



Pennsylvania Behavioral Health and Aging Coalition
Opening Doors for Older Pennsylvanians

News You Can Use...

June 30, 2011

First Ever National Prevention Strategy

The National Prevention and Health Promotion Strategy, a comprehensive plan to increase the number of Americans who are healthy at every stage of life, provides evidence-based recommendations that are most likely to reduce the burden of leading causes of preventable death and morbidity. The report includes information on older adults in the section on mental and emotional well being, as well as the prevention of suicide and suicidal behavior

http://r20.rs6.net/tn.jsp?llr=ifqn8gdab&et=1106163509500&s=4277&e=001mTWNIBMu4k8Fm13ynwPswE7oIj3caX6jwPwzMabykU3L-YgnfHiY7nwJ-7zln9vkvZxpDARy66mvlus42oqNAIBu8R_YQJ7WD9CGbiQNYkszeB_L3Ckx0tgEVMg1u5R

Interventions to Reduce Depression Among Older Adults: Clinic-Based Depression Care Management

The Task Force on Community Preventive Services recommends depression care management in primary care clinics for older adults with major depression

Clinic-based depression care management involves:

- Active screening for depression
- Measurement-based outcomes
- Trained depression care managers providing case management, and
- Primary care provider and patient education, antidepressant treatment and/or psychotherapy, and a supervising psychiatrist

<http://www.thecommunityguide.org/mentalhealth/depression-clinic.html>

Cognitive-behavioral Therapy for Insomnia Can Reduce Suicidal Ideation

New research from Stanford University suggests that treating insomnia with cognitive-behavioral therapy can reduce suicidal ideation. About one in five research participants with insomnia reported suicidal ideation within the previous two weeks; participation in group cognitive-behavioral therapy produced a statistically significant reduction in suicidal ideation among this group. Considering the number of older adults who report insomnia, this could also have implications for older adults.

http://www.eurekalert.org/pub_releases/2011-06/aos-ctf060711.php



Medicare Proposes New Standards for Community Mental Health Centers

The Centers for Medicare & Medicaid Services (CMS) issued a proposed rule that is designed to improve the quality and safety of treatment provided to more than 25,000 Medicare beneficiaries who receive care at Community Mental Health Centers (CMHCs) each year.

The notice of proposed rulemaking would establish conditions of participation (CoPs) for CMHCs for the first time. The proposed rule includes health and safety standards for CMHCs that participate in the Medicare program, and are an important step in CMS' commitment to assuring the delivery of safe, quality care to clients of CMHCs. In particular, the proposed new conditions focus on a client-centered, outcome-oriented approach.

CMS will accept public comments on the proposed rule until August 16, 2011, and will respond to comments in a final rule to be published in the coming months.

To submit comments, please visit <http://www.regulations.gov> and search for rule "CMS-3202-P." The proposed rule is available online from the Federal Register at <http://www.ofr.gov/inspection.aspx#regular>

New National Report Reveals That Adults with Mental Illness are Four Times More Likely to Develop Alcohol Dependency Than Adults Without Mental Illness

A new report shows that alcohol dependence is four times more likely to occur among adults with mental illness than among adults with no mental illness. Based on a nationwide survey conducted by the Substance Abuse and Mental Health Services Administration (SAMHSA), the report also shows that the rate of alcohol dependency increases as the severity of the mental illness increases.

<http://oas.samhsa.gov/spotlight/Spotlight027AlcoholDependence.pdf>

Treasury Extends Direct Deposit to Millions of Americans, Phasing out Paper Checks for Federal Benefit Payments

The U.S. Department of the Treasury issued a final rule to extend the safety and convenience of electronic payments to all Americans receiving federal benefit and non-tax payments. Anyone applying for benefits on or after May 1, 2011, will receive their payments electronically, while those already receiving paper checks will need to switch to direct deposit by March 1, 2013.

<http://godirect.org/media/release/treasury-extends-direct-deposit-to-millions-of-americans/>



FDA Safety Alert – Risperidone (Risperdal) and Ropinirole (Requip): Medication Errors – Name Confusion

The Food and Drug Administration (FDA) notified health care professionals and the public of medication error reports in which patients were given risperidone (Risperdal) instead of ropinirole (Requip) and vice versa. In some cases, patients who took the wrong medication needed to be hospitalized. The FDA determined that the factors contributing to the confusion between the two products include: 1) similarities of both the brand (proprietary) and generic (established) names; 2) similarities of the container labels and carton packaging; 3) illegible handwriting on prescriptions; and 4) overlapping product characteristics, such as the drug strengths, dosage forms, and dosing intervals. Health care professionals are reminded to clearly print or spell out the medication name on prescriptions and make certain their patients know the name of their prescribed medication and their reason for taking it. Risperidone (Risperdal) is used for treatment of schizophrenia and Ropinirole (Requip) is used to treat symptoms of Parkinson's disease.

<http://www.fda.gov/Safety/MedWatch/SafetyInformation/SafetyAlertsforHumanMedicalProducts/ucm258905.htm>

Bringing Focus to Change: Understanding Drivers, Challenges and Opportunities

Discusses challenges and emerging opportunities to reduce the impact of mental illness and substance abuse and enhance recovery. Examines budget issues, the impact of health care reform and the role of SAMHSA, providers, advocates, and states in capitalizing on these changes.

