

# Partnering to Support Vulnerable Adults

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# GRAT: Geriatric Regional Assessment Team

- A home-visiting team of 4 licensed behavioral health professionals (i.e., clinicians) who provide older adults comprehensive behavioral health and cognitive assessment, evaluation, intervention and connections to services and resources.
- Part of Sound Generations, a multi-service nonprofit partnering with older adults to provide accessible and inclusive services so they can age their way.
- Our work emphasizes populations likely to face barriers in access to traditional healthcare avenues.

# Who We Serve

- Adults **55 and older**
- Living in **King County**
- **Experiencing a behavioral health issue in which mental health, substance use, and/or cognitive issues are likely contributing to safety risks and disrupting everyday functioning**
- Must be able to **receive support services at home**
- **Not** already receiving a comparable service or higher level of care

# Focus on Early Intervention & Prevention

- By providing outreach, assessment, and early intervention, this program will reduce the likelihood of seniors experiencing acute behavioral health crises and reduce the need for high-cost crisis services.
- Support VSHSL result area of healthy living by enabling seniors living in King County to have positive health outcomes in a more sustainable system and emphasizes prevention of crises.
- Contributing to impact the MIDD policy goal of "divert individuals with behavioral health needs from costly interventions, such as jail, emergency rooms, and hospitals."

# Focus on Assessment

- To help clarify a person's situation – what needs are unmet, what barriers and risks will affect future well-being, what strengths and supports exist, what beliefs and experience making meaning of the situation, what factors are changeable – and provide tailored guidance for support services and resources.
- To provide a "roadmap" for care so that clients (and their support systems) can navigate current challenges and opportunities to improve their quality of life.

# GRAT Interventions

- Building rapport
- Exploring client priorities and motivation
- Conducting biopsychosocial and cognitive assessment
- Screening for risk
- Offering psychoeducation
- Connecting with family members and neighbors (resource mapping)
- Referring to and coordinating with service providers

# How Do We Succeed?

- Collaboration with referral source to clarify the purpose of assessment and desired outcomes.
- Building rapport with clients and exploring their goals/concerns to develop a plan that they endorse.
- Active communication and coordination with service providers.
- Drawing on existing supports in family and community.
- Identifying strengths and protective factors that can reduce safety issues.
- Following up to ensure continuity of care and a “warm hand-off.”

# Partnership & Collaboration

- Learning about the policy and service context in which we work.
- Taking referrals from APS Investigators.
- Participating in cross-agency consultation and planning:
  - [King County Elder Abuse Council and Multidisciplinary Team \(MDT\)](#)
  - King County Behavioral Health-Administrative Services Organization (BH-ASO)
- Understanding the continuum of care from routine services to crisis and emergency response.



## For More Info on GRAT

Check out our professional referral webpage where we have FAQs, an online referral form, and dates for upcoming info sessions:

<https://soundgenerations.org/our-programs/grat/grat-referral-page/>

Email us: [GRAT@soundgenerations.org](mailto:GRAT@soundgenerations.org)

Thank You!