

Media Contact

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**FOR IMMEDIATE RELEASE****Maine Council on Aging Hosting Virtual Listening Sessions to Address the Challenges Older Mainers Have Accessing Behavioral Health Services**

Brunswick, Maine, January 24, 2025 – The Maine Council on Aging (MCOA), with support from the [Maine Health Access Foundation](#), is hosting four, virtual listening sessions for people working with older adults to gather ideas and data around the challenges they face accessing behavioral and mental health services. Participants are asked to share their insights and observations through their work with older Mainers.

Four Zoom listening sessions have been scheduled for each of these categories:

Behavioral Health Providers

February 7 | 1:00-2:30pm
Virtual via Zoom
[Register](#)

Aging Services Providers

February 14 | 1:00-2:30pm
Virtual via Zoom
[Register](#)

Lifelong Community Programs

(lifelong or age-friendly communities, transportation)

February 28 | 1:00-2:30pm
Virtual via Zoom
[Register](#)

First Responders

March 7 | 1:00-2:30pm
Virtual via Zoom
[Register](#)

Questions to Consider

MCOA wants to identify what is working to support older people with mental health needs in Maine and elsewhere. Including:

- What models work and how are they funded?
- What training is needed as well as what training is available for staff and volunteers?
- Other ideas and suggestions from practitioners.
- What data is available related to these challenges?

Moderated Discussions and Action Planning

Participants are asked to please come prepared to discuss answers to these questions. This will assist a group of leaders from various sectors to hear the full scope of the problems. Each comment will be limited to **three minutes** with additional opportunities to contribute through the Zoom chat function. This will be a moderated conversation. Based on this discussion, potential solutions will be identified, and possible courses of action will be charted to increase access to training and create new community-based support.

Questions?

For any questions or additional information please contact MCOA Policy Director Jess Fay at jfay@mainecouncilonaging.org.

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About Maine Council on Aging

The Maine Council on Aging is a broad, multi-disciplinary network of more than 135 organizations, businesses, municipalities, and older Mainers working to ensure we can all live healthy, engaged, and secure lives in our homes and community settings. For more information: www.mainecouncilonaging.org.