



## News You Can Use...

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May 27, 2011

### **Suicide Prevention Training Video for Substance Abuse Treatment Providers**

Recognizing that suicide is the leading cause of death among people who abuse alcohol and drugs, the U.S. Department of Veterans Affairs (VA), in collaboration with SAMHSA, has developed a training video as a companion piece for SAMHSA's *Treatment Improvement Protocol (TIP) 50: Addressing Suicidal Thoughts and Behaviors in Substance Abuse Treatment*. Although the video is designed for VA settings, the content is applicable to all treatment settings. The counseling sessions portrayed in the video employ the specific counseling techniques and the four-step process recommended by TIP 50.

<http://store.samhsa.gov/product/SMA09-4381>

### **The 50-50 Rule**

You may not have seen eye-to-eye with your brothers and sisters when you were growing up. Some things, it seems, have not changed. Now that you're caring for elderly parents, the issues of aging could put you at odds with your siblings. That's why the Home Instead Senior Care® network developed the 50-50 Rule program. The 50-50 Rule refers to the average age (50) when siblings are caring for their parents as well as the need for brothers and sisters to share the care planning responsibility 50-50.

<http://www.caregiverstress.com/category/helpful-tips-for-caregivers/caregiver-communication/5050-solving-family-conflict/>

### **Treating Clients with Traumatic Brain Injury and Substance Use Disorders**

This report provides guidance on working with clients who have a substance abuse disorder and who are also affected by a traumatic brain injury. It includes screening questions to assess severity of injury and tips to promote successful recovery from both conditions. <http://store.samhsa.gov/product/SMA10-4591>



## Depression in Older Adults

The American Association for Geriatric Psychiatry has a page on its website devoted to the issue of depression in older adults. Click on the following link for more information.  
<http://www.nia.nih.gov/HealthInformation/Publications/depression.htm>

## Predicting Suicide Risk by Attempt Method

A research team in Stockholm found that the methods used in suicide attempts can help predict the risk of dying by suicide, as well as the risk of dying by suicide within a year of the initial attempt. People who attempt suicide by hanging, drowning, firearms, or jumping from a height are at substantially higher risk for suicide in both the short and long term than people who use other means, such as cutting or poisoning, during their initial attempt. The team suggested that intensified aftercare services should be provided for anyone who attempts suicide by hanging, drowning, firearms, jumping from a height, or gas.

This Research Summary is based on: Runeson, B., Tidermalm, D., Dahlin, M., Lichenstein, P., & Langstrom, N. (2010). Method of attempted suicide as predictor of subsequent successful suicide: National long term cohort study. *British Journal of Medicine*, 341.

Source: Suicide Prevention Resource Center

## Consumer's Guide to Advocate for Quality Long Term Care.

The National Consumer Voice for Quality Long-Term Care has released a guide to empower people with disabilities and older adults to be self-advocates for quality long-term care, while strengthening long-term care citizen advocacy groups that work on behalf of long-term care consumers. For more information, visit -  
<http://www.theconsumervoice.org/piecing-together-quality-long-term-care>

## How to Assess Your Loved One's Need for Care

Comfort Keepers has published a guide about how to assess a loved one's need for care.  
<http://www.comfortkeepers.com/sites/default/files/document/assessmentguide.pdf>

## Elder Mediation

As aging parents live longer, there are more issues that require the involvement of other family members—and more opportunities for dissension. A Web site, [www.mediate.com](http://www.mediate.com) explains the growing field of elder mediation, offers articles on the subject, and has a directory to find mediators around the country. Elder mediators have special training to help stressed out families come to consensus on topics like a parent's independence, safety, living arrangements, or medical decisions. There is also advice to help with sibling conflicts and communication skills.



## **SAMHSA Outlines New Strategic Initiatives**

The Substance Abuse and Mental Health Services Administration (SAMHSA) has published its strategic initiatives paper --an overview of SAMHSA's goals, priorities and action steps for accomplishing its mission of reducing the impact of substance abuse and mental illness on America's communities and includes some mention of aging. The eight strategic initiatives set forth in the paper address how SAMHSA will maximize its resources in an environment that promises improvements in the nation's behavioral health care system over the next few years as a result of a variety of forces --most notably the implementation of the Affordable Care Act and the Mental Health Parity and Addiction Equity Act.

