

Get Involved with OMHAC

The Oklahoma Mental Health and Aging Coalition is open to anyone interested in improving mental health care and services for seniors in Oklahoma.

The OMHAC meets on the **second Thursday** of each month at **1:30 p.m.** at Areawide Aging Agency, 4101 Perimeter Center Drive, Suite 310 in Oklahoma City.

To find out more about OMHAC meetings and activities, go to www.omhac.org or contact Karen Orsi, OMHAC Director at 405-942-8500, or send an email to korsi@areawideaging.org.

The National Coalition on Mental Health and Aging provides opportunities for professional, consumer and government organizations to work together towards improving the availability and quality of mental health preventive and treatment strategies to older Americans and their families through education, research and increased public awareness.

¹ Oklahoma Department of Commerce

² Bartels, 2001

³ SAMHSA 2005

⁴ SAMHSA 2006

⁵ SAMHSA 2006

⁶ ODMHSAS.org

OMHAC
Areawide Aging Agency
4101 Perimeter Center Drive, Suite 310
Oklahoma City, OK 73112

OKLAHOMA MENTAL HEALTH AND AGING COALITION



Improving the availability, accessibility and quality of mental health and substance abuse services for aging Oklahomans since 1991

For information contact:

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Member of the National
Coalition on Mental
Health and Aging
www.ncmha.org

The Oklahoma Mental Health and Aging Coalition is an alliance to improve the availability, accessibility and quality of mental health and substance abuse services for the more than 456,000 Oklahomans who are age 65 or older.

13.21% Oklahomans (21.27% of all registered voters) are age 65 or older. By 2030, 20% of all Oklahomans will be 65+.¹

The Coalition seeks to increase public awareness of the mental health needs of seniors. Individuals and representatives from a diverse group of public and private organizations form the Coalition. Oklahoma seniors and mental health consumers are encouraged to participate in the Coalition.

The Coalition addresses issues of mental health and wellness, prevention, treatment and recovery, all of which significantly impacts the quality of life of older Oklahomans, their families, friends and communities.

More than 1 in 4 older adults will experience a mental disorder.²

As many as 25% of all adults 65+ misuse or abuse alcohol, illicit drugs or prescription medications.³

Mental health changes in individuals over age 60 are often linked to physical disorders such as heart attack and stroke. Other factors including metabolic changes, medication interactions, infections, personal losses, isolation and situational changes are also associated with mental health changes.

More than one in four Americans over age 60 will experience a clinically significant change in their thinking or emotions. Many seniors are diagnosed for the first time as they age with conditions such as:

- depression
- dementia
- anxiety

Each year, approximately 100 Oklahoma seniors will commit suicide; many others abuse alcohol, illicit drugs or prescription medicines.

Alcoholism, depression, and pathological gambling are linked to suicide in older adults.⁴

Coalition Goals:

- Advocate for funding and resources to support mental health needs for Oklahoma seniors and caregivers.
- Improve availability and quality of mental health services for older Oklahomans.
- Educate mental health consumers, caregivers, service providers, policymakers and program developers about the mental health needs of and resources available to older Oklahomans.
- Compile and distribute current information about mental health and substance abuse issues facing older Oklahomans.
- Serve as a resource to public policymakers, consumers and concerned citizens.

Untreated mental disorders in the U.S. cost more than \$300 billion annually.⁵

Mental health treatment reduces health care costs; treatment of depression often facilitates recovery from other illnesses.⁶