

REPORT OF GENERAL MANAGER

APPROVED
JAN 21 2009

NO. 09-013

DATE January 21, 2009

BOARD OF RECREATION
and PARK COMMISSIONERS

C.D. Various

BOARD OF RECREATION AND PARK COMMISSIONERS

SUBJECT: SENIOR CITIZEN SOCIAL SERVICES PROGRAM – AUTHORIZATION TO ALLOW COMMUNITY PARTNERS IN CARE TO CONDUCT STUDY ON DEPRESSION

R. Adams _____	J. Kolb _____
H. Fujita _____	F. Mok _____
S. Huntley _____	K. Regan _____
*V. Israel _____	M. Shull _____


General Manager

Approved _____

Disapproved _____

Withdrawn _____

RECOMMENDATION:

That the Board:

1. Approve staff participation in a study on depression with Community Partners in Care; and,
2. Direct staff to issue a Right-of-Entry Permit to Community Partners in Care if participation in study is approved.

SUMMARY:

The Department of Recreation and Parks (Department) has been approached by Community Partner's in Care (CPIC) to utilize our facilities and staff in order to conduct a study on depression in senior citizens. CPIC is a project funded by the National Institutes of Health; the proposed study aims to determine the efficacy of two separate approaches of improving depression care. One approach brings different community agencies together so that they can develop their own programs and plan how best to work as a team to provide depression care. This technique is termed Community Engagement intervention. Another approach uses health experts to make agencies aware of programs that have already been proven to work well in improving depression care. This methodology is known as the Program Support group. The target demographic is vulnerable populations and communities of color within South Los Angeles, East Los Angeles, Hollywood, and surrounding areas. It is CPIC's contention that people living in these communities may not have the services that have been shown to work well in treating depression. The entire project is being conducted as a partnership of three academic institutions and lead community agencies working in a

REPORT OF GENERAL MANAGER

PG. 2 NO. 09-013

partnership. Some of these institutions include the University of Southern California (USC) School of Social Work, University of California, Los Angeles (UCLA) Health Service Research Center, Rand Corporation, Los Angeles Urban League and the California Department of Mental Health.

Depression has been defined as a period of weeks, months or years of feeling sad and/or having loss of interest in enjoyable activities, as well as other related problems such as difficulty concentrating or low energy. CPIC asserts that depression affects between fifteen and twenty percent of the population across all cultural and age groups and interferes with one's ability to work, play, and enjoy oneself. Recreational activities and exercise are important components of recovery from depression, staying healthy and avoiding the return of depression. Even though serious depression is a medical problem, requiring treatment, getting and staying well can be accomplished by positive thinking and positive activities. For this reason, a relationship with the Department is viewed by CPIC as a means to provide new ways to the community of working with clinics and social agencies to support recovery from depression and healthy living.

This potential role for recreation and parks programs requires "out of the box" thinking and brainstorming, and then working to develop the guidelines and activities and approaches and trainings that might allow these new kinds of programs to be piloted in CPIC as part of the community planning groups. If deemed useful, then maybe they would become programs that the Department wants to continue with new community partners or with existing staff.

CPIC staff will work in conjunction with the Senior Citizen Section Supervisor to develop a methodology appropriate for use at our senior centers. The study design as proposed involves at least eight voluntary participants, at eight sites that fall within the area of interest for CPIC, completing web surveys yearly for three (3) to four (4) years. It is important to note that Department staff will not be conducting or participating in the study. The following centers fall into the boundary lines for the project: Highland Park Senior Center, Lincoln Heights Senior Center, Lincoln Park Senior Center, Montecito Heights Senior Center, Ahmanson Senior Center, El Sereno Senior Center, Glassel Senior Center, Boyle Heights Senior Center, Costello Senior Center, Vineyard, Mount Carmel Senior Center, and Claude Pepper Senior Center. Site selections are yet to be determined.

CPIC staff will also conduct annual on site trainings for Department staff in the course of conducting this project. This has been viewed by Senior Citizen Section staff as desirable as it gives them the opportunity to learn new methodologies from mental health professionals that may lead to increased program effectiveness and enhance the Senior Citizen Social Services program as a whole.

FISCAL IMPACT STATEMENT:

Participation in this project results in a very minimal impact to the Department's General Fund.

REPORT OF GENERAL MANAGER

PG. 3 NO. 09-013

This report was prepared by Olujimi A. Hawes, Management Analyst II and Ann Vollmer, Principal Recreation Supervisor I, Pacific Region.