

COUNSELING, OUTREACH AND REFERRAL FOR ELDERLY (CORE)

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CORE (Counseling, Outreach, and referral for Elders) is a program developed by the Councils on Aging cooperatively with MVCS Island Counseling Center in 2011. The CORE program works with at-risk and mostly home-bound elders in the following manner who are referred to the program by Councils on Aging, primary care physicians, first responders, neighbors and family members, and MV Hospital. Town Funding for FY2018 was \$53,000.

CORE addresses the significant inter-related health, behavioral health, social and case management needs of elders age 55+ at no cost to the client. Many CORE clients require home visits due to their difficulties with mobility, transportation and Medicare restrictions. Care coordination connects elders to needed services, community activities, linkages with doctors, food supplies and encouragement of elders with substance use issues to address that problem. The care coordinators, guided by the clinicians, provide their services to meet the needs and desires of the clients.

CORE services are not covered by insurance and are a vital component of providing effective behavioral health treatment. Assuring that appointments with medical professionals are kept, coordinating treatment with clinicians and medication with psychiatric providers allows elders with medical issues to understand treatment and avoid medication interactions. CORE addresses a wide range of client needs, including:

- Meeting in the homes of clients who struggle with extreme anxiety. These clients would otherwise avoid treatment due to their fears and their inability to travel to the counseling center for treatment.
- Assisting clients to learn about and when appropriate, apply to other Island organizations'
- transportation supports, including MV Center For Living, Vineyard Village at Home and The Lift.
- Advocating for clients who are facing housing crises by connecting to them to local agencies, including Island Elderly Housing and Housing Assistance Corp. A CORE care coordinator can attend meetings with our clients to help disseminate information and aid in planning the next action steps towards secure housing.
- Food insecurity. CORE helps to connect clients to food resources on the Island including

the Island Food Pantry, Serving Hands and SNAP benefits.

- Hospital stays are an unfortunate reality for some of our clients. With the CORE program, our clinicians can continue to meet with the clients in their hospital rooms. This supports continuity of care and it provides the client with additional emotional and mental health support during what can be a stressful and anxiety-ridden experience.

CORE Service Summary

Service Data	FY2018	FY2017	FY2016
# of Units	1132	797	848
# of Individuals	70	67	65