



Background

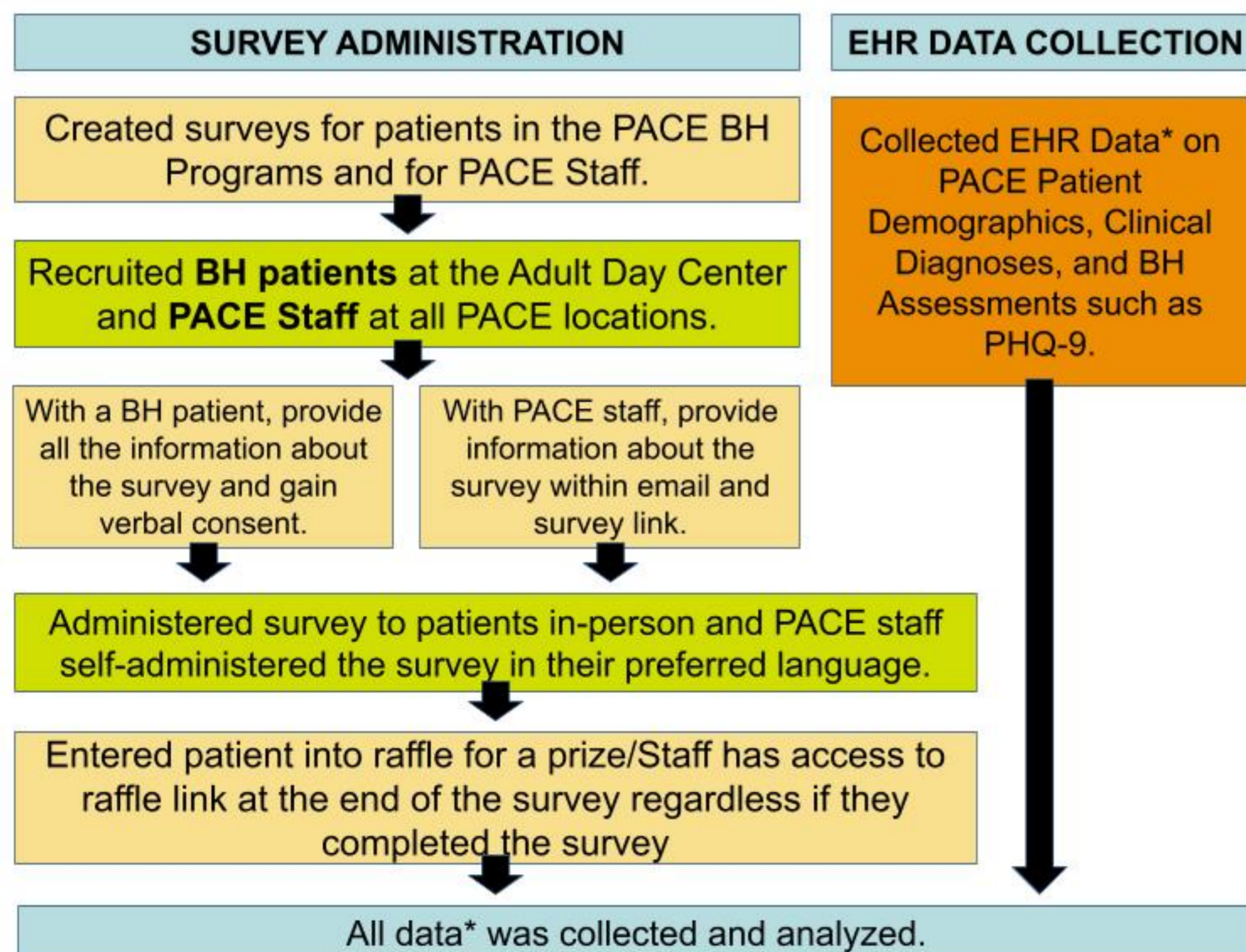
A recent San Ysidro Health Center Community Assessment found a growing elderly population from 2016–2021. San Ysidro Health launched the PACE program in April 2015, evolving from an Adult Day Care Center started in 2012. Today, PACE has expanded to four centers across San Diego County: San Ysidro, El Cajon, Chula Vista, and Vista.

- Across all regions, mental and behavioral health—particularly depression and neurocognitive impairment—was identified as a top health concern.
- Screening for depression is a key focus within the San Ysidro Health network.
- When issues are identified, physicians may refer patients to PACE, a Program of All-Inclusive Care for the Elderly, which began in the 1970s and now operates in over 30 states.
- PACE aims to help seniors stay safely at home by offering medical care, meals, transportation, recreational therapy, and adult daycare services, with the goal of improving both physical and mental health.

