



Aging, Resilience, and Mental Health: A Conversation with Dr. Anne Johnson



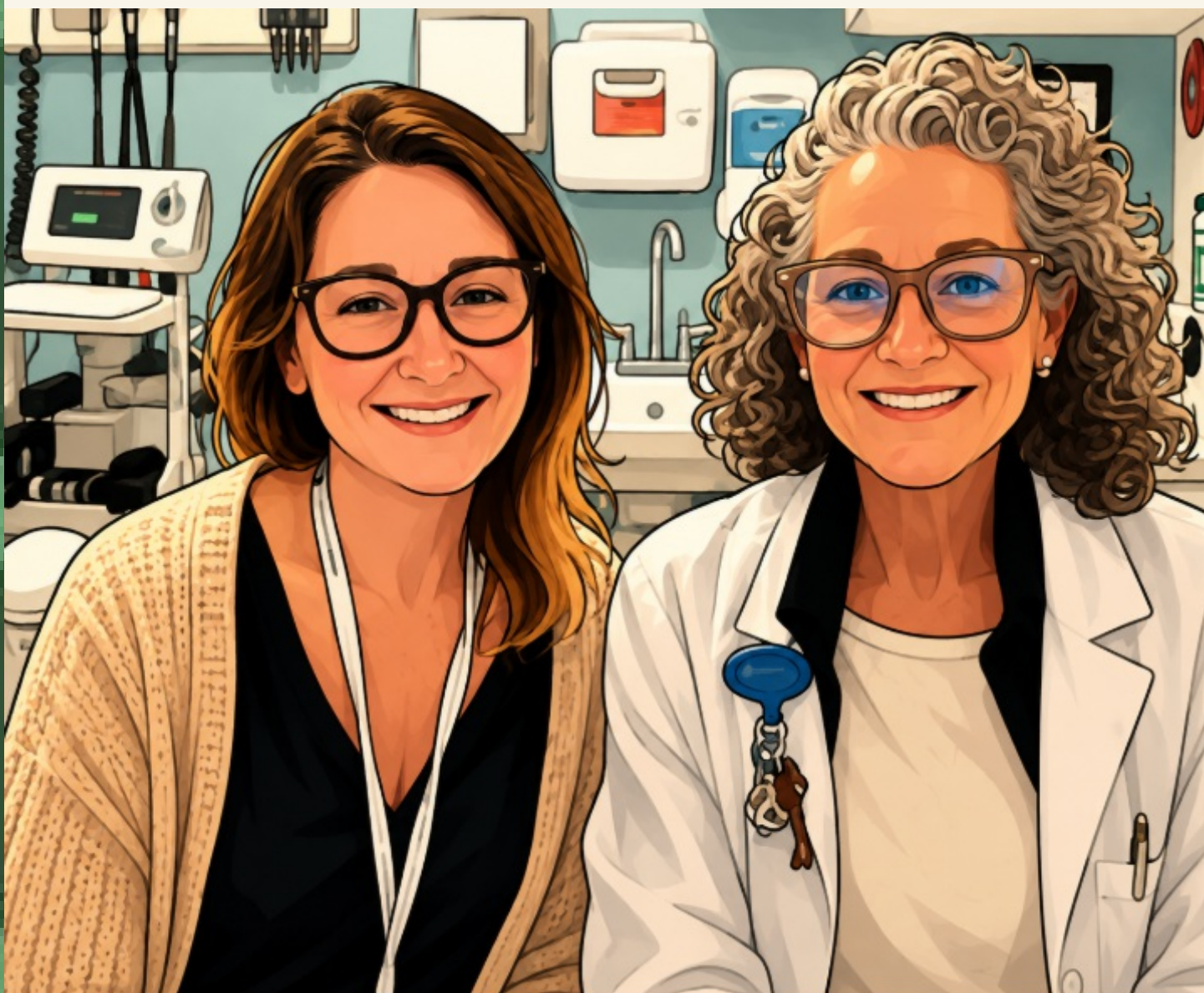
September is Suicide Prevention Month. AWD has tried to make this month's difficult and complex topic accessible and resourceful by speaking with a variety of health care professionals.

Dr. Anne Johnson is an outpatient geriatric psychiatrist at Duke. She completed medical school, general psychiatry residency training, and an additional year of fellowship training to specialize in caring for older adults and their mental health. She supports patients in managing different conditions like late life depression, anxiety, psychosis, and neurocognitive disorders.

She spoke with AWD about her experience with older adults.

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Angela Burnett, LCMHCS and Beth Soule, MSN, RN, CCM, Talk Risk Factors and Treatment

Beth Soule, MSN, RN, CCM and Angela Burnett, LCMHCS, spoke with Aging Well Durham about their experiences at Duke Primary Care in Knightdale, finding ways to intervene, interact, and prevent their clients from suicide or ideation.

