNITY
• 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
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.
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.
Population Served

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

<table>
<thead>
<tr>
<th>Group</th>
<th>%</th>
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<tbody>
<tr>
<td>Latino/Latina</td>
<td>100%</td>
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<tr>
<td>Mexican ancestry</td>
<td>43%</td>
</tr>
<tr>
<td>Puerto Rican ancestry</td>
<td>39%</td>
</tr>
<tr>
<td>Female</td>
<td>70%</td>
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<tr>
<td>Less than 12th grade education</td>
<td>83%</td>
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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.
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)
  - Problem Solving Treatment (PST) and Behavioral Activation (BA)
- OR
- 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).
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.
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
Durante las ÚLTIMAS 2 SEMANAS, ¿con qué frecuencia ha tenido molestias por este problema?

- NUNCA
- VARIOS DÍAS
- MAS DE LA MITAD DE LOS DÍAS
- CASI TODOS LOS DÍAS
**Un Nuevo Amanecer: Evaluation Implementation Model**

The United Community Center’s
*Un Nuevo Amanecer* Program
- Provides treatment services to clients
- Ensures fidelity to treatment model
- Manages program implementation
- Collects evaluation data
- Communicates program progress to clients and community stakeholders

**External Evaluation Team**
- Provides evaluation technical assistance
- Supports adherence to evaluation requirements
- Builds evaluation capacity among program staff
- Provides independent analysis of program outcomes
- Authors final summative evaluation report

**Internal Evaluator**
- Oversees evaluation requirements
- Manages client interview data
- Conducts focus groups with clients
- Provides formative feedback to program
- Liaisons with SAMHSA

**Evaluation Team**

**Evaluation Management Team**

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

Preliminary Results (cont.)

<table>
<thead>
<tr>
<th>Social Connectedness Item</th>
<th>Baseline # and % Strongly Agree or Agree</th>
<th>6 Months # and % Strongly Agree or Agree</th>
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<tbody>
<tr>
<td>I am happy with the friendships I have.</td>
<td>73%</td>
<td>89%</td>
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<tr>
<td>I have people with whom I can do enjoyable things.</td>
<td>73%</td>
<td>92%</td>
</tr>
<tr>
<td>I feel I belong in my community.</td>
<td>78%</td>
<td>89%</td>
</tr>
<tr>
<td>In a crisis, I would have the support I need from family or friends.</td>
<td>88%</td>
<td>92%</td>
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Preliminary data also show early indications of trends towards improvement in: symptoms of depression, physical functioning, and quality of life rating.
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.
Participant Testimony

“You have saved my life. Before the Program, I thought my life 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”
Thank You!

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