



### Substance Use and Older Adults

#### Appendix: Reviews of Curricular Resources

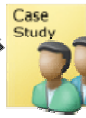
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✦ Highly recommended for free, user friendly curricular resources easily adapted to advanced MSW classroom settings.

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**Title:** Module 10C: Older Adults and Alcohol Problems

**Type:** Teaching (with PowerPoint slides, case studies, discussion questions)

**Audience:** Master of Social Work Students

**Author:** National Institute on Alcohol Abuse and Alcoholism

**Year:** 2005

**Description:** The Older Adults and Alcohol Problems curriculum module is part of a larger curriculum entitled “Social Work Education for the Prevention and Treatment of Alcohol Use Disorders” developed by the National Institute on Alcohol Abuse and Alcoholism (NIAAA). NIAAA developed the curriculum emphasizing two priorities: inclusion of evidence-based materials and “user-friendliness.” This module, which may be used independently or in conjunction with other modules from NIAAA curriculum, focuses primarily on alcohol-related problems and evidence-based interventions with older adults.

The following topics are covered:

- Prevalence of problems related to use, misuse, and abuse among older adults
- Drinking guidelines and definitions of alcohol use patterns
- Issues unique to older adults, signs of potential problems, and barriers to identification with special populations
- Co-morbid medical and psychiatric conditions
- Screening and detection
- Prevention, brief alcohol intervention, and treatment
- Summary and recommendations for practice

Materials include a PowerPoint presentation, instructor notes pages, and participant handout. The NIAAA curriculum also provides case studies with discussion questions for classroom use and instructor tips for teaching through case examples. Two (out of 15) case studies illustrate issues encountered in social work practice with older adults. The detailed notes and case illustrations allow for easy adaptation for use of the module by both specialist and non-specialist instructors. The module may be used as a 110-minute session broken up into a 60-minute slide lecture, a 30-minute small group role play/discussion, and a 20-minute large group wrap-up. Instructors could also easily adopt segments of the curriculum or case examples to suit a variety of class objectives.

The NIAAA curriculum is designed for social work educators to develop their own knowledge base and for use in preparing social work professionals for practice with individuals who experience alcohol use problems—whether in specialized alcohol treatment settings or in the course of practice elsewhere. In addition to PowerPoint presentations that may be used or edited by instructors, each module has an extensive reference list of materials and other accompanying classroom activities for instructors. Other modules in the curriculum include the following:

- Epidemiology of alcohol problems in the U.S.
- Etiology and natural history of alcoholism
- Preventing alcohol abuse and dependence

- Screening for alcohol problems in social work settings
- Diagnosis and assessment of alcohol use disorders
- Motivation and treatment interventions
- Coordinated care systems
- Alcohol and intimate partner violence
- Legal and ethical issues in prevention and treatment of alcohol use disorders

In addition to the module on alcohol problems among older adults, the NIAAA curriculum provides modules on the following special populations:

- Adolescents and treatment of alcohol use disorders
- Women and alcohol
- Alcohol use disorders in homeless populations
- Co-morbidity of alcohol and psychiatric problems
- Immigrants, refugees, and alcohol
- Sexual orientation and alcohol use disorders
- Alcohol and families
- Fetal alcohol exposures

Contact Information:

National Institute on Alcohol Abuse and Alcoholism (NIAAA)  
5635 Fishers Lane, MSC 9304  
Bethesda, MD 20892-9304  
E-mail: Web Sponsor ([niaaawab-r@exchange.nih.gov](mailto:niaaawab-r@exchange.nih.gov))

**Cost:** Free (download from Web site at <http://pubs.niaaa.nih.gov/publications/Social/main.html>)

The introductory section on “Use of this Curriculum” states:

These materials are made available, free of charge, to social work educators. It is expected that you will make use of them in your endeavor to bring empirically based training about alcohol use disorders to professional development—for yourself and your students. It is expected that social work training programs will make these materials freely available to educators and students, so as to maximize their dissemination and utilization.

**Usefulness Rating:** High

**Other information:** The inclusion of notes pages in the PowerPoint, handouts, and well-written case studies make this module easy to use or adapt. The Older Adults and Alcohol Problems module content on screening and brief interventions for older adults is particularly strong and is likely to be useful for classes related to alcohol and other drug treatment and prevention or other advanced practice classes, although segments of this module (and other modules in the curriculum) could easily be used in classes related to diversity, human behavior, research, or policy. Instructors could easily tailor the curriculum to meet their specific class needs by augmenting or combining segments of the Older Adults and Alcohol Problems model with other segments of the NIAAA curriculum (e.g., material on brief interventions in the Motivation and Treatment Interventions module). This module, and the NIAAA curriculum as a whole, is well-researched and user-friendly. Instructors looking for a single or core curriculum resource are encouraged to obtain the entire NIAAA curriculum.

