



Seniors Empowered for Life Fulfillment (SELF)

SELF Program

The SELF program is designed to facilitate seamless access to behavioral health services for Bucks County's aging population. The SELF program focuses on decreasing stigma attached to receiving behavioral health services, thus increasing acceptance among older adults who are in need of treatment. Key elements necessary to address behavioral health needs include: acceptance of treatment, unhindered access to treatment and an ability to bill payers for services. In this population, attention must also be paid to medical needs and the individual's physical capability to receive required services. Critical to the success of the SELF Program are the strong connections between Lenape Valley Foundation, Bucks County Area Agency on Aging (AAA) and Bucks County Mental Health/Developmental Programs (MH/DP).

The SELF program provides all services in the client's home or community setting. SELF staff members often work in conjunction with the Bucks County Area Agency on Aging.

Referrals can be taken 24 hours per day by calling Lenape Valley Foundation's Acute Care Center at **215-785-9765**. Referrals can also be taken by the Program Coordinator at **215-458-4204** or by calling the Bucks County Area Agency on Aging at **267-880-5700**.

Who is eligible for this program?

Individuals who meet the following criteria:

- Bucks County residents
- Age 60 or older
- Isolated and/or have no appropriate caregiver
- Appear to have mental/behavioral health needs
- Currently not receiving mental/behavioral health services via traditional means

Who is included on the service team and what kinds of services are provided?

• **Program Coordinator**

- Responsible for program development and implementation of appropriate SELF services
- Assess willingness of client to participate in the SELF program
- Provides outreach to engage consumer and complete intake process

• **Clinician**

- Provides individual and family therapy when appropriate
- Help clients identify therapeutic goals and make positive changes
- Assess and support clients when in crisis situations

• **Certified Peer Specialist**

- Empower clients to reach their recovery goals
- Facilitate increased community participation
- Help clients navigate the mental health system through lived experience

• **Case Manager**

- Locates and provides resources to assist clients in meeting their goals
- Collaborates with the client in goal setting
- Provide comprehensive care and coordination of services

• **Certified Registered Nurse Practitioner**

- Completes psychiatric evaluation to provide medication needs and behavioral health diagnosis
- Provide education on medication options
- Provide medication management