



TEXAS
Health and Human
Services

Person-Centered Trauma Informed Care and Opioid Use/Misuse Considerations for Older Adults

Camden Frost, Texas Health and Human Services

Office of Aging Services Coordination

Texas HHSC Institute | July 23, 2024

Appreciation



TEXAS
Health and Human
Services

Substance Abuse and Mental Health Services Administration (SAMHSA)

Funding was made possible (in part) by grant award number 1H79TI081729 from SAMHSA and with the support of The Texas Health and Human Services Commission (HHSC).



The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services or Texas Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. or Texas Government.



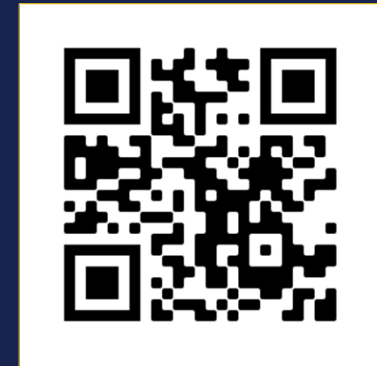
TEXAS
Health and Human
Services

Appreciation (cont'd)

Thank you to our Collaborators!

In addition to SAMHSA, we extend our thanks to all attendees, our Presenter(s) and our many Collaborators.

- Texas Health and Human Services Commission (HHSC)
- Texas HHS Office of Aging Services Coordination (ASC)
- Texas Targeted Opioid Response (TTOR)
- Texas Area Agencies on Aging (AAA)



**Texas
Targeted
Opioid
Response**

Learning Objectives

Overview

- Recognize trauma and how it impacts older adults.
- Describe a person-centered trauma informed approach to working with older adults.
- Discuss opioid use among older adults.
- List available resources for working with older adults.



TEXAS
Health and Human
Services



TEXAS
Health and Human
Services

Trauma and Older Adults

Quick Knowledge Check



TEXAS
Health and Human
Services

Fact or Myth?

Older adults are often more vulnerable to the adverse effects of opioids.

Older adults prescribed opioids for chronic pain management cannot get addicted.

Chronic pain is an inevitable part of aging, and nothing can be done.



Trauma

Why is TRAUMA so important to understand?

- Universal experience
- One time or repeatedly
- More common for people living with mental health issues and/or substance use disorders
- All encompassing harmful experiences
- Crosses all ages, gender, socioeconomic status, ethnicity, race and geography
- Cumulatively so much more for populations repeatedly experiencing trauma



TEXAS
Health and Human
Services



TEXAS
Health and Human
Services

The three E's and 4 R's

The 3 E's

1. Events
2. Experience
3. Immediate/delayed, short/long term

The 4 R's

1. Realization
2. Recognition
3. Response
4. Resist Re-traumatization

Source: [samhsa.gov/product/trauma-and-guidance-approach](https://www.samhsa.gov/product/trauma-and-guidance-approach)



TEXAS
Health and Human
Services

Trauma & the Older Adult Lifespan

Traumatic events for Older Adults

(Adults ages 60 thru 100; Born 1924 thru 1963)

- Stock Market crash (1929)
- The Great Depression years (1929-1939)
- WWII, Nazi Germany, The Holocaust (1939-1945)
- Pearl Harbor attack (1941)
- Hiroshima/Atomic Bomb (1945)
- Korean War (1950-1953)
- Vietnam War (1950-1975)
- First Hydrogen Bomb (1952)
- McCarthy era/Communism (1954)
- Civil Rights Movement (1950s-1960s)
- Persian Gulf War (1990s)
- Rodney King and LA riots (1992)
- Oklahoma bombing of a federal building (1995)
- Increasing severity of extreme weather events; Hurricane Katrina (2005)
- Increase in gun violence events (1990s to present)
- Global pandemic/Covid (2020)



TEXAS
Health and Human
Services

Older Adults & Trauma History

90% of Older Adults
fear **Chronic Diseases**
PTSD Minimizing
Stigma Dementia

Source: acl.gov/programs/advancingcare/holocaust-survivors



TEXAS
Health and Human
Services

Person-Centered Trauma Informed Care



TEXAS
Health and Human
Services

Person-Centered Trauma-Informed

HISTORY

In 2015, the Administration for Community Living (ACL) created the term *person-centered trauma-informed (PCTI)*, to envision a service approach that is holistic for victims that promotes dignity and empowerment.

Basic Principles for Service Delivery should include:

- Strength of experience
- Need
- Preferences
- Goals
- Multi-level education for all organizations involved in the care of the individual (4 R's of Trauma)

Source: acl.gov/programs-advancing-care-holocaust-survivors



TEXAS
Health and Human
Services

More Background on PCTI Care

Person-Centered Care – “Integrated health care services delivered in a setting and manner that is responsive to individuals and their goals, values and preferences, in a system that supports good provider–patient communication and empowers individuals receiving care and providers to make effective care plans together.” (www.cms.gov)

Trauma-Informed Care – comprehensive understanding of the impact of trauma (SAMHSA, 2014)

State Policy Movement in Support of Trauma Informed Care Approaches:

- [Futures without violence](#)
- [Changing Minds: Preventing and Healing Childhood Trauma Guide](#) (Futures Without Violence, CA, January 2018)

“Trauma can occur at any point during the life course, without regard to age, gender, socioeconomic status, race, ethnicity, geography, or sexual orientation.”