**Title:** Adult Meducation: Improving Medication Adherence in Older Adults**Type:** Downloadable and on-line teaching module**Audience:** Pharmacists, social workers, health professionals, mental health professionals, and other community-based providers and helping professionals.**Author:** Co-developed by the American Society on Aging (ASA) and the American Society of Consultant Pharmacists**Year:** 2006**Description:**

This 96-page curriculum addresses the prevalence of medication non-adherence and other issues related to drug use and misuse among older adults as well as strategies to identify, resolve and prevent medication non-adherence in older adults. The website and downloadable curriculum includes:

- Information on factors that influence medication adherence, barriers to adherence, and specific strategies to improve adherence
- Tools to identify older adults at risk for medication nonadherence
- Resources to improve medication adherence
- Materials to educate older adults about the importance of medication adherence
- Educational programs targeted at community-based service providers and health professionals
- Links to other useful web resources.

The first section of the curriculum contains an overview of issues related to medical non-adherence including adherence concepts and terminology, statistics and consequences related to nonadherence, an introduction to factors affecting medication adherence, prerequisites for adherence, and predictors of non-adherence. Five specific dimensions of adherence and strategies for addressing risk for non-adherence in each dimension are explored: social and economic factors; health care systems related factors; condition-related factors; therapy-related factors; and patient-related factors. Additional sections provide resources for improving adherence including assessment tools and frameworks for facilitating behavior change. The section on behavior change offers a concise and clear overview of stages of change and motivational interviewing. Specific assessment tools described in the curriculum include the Rapid Estimate of Adult Literacy in Medicine, Revised (REALM-R), Medication Knowledge Assessment, Readiness-to-Change Ruler, Duke-UNC Functional Social Support Questionnaire (FSSQ), and Medication Nonadherence Risk Assessment.

**Contact Information:**

American Society on Aging  
833 Market St, Suite 511  
San Francisco, CA 94103  
Phone: (415) 974-9600, (800) 537-9728

Web site: [www.asaging.org](http://www.asaging.org)

**Cost:** Free. Download curriculum from:

[http://www.adultmeducation.com/downloads/Adult\\_Meducation.pdf](http://www.adultmeducation.com/downloads/Adult_Meducation.pdf)

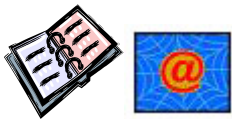
Online curriculum may also be reviewed from: <http://www.adultmeducation.com/index.html>

**Trainers Available:** No

**Usefulness Rating:** High

**Additional Information:**

This curriculum user-friendly, clearly written, and contains material appropriate for advanced social work courses. Although the curriculum does not provide separate PowerPoint slides, the clarity of the curriculum lends itself to easy translation into PowerPoint. In addition, the many tables and assessment tools may be used as handouts and reference materials. The breadth of issues covered, from patient level concerns to health system level barriers to adherence, combined with specific implications for practice, makes the curriculum useful for advanced courses. The curriculum addresses explicitly issues of diversity, such as how health beliefs and mistrust of health systems may impact adherence, and provides specific discussion of cultural competence. A brief discussion of Lesbian, Gay, Bisexual and Transgender (LGBT) community issues are also discussed under the broader rubric of cultural context.



**Title:** Module VIII: Substance Use/Misuse/Abuse Among Older Adults

**Type:** Teaching module and PowerPoint Slides

**Audience:** Health professionals, social workers, other helping professionals

**Author:** Project Mainstream: Improving Substance Abuse Education for Health Professionals/  
Association of Medication Education and Research in Substance Abuse (AMERSA)

**Year:** 2005

**Description:** Project Mainstream: Improving Substance Abuse Education for Health Professionals is a Web-based resource that provides a wide range of educational modules on practice skills for health and social service professionals related to addressing substance misuse and abuse. The 36-page curriculum module with accompanying PowerPoint slides is one of eight curriculum modules in teacher-friendly format that faculty are free to adapt with appropriate attribution of authorship. There are links to other useful materials on the Web site including other syllabi and PowerPoint resources, and reference books and articles.

The module on substance use, misuse, and abuse among older adults provides curricula materials for the following activities:

- One-hour slide lecture focused on research related to prevalence, etiology, prevention, and treatment of problems related to substance use in older adults.
- Small group role play/discussion of case studies that highlight the special screening and intervention issues for this special population (30 minutes).
- Large group wrap up discussion of cases and any other questions.

**Contact Information:**

AMERSA

125 Whipple Street, Suite 300

Providence, Rhode Island 02908

**Fax:** 877-418-8769 **Voice:** 401 243-8460

Project Mainstream: <http://www.projectmainstream.net/>

**Cost: Free**, download from:

<http://www.projectmainstream.net/projectmainstream.asp?cid=23>

Usefulness Rating: High

**Other information:** Project Mainstream is an outstanding resource for faculty in social work, including faculty with expertise in teaching content related to alcohol and other drug problems. In addition to extensive and user friendly curricular resources, the Project Mainstream Web site offers other resources for helping professionals and includes a free membership option that faculty may use to communicate with other experts and exchange resources. Social Work is one of fifteen professions selected as a focus for Project Mainstream and the Web site offers a page with additional resources for Social Workers at: <http://www.projectmainstream.net/professions.asp?pid=1>



