

Senior In Home Therapy Program (SIT)

Description

The Senior In-Home Therapy Program (SIT), offered by the Mental Health Association in Morris County, provides high-quality, person-centered therapy services to adults, age 60 and older, who are unable to leave their homes due to physical, emotional, or environmental barriers. Designed to help seniors regain emotional wellness and improve their overall quality of life, the program offers individualized psychotherapy that promotes day-to-day functioning, reduces mental health symptoms, and fosters the development of healthy coping strategies. In addition to therapeutic support, seniors are assisted in connecting with vital community resources, empowering them to re-engage as active individuals, family members, and community participants. This program is available to older adults residing in Morris County with identified mental health needs and is supported in part by the Morris County Commissioners.

Personnel

Senior In-Home Therapy is staffed by a dedicated team consisting of one Program Director and one therapist (LSW). Together, the team provides compassionate, in-home mental health services tailored to meet the unique needs of each senior served.

Caseload

As of June 30, 2025, Senior In-Home Therapy had an active caseload of 20 consumers. Over the course of the fiscal year, a total of 35 seniors were enrolled in the program. Referrals were received through various sources, including community partners, the Morris County Division of Aging, and other MHA programs such as the Social Club and ARRIVE, reflecting strong collaboration and outreach within the local support network.

Demographics

Senior In-Home Therapy serves individuals aged 60 and older who reside in Morris County and face challenges accessing traditional outpatient mental health services due to physical, emotional, or situational barriers. Our program reflects the diverse experiences of aging within the county. The majority of those we serve identify as White (85%), with a small percentage identifying as other racial or ethnic backgrounds. The age of our clients spans the full spectrum of older adulthood, with 15% just beginning their 60s, another 15% between 61 and 65, 25% between 66 and 70, 30% in the 71 to 79 range, and 15% aged 80 and older. Consumers live throughout Morris County, from Lincoln Park and Towaco to Dover, Parsippany, Hackettstown, Oak Ridge, and beyond. This wide geographic distribution highlights both the accessibility challenges faced by older adults in suburban and semi-rural communities and the importance of our ability to meet them where they are.

Performance Outcomes

During Fiscal Year 2025, Senior In-Home Therapy continued to deliver high-quality, person-centered mental health services to adults aged 60 and older in Morris County, serving 35 unique consumers, including 9 new enrollments during the year. The program maintained consistent service delivery, including monthly psychotherapy sessions, regular follow-ups, and ongoing medication education provided each month. A key component of our evaluation process is the Mental Health Quality of Life Survey (MHQOL), administered at intake and again after six months of treatment. According to the MHQOL survey conducted during Fiscal Year 2025, consumers demonstrated meaningful improvements in their reported quality of life while engaged in services. The median score was 7 out of 21, with program scores ranging from a high of 16 to a low of 1. Consumers complete this survey at the start of treatment and again every six months, allowing us to track progress over time. Findings show that many consumers improved between survey periods—for example, one consumer’s score increased from 11 to 13, another from 2 to 8, and another from 5 to 7. On average, consumers demonstrated measurable gains in emotional well-being, daily functioning, and connection to their community after six months of engagement. These results highlight the program’s effectiveness in supporting older adults to enhance their overall quality of life through consistent therapeutic intervention. Additionally, the program achieved 100% goal attainment for treatment objectives, demonstrating the effectiveness of individualized care planning and collaborative engagement between consumers and staff. These outcomes underscore the SIT program’s success not only in maintaining continuity of care but also in producing meaningful, measurable results for seniors who might otherwise face significant barriers to mental health treatment.

Consumer Satisfaction Surveys

Senior In-Home Therapy conducted its annual satisfaction survey to assess consumer satisfaction with services. Surveys were distributed to 19 consumers via hand delivery, mail, or placement at their residences, with clear instructions to maintain confidentiality, including the use of sealed envelopes and multiple return options. Three surveys were returned, resulting in a 15% response rate.

For Fiscal Year 2025, 100% of respondents strongly agreed that they actively participated in their treatment plans, were encouraged to make their own decisions, received adequate time during visits, and had staff follow up on requests. All respondents felt comfortable voicing concerns, were treated with dignity and respect, felt their cultural backgrounds were honored, and expressed overall satisfaction with SIT services. Feedback reflected consistently positive experiences, with respondents also indicating that staff are pleasant, respectful, available, and responsive, and that they would recommend the program to others.

Gender: All three (3) respondents were female.

Ethnicity: All three (3) respondents identified as White/Caucasian.

Age: Of the three (3) consumers, one (1) was in the age range of 55 to 64 (33%), and two (2) were in the age range of 65+ (67%).

Program Highlights

During FY2025, Senior In-Home Therapy provided a total of 1,131 hours of counseling services to the consumers served. In collaboration with MHA's Self Help, Advocacy & Education, coping kits were developed and distributed to all consumers to help address the increased loneliness experienced by many older adults. The Senior In-Home Therapy Director also presented on the "Integrated Care" model at the New Jersey Advocates for Aging Well (NJAAW) annual conference. The presentation was well-received, leading to an invitation to participate in a follow-up YouTube program to further expand on the discussion. Program staff worked closely with the Morris County Division of Aging to supply emergency kits, pill organizers, and adult incontinence products to those in need. Additionally, staff participated in the Annual Consumer Achievement Awards ceremony at the Morris campus, celebrating the accomplishments of program participants. The Program Director also completed Mental Health First Aid Instructor Training for Older Adults, enhancing the program's capacity to support mental health awareness and intervention.

Advocacy Activities

Throughout the year, Senior In-Home Therapy actively engaged in advocacy to ensure consumers received the resources and support necessary to enhance their quality of life. During individual sessions, staff consistently connected participants to programs funded by the Morris County Division of Aging, as well as a wide range of community-based services. The program's advocacy efforts focused on increasing wellness, reducing symptoms, promoting socialization, and supporting independence for as long as possible. When appropriate, family members and psychiatrists were incorporated into the treatment process, fostering a coordinated approach to care. This personalized advocacy empowered consumers to access essential resources and make meaningful progress toward their personal goals.

FY 2026 Goals

The Senior In-Home Therapy Program remains committed to exceeding its goals by providing more than 820 counseling hours annually, administering the MHQOL survey for each consumer, and maintaining individualized treatment plans. The program will continue to strengthen partnerships with community agencies and MHA programs while collecting and monitoring performance data to ensure accountability and improved outcomes. Staff will also engage in ongoing professional training and deliver presentations as needed to stay current with best practices, all while empowering consumers to achieve their personal goals, enhance their quality of life, and stay connected to their communities.