



News You Can Use...

January 31, 2011

Suicide Prevention Resource Center PowerPoint: Promoting Mental Health and Preventing Suicide Among Older Adults

Following is a link to a recent webinar about promoting mental health and preventing suicide in older adults.

http://www.sprc.org/traininginstitute/disc_series/pdf/discussion21.pdf

Free Online Trainings Offered

The Pennsylvania Homecare Association offers a series of online trainings, some of which deal with behavioral health issues in older adults. The trainings are geared toward staff of home care agencies, but would be beneficial for anyone working with older adults.

More information is available at <http://learningcenter.pahomecare.org/>

Promoting Mental Health and Preventing Suicide: A Toolkit for Senior Living Communities

This Toolkit, contains resources to help staff in senior living communities promote mental health and prevent suicide among their residents. Senior living communities include nursing homes, assisted living facilities, independent living facilities, and continuing care retirement communities.

More information is available at <http://store.samhsa.gov/product/SMA10-4515>

Treating Older Adults with Generalized Anxiety Disorder

An online webinar is available from the Anxiety Disorders Association of America. The webinar is presented by Eric Lenze, Associated Professor of Psychiatry at the Washington University School of Medicine. The webinar is available at

<http://www.brighttalk.com/webcast/22456> .



New Health Care Provisions Now in Effect

This fall, several important provisions of the Affordable Care Act became effective. These reforms, intended to increase access to and quality of health care, include the following (each provision is followed by additional resources, such as Bazelon Center analyses and comments regarding relevant regulations):

- Young adults are now able to remain on their parents' insurance plan until age 26. [Insurance reform analysis.](#)
- Insurers are now prohibited from denying coverage to children under the age of 19 with pre-existing conditions. [Insurance reform analysis](#); [Patient protections comments.](#)
- Insurance companies are no longer able to establish limits on the dollar amount of health benefits that they will cover in a year or over an individual's lifetime. Restrictions are also placed on an insurer's use of annual coverage limits until they are eliminated in 2014. [Insurance reform analysis](#); [patient protections comments.](#)
- States now have new options for the provision of home- and community-based services under section 1915 (i) of Medicaid. [Medicaid analysis](#); [1915 \(i\) State Medicaid Director Letter](#)
- Insurers are prevented from rescinding coverage if you get sick and have previously made an unintentional mistake on your application. [Patient protections comments](#); [Insurance reform analysis.](#)
- If you join a new plan:
 - You are guaranteed the right to appeal insurance company decisions on to an independent third party. [Appeals comments.](#)
 - You have the right to choose your own doctor in your insurance network. [Patient protections comments.](#)
 - Your insurer is banned from charging more for emergency services received from a provider outside of your insurance network. [Patient protections comments.](#)
 - You have the right to receive a number of preventive services without cost-sharing, including depression and alcohol screening and regular behavioral assessments for children. [Preventive services comments](#); [Insurance reform analysis.](#)

For more information, the U.S. Department of Health and Human Services has established a [new website](#) that will connect consumers to new information and resources, helping them gain access to quality, affordable health care coverage. Consumers can obtain information about options tailored to their unique circumstances and local community. You can also follow breaking health care information on healthcare.gov's [Facebook page.](#)

Source: Bazelon Center for Mental Health Law

Older Adults and Alcohol... You Can Get Help

This brochure can be ordered in quantities up to 25 for free. It offers an explanation of how the aging body reacts differently to alcohol and also addresses medication use with alcohol. Go to <http://www.nia.nih.gov/HealthInformation/Publications/AlcoholBooklet/>



Assessing and Managing Suicide Risk: Core Competencies for Staff

April 6, 2010 at Warren State Hospital. Cost: \$35.00

Feeling Blue Suicide Prevention Council, in collaboration with the Office of Mental Health and Substance Abuse Services, the Pennsylvania Adult/Older Adult Suicide Prevention Coalition, the American Association of Suicidology and the Suicide Prevention Resource Center.

Click here for a copy of the [flyer](#).

Family Caregiver Briefcase Now Available

The American Psychological Association's Family Caregiver Briefcase is an online resource for those who work with family caregivers, the Briefcase can help professionals recognize, anticipate, and reduce the stresses on family caregivers across the life span. It provides guidance on how to assist caregivers through individual and organizational practice, research, teaching, and community service.

Find APA's Family Caregiver Briefcase at:

<http://www.apa.org/pi/about/publications/caregivers/index.aspx>.

Meeting the Mental Health Needs of Older Adults – Recent Article

The Huffington Post recently posted an interesting article about meeting the mental health needs of older adults. The elder boom has begun, and our nation is not prepared. Between 2011 and 2030, the number of adults 65 or older will increase from 40 million to 72 million and from 13 percent of the population to 20 percent. Contrary to the ageist assumptions of our culture, people can live well in old age, but not without mental health. Read more at http://www.huffingtonpost.com/michael-friedman-lmsw/meeting-the-mental-health_b_804725.html.

Senior Gerontology Specialist Program

The Center for the Study of Aging (CSA) at McDaniel College offers a variety of educational programs for students, professionals, paraprofessionals, caregivers, families and elders in central Maryland and south-central Pennsylvania. They are offering a new program consisting of a series of six 3-hour workshops introducing and enhancing the attendees knowledge of the aging process from a bio-psycho-social perspective. See the [flyer](#) for more information.

Older Adults Volunteer in the Fight Against Medicare Fraud

The Senior Medicare Patrol Program is supported and funded by the U.S. Administration on Aging. The program's purpose is to educate older adults receiving Medicare and Medicaid benefits to prevent, detect, and report health care fraud. SMP programs nationwide recruit volunteers in the effort to empower older adults to protect themselves from fraud. For more information go to <http://www.stopmedicarefraud.gov/>



Coalition News and Offerings:

ACT Program - SW

The Coalition is seeking older adult volunteers from across Southwest Pennsylvania to participate in a training pertaining to the aging process of older adults, which besides basic mental health issues, can encompass depression, substance abuse and suicide prevention.

The next training will be provided on February 17, 2011, from 10 am to 4 pm, at the Fayette County Behavioral Health Admin Building in Uniontown, PA.

Participants will then serve on a volunteer basis as a trainer to peers and family members to apprise them on the normal issues of aging; local, state and national resources available for older adults and how medical issues are intertwined with behavioral health issues. Go to www.olderpa.org/act for more information.

Understanding Depression, Anxiety and Suicide in Older Adults

The next trainings in this state-wide series will be

- [March 23, 2011, Luzerne County](#)
- [April 6, 2011, Montgomery County](#)
- [May 11, 2011, Jefferson County](#)

Click here for a copy of the [flyer](#) and to register:

Free Training Series for Nursing Home and Personal Care Home Staff

The Coalition has been offering a series of trainings to staff at nursing homes and personal care homes focused on the behavioral health needs of older adults. The final training, "Mood Disorders in Older Adults" still has space available. It will be held in West Chester on [March 2](#). See the [flyer](#) for more information.

Behavioral Health Connection offers Three new Trainings

Each training will include the following:

- Understanding and Accessing Medicare Services for Mental Health Consumers
- Working with Behavioral Health Issues in Older Adults
- QPR (Question, Persuade, Refer) A Suicide Prevention Training

Dates:

- [March 30 – Mahanoy City](#)
- [April 13 - Pittsburgh](#)
- [May 23 – Chambersburg](#)

For more information go to www.olderpa.org/bhc

Previous copies of PBHAC's News You Can Use are available on the website at www.olderPA.org/newsletter