**Title:** Substance Abuse Among Adults: Treatment Improvement Protocol (TIP)

Series 26

**Type:** Clinician resource and reference book

**Audience:** Social work, health, mental health, and other social service providers

**Author:** Substance Abuse and Mental Health Services Administration (SAMHSA)

**Year:** 1998

**Description:**

*Substance Abuse Among Adults* is one (#26) in a series of monographs published through the Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Substance Abuse Treatment (CSAT) that address effective screening, intervention, and treatment of substance abuse problems in different social service contexts and among different populations. The Treatment Improvement Protocols (TIP) include monographs on child abuse and neglect issues, working with persons with HIV/AIDS, and working with persons with physical and cognitive disabilities. SAMHSA publishes an array of best practice guidelines for the treatment of substance abuse, including the TIP. Panels of clinical, research, and administrative experts are convened to create the TIPs, which are then distributed to agencies and individuals across the U.S.

TIP 26 summarizes research and “best practices” in clinical screening, intervention, and treatment with older adults. Content addresses prevalence and consequences of alcohol problems, issues related to drug misuse, and evidence-based tools and strategies for assessment and intervention with both at-risk and problem drinkers. Included is an executive summary and recommendations that give an excellent overview of chapter content. The chapters are:

- Substance Abuse Among Older Adults: An Invisible Epidemic
- Alcohol
- Use and Abuse of Psychoactive Prescription Drugs and Over-the-Counter Medications
- Identification, Screening, and Assessment
- Referral and Treatment Approaches

- Outcomes and Cost Issues in Alcohol Treatment for Older Adults

In addition to the chapters, five Appendices cover:

- Legal and Ethical Issues
- Tools
- Resources Panels
- Field Reviewers
- Bibliography

Although not designed as a curriculum, this book provides not only current evidence-based information, but also a number of useful tables, questionnaires, and screening tests. Specifically, the Michigan Alcoholism Screening Test – Geriatric Version (MAST-G), the CAGE questionnaire, the Physical Symptom Screening Triggers, and the ASAM-PPC-2 Assessment Dimensions can be useful in the classroom setting.

**Contact Information:**

Substance Abuse and Mental Health Services Administration  
1 Choke Cherry Rd.  
Rockville, MD 20857  
<http://www.samhsa.gov/>  
[www.csat.samhsa.gov](http://www.csat.samhsa.gov)

**Cost:** Free (Download from <http://www.ncbi.nlm.nih.gov/books/bv.fcgi?rid=hstat5.chapter.48302> or order a hard copy from <http://www.kap.samhsa.gov/general/order.htm> or call the Alcohol and Drug Information Clearinghouse at 1-800-729-6686. Inventory Number: BKD250.

**Usefulness Rating:** High

**Other Information:** This publication contains tables, sample screening tools, and other materials that are easily adapted for use as handouts in a class or training. TIP 26 is particularly useful for advanced practice courses. A number of resource materials have been derived from TIP 26, including a condensed version of the document designed for clinicians (TIP 26C) and a “quick guide” for clinicians. Brief versions of the book are also available for substance abuse treatment providers and social service providers. KAP Keys provides a set of “hands on” materials for quick reference including laminated sheets with key clinical tools and a “Quick Guide” reference booklet for clinicians. Multiple copies may be ordered at no cost and the Quick Guide for Clinicians based on TIP 26 is available in pdf format. Materials may be reproduced and distributed without authorization. (Reproduction or distribution for a fee requires written authorization from the Office of Communications, Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services.)

Brief descriptions of alternative materials based on TIP 26 are listed below.

**Title:** KAP Keys for Clinicians and Quick Guide for Clinicians Based on TIP 26:  
Substance Abuse Among Older Adults

This publication (assembled set) is based on TIP 26C

**Date:** 2001

Inventory Number: KQ26AS



[http://kap.samhsa.gov/products/tools/keys/pdfs/KK\\_26.pdf](http://kap.samhsa.gov/products/tools/keys/pdfs/KK_26.pdf)

**Title:** TIP 26: Concise Desk Reference: Substance Abuse Among Older Adults: A Guide for Treatment Providers

This 68-page summary provides an overview of alcohol abuse and abuse of prescription and over-the-counter medications by older adults. Detailed instructions on substance abuse screening, assessment, referral, and treatment approaches for older adults are also included. Several assessment and evaluation instruments for use with older adults are also included.

**Date:** 2000

**Inventory Number:** MS669

**TIP 26C:** Substance Abuse Among Older Adults (Clinician's Version)

This TIP recommends practices for identifying, screening, assessing, and treating alcohol and prescription drug abuse among older adults. It is designed for substance abuse treatment providers, primary care clinicians, social workers, and senior center staff. (Clinician's Version)

**Date:** 1998

**Inventory Number:** BKD250C

**TIP 26:** Substance Abuse Among Older Adults: A Guide for Social Service Providers - Concise Desk Reference

This 68-page document presents social service providers with quick, easy access to vital, field-related knowledge. The issues of most concern to caretakers and social providers who work with this population are presented here. This concise desk reference also addresses legal and ethical issues and provides assessment and evaluation instruments for use with older adults.

