



# Un Nuevo Amanecer



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# A New Dawn

ONE LIFE

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# El Centro de la Comunidad Unida The United Community Center

- Community – based non-profit organization located in Milwaukee, WI
- Serves ~ 18,000 people annually
- UCC Mission: To provide programs and services to Hispanics and near south side residents of all ages
- Elderly Programs: Senior Center, Family Care Management, Latino Geriatric Center



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# Background

- Program need established through the “Latino Seniors Health and Depression Study” (2008)

A total of 63 Latino seniors were screened for depression.

Among those screened, 43% (n=27) exhibited mild to severe depressive symptomology.

- Study led to an Older Adults Targeted Capacity Expansion grant, funded through SAMHSA, in 2008.

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# Purpose

- *Un Nuevo Amanecer* (A New Dawn) targets Latino older adults, age 60 and older, who are experiencing symptoms of depression.
- Program goals include:
  - Decreasing participants' severity of depression.
  - Improving participants' physical functioning.
  - Improving participants' quality of life and social connectedness.
- Uses IMPACT, an evidence-based collaborative care model designed for older adults with depression.

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# Population Served

- Over 165 participants have been served to date through the *Un Nuevo Amanecer* program.

| Group                                      | %    |
|--|------|
| Latino/Latina                              | 100% |
| Mexican ancestry                           | 43%  |
| Puerto Rican ancestry                      | 39%  |
| Female                                     | 70%  |
| Less than 12 <sup>th</sup> grade education | 83%  |

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# IMPACT Model – Collaborative Approach

- Collaboration between the UCC Care Manager (CM) and the participant's Primary Care Physician (PCP).

Each participant is assigned a CM who remains constant throughout the course of their treatment.

CMs communicate regularly with PCPs about participants' progress in treatment and other issues.

- Additional clinical support is provided to CMs by the UCC Treatment Team, which includes a Clinical Manager, Clinical Treatment Consultant, Consulting Psychologist, and Consulting Psychiatrist.

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# IMPACT Model – Treatment Approach

- Older adults are screened for depressive symptoms and exclusionary conditions using the IMPACT screening tool.
- Eligible participants choose between:
  - Antidepressant medication  
and  
Behavioral Activation (BA)
  - OR
  - Problem Solving Treatment (PST)  
and  
Behavioral Activation (BA)
- Participant meets with a Care Manager regularly over the course of treatment (approximately one year). Progress is monitored using the PHQ-9.
- If the participant does not respond during the initial phase of treatment, the team adjusts the treatment plan using a Stepped Care model.
- Once stabilized, a Relapse Prevention Plan is put into place (and the CM checks in periodically with the participant).

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# Adapting IMPACT to the Local Context

- The IMPACT model was originally developed to provide services to older adults in a primary care setting.
- However, A New Dawn is housed and implemented at the UCC—a community-based setting.

Informal, accessible, and primarily Spanish-speaking setting of the UCC may help to reduce barriers to accessing services.

Participants also have access to several other health and social programs located at the UCC.

- CMs build on existing relationships with local PCPs who serve the Latino community to establish and maintain communications.

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# Adapting IMPACT to the Population's Culture

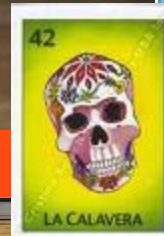
- Translation of tools and materials into Spanish
- Adaptations for low-literacy participants
- Outreach and recruitment strategies
- Extra time up front for trust building and education
- Extra time for case management activities
- Culturally appropriate BA and PST
- Aftercare group (art therapy)
- Culturally appropriate approaches to grief/loss

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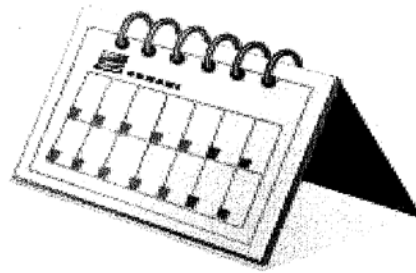
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# PHQ – 9 Visual Aid



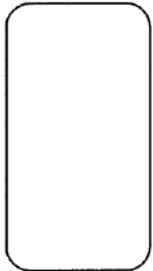
Durante las ÚLTIMAS 2 SEMANAS, ¿con qué frecuencia ha tenido molestias por este problema?