SAMHSA's strategic initiatives paper, *Leading Change: A Plan for SAMHSA's Roles and Actions 2011-2014*, is available at <http://store.samhsa.gov/product/SMA11-4629>.

## **New Recommendations for Reporting on Suicide Released**

New recommendations for media reporting on suicide are now available for journalists covering the issue of suicide. The *Recommendations for Media Reporting on Suicide* was developed by the American Foundation for Suicide Prevention (AFSP), the Substance Abuse and Mental Health Services Administration (SAMHSA) and Suicide Awareness Voices of Education (SAVE), among others and is available at [www.ReportingOnSuicide.org](http://www.ReportingOnSuicide.org).

## **Warm Line Helps Clinicians Tackle Patient's Substance Abuse; NIH and ASAM Launch New Screening Resources**

A free, nationwide service was launched to help primary care providers seeking to identify and advise substance-abusing patients. The service, *Physician Clinical Support System for Primary Care* (PCSS-P), offers peer-to-peer mentorship and resources on incorporating screening and follow-up into regular patient care. PCSS-P is a project of the National Institute on Drug Abuse (NIDA) and the American Society of Addiction Medicine. NIDA also launched a quick screening tool to help health care providers identify these patients.

<http://www.nida.nih.gov/newsroom/11/NR4-08a.html>

## **Complementary and Alternative Medicine Dialogue Lacking between Patients and Providers**

Despite their high use of complementary and alternative medicine (CAM), Americans over the age of 50 often do not discuss CAM use with their health care providers, a survey indicates. The results were released by from American Association of Retired Persons and the NIH's National Center for Complementary and Alternative Medicine. Overall, 53 percent of respondents reported that they had used CAM at some point in their lives. Among those, 58 percent said they had discussed CAM with a health care provider. This dialogue is important because, while CAM is a part of health and wellness for many Americans, some CAM products can interact with conventional medicine.

<http://www.nih.gov/news/health/apr2011/nccam-13.htm>



## **New Genetic Risk Factors for Alzheimer's Disease**

In two large studies involving thousands of DNA samples, scientists from around the world identified a number of new genes and confirmed several others that may be risk factors for late-onset Alzheimer's disease.

<http://www.nih.gov/researchmatters/april2011/04112011alzheimers.htm>

## **Motivational Interviewing Resource**

SAMHSA's Addiction Technology Transfer Center Network launched a Motivational Interviewing (MI) website to facilitate the dissemination, adoption, and implementation of MI among clinicians, supervisors, program managers, and trainers, and improve treatment outcomes for clients with substance use disorders. <http://motivationalinterview.org/>

## **Hoarding Webcast Available Online**

The University of Pittsburgh has developed a webcast focusing on compulsive hoarding. The program is available online any time for a cost of \$30, including continuing education credits.

<http://www.wpic.pitt.edu/oerp/online/A043Webcast.htm>

## **Overmedication of Nursing Home Patients Troubling**

A [government report](#) this week has documented a problem regarding the use of antipsychotic drugs in nursing homes. Too many of these institutions fail to comply with federal regulations designed to prevent overmedication, giving nursing home patients antipsychotic drugs in ways that violate federal standards for unnecessary drug use.

[http://oig.hhs.gov/testimony/levinson\\_051011.asp](http://oig.hhs.gov/testimony/levinson_051011.asp)

## **SAMHSA releases *Promoting emotional health and preventing suicide: A toolkit for senior living communities***

This new resource is now available in print or electronic format. The toolkit recommends a comprehensive approach to promote the emotional health of all residents, identify and provide services for residents at risk for suicide, and respond appropriately in the event of a suicide attempt or death