**Date:** 2000

**Inventory Number:** MS670



**Title:** Get Connected! Toolkit: Linking Older Adults with Medication, Alcohol, and Mental Health Resources

**Type:** Curriculum, DVD

**Audience:** Service providers for older adults, including staff at senior centers, adult day care services, nutrition programs, state agencies, and health and social service programs.

**Author:** Substance Abuse and Mental Health Services Administration (SAMHSA) and the National Council on Aging (NCOA).

**Year:** 2003, reprinted 2006

**Description:**

This “toolkit” was designed to help staff better understand the issues associated with substance misuse and mental health problems in older adults, increase staff confidence and comfort in addressing these problems, and provide resources to enable staff to effectively screen and refer at-risk clients to an appropriate advisor such as a physician, and alcohol counselor, or a mental health professional.

Included in the toolkit is the Get Connected! program coordinator's guide that will allow the coordinator to determine if the organization is ready, willing, and able to implement the program; create or enhance the organization's resource database; conduct education sessions for staff and older adults or identify resources who can conduct the sessions; and help the organization draft a plan for future programs. Also included is a step-by-step staff education curriculum with three modules: 1) an overview of risks, warning signs, and basic information about screening and prevention of alcohol and medication misuse; 2) using medications wisely; and 3) increasing awareness of prevention and treatment, the importance of screening, and the role of aging services providers in screening and referral. The toolkit also includes two modules for older adult education, sheets and handouts, forms, and a resource list.

A DVD entitled *It Can Happen to Anyone: Problems with Alcohol and Medications Among Older Adults* is also included in the toolkit. This 28-minute DVD, narrated by Ed Asner and produced in collaboration with the American Association of Retired Persons and Hazelden in 1996, provides a basic overview of alcohol problems among older adults, largely through the narratives of older adults and their families. The stories include a visit to an out patient program for substance abuse problems located at a senior center and some discussion of prescription drug problems and use of 12-step programs.

The final component of the toolkit is a publication, *Promoting Older Adult Health: Aging Network Partnerships to Address Medication, Alcohol, and Mental Health Problems*, which provides descriptions of older adult service agencies that have integrated promising programs and practices related to substance abuse and mental health in several areas: education and prevention; outreach; screening, referral, intervention and treatment; and service improvement through coalitions and teams.

**Contact Information:**

Order publication # GCKIT from:

Substance Abuse and Mental Health Administration (SAMHSA)

National Clearinghouse for Alcohol and Drug Information (NCADI).

<http://ncadi.samhsa.gov/>

1-877-SAMHSA-7

**Cost:** Free.

**Usefulness rating:** Medium to high (see other information).

**Other Information:**

This toolkit is designed for organizations that provide services to older adults; however, many of the listed resources could be useful for students of social work, and many of the curriculum materials (including activities, the DVD, and fact sheets) could be adapted for MSW classes. The supplemental publication on promising program models provides a number of case examples that may be well suited to policy, administrative, or advanced practice classes that include content on program design, organizational development, or collaboration. It is important to note that the material is designed for professionals who are not specialists in substance abuse or mental health; consequently, content on screening and intervention may be considered too elementary for advanced MSW curricula/courses in substance abuse or mental health. The DVD may also be better suited to beginning helping professionals, families, and consumers rather than students in advanced MSW courses. The toolkit materials mention gender differences in some fact sheets and some descriptions of promising programs include population-specific programs (e.g., education and prevention in centers serving Hispanic elders) and programs located in low-income settings (e.g., public housing).

**Title:** Alcohol, Medications, and Aging: Use, Misuse, and Abuse**Type:** On-line Curriculum/Training Module**Audience:** Social workers, other health and mental health professionals, substance abuse professionals, anyone working with older adults and family members. The overview module is also appropriate for older adults and their family members.**Author:** American Society on Aging**Year:** Unknown**Description:**

This is an entirely on-line training module that presents information on possible interactions between alcohol and medications in older adults, the importance of detecting and assessing for alcohol problems, and strategies for early intervention, treatment, and education. The program includes six individual modules

1. Overview—What Everyone Should Know About Alcohol and Medications in Later Life
2. Detecting Alcohol Abuse in Older Adults
3. Patterns of Alcohol Abuse
4. Barriers to Recognizing and Treating Alcohol Abuse in Older Adults
5. Assessing Alcohol Problems of Older Adults
6. Intervention, Treatment, and Education

A seventh module provides additional resources on these topics, including books, articles, videos, training materials, and a Web site with links to recommended sites. It also includes several resources for consumers.

**Contact Information:**

American Society on Aging  
833 Market Street, Suite 511  
San Francisco, CA 94103 USA

Main Web site: [www.asaging.org](http://www.asaging.org)

Alcohol and Other Drug Web site: <http://www.asaging.org/asav2/aod/index.cfm>

(415) 974-9600

(800) 537-9728

**Cost:** Free. Access training module through the following Web address:

<http://www.asaging.org/asav2/aod/index.cfm>

**Usefulness Rating:** Moderate (see comments below about limitations for classroom use)**Other Information:** Using the module requires downloading free software that monitors an individual's progress in moving through the curriculum. This is very useful on an individual basis, but limits the functionality of using this in a classroom.

