



Mental Health Services for Elders



Facing Change Together

We're here to help

Growing older or being homebound can sometimes bring about changes in an individual's health, emotional well-being, memory, and social life. It is often difficult to cope with these changes.

Tri-County Mental Health Services offers mental health assessment and treatment to people living in the community who are elderly or otherwise homebound and their families.

Assessment

- Patients are identified through their Primary Care Doctor's office, through Tri-County referral sources or staff.
- The PHQ-9 Assessment Tool is used for the first screening and at discharge.
- Patients can be seen in their home or healthcare facility.
- The psychosocial assessment also evaluates an individual's social, medical, cognitive, economic, and living situation in order to understand the whole person.
- Recommendations for services are then made by the social worker or counselor. This may include linkage to other helpful agencies.

Treatment

- We use a brief solution-orientated treatment model, providing support for approximately 120 days or 6 sessions.
- We provide counseling in the home.
- Consultations and training for service providers

Payment

Thanks to the generous support of the United Way of Greater Portland, funding is available for patients regardless of insurance coverage.

This service is made possible through generous support from
the United Way of Greater Portland