<http://store.samhsa.gov/product/SMA11-PHYDE051711>

What Makes a Great Older Volunteer Program?

Exceptional older adult volunteer programs are built on effectiveness, impact, sustainability, and replicability, according to findings from NCOA's Multi-Generational and Civic Engagement Initiative.

http://waystohelp.ncoa.org/site/R?i=N6fMnjRBsbX0SHpvsN_CMA

Co-Occurring Conditions Toolkit Training Video

The Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) released the Co-occurring Conditions Toolkit Training Video, a companion educational tool to help providers learn how to use the Co-occurring Conditions Toolkit: Mild Traumatic Brain Injury (TBI) and Psychological Health. Specific content of the training video includes: Defense Department definitions for mild TBI; characteristics and descriptions of co-occurring conditions; step-by-step instruction on how to use the toolkit in clinical practice; and patient case vignettes to illustrate the application of the toolkit.

<http://www.dcoe.health.mil/DCoENews/NowAvailabletoProviders-theCo-occurringConditionsToolkitTrainingVideo.aspx>



Caregiver Stress

Answers to frequently-asked questions about caregiver stress, including information about recognizing and preventing stress, finding caregiving services in your community and paying for home health care and other caregiving services.

<http://www.womenshealth.gov/faq/caregiver-stress.cfm?from=newsletter11>

National Center for Benefits Outreach Produce a New Issue Brief on Benefits Access among Isolated Seniors

NCOA's National Center for Benefits Outreach and Enrollment released an issue brief titled Crossing New Frontiers: Benefits Access among Isolated Seniors. The issue brief describes the ways in which social and geographical isolation pose barriers to benefits access among older adults. By examining the main characteristics of the isolated population, this brief identifies new opportunities to improve and expand the outreach and enrollment efforts that target this population.

http://www.centerforbenefits.org/Isolated_Populations_IB.pdf

Help Us Honor Loved Ones Lost to Suicide

The Pennsylvania Adult/Older Adult Suicide Prevention Coalition is collecting shoes for its Empty Shoe Memorial to be displayed at the Fall 2011 Suicide Prevention Capitol Awareness Day. Current collection points are available at:

http://www.olderpa.org/Resources/Documents/Empty_Shoe_Memorial_Shoe_Donation_0701.pdf

Articles of Interest

Choosing Well: Long-Term Care Facilities

One of the hardest things a caregiver will ever have to do is to know when it's time for their loved one to go into a long-term care facility. Often, caregivers will go long past the point of when they should have incorporated help from the outside. Following is information to help caregivers know how to decide upon what type of facility will be best for them.

http://www.caregiver.com/channels/ltc/articles/choosing_well_ltc_facilities.htm

More Women 50 and Older Landing in ERs for Drug-related Suicide Attempts

A new government report documents an increase in medication-related suicide attempts among women ages 50 and older, a demographic that is growing as the last of the Baby Boomers reach this age. Just released by the Substance Abuse and Mental Health Services Administration, the Drug Abuse Warning Network (DAWN) report identifies hospital emergency rooms as key venues for identifying women at risk for suicide and referring them to "appropriate mental health and social services." The report also recommends that physicians "monitor the frequency of requested refills, assess medical need, and refer to mental health services when indicated."

<http://abcnews.go.com/Health/MindMoodNews/suicide-attempts-prescription-drugs-highest-women-50/story?id=13641729>



Breakthroughs in Alzheimer's Dementia

A Scientist Discusses Ways to Prevent Memory Loss

Top researcher Deborah Yurgelun-Todd, Ph.D., shares the latest AD discoveries. In this interview, Yurgelun-Todd explains why memory loss doesn't always mean Alzheimer's dementia and shares new treatments, brain-health tips and glimpses into the future of AD research.

http://www.lifescrypt.com/Health/Conditions/Alzheimers/Breakthroughs_in_Alzheimers_Dementia.aspx?utm_campaign=2011-06-16-83586&utm_source=healthy-advantage&utm_medium=email&utm_content=healthy-well-wise_Breakthroughs%20in%20Alzhe&FromNL=1&sc_date=20110616T000000

Caring at Work

Are you one of the 65 million Americans who care for a family member? One of the 20-50% of employees who tend to a loved one before going to work, then return to care again after a long hard day on the job? Feeling torn between both "jobs" and trying to perform well at each, causes so much stress that working caregivers are often plagued with more mistakes, conflicts, and stress-related illnesses. These simple tips will help ease that stress:

http://www.caregiver.com/articles/caregiver/caring_at_work.htm

Helping From Far Away

Because Americans have become such a transient culture, adult children are now finding themselves having to deal with an ever-growing crisis: taking on the new-found role as long-distance caregiver. More information is available in the following article:

http://www.caregiver.com/channels/long_distance/articles/helping_far_away.htm

Big spike recorded in older drug, alcohol addicts

Between 1992 and 2008, treatment admissions for those 50 and older more than doubled in the U.S. That number will continue to grow, experts say, as the massive baby boom generation ages.

<http://www.seattlepi.com/news/article/Big-spike-recorded-in-older-drug-alcohol-addicts-1384418.php#ixzz1Qh5zqVNw>

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