Objectives

1. Assess the effectiveness of PACE Behavioral Health on the overall well-being of elderly patients.
2. Explore patient and staff perceptions of PACE program and its impact on overall well-being on elderly patients.

Methods



Results

Patient Data collected:

- Length of time in PACE program
- Demographics: race, ethnicity, age

Time of PACE Participation

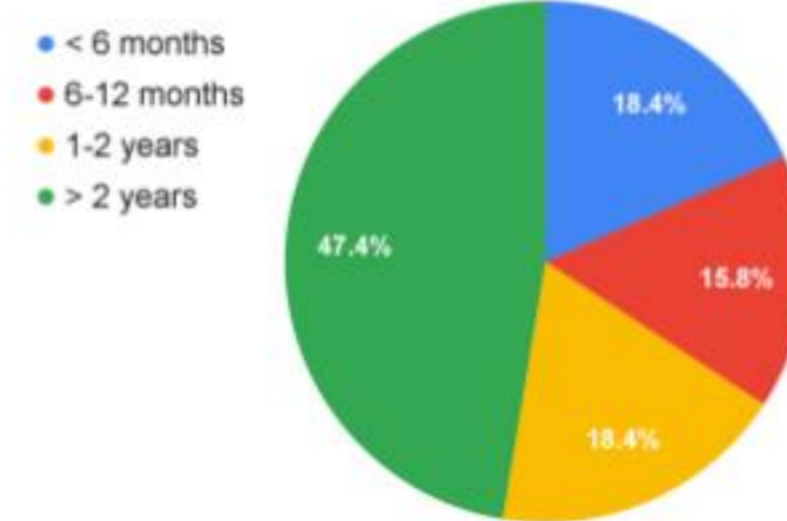


Figure 1. Length of Enrollment of PACE Participants

Participant Demographics by Ethnicity

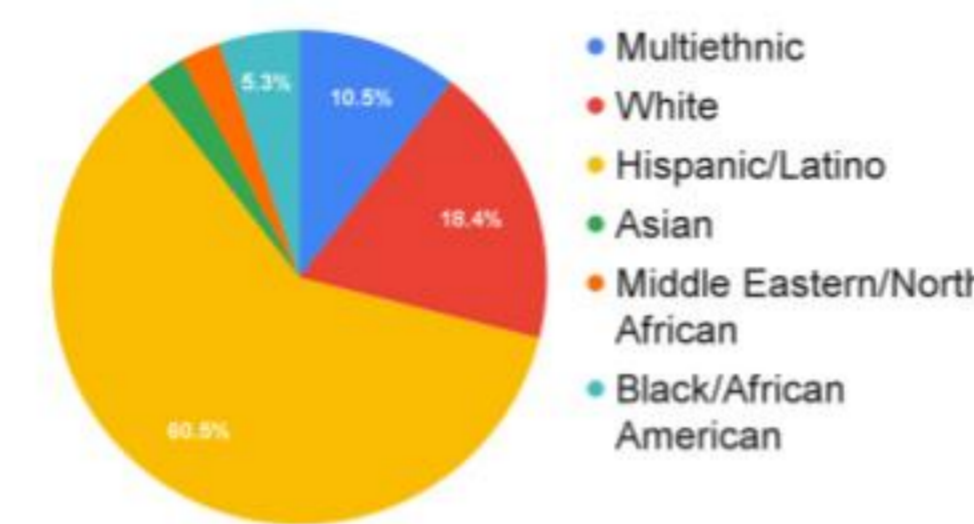
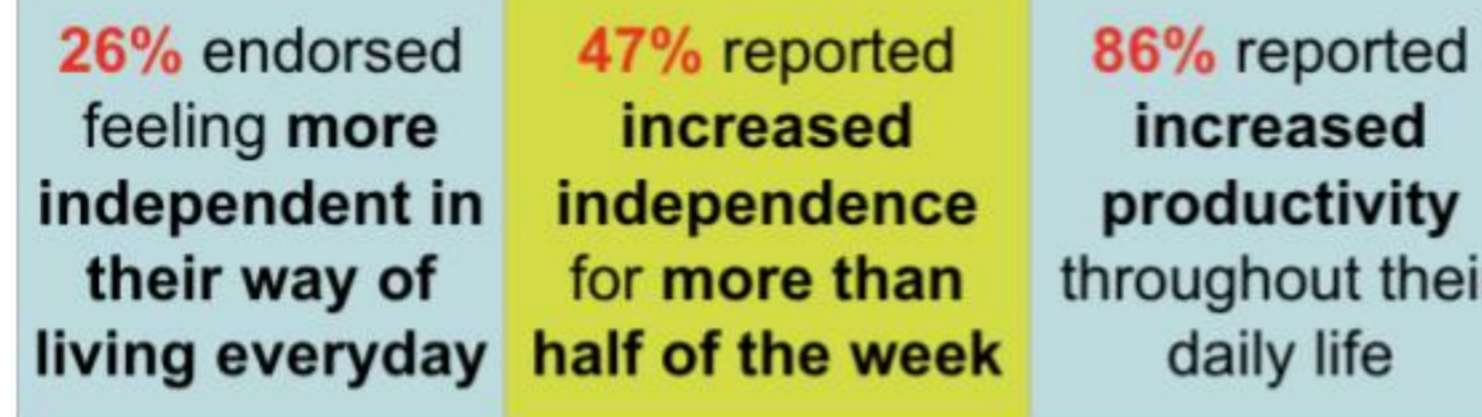


