



Pennsylvania Behavioral Health and Aging Coalition
Opening Doors for Older Pennsylvanians

News You Can Use...

September 2011

2011 Suicide Prevention Awareness Day

Sponsored by the Pennsylvania Youth Suicide Prevention Initiative and the Adult/Older Adult Suicide Prevention Coalition

Join us in raising awareness of the need for Suicide Prevention at the Pennsylvania Capitol on September 27. A press conference will be held from 10:00 am – 11:00 am. Planned speakers will include several legislators and individuals representing veterans, students, family member survivors, and those who have attempted suicide. An empty shoe memorial will pay visual tribute to loved ones lost due to suicide and display tables will provide organizations with an opportunity to share suicide prevention materials. Representatives from various organizations will be at display tables to share information from 9:30 am – 3:00 pm. More information is available in the following [flyer](#).

Powerful Tools for Caregivers Now a Nonprofit Organization

The successful program, *Powerful Tools for Caregivers*, which began at Legacy Health in Oregon, is now an independent, nonprofit organization, effective July 1, 2011. The program provides self-care education for family members and others caring for the chronically ill. A train-the-trainer education program is available to professionals interested in using this intervention in their work with caregivers. The organization is dedicated to making the Powerful Tools program available nationally and internationally. <http://www.powerfultoolsforcaregivers.org/>

Keep Track of Your Medications: Wallet Card

A brochure from the Agency for Healthcare Research and Quality includes a wallet card to help keep track of an individual's medicines and have that information with them in an emergency.

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

Wallet card: <http://www.ahrq.gov/consumer/safemeds/walletform.pdf>



Support Program Can Help Caregivers Cope with Relative's Mental Illness

A free, nationally available support program can significantly improve a family's ability to cope with an ill relative's mental disorder, according to an NIMH-funded study published June 2011 in *Psychiatric Services*.

<http://www.nimh.nih.gov/science-news/2011/support-program-can-help-caregivers-cope-with-relatives-mental-illness.shtml>

What Medicare Will (and Won't) Pay For

The following site provides a searchable listing of what Medicare does and does not cover.

http://www.caring.com/medicare-information-finder?utm_medium=email&utm_source=suggests&utm_campaign=pay&utm_content=20110720

Understanding the Innovations Clearinghouse

The goal of the *Innovations Clearinghouse on Family Caregiving* is to be an online community which will promote professional knowledge around families in their caregiving role. This online community includes:

- a national, searchable repository of evidence-based interventions, policy efforts and emerging practices and tools with a primary focus on the support of family/informal caregivers; and
- various interactive features that will offer educational and networking opportunities among professionals and promote the flow of information and exchange of ideas on family caregiving

http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=2319

Addictions Website Redesigned

The Institute for Research, Education and Training in Addictions (IRETA) is proud to announce that they have launched a newly-redesigned website—check it out at ireta.org. The new website is a more streamlined source for news and information on addiction and recovery in Pennsylvania, the northeast region, and nationally. At ireta.org, you can:

- **Learn about** evidence-based practices and other effective treatment methods—and how IRETA can help your organization implement them
- **Register** for training events (web-based and in-person)
- **Stay updated** on policy issues that matter: implementing healthcare reform, recovery-oriented methadone treatment, behavioral health workforce development, and more
- **Download** dozens of products for free, including newsletters, research briefs, and training manuals

NAMI PA 2011 Annual Conference

NAMI PA is holding its Annual Conference on October 27-30, 2011 in Harrisburg. The Save the Date [flyer](#) is now available for more information.



Alzheimer's Association Seeks Feedback on National Plan

The Alzheimer's Association is seeking feedback about what should be included in the national plan so that they can make recommendations to the U.S. Department of Health and Human Services. It takes just a moment and can truly make an impact in the fight against Alzheimer's disease. You can go to <http://napa.alz.org> to learn more about the issue and to share your feedback.

Depression in Persons with Physical Diseases

The World Psychiatric Association has started a program aiming to raise the awareness of the prevalence and prognostic implications of depression in persons with physical diseases. Three volumes have been published with Wiley/Blackwell, dealing respectively with depression and diabetes, depression and heart disease and depression and cancer. Three corresponding sets of slides have been developed and are being translated in several languages.

http://www.wpanet.org/detail.php?section_id=8&content_id=868

Not All Health Care Is Created Equal

The quality of health care professionals, services, facilities and plans can greatly impact a patient's health. Medicare beneficiaries have choices when it comes to the quality of their providers. That's why the Centers for Medicare & Medicaid Services just launched the Quality Care Finder designed to help beneficiaries and their caregivers find better health care options.

Patients and their caregivers can get started by going to www.Medicare.gov/QualityCareFinder to find health care providers, facilities, health and drug plans, and equipment suppliers, and make "apples-to-apples" comparisons of their quality.

Articles of Interest

Video Doc Counsels at Franklin County's Nursing Home

Residents at the county nursing home do not leave the home for a visit with their psychiatrist 400 miles away. The county has contracted with a telemedicine provider for psychiatric services at the Falling Spring Nursing and Rehabilitation Center. Seven residents in three weeks have met by video conference calls with a geriatric psychiatrist who is located out of state.

The article is available at http://www.publicopiniononline.com/localnews/ci_18621186

Study: Inherited Alzheimer's Detectable 20 Years Before Symptom Onset

Inherited forms of Alzheimer's disease may be detectable up to two decades before problems with memory and thinking develop, according to new research.

http://www.