

WISE & Healthy Aging

# Mental Health Services



Counseling Services for  
Elder Abuse Survivors

**WISE**  
& *Healthy Aging*

## Specialized Services

WISE & Healthy Aging's Counseling Services for Elder Abuse Survivors marks a significant shift in how the professional community treats elder abuse victims. With this program, mental health services treatment is available as a standard of care within a multi-disciplinary response to elder abuse to provide psychotherapeutic interventions.

Professional therapists provide short-term psychological treatment utilizing a problem-solving treatment model. Through therapy, clients learn to:

- minimize the trauma,
- experience symptom reduction, and
- develop tools to prevent future victimization.

Specially-trained therapists conduct initial assessments, administer cognitive measures along with anxiety, depression and post-traumatic stress syndrome (PTSD) measures. Treatment goals as well as attainable measurable outcomes are set for each individual.

Referrals for services are the result of a team approach that includes Adult Protective Services (APS), law enforcement, the Los Angeles County Elder Abuse Forensic Center and the Long-Term Care Ombudsman Program.

## A Community Resource

WISE & Healthy Aging is committed to supporting the mental well-being of older adults. With more than 20 years of dedication and expertise in mental health services, our nonprofit organization – the result of a merger of WISE Senior Services and Center for Healthy Aging – offers highly qualified mental health staff, psychiatrists and clinical interns who provide psychotherapy including mental health case management.

## Types of Support Available

- Outreach and engagement.
- Initial assessment including cognitive measures.
- Support and education around safety issues and prevention of re-victimization.
- Short-term individual psychotherapy provided by psychology post-doctoral fellows supervised by licensed clinical psychologists.
- Individual psychotherapy sessions are conducted in the setting that best meets client needs: at the client's home, assisted living facility, nursing home, a location of their choice (i.e., park setting, community center) or at WISE & Healthy Aging's main clinic in Santa Monica.

Seniors will not be turned away for the inability to pay. Medicare or Medi-Cal programs will be billed for allowable services and the remainder of the cost will be free as the result of a grant from the Archstone Foundation.

## Eligibility

Seniors who are victims of any type of abuse are eligible for counseling services. The abuse includes physical (including sexual abuse), emotional, verbal, domestic violence, neglect (including self-neglect), isolation, abandonment and financial abuse. Services are for seniors who reside in Los Angeles County.

## We Are Here to Help

If you know someone who is a victim of abuse, or if you are interested in learning more about our services, please call: **(310) 394-9871, ext. 465.**

*“What lies behind us and what lies before us are tiny matters compared to what lies within us.”*

– Ralph Waldo Emerson



## About WISE & Healthy Aging

WISE & Healthy Aging, a social services organization, enhances the independence, dignity and quality of life of older adults through leadership, advocacy and innovative services. This nonprofit is the result of a November 2007 merger of WISE Senior Services and Center for Healthy Aging. Each organization served the community for more than three decades prior to the merger, earning national reputations for innovative and effective programs and services. Programs and services include:

- Information & Referral
- Adult Day Services Center
- In-Home Care Management
- Caregiver Support Services
- Mental Health Services
- Peer Counseling
- Elder Abuse Prevention Program
- Financial Abuse Specialist Team of LA (FAST)
- Educational and Outreach Programs
- Transportation & Mobility
- Personal Money Management Services
- Benefits Enrollment Center
- Medicare Insurance Counseling
- Tax Preparation Service
- Financial and Legal Clinics
- Volunteer (RSVP) Opportunities



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