



2025 Healthy Living Conference

ONEgeneration

Senior Enrichment Center

Mental Health & Wellness Program



Michelle Quiroga-Diaz, LCSW Vice President, Programs

Mental Health & Wellness Program

The program, housed in our Senior Enrichment Center, embodies an inclusive and holistic approach to wellness services by skillfully addressing mental health within the context of senior's overall wellbeing, while incorporating physical health and social connections. Through such program resources, we support older adults in building resilience and coping strategies for later life challenges.

Goals of the Project:

- ✓ Expand access to mental health care in a community-based setting for vulnerable older adults, adults with disabilities and family caregivers.
- ✓ Increase awareness and access to social and behavioral support for isolated homebound, frail older adults in the San Fernando Valley region.



BURIED IN TREASURES WORKSHOP

THURSDAYS STARTING JANUARY 23
2PM-3:30PM
15-WEEK PROGRAM

A SELF-HELP WORKSHOP FOR PEOPLE WHO HAVE TOO MUCH STUFF

Would you like to learn tips on how to de-clutter and stop over-acquiring with people who know what it's like? Join us for this workshop created by and for people who are ready to live a life less-cluttered! For 15 weeks we'll meet for 90 minutes to discuss skills from the book, Buried in Treasures, and complete challenging and rewarding exercises. We'll also check in with our individual progress, challenges, successes, and goals.

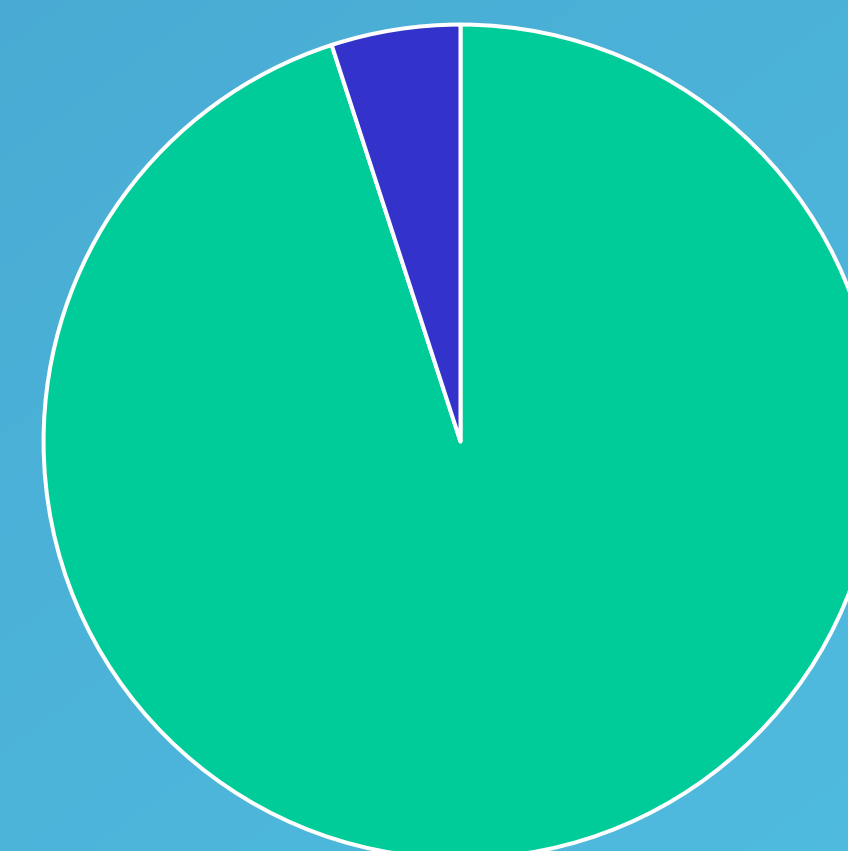
This Workshop offers a judgement-free environment for people ready to make a change in their life!

For registration or more information: (818) 705-2345

Fun Facts:

- Provided mental health counseling to 115 clients through various formats.
- Over 160 senior center members accessed mental health resources.
- 65 attendees participated in 11 wellness education classes.
- Two 16-week "Buried in Treasures" programs served 31 participants, with ongoing support.
- Daily reassurance calls to 20 isolated older adults, serving over 400 clients.

Mental Health & Wellness Program Clients (Scores from screening tools - Geriatric Depression Scale & Generalized Anxiety Disorder)



■ Reduction in symptoms ■ No reported reduction in symptoms



Project Highlights

Buried in Treasures

Participant Personal Goals

- To be able to find, use and enjoy the things that I do have
- To be able to have company over without feeling embarrassed
- To create a safer and healthier home environment
- To use spaces in the house for what it is meant for
- To feel comfortable in my surroundings

Participant Reflections on Completing the Series

- *I understand more of my emotional relationship to objects and why it was hard to let go of certain items*
- *I felt motivated to create more organized systems in my home*
- *I learned about tools and strategies to more effectively tackle my cluttering issues*
- *Sharing the class space with others in similar situations made me feel not alone and gave me greater perspectives*
- *I will continue to build on my small but important successes*