**Title:** Brief Alcohol Interventions for Older Adults**Type:** On-line video**Audience:** Physicians, nurses, social workers, psychologists, health educators, home health workers, other allied health providers**Author:** Center for Substance Abuse Prevention, Substance Abuse and Mental Health Services Administration; Kristin Lawton Berry, PhD (presenter)**Year:** Unknown**Description:**

This 21-minute video is an overview of a brief intervention. It is broken up into two sections: a PowerPoint presentation with a voice-over explaining what a brief intervention is, what it seeks to accomplish, and the best ways to implement it, followed by a role play of a brief intervention with an older adult, which allows viewers to apply key concepts learned.

Topics covered include:

- What are brief interventions?
- Why conduct brief interventions?
- Who can conduct brief interventions?
- Where can brief interventions take place?
- What do we know about brief interventions with older adults?
- Key components of brief interventions
  - ♦ Appreciate
  - ♦ Summarize health habits
  - ♦ Educate on standard drink and drinking patterns
  - ♦ Explore why person drinks and reasons to cut down
  - ♦ Develop a drinking agreement
  - ♦ Plan for risky situations

**Cost:** Free; available from [http://preventionpathways.samhsa.gov/res\\_videos.htm](http://preventionpathways.samhsa.gov/res_videos.htm)**Usefulness Rating:** High

**Other information:** This video provides a clear, concise overview of brief intervention strategies for older adults. It is useful as an illustration of an intervention with an older adult, but would also be useful as an illustration of course content on brief interventions. Instructors may use the video independently or as an accompaniment to other curriculum materials (such as the NIAAA curriculum materials for social work). Many curricula resources discuss the importance of using brief interventions, but this video actually details the step-by-step process of implementing one, as well as a brief video example of an interview. Some issues of gender are included in the video, but little other explicit attention to diversity is included.

Instructors should note that this video is only available from this Web site and is in a very small format. This makes it challenging to use in a classroom setting, but ideal as a homework assignment or for a time when all students have access to a computer with an internet connection.

**Title:** Alcohol and Other Drug Problems Among Older Adults**Type:** On-line Video**Audience:** Physicians, nurses, social workers, psychologists, health educators, home health workers, other allied health providers**Author:** Center for Substance Abuse Prevention, Substance Abuse and Mental Health Services Administration; Frederic C. Blow, PhD (presenter)**Year:** Unknown**Description:**

This 10-minute video combines a PowerPoint-style presentation with a video of Dr. Frederic Blow to provide an overview of problems with drug and alcohol use in older adults. Specific topics covered include:

- Importance of Prevention for Older Adults
- Unique Issues Faced By Older Adults
- Addiction in Older Adults
- Alcohol and Aging
- Cautions for Older Adult Drinkers
- Recommended Drinking Limits for Older Adults
- Definition of a Standard Drink
- Spectrum of Drinking Among Older Adults
- Prevalence and Patterns of Drinking in Older Adults
- Prevalence of Alcoholism in Late Life
- Spectrum of Alcohol Interventions

**Cost:** Free, available from [http://preventionpathways.samhsa.gov/res\\_videos.htm](http://preventionpathways.samhsa.gov/res_videos.htm)**Usefulness Rating:** Moderate (see notes below)**Other information:**

Overall, this is useful as a basic introduction to alcohol and drug problems in older adults. This may be a helpful alternative for instructors who chose to use the video as a prelude or supplement to covering practice or policy content using other curriculum materials (e.g., using curriculum materials from the NIAAA curriculum for social workers.) Gender differences are mentioned in the video; other possible differences between diverse populations are not addressed explicitly.

Instructors should note that the video uses a “talking head” format next to PowerPoint slides and that the slides appear to be missing in the final segment of the video. This video is only available from this Web site and is in a very small format, which may make it challenging to use in a classroom setting. Consequently, it may be best suited as a homework assignment or assignment in preparation for a class session focused on intervention. Students need a computer and an internet connection.

**Title:** Alcohol Abuse (Gerontology Course)**Type:** On-line teaching module**Audience:** Master of Social Work Students, Mental Health Care Professionals**Year:** Unknown**Author:** Virginia Commonwealth University, Department of Gerontology**Description:**

This Web module is a free audio-enhanced slide presentation that includes accompanying videos and an interactive post-test to allow users to check their knowledge of the subject. Information covered in the presentation include facts about alcohol use in adults age 60 and over, effects on health, how alcohol effects the body, side effects of alcohol, interactions, how to detect a problem, factors that contribute to abuse, and how to move towards recovery. Additionally, this module includes two videos that demonstrate a person's experience with alcohol abuse.

