

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 (LCSW). 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, 2026, Senior In-Home Therapy had an active caseload of 16 consumers. Over the course of the fiscal year, a total of 22 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 Gathering Place and Co-Response, 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. The individuals we serve reflect the diverse experiences of aging within Morris County, with approximately 90% identifying as White and the remaining 10% representing other racial and ethnic backgrounds. Our clients range across the older adult lifespan, with 31% between the ages of 60 and 64, 19% between 65 and 69, 31% between 70 and 79, and 19% aged 80 and older. Consumers live throughout Morris County, from Lincoln Park and Towaco to Dover, Parsippany, Hackettstown, Butler, 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 2026, the Senior In-Home Therapy (SIT) Program provided person-centered mental health services to 22 older adults in Morris County, including two new enrollments, through consistent weekly psychotherapy, follow-up care, and monthly medication education. Program outcomes demonstrated strong effectiveness, with 100% of consumers who completed the Mental Health Quality of Life (MHQOL) assessment showing improvement after six months of treatment. On average, MHQOL scores increased by 3 points, reflecting meaningful gains in emotional well-being, daily functioning, and overall quality of life. The program also achieved 96% treatment goal attainment, highlighting the success

of individualized treatment planning and collaborative therapeutic engagement. These outcomes demonstrate the SIT Program's ability to provide accessible, high-quality mental health care that produces measurable improvements for older adults facing barriers to traditional outpatient services.

Consumer Satisfaction Surveys

Senior In-Home Therapy conducted its annual satisfaction survey to assess consumer satisfaction with services. Surveys were distributed to 16 consumers via email, hand delivery, mail, or placement at their residences. Three surveys were returned, resulting in a 19% response rate.

For Fiscal Year 2026, the Satisfaction Survey demonstrated exceptionally high consumer satisfaction, with all three respondents reporting overall satisfaction with services and improvements in their quality of life. Consumers unanimously strongly agreed that staff treated them with dignity and respect, encouraged them to make their own decisions, provided adequate time during visits, responded to their needs, and created a safe, culturally respectful therapeutic environment. Open-ended comments further highlighted the strength of the therapeutic relationships, with consumers describing their therapist as respectful, supportive, and instrumental in their personal growth.

Gender: Two (2) of the consumers identified as female and one (1) consumer identified as male.

Ethnicity: Two (2) of the consumers identified as White/Caucasian and one (1) consumer preferred not to answer.

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 FY2026, Senior In-Home Therapy provided a total of 1,256 hours of counseling services to the consumers served. 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 2027 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.