NUNCA

VARIOS  
DIAS

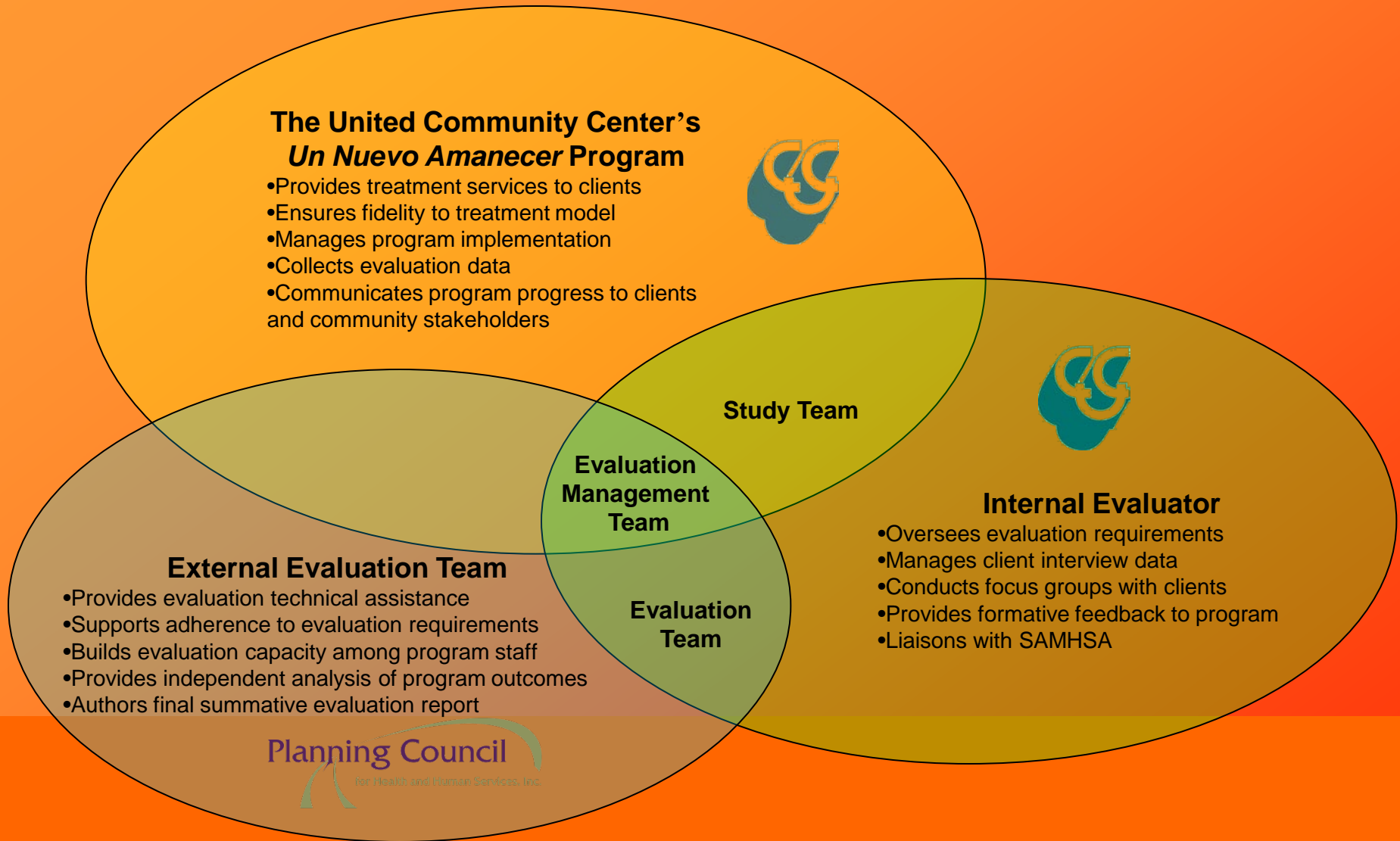
MAS DE LA  
MITAD DE  
LOS DIAS

CASI TODOS  
LOS DIAS



PHQ-9 Visual Aid. Adapted from the PHQ9\*. Property of the United Community Center, Inc. Do not use without permission. Contact Cindy Suszek, Human Services Director, for more information at (414) 414-649-1922. United Community Center, 1028 S. 9<sup>th</sup> St, Milwaukee, WI 53204. \* Kroenke, K, Spitzer, R.L., Williams, J.B.W. (2001). The PHQ-9: Validity of a brief depression severity measure. *Journal of General Internal Medicine*, 16, 606-613.

# Un Nuevo Amanecer: Evaluation Implementation Model



# Preliminary Results

- Among the 112 participants who were interviewed 6 months following program entry, 98% - 99% strongly agreed or agreed that:
- They liked the services they received through *Un Nuevo Amanecer*;
  - Program staff helped them obtain information to manage their illness;
  - Program staff believed they could grow, change, and recover;
  - They would recommend the agency to a friend or family member; and
  - Even if they had other choices, they would still get services from UCC.

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# Preliminary Results (cont.)

- Preliminary data indicate improvements in all areas of social connectedness from intake to 6-month follow-up (N=112).

| Social Connectedness Item  | Baseline<br># and % Strongly<br>Agree or Agree | 6 Months<br># and % Strongly<br>Agree or Agree |
|--|--|--|
| I am happy with the friendships I have.                              | <b>73%</b>                                     | <b>89%</b>                                     |
| I have people with whom I can do enjoyable things.                   | <b>73%</b>                                     | <b>92%</b>                                     |
| I feel I belong in my community.                                     | <b>78%</b>                                     | <b>89%</b>                                     |
| In a crisis, I would have the support I need from family or friends. | <b>88%</b>                                     | <b>92%</b>                                     |

- Preliminary data also show early indications of trends towards improvement in: symptoms of depression, physical functioning, and quality of life rating.

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# Our Community Advisory Board

- UNA participants from the UCC Elderly Programs (our target population for UNA).
- The internal evaluator meets with them on a periodic basis to talk to them about the evaluation, share updates, and ask for their feedback on the program services.
- They think some people do not enroll because of: denial, fear of unknown places and people, lack of confidence, or they may not know that the services are available in Spanish.



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# Participant Testimony

*"You have saved my life. Before the Program, I thought my live was over and no one was there for me. Now, at UCC we have a place to go to where we can get help and have a better quality of life."*

– "Ana"

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# Thank You!

**Angelica Delgado, MS**  
United Community Center  
adelgado@unitedcc.org

**Andrea Garr**  
United Community Center  
agarr@unitedcc.org

**Erin Malcolm, MAPS**  
Planning Council for Health and Human Services, Inc.  
emalcolm@planningcouncil.org

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