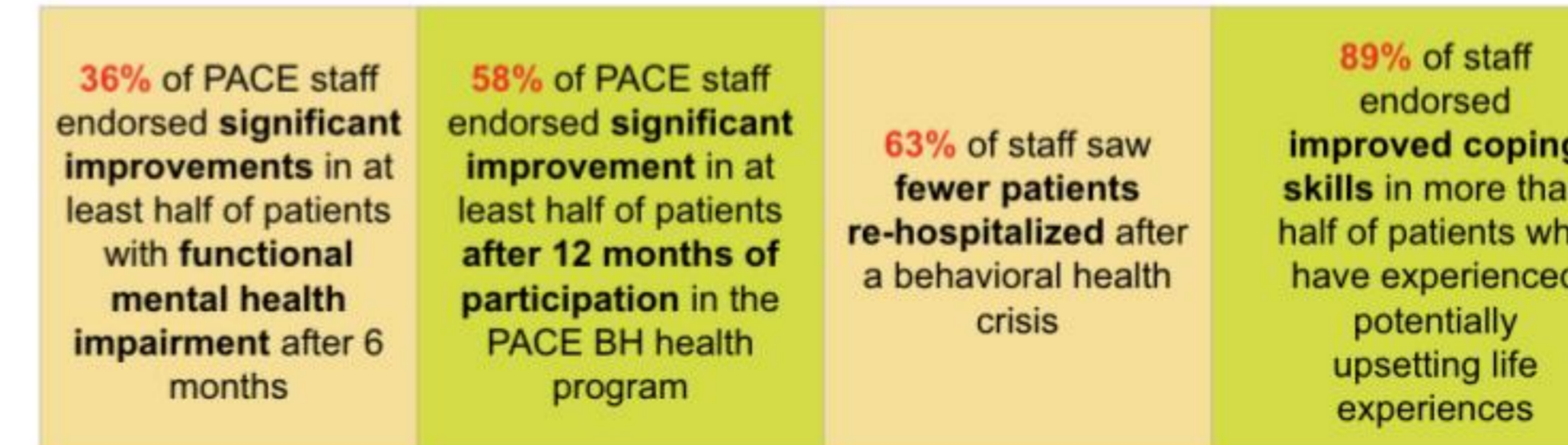
Figure 2. Ethnicity Percentage of Survey Participants

Results from Patient Survey (n = 38):

- A paired t-test of mental health ratings on a scale of 1-5 for surveyed PACE participants prior to and after enrollment in the PACE program yielded statistically significant results with a **p-value of 0.0000002**
 - suggests that the PACE program, including the behavioral health program, had a strong positive impact on the well-being of participants



Results from Staff Survey (n = 20):



Open-ended responses from PACE Staff:

- General feelings of satisfaction with the PACE BH program include:
 - counseling services
 - medication
 - day center clinic
 - activity calendars
- Areas of improvement identified included:
 - increasing staff
 - increasing spanish speaking providers
 - LCSW support

"I appreciate the open-door policy / open communication between BH staff and other team members"

"[The PACE BH program could improve by] increasing the frequency of participants being seen for counseling and psychiatry, and introducing group setting counseling."

