

Senior Peer Counseling



- CCW
- March 16, 2023
- Cheri Hummel, SPC Coordinator



Beautiful Minds



Beautiful Minds[™]
MEDICAL

- Psychiatry
- Therapy/counseling
- Intensive Outpatient Program (IOP)
- Transcranial Magnetic Therapy (TMS)
- Life & Health Coaching
- Aftercare Support Groups



Beautiful Minds[™]
WELLNESS
A NON-PROFIT ORGANIZATION

- Community workshops/webinars
- Community events – Song & Story
- Sponsorships for those with financial needs to receive mental health care.
- Hydrotherapy / Massage Therapy
- Senior Peer Counseling
- The Brain People Podcast
- Online Classroom – e-courses

Transforming lives, one beautiful mind at a time.

SPC Overview

- Free service to seniors (55 years and older)
- Address transitional concerns in a safe & confidential environment
- Provided by volunteer senior peer counselors
- Short-term
- Goal-oriented



SPC Overview cont.

Life Transitions

Loneliness

Depression / Anxiety

Grief and Loss

Medical illness

Caregiver stress

Physical disability

Family conflicts

Loss of independence

Access to community resources



Referrals

- Health system medical social workers & physicians
- County social workers
- Self-referral
- Seniors First
- Other



Outreach / Marketing

Senior Centers

Health Fairs

County agencies

Community Events

Food Bank

Seniors First

Health Systems

Media / Radio



Annual Program Stats for 2021 & 2022

	2021	2022
Referrals	129	122
Clients Connected to Peer	54	40
Not appropriate for SPC or Other	75	82
Active Peer Counselors	8	7
Peer Counselor Cumulative Hours	1135.76	1204.25



Success Story

Caregiver Support Clients

- Individual Counseling Services
- Facilitated Connecting - to support one another



Questions ?

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