(SAMHSA, 2014)

PCTI Approaches



TEXAS
Health and Human
Services

PCTI Characteristics

Self-determination

Important TO

Belief Optimism Inclusion

Dignity **Respect**
voice

PERCEPTION



TEXAS
Health and Human
Services

Source: [acl.gov/programs/advancingcare/holocaust-survivors](https://www.acl.gov/programs/advancingcare/holocaust-survivors)



TEXAS
Health and Human
Services

Other Older Adult Considerations

What are some other nuances of older adult trauma and care?

- Traumatic injuries (MVAs, Falls)
- Sensory disabilities
- Medical comorbidities
- Other Physical disabilities
- Polypharmacy

Age-Friendly Health Care Systems

- 1) Cause no harm
- 2) Follow Evidence-based practices
- 3) Always align with what matters most to the older adult and their caregiver.

Source: ihi.org/initiatives/age-friendly-health-systems



**IHI video on
Age Friendly
Health Care
Systems**



TEXAS
Health and Human
Services

Opioid Use and Older Adults

Older Adults and Opioid Use

Older Adult Drug Facts

- The numbers!
- Slower metabolism
- Chronic pain
- Physiological changes
- Number of prescribed medications
- Opioids for pain management
- Aging changes increasing fall risk
- Increased risk for misuse/errors/substance abuse



Source:

[Substance Use in Older Adults-National Institute](#)



TEXAS
Health and Human
Services



TEXAS
Health and Human
Services

Older Adults & Substance Misuse

Substance Misuse

- Alcohol
- Nicotine
- Nicotine Vaping
- Marijuana/Medical Marijuana
- Opioid Pain Meds
- Heroin use



Source:

[US HHS National Institute on Drug Abuse; Institutes of Health](#)



TEXAS
Health and Human
Services

Older Adults & Opioids

Pros

- Treatment components
- Generational differences

Cons

- More chronic conditions and stronger bodily impact
- Prescribed multiple opioids more often, more frequent
- Age-related metabolic challenges
- Highest risk for death due to medication error, respiration depression, suicide, or excessive sedation due to opioid use



Source: [acl.gov/programs-advancing-care-holocaust-survivors](https://www.acl.gov/programs-advancing-care-holocaust-survivors)



TEXAS
Health and Human
Services

Aging Resources

Texas Health and Human Services (HHS) and Aging Services Coordination (ASC)

ASC represents the voice of older Texans, working to provide opportunities to age and live well by:

- Connecting and coordinating aging services and programs;
- Raising awareness of aging issues and available resources;
- Creating innovative programs to meet identified needs; and
- Building partnerships to enhance and expand existing resources.



**Texas
HHS
website**



TEXAS
Health and Human
Services



TEXAS
Health and Human
Services

Aging Texas Well (ATW)

In 2005, Executive Order, RP 42, established a vision for statewide healthy aging across 16 life areas of wellness and a strategy and Advisory Committee to address the ongoing identification of aging priorities and preparedness for Texas.





TEXAS
Health and Human
Services

Age Well Live Well

Be Healthy

Maintain and improve your mental, physical and spiritual health as you age.

Be Connected

Stay engaged and connected to your community.

Be Informed

Learn about available services and supports that you might need as you age.



HHS ASC & TTOR Project

Project Development

2016 – One third of Medicare Part D beneficiaries (14.4 million) had at least one opioid prescription out of over 500K beneficiaries (Source: ACL)



2017 - US Department of HHS implemented a 5-Point Strategy to address the Opioid Crisis that included:

1. Improving access to prevent/treat/recover
2. Targeting availability and distribution of drugs that reverse overdose
3. Strengthening/understanding with better public data health reporting
4. Researching and supporting pain/addiction
5. Advancing practices for pain management



TEXAS
Health and Human
Services



TEXAS
Health and Human
Services

TTOR/ASC Capacity Building Focus

Area Agency on Aging (AAA) Collaboration

- Opt-in, voluntary participation
- Three intervention areas to receive funding (Medication Reviews, approved Evidence-based Intervention programs for chronic pain management, and capacity building/match activities)
- ASC technical assistance and outreach activities provided annually to support the project
- **AAA Toll Free Line (1-800-252-9240)**





TEXAS
Health and Human
Services

Medication Review Component

Area Agency on Aging (AAA) Participation Goals

- Enhance existing Medication Review processes
- Develop new Medication Review methods
- Identify issues with existing medications
- Develop corrective efforts to decline/decrease unnecessary opioid use