Mental Health Scores Pre- and Post-PACE Enrollment

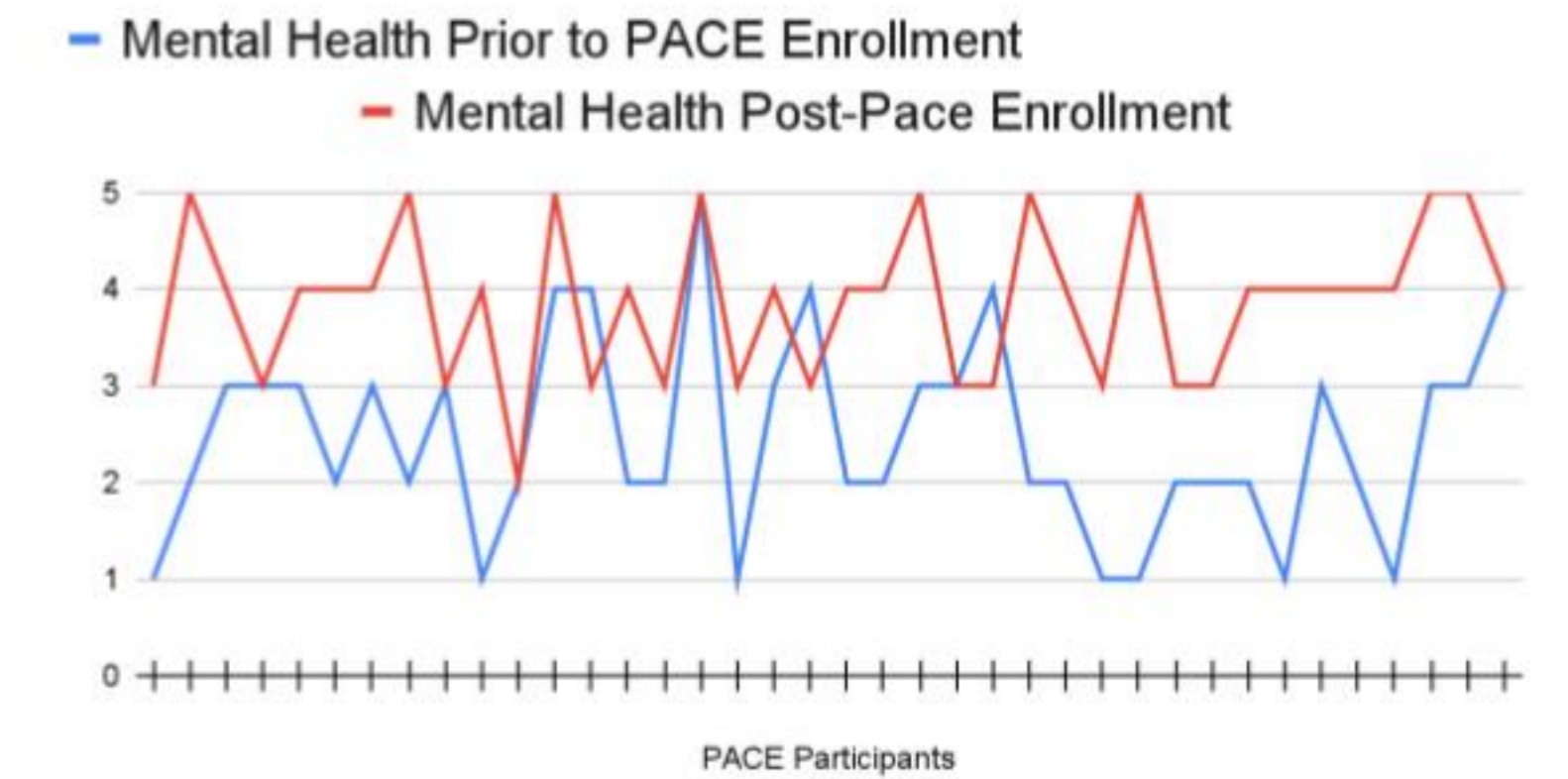


Figure 3. Self-Reported Mental Health Ratings Pre- and Post-Pace Enrollment

Discussion/Conclusion

Our analysis of the survey responses indicated that participation in the PACE BH program demonstrated a reported increase in community involvement, fostering independence, and enhancing overall health. These improvements in mental health can help keep older adults safe in their own homes for longer.

With our evaluation, we hope to inspire the growth of similar programs to support the elderly in other aging communities. It will provide the PACE BH Program with insight into their successful interventions, areas of improvement, and a gauge to the overall quality of the services they are providing to the elderly population of San Ysidro Health. This can help the PACE Behavioral Health Program allocate resources more efficiently to improve future outcomes.

Limitations

Limitations affecting the survey administration and analysis included a small sample size, language barriers, and limited time for survey collection. Additionally, administrative constraints surrounding EHR data collection prevented thorough analysis. Due to inconsistent time points of PHQ-9 documentation and multiple EHR systems, data analysis was inconclusive.

Acknowledgements

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- Dr. Janelle Pieros, DO
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