The Alcohol Abuse module is one of seven, and all take approximately 20 to 30 minutes to complete. The other modules are:

- Aging, Oral, Health, and Tobacco Use
- Breast Cancer
- Diabetes in the Elderly
- Geriatric Interdisciplinary Team Training: Part I
- Geriatric Interdisciplinary Team Training: Part II
- Pressure Ulcer

In order to use any of the Web modules, you must first complete a short demographic questionnaire.

**Contact Information:**

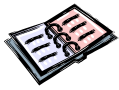
The Department of Gerontology  
Virginia Commonwealth University  
P.O. Box 980228  
Richmond, VA 23298-0228  
Phone: (804) 828-1565 or (804) 828-9060  
Fax: (804) 828-5259

**Cost:** Free. Download from:

[http://www.sahp.vcu.edu/gerontology/html/Web\\_courses/Alcohol/index.html](http://www.sahp.vcu.edu/gerontology/html/Web_courses/Alcohol/index.html)

**Usefulness Rating:** Moderate

**Other Information:** This Web module would be useful as homework or as an optional outside learning opportunity. It is a little slow, since the slides are read verbatim. It can be used on both Mac and Windows platforms, but viewing the videos may be difficult for those using a Mac system.

**Title:** Health Promotion for Older Adults: Drug Use and Misuse**Type:** Teaching module**Audience:** Community-based providers in the field of aging**Author:** Northwest Geriatric Education Center; Shelly L. Gray, PharmD**Year:** 1998**Description:**

This 17-page curriculum module provides the reader with current information and relevant research findings useable in community settings, current information regarding efficacy of intervention strategies with older adults, and assistance in identifying related resources and materials. The overall purpose of this module is to give providers a broad knowledge of general problems with medication use in older adults, including noncompliance, factors associated with noncompliance, and consequences of medication misuse. Additionally, an overview of health promotion strategies and how to implement them in community settings are included. The module also includes a step-by-step process for promoting medication compliance and a case study, which appears to be tailored for pharmacists or other health providers. This module is one of many available through the Northwest Geriatric Education Center (NWGEC) that include dementia, depression, diabetes, grief and loss, oral health, preventative health care, stress management, stroke, and arthritis. Several of these modules are specifically targeted towards older adults with developmental disabilities or towards African American elders.

**Contact Information:**

Northwest Geriatric Education Center  
University of Washington  
Box 358123  
Seattle, WA 98195-8123

**Cost:** Free (Download from [http://depts.washington.edu/nwgec/Educational\\_Resources/drug\\_use.pdf](http://depts.washington.edu/nwgec/Educational_Resources/drug_use.pdf))**Usefulness Rating:** Moderate (see notes below)**Additional Information:**

The module has a particularly strong focus on medication misuse and drug interaction. Segments of the module are targeted toward an audience with a reasonably comprehensive background in prescription medication and drug interactions. Although the final segments of the module may be more appropriate for healthcare providers with more experience and/or for students who are in a class focused specifically on gerontology, the introductory materials and several summary tables (such as a three-page table summarizing factors that affect compliance) are useful and may be adapted to an advanced MSW course on substance abuse, health, or mental health. Possible differences in different populations (e.g., in relation to gender, ethnicity, disability, or sexual orientation) are not addressed.

**Title:** Older Adults and Addiction Curriculum with DVD**Type:** Book, DVD**Audience:** Substance abuse treatment counselors, health professionals, and other helping professionals.**Author:** Hazelden.**Year:** 2007**Description:**

The curriculum provides a 40-minute video workshop on DVD, a clinician's manual, and a test that allows individuals to earn continuing education hours through NAADAC, the association of addiction professionals. This curriculum is one among several in the Clinical Innovators Series published through Hazelden. Each of the topics in the series includes a DVD, manual, and post-test designed to allow individuals to "participate in a workshop led by an internationally recognized, highly training speaker," followed by a review of the manual, which is also authored by the expert.

The "Older Adults and Addiction" curriculum is based on presentations by Frederick Blow, PhD, Director of the Department of Veteran Affairs, Division of the Serious Mental Illness Treatment Research and Evaluation Center, in Ann Arbor Michigan and David Oslin, Assistant Professor of Psychiatry at the University of Pennsylvania Medical Center and the Philadelphia Veterans Affairs Medical Center. The presentations offer an overview of current demographics and epidemiology related to older adults and addiction as well as basic information about screening, assessment, co-morbidity, and referral and treatment. The curriculum also provides introductory information about brief intervention, motivational interviewing, and specialty treatment programs. The clinician's manual has four chapters: 1) epidemiology of late life addictions, 2) drinking guidelines, 3) screening and diagnosis, and 4) specialized substance abuse treatment.

**Contact Information:**

Hazelden

Center City, MN 55012-0176

1-800-328-9000 (USA and Canada)

Web: [www.hazelden.org](http://www.hazelden.org)**Cost:** \$175.**Usefulness rating:** Medium.**Other Information:**

The curriculum is designed for self study, and the clinician's manual is better suited to individual review than to a classroom. The DVD offers a broad overview of core content on epidemiology, screening, assessment, referral, and treatment. The format of the video involves the two presenters speaking alternately with PowerPoint style text displayed to reinforce content. Although the curriculum provides a sound overview of each area, examples of how content applies to practice are not illustrated in the DVD. Instructors using the video would likely chose to draw from other curricula resources to provide illustrations through case studies and activities to allow student to practice screening and intervention skills. The lecture format may also be better suited to autonomous learning than classroom settings. The curriculum emphasizes core content in each of the areas described above and provides minimal discussion of how risks and treatment needs may vary by gender, culture, sexual orientation, or other differences.



