

Resources and links from Kevin Hines Presents the Art of Wellness: Older Adults

Thursday, April 8th

Kevin's Website <https://www.kevinhinesstory.com/>

Kevin's YouTube Channel <https://www.youtube.com/channel/UCYZeM7MIkXtU--r9BIDTQA>

Kevin's Facebook Page <https://www.facebook.com/KevinHinesStory.us/>

Kevin's Twitter Feed <https://twitter.com/kevinhinesstory?lang=en>

Kevin's LinkedIn Profile <https://www.linkedin.com/public-profile/in/kevinhinesstory?challengeId=AQHduEUfVfk8mgAAAXi26Q04wLBrVs5syYBHhN1O1Ffa10ZzJQRNgFn-2IWg7MShhzivXjcf784FyFMcbUkShFDtSpTyf6b2NQ&submissionId=c30baa7c-fd34-7416-8e2b-3c777e5dec7c>

Maryland Crisis Line – 24/7 support- Dial 211 then press 1 for information, referrals, and crisis intervention

<https://211md.org>

National Crisis Text Line-Text "HOME" to 741741"

<https://www.crisistextline.org>

National Suicide Prevention Lifeline-24/7 support at **1-800-273-TALK**

<https://suicidepreventionlifeline.org>

Institute on Aging Friendship Line-24/7 support at **1-800-971-0016**

For people over age 60 or living with disabilities. They can also make on-going outreach calls to lonely seniors.

<https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

The Art of Wellness:

- 1) Therapy 2) Exercise 3) Nutrition 4) Education 5) Coping Strategies (mechanisms)
- 6) Avoid alcohol and drugs 7) Advocacy 8) Meditation 9) Medication 10) The Plan

Video Notes

Kevin's Book Recommendations:

Loving Someone with Bipolar Disorder (by Julie A. Fast)

Bipolar Disorder for Dummies (by Candida Fink and Joe Kraynak (Kevin is featured in the 3rd edition))

For more information about **The Bridge Rail Foundation**, visit <http://www.bridgerail.net/>

For more information on **Transcendental Meditation**, visit <https://www.tm.org>

Kevin uses the Calm and Headspace Apps.

<https://www.calm.com>

<https://www.headspace.com>

Online counseling sites Kevin recommends: Betterhelp and Talks pace

<https://www.betterhelp.com>

<https://www.talkspace.com>

American Foundation for Suicide Prevention's 4 Ds for Suicide Risk:

- 1) Depression 2) Debility 3) Disconnectedness 4) Deadly Means (access)

Q & A

Guest Panelist Kim Burton authored Maryland's premiere mental health and aging guidebook, *Mental Health in Later Life: A Guidebook for Older Marylanders and the People Who Care for Them*, and developed Maryland's first website dedicated to late life behavioral health education and resource information, www.mdaging.org.

Kim Burton's recommended resources:

"**Older Adults: Vibrant Minds**", Maryland's Mental Health and Aging website, can be found at: www.mdaging.org

The Mental Health Association of Maryland offers a FREE Guidebook that can be ordered by calling 443-901-1550 or downloaded: "Mental Health in Later Life: A Guidebook for Older Marylanders and the People Who Care for Them"

(https://www.mhamd.org/wp-content/uploads/2019/11/MH-Later-in-Life-Manual-Edits-Edits_2019-final-edition.pdf)

Each region of Maryland has an "Older Adult Behavioral Health Specialist". Their function and contact information can be found here:

[https://bha.health.maryland.gov/Documents/OA%20BH%20PASRR%20Brochure%20Sept%202020%20\(1\).pdf](https://bha.health.maryland.gov/Documents/OA%20BH%20PASRR%20Brochure%20Sept%202020%20(1).pdf)

The Mental Health Association of Maryland's Older Adults: Vibrant Minds program hosts events for education and connection. Visit: <https://www.mhamd.org/what-we-do/outreach-and-education/vibrant-minds/events/>

To learn more about becoming an advocate:

Maryland Coalition on Mental Health and Aging <https://www.mhamd.org/what-we-do/advocacy/coalitions/maryland-coalition-on-mental-health-and-aging/>

Contact Margo Quinlan at mquinlan@mhamd.org