

**Central Ohio Area Agency on Aging (COAAA)
ARPA TITLE III Service Specifications (June 2023)**

Mental and Behavioral Health Counseling

Description:

Mental health services can include any of the following services: Screening for the prevention of depression, coordination of community mental health services, provision of information to seniors about mental health services, development of "peer" gerontological counseling programs, therapeutic mental health counseling (provided by qualified, licensed mental health professionals or others trained and supervised by another qualified professional) and referral to psychiatric and psychological services.

Client Eligibility:

- Age Requirement: Clients must be aged 60 or older.
- Residency: Clients must be residents of the COAAA service area (Delaware, Fairfield, Fayette, Franklin, Licking, Madison, Pickaway, Union counties).
- Mental and Behavioral Health Needs: Clients must demonstrate a need for counseling services related to mental health and behavioral issues.

Examples of Tasks:

- Individual Counseling: Providing one-on-one counseling sessions to address clients' mental health concerns, including anxiety, depression, grief, trauma, and stress management.
- Crisis Intervention: Offering immediate assistance and support to clients in times of crisis, including situations involving self-harm, suicidal ideation, or severe emotional distress.
- Caregiver Support: Providing counseling services to family members or caregivers of older adults, focusing on their own mental health needs and the challenges they face in caregiving.
- Referrals and Resource Navigation: Assisting clients in accessing additional mental health resources, such as psychiatrists, support groups, or community-based services.

Provider Requirements:

- Qualified Professionals: Providers should employ licensed or certified mental health counselors, psychologists, social workers, or other qualified professionals experienced in working with older adults.
- Cultural Competence: Providers must demonstrate cultural sensitivity and understanding of the unique needs and challenges faced by older individuals from diverse backgrounds.

Supervision Requirements:

- Providers should establish appropriate supervision mechanisms to ensure the quality and effectiveness of counseling services. This may involve regular clinical supervision

sessions for counselors and periodic case reviews to monitor client progress and address any challenges.

Documentation Requirements:

- Intake Assessments: Initial assessments capturing clients' mental health concerns, history, and treatment goals.
- Treatment Plans: Individualized plans outlining the counseling goals, objectives, and strategies for each client.
- Progress Notes: Regular progress notes documenting the client's response to counseling interventions, any changes in their mental health status, and ongoing treatment adjustments.
- Discharge Summaries: Summaries provided at the end of counseling services, highlighting the client's progress, recommendations for continued care, and referrals, if applicable.
- Providers are required to submit regular reports to COAAA via WellSky data collection software

Units of Service:

- Hourly Basis: Each counseling session may be considered as one unit of service, typically lasting 50-60 minutes.