**Title:** Substance Abuse in Older Adults: Diagnosis and Treatment**Type:** DVD and companion manual**Audience:** Advanced Master of Social Work Students, Nurses, Medical Professionals, and other health and mental health professionals**Author:** The Department of Veteran Affairs Employee Education System**Year:** 2005**Description:**

This is a three-module DVD from a national videoconference of the same name. The DVD and companion manual were developed by the Department of Veteran Affairs to provide a comprehensive overview of substance abuse and misuse in older adults. The DVD contains three modules based on presentation from nationally known experts: Overview and Prevention, Assessment and Diagnosis, and Treatment. Each module is approximately an hour in length and combines a panel of experts with relevant slides that reinforce key ideas covered in the presentations. Each of the modules contain some of the same basic information, but continues to build off of foundation information to deepen the viewer's knowledge about substance abuse and misuse. A companion manual supplements the DVD, providing slides from the presentations.

**Contact/Availability:**

Virginia Geriatric Education

<http://www.sahp.vcu.edu/gerontology/>

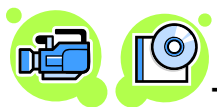
1200 E. Broad St, West Hospital, West Wing, 4th Fl

P.O. Box 980228, Richmond, VA 23298-0228

(804) 828-9060 WK Phone; (804) 828-5259 Fax

**Cost:** \$30.00 for DVD and materials**Usefulness Rating:** High

**Other information:** This DVD could be very useful to show in a classroom setting; the panelists are experts in their fields and are clearly passionate about what they are discussing. These modules were originally intended to be used for Continuing Education Units (CEUs) and thus tend to include helpful practice information geared for advanced practice. Instructors could show any one of the three modules based on class topics or could elect to show segments of the DVD. The copies of the slides could be used as handouts or as resource for instructors to adapt as need to a specific course or class.

**Title:** Substance Abuse in the Elderly**Type:** Video or DVD**Audience:** Students, helping professionals, family members, consumers.**Author:** A Dartmouth-Hitchcock Medical Center Production**Year:** 2000

**Description:**

This 28-minute video offers profiles of several older adults who are in recovery from problems with alcohol or prescription drugs. The narratives of the older adults are interspersed with comments from experts and illustrations of programs targeted to adults. The experts in the video include James Campbell, MD, Center at MetroHealth Medical Center in Cleveland, Ohio, and Carol Colleran Egan, Director of Older Adult Services for Hanley-Hazelden Center in West Palm Beach Florida. The video concludes with questions for older adults.

**Cost:** \$129.95 VHS and DVD

**Contact Information/Availability:**

Films for the Humanities and Sciences

P.O. Box 2053

Princeton, NJ 08543-2053

Phone: 800.257.5126

Fax: 609.671.0266

E-mail: [custserv@films.com](mailto:custserv@films.com)

Web: <http://ffh.films.com>

**Usefulness Rating:** Moderate

**Other information:** This video provides a sound basic overview of alcohol and prescription drug use in older adults, with an emphasis on older adults sharing their history of abuse, dependence, and recovery. The individuals depicted in the video reflect some diversity in terms of gender, ethnicity, and socioeconomic status. Segments of the video may be useful in terms of depicting the stories of older adults. Although the video does include a brief intervention, the video is limited in relation to its utility in developing advanced knowledge and skills for intervention and treatment with older adults in substance abuse, mental health, or health settings.



**Title:** Older Adults in Recovery

**Type:** DVD

**Audience:** Students, helping professionals, family members, consumers.

**Author:** Hazelden

**Year:** 2002

**Description:**

This 28-minute video offers profiles of four older adults describing their experience in recovery. The first and third stories describe the experiences to two different older adult White men and their experiences of substance abuse and recovery. The second story describes the intervention and treatment of a female, White physician who became addicted to prescription drugs and went to treatment at the age of 60. The fourth story describes the experiences of an older adult African American woman and explores the experiences of family members through interviews with her adult children. Discussion about the process of addiction and recovery is integrated into the program through Hazelden counselor commentary.

**Cost:** \$225

**Contact Information/Availability:**

Hazelden Bookstore

1-800-328-9000 (USA and Canada)

Web: [www.hazelden.org](http://www.hazelden.org)

**Usefulness Rating:** Moderate

**Other information:** This DVD provides students exposure to narratives of older adult's live experience of addiction and recovery. Although the narratives are engaging, the DVD covers little other contextual information about research, broader trends, or different intervention and treatment options related to substance use and abuse in older adults. Consequently, the DVD may be more useful for undergraduate or foundation courses. Individual narratives are covered sequentially, so instructors would have the option to show a specific segment as a case example. Instructors seeking a low or no cost alternative for videos or DVD's containing stories of older adults, may chose to review other descriptions in this document.