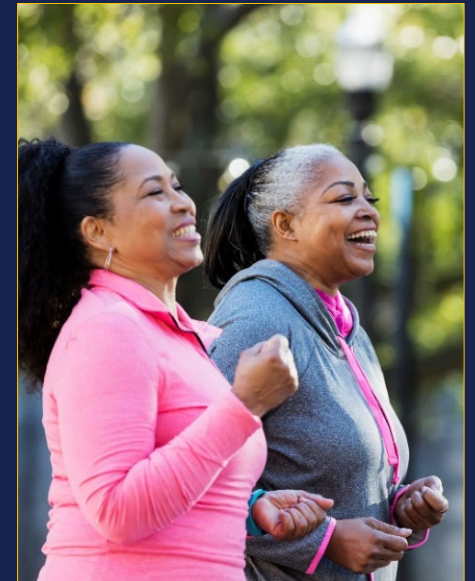
Evidence-based Intervention Programs Component



TEXAS
Health and Human
Services

AAA Evidence-based Programs:

- [Walk with Ease](#)
- [Fit and Strong](#)
- [Enhance Fitness](#)
- [Chronic Pain Self-Management Program](#)
- [Chronic Disease Self-Management Program](#)
- [AEA Arthritis Foundation Aquatic Program](#)
- [Arthritis Foundation Exercise Program](#)
- [Tai Chi Quan: Moving for Better Balance \(TJQMBB\)](#)
- [Tai Chi Prime](#)
- [Tai Chi for Arthritis](#)



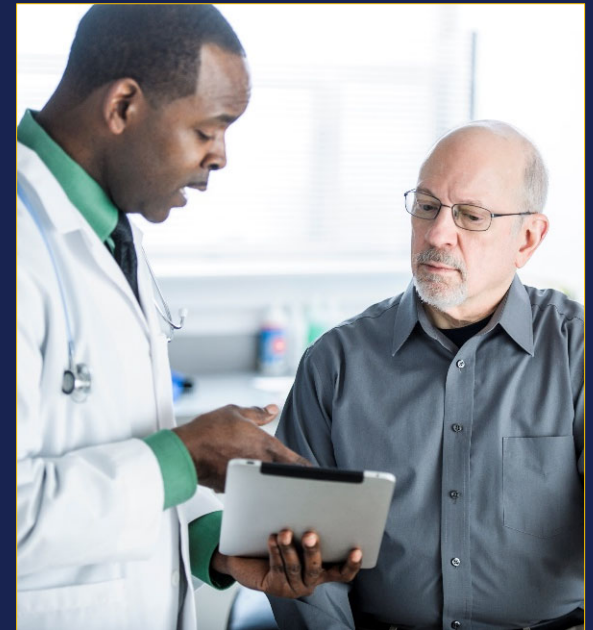


TEXAS
Health and Human
Services

Capacity Building Component

AAA and Capacity Building

- Expand local readiness/capacity
- Offer local trainings
- Host local awareness building events
- Develop collaborations with medical professionals and substance abuse providers





TEXAS
Health and Human
Services

Additional ASC Activities to Support Capacity Building

Project Activities:

- AAA Participant webinars
- Regional Policy Symposiums (Aging/Substance Misuse focus)
- Statewide Marketing Campaign
- Awareness Promotional materials
- Summer Learning Series (Two-month long, weekly Lunch & Learn Speaker Series)





TEXAS
Health and Human
Services

Project Successes

Successes across project

- Increased self-efficacy and demand
- Increased awareness; reduced opioid Rx
- Expanded collaboration
- OSAR awareness via staff trainings
- Local health fair participation
- Public awareness via marketing and promotional efforts





TEXAS
Health and Human
Services

Sustainability of the Work

Moving forward

- Continuing collaborative work
- Helping to Build Coalitions
- Promoting Educational/Training
- Building strong partnerships
- Developing innovative resources



HHS ASC Resources

HHS ASC's Aging Well Resource Form

Choose over 100 downloadable resources across multiple topics to support aging well

HHS Learning Resource Network (LRN)

Texas Health and Human Services learning network for external trainings on the LRN

Free First Responder Training Series

Six modules cover Aging 101; Communicating with Older Adults; Health and Safety; Other issues: Scams, Legal, ANE and APS; Long-term Care (LTC) Facilities and State LTC Ombudsman; Community Resources for Older Adults)



**Aging
Well
Resource
Form**



TEXAS
Health and Human
Services

Activity

PCTI Scenario - Alberto

- 73 yrs.
- Lives alone
- Recent surgery due to a fall
- Chronic pain
- Opioid Rx for 4 months (Oxycodone)
- Increased alcohol use
- Vietnam Veteran
- History of PTSD & Depression (Rx prescribed for over 10 yrs.)
- Recent transition to heroin due to medical debt



TEXAS
Health and Human
Services



TEXAS
Health and Human
Services

Questions?

camden.frost@hhs.texas.gov

agingtexaswell@hhs.texas.gov

[TX Opioid Response](#)