Beth sees Medicare patients, who are generally 65 and older, for annual wellness visits, chronic

care management, as well as advanced care planning. During a wellness visit, she routinely does a PHQ-9, which is a screener for depression, and a GAD-7, a screener for anxiety.

Angela is a Behavioral Health therapist and a licensed clinical mental health counselor. After Beth screens clients, she may refer them to Angela for further treatment.

Hello! Let’s jump in. How does this work, this relationship between the nurse, counselor, and client?

Angela: I get patients from Beth, but then I also get them from their primary care providers if they come in and we do screenings. They'll do the GAD and the PHQ-9. Whenever a patient comes in for their sick visit, wellness visit, depending upon their score, their discussion that they have with their PCP, they'll put in a referral for me or someone among our team.

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YOU ARE INVITED!

Durham Aging Plan Community Meeting



Wednesday, October 7th: 9-10:30am



Elizabeth Street UMC
1209 N. Elizabeth Street

THE MEETING WILL INCLUDE:



- recommendations from the Plan’s livability groups



- time for you to share your input



USE THIS LINK TO REGISTER:
<https://tinyurl.com/AgingPlanMeeting>



You can also call Aging Well Durham’s staff to sign-up: **Shelisa at 919-599-9642**



[Click here to Register!](#)

Aging Well Durham
1209 N. Elizabeth St.
Durham, 27703



FOR OLDER ADULTS

BASIC TECH HELP

for phones and
laptops



 Downloading Apps

 Using the internet

 Taking Pictures

Tuesday, Sept 15th @ 2pm

For Directions and Parking
email/call
Sam@Agingwelldurham.org
919-884-7741 Sam



Win a hoodie!

TAKE A SURVEY ABOUT THE WELL

That's it.

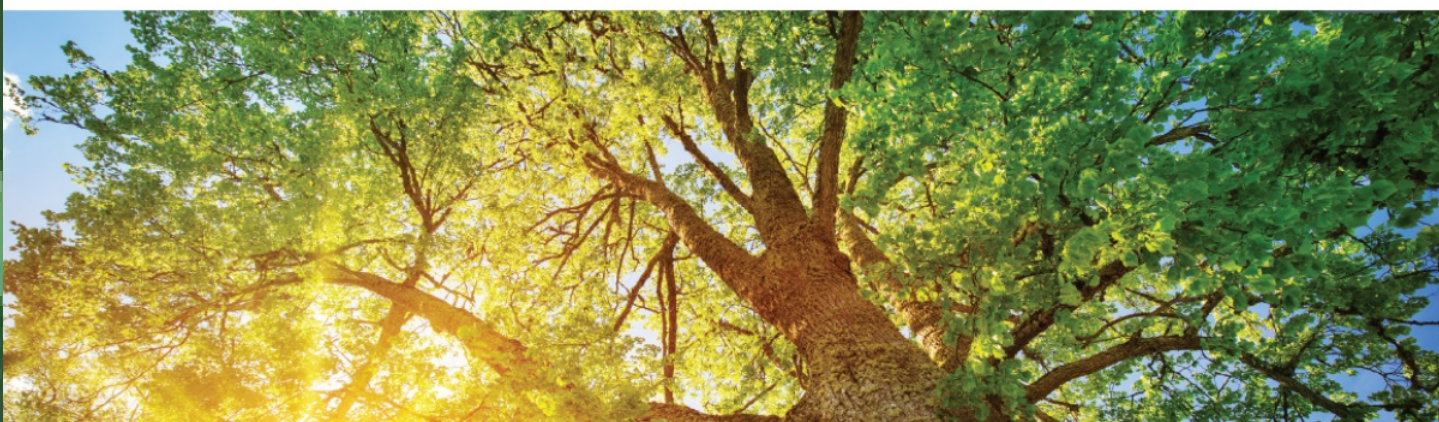


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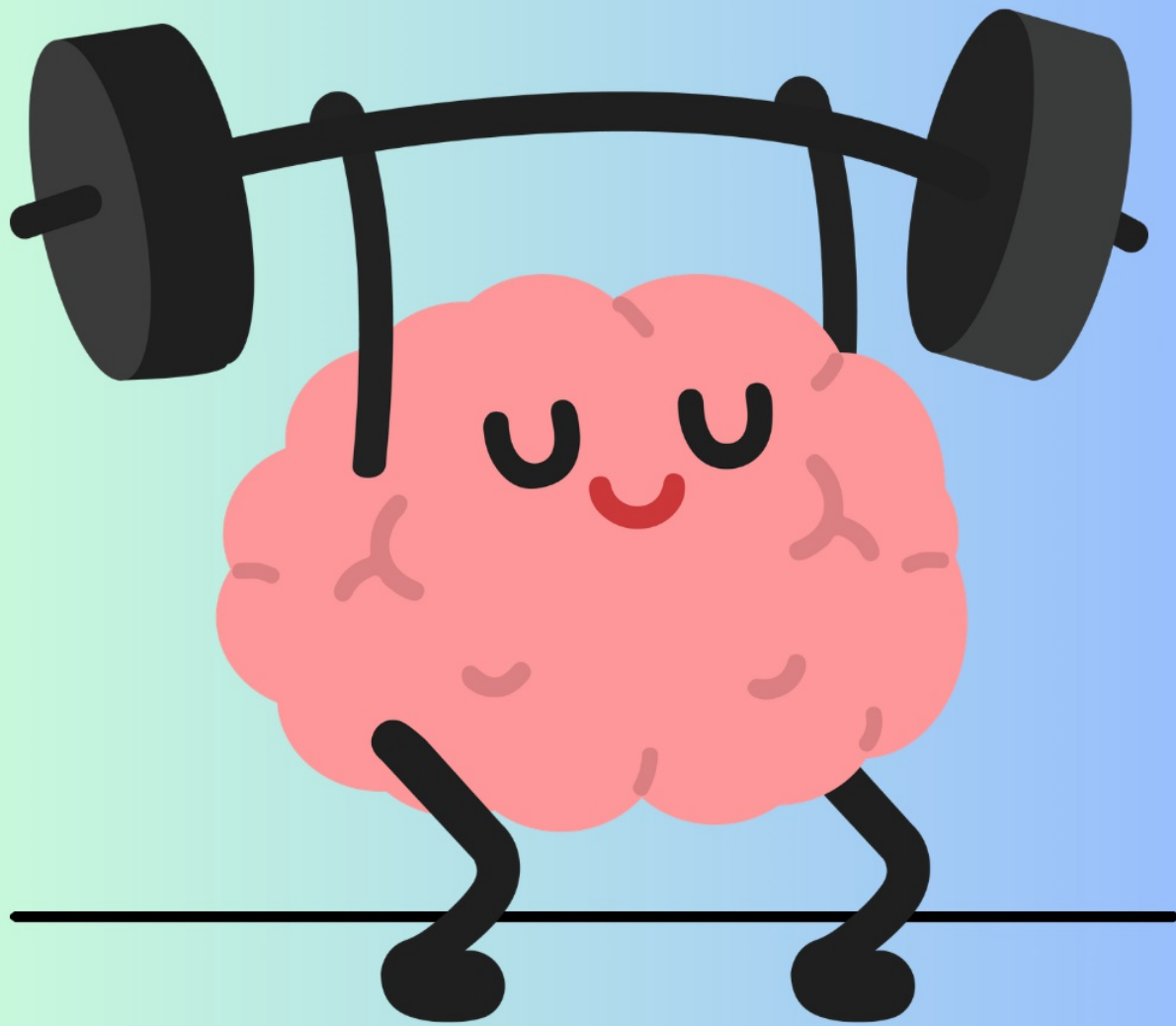
Hoodie Button!

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agingwelldurham.org/the-well-newsletter/

OR CLICK THIS IMAGE.



A MENTAL HEALTH RESOURCE GUIDE



A COMMUNITY RESOURCE LIST

Suicide is an unfortunate part of many older adults' experiences. There are many reasons for this, but central to most are feelings of isolation, depression, chronic pain, or a feeling that we are a burden on others. Older adults are at an increased risk for loneliness and social isolation because they are more likely to face factors such as living alone, the loss of family and friends, chronic illness, and hearing loss. Social isolation is associated with higher rates of depression, anxiety, and suicide.

Additionally, older adults who are immigrants and/or who identify as LGBTQ+ experience social isolation more than other groups. Age-friendly communities are designed to mitigate social isolation and play an enormous role in the intervention of depression and suicide. Knowing resources for intervention is crucial. With that in mind, the following section provides some key information, supporting data, and helpful resources.

[To read the article, click this sentence.](#)

RESOURCE LIST

Digital Durham, in coalition with Aging Well Durham and more, is hosting a

REGISTRATION IS NOW OPEN

DIGITAL EMPOWERMENT DAY:
TECH FOR TODAY
READY FOR TOMORROW

SEPTEMBER 26, 2026
CHESTERFIELD BUILDING



FREE Workshops

KEYNOTE SPEAKER
Chisa Pennix-Brown

Resource Fair

HOSTED BY
 DIGITAL
DURHAM

REGISTER HERE



looks forward to partnering
with you this Fall!

AgingWellDurham.org/contact/



If you are using a device with a small screen,
the best way to view the newsletter may be
in landscape mode



Aging Well Durham is funded by the City and
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by Heather B. Dreps

[FOR UPCOMING COMMUNITY EVENTS, CLICK THIS SENTENCE.](#)

[CLICK THIS SENTENCE TO READ THE 2025-2030 DURHAM COMPREHENSIVE AGING PLAN.](#)



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