



The Rizzi Difference
RIZZI PSYCHIATRIC ASSOCIATES

THE RIZZI DIFFERENCE NEWSLETTER & MAY 2022

May is National Mental Health Awareness Month

"There is no health without mental health" -Anonymous

While mental illness is not an inevitable part of aging, many older adults still experience frequent "mental distress" associated with a variety of factors including social isolation, loss of functional capacity, physical illness, grief and loss, etc.

Some Interesting Facts:

- At least one in four older adults experiences some mental disorder, such as depression, anxiety, or dementia.
- Due to population aging, the number of seniors with mental disorders is expected to double by 2030.
- Depression is the most common mental health problem in older people.
- People aged 85 and older have the highest suicide rate of any age group.
- Two-thirds of seniors with mental health problems do not get the treatment they need (the "treatment gap").
- Many older adults are less comfortable seeking help for mental health issues because of the stigma associated with mental illness.





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The good news is that older adults respond as well to treatment and move forward to live purpose-filled lives!

The team at Rizzi Psychiatric Associates is uniquely qualified to evaluate and treat older adults with mental illness including anxiety, depression, cognitive impairment, behavioral issues, and more.

Our unique collaborative care model is team-based and uses multicomponent interventions that focus on shared decision-making and discussion and mentoring with clinicians, care staff, families and caregivers to tailor health promotion and treatment guidelines to the individual to improve outcomes.



The Rizzi Psychiatric Team

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