[http://r20.rs6.net/tn.jsp?llr=ifqn8gdab&et=1105520169438&s=4277&e=0011Jd-rg0sHMPIYw3Tqg4mjtsgebGzTs5LMDyBhDj4L6wrDdVKRAOW6fCJkiCXZ6SzvWPAMFibtW5pwtz5uAO\\_s\\_wnB FvyMAG5aqzqun2zoZnN8AVN\\_XHgMkh9oFxyh-5T](http://r20.rs6.net/tn.jsp?llr=ifqn8gdab&et=1105520169438&s=4277&e=0011Jd-rg0sHMPIYw3Tqg4mjtsgebGzTs5LMDyBhDj4L6wrDdVKRAOW6fCJkiCXZ6SzvWPAMFibtW5pwtz5uAO_s_wnB FvyMAG5aqzqun2zoZnN8AVN_XHgMkh9oFxyh-5T)

## **Your Medicine: Be Smart. Be Safe.**

You can learn more about how to take medicines safely by reading this guide. It answers common questions about getting and taking medicines and has handy forms that will help you keep track of information. Keep this guide with your medicines in case you have any questions, concerns, or worries.

<http://www.ahrq.gov/consumer/safemeds/yourmeds.htm>

## **Delirium: Diagnosis, Prevention and Management.**

Agency for Healthcare Research and Quality has published a guideline to describe methods of preventing, identifying, diagnosing, and treating delirium.

<http://guideline.gov/content.aspx?f=rss&id=24121>



## **New Guidelines for Alzheimer's Disease**

The first new diagnostic guidelines for Alzheimer's disease in nearly 30 years expand the definition to include patients with earlier stage symptoms, emphasizing that the disorder begins wreaking havoc on the brain years before it can be detected.

<http://blog.csa.us/2011/04/new-guidelines-redefine-alzheimers-us.html>

## **Combating Loneliness in Seniors**

As seniors grow older, it is important to understand the hazards of becoming isolated and inactive in social life. Lack of companionship - not having anyone to lean on for emotional support - can cause seniors to internalize negative feelings instead of dealing with issues head-on. Find 5 easy and simple ways to combat senior loneliness here:

[http://r20.rs6.net/tn.jsp?llr=aftjwscab&et=1105400272171&s=1348&e=001ppcb3FKi2RxDWXvYgeEqXuaK\\_TeuweG2CyrdHw9ze6SnGzxRrdt7tuVbxT2jZdn00QoXd1139BoToMw0sg5IjNdRHb6g\\_SWAVjiImsfYqIoI1I4dnI49oANt8QhOy-nDuLNGPacR-T7tXfsvVSpsdta\\_9npma3dfNvKo1WUgiWS9xSmVet24brkbPp15aIoH6KFGQJtJxGU](http://r20.rs6.net/tn.jsp?llr=aftjwscab&et=1105400272171&s=1348&e=001ppcb3FKi2RxDWXvYgeEqXuaK_TeuweG2CyrdHw9ze6SnGzxRrdt7tuVbxT2jZdn00QoXd1139BoToMw0sg5IjNdRHb6g_SWAVjiImsfYqIoI1I4dnI49oANt8QhOy-nDuLNGPacR-T7tXfsvVSpsdta_9npma3dfNvKo1WUgiWS9xSmVet24brkbPp15aIoH6KFGQJtJxGU)

## **Articles of Interest**

### **Top Ten Resources for Caregivers**

The article below provides the top ten online resources for caregivers.

[http://www.witf.org/images/stories/magazine/features/PDFs/1103\\_RLRI\\_caregiving.pdf](http://www.witf.org/images/stories/magazine/features/PDFs/1103_RLRI_caregiving.pdf)

### **Liver's Role in Alzheimer's Disease**

The following article discusses the role of the liver in Alzheimer's Disease, providing support from a distance

<http://www.adcs.org/Research/InformationNewsletters.aspx> - click on the April 2011 newsletter

### **Adult Learning: How to Train the Aging Brain**

Interesting article in the New York Times about how to train the aging brain.

<http://www.nytimes.com/2010/01/03/education/edlife/03adult-t.html?emc=eta1>

### **Animal Hoarding and Mental Illness**

The following article discusses the relationship between animal hoarding and mental illness.

<http://www.healthfinder.gov/news/newsstory.aspx?docID=651189>

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