**Title:** Evidence-Based Practices for Preventing Substance Abuse and Mental Health Problems in Older Adults

**Type:** Literature review of evidence-based practices

**Audience:** Program administrators, Master of Social Work students

**Author:** Older Americans Substance Abuse and Mental Health Technical Assistance Center, Fredrick C. Blow, Stephen J. Bartels, Laurie M. Brockmann, and Aricca D. Van Citters

**Year:** 2005

**Description:**

This 99-page literature review was created to point service workers in the direction of the best available evidence-based programs that target the prevention and early intervention of substance abuse and mental health problems in older adults. Five specific areas are addressed:

- Prevention and early intervention of alcohol misuse
- Medication misuse
- Depression and anxiety
- Suicide
- Co-occurring substance abuse and mental health problems among older adults

Effective evidence-based interventions were reviewed for each of these sections and a clear and easy-to-read table is provided so that the reader can determine the approximate applicability of each one at a glance. The summary at the end of this document provides an overview of the findings from the review.

Other useful reviews and resources are available through the Older Americans Substance Abuse and Mental Health Technical Assistance Center. Other useful documents and resources available through the Older Americans Substance Abuse and Mental Health Technical Assistance Center include the following:

- Substance Abuse and Mental Health Among Older Adults: The State of Knowledge and Future Directions

- Suicide Prevention for Older Adults—Fact Sheet
- Co-Occurring Substance Abuse and Mental Health Issues in Older Adults- Fact Sheet
- Suicide Prevention for Older Adults—Booklet
- Prevention of Alcohol Misuse for Older Adults—Booklet
- Prevention of Co-Occurring Disorders in Older Adults—Booklet
- Depression and Anxiety Prevention for Older Adults—Booklet
- Prevention of Medication Misuse in Older Adult—Booklet

**Contact Information:**

Substance Abuse and Mental Health Services Administration  
 1 Choke Cherry Rd.  
 Rockville, MD 20857  
<http://www.samhsa.gov/>  
[www.csat.samhsa.gov](http://www.csat.samhsa.gov)

Cost: Free (Download from <http://www.samhsa.gov/OlderAdultsTAC/EBPLiteratureReviewFINAL.pdf>)

**Usefulness Rating:** Moderate to High

**Other information:** Note that this is not a curriculum. However, it is a very useful resource for those working with older adults, and students should be encouraged to utilize this as a guide to effect programs and practices.



**Title:** Substance Abuse Relapse Prevention for Older Adults: A Group Treatment Approach

**Type:** Clinician resource and reference book

**Audience:** Social work, health, mental health and other social service providers.

**Author:** Substance Abuse and Mental Health Services Administration (SAMHSA)

**Year:** 2005

**Description:**

This manual presents a relapse prevent approach based on cognitive-behavioral and self-management intervention (CB/SM) models. Although the interventions described were designed for group settings, cognitive-behavioral and self-management interventions are flexible and may be adapted to different setting and in both individual and group practice. The manual provides background information of CB/SM and the older adult treatment population. It contains resources for a nine-module, 16-week group series. The first module on “Analysis of Substance Use Behaviors” provides a framework for counselors to teach clients about substance abuse behavior chains that link antecedents, behaviors, and consequences. Subsequent modules include the following:

- How to manage social pressure
- How to manage situations at home and alone
- How to manage negative thoughts and emotions associated with substance abuse

- How to manage anxiety and tension
- How to manage anger and frustration
- How to control substance abuse cues
- How to cope with urges
- Preventing a slip from becoming a relapse

Each of the modules includes defined objectives, teaching techniques, handouts, and resources for evaluating client mastery of the skills covered in the modules. The appendix includes an assessment tool, the Substance Abuse Profile for the Elderly (SAPE), which provides a framework for obtaining a comprehensive alcohol/drug use and treatment history and for identifying individual reasons for and responses to substance abuse.

**Contact Information:**

Substance Abuse and Mental Health Services Administration  
1 Choke Cherry Rd.  
Rockville, MD 20857  
<http://www.samhsa.gov/>  
[www.csat.samhsa.gov](http://www.csat.samhsa.gov)

**Cost:** Free. Available through the Alcohol and Drug Information Clearinghouse at 1-800-729-6686.  
Inventory Number: BKD525.

**Usefulness Rating:** High

**Other information:**

These materials, although geared for client sessions, may be adapted easily for use in an advanced practice class. The materials could be used in class sessions focused on group work, cognitive-behavior interventions, or relapse prevention. Each of the modules provides a sound overview of cognitive-behavioral and self-management techniques while integrating considerations that may be particularly salient for older adults. For example, the modules address time at home and alone as a possible antecedent for substance use for older adults and provide tools for identifying alternative activities and countering negative thoughts. This is highly recommended both as an outstanding relapse prevention manual and as a curricular resource for advanced practice with older adults with substance abuse problems.