

Maumee Valley Guidance Center with funding from the Four County ADAMHS Board offers the Healthy Ideas prevention program to older adults.

The program is an evidence-based community depression program designed to detect and reduce the severity of depressive symptoms in older adults with chronic health conditions and functional limitations through existing community based case management services.

Healthy IDEAS is a national model with measurable results and demonstrated benefits for older adults.

- *Fewer symptoms of depression*
- *Decreased physical pain*
- *Better ability to recognize and self-treat symptoms*
- *Improved well-being through achievement of personal goals*




Symptoms of Depression

- Change in Sleep
- Change in eating habits
- Low Energy or fatigue
- Feelings of worthlessness or excessive guilt.
- Restlessness or slowed movement
- Thoughts of death or suicide
- Depressed mood or an inability to enjoy life
- Symptoms persist for two weeks or longer

Healthy Ideas improves quality of life by:

- *Screening for symptoms of depression and assessing their severity*
- *Educating older adults and caregivers about depression*
- *Linking older adults to primary care and mental health providers*
- *Empowering older adults to manage their depression through a behavioral activation approach that encourages involvement in meaningful activities.*



Goals of the Program

- Identify and Address depression in older adults
- Reach the intended population of frail, high-risk elders, who are often overlooked and under-treated.
- Improve the linkage between community aging service providers and health care professionals through appropriate referrals, better communication & effective partnerships.
- Prevent recurrence of depression through regular ongoing depression screening.

Nearly 1 in 5 Americans age 65 or older experience symptoms of depression .

Service Locations

Defiance

419-782-8856 | Fax: 419-784-4506
211 Biede Ave., Defiance, Ohio 43512

Bryan

419-636-2932 | Fax: 419-636-1982
203 N. Lynn St, Bryan, OH 43506

Napoleon

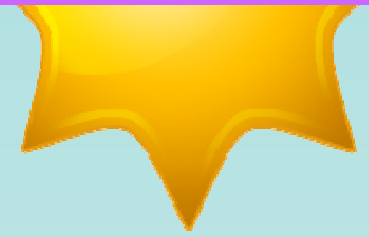
419-592-5981 | Fax: 419-592-4522
407 Independence Dr, Napoleon, OH 43545

Wauseon

419-337-5941 | Fax: 419-337-6439
222 Depot Street, Wauseon, OH 43567

TOLL FREE NUMBER: 800-569-3980

WEB SITE: maumeevalleyguidancecenter.org
EMAIL: mvgc@defnet.com



Enhancing the Quality of Life For Those We Serve



Healthy Ideas

Depression and The Older Adult

Maumee Valley Guidance Center is a Behavioral Healthcare Center serving residents of Defiance, Fulton, Henry and Williams Counties for over 50 years. We are here to meet the diverse behavioral health needs of individuals and families in our community.

The professionals at Maumee Valley Guidance Center work as a team to bring clients the following services:

- Medication Management

- Psychiatrists that specialize in Adults and Children
- Registered Nurses

- Individual, Couples and Family Counseling

- All of our therapists are Master's Level Clinicians

- Community Psychiatric Support Treatment

- Our Qualified Mental Health Specialists work with clients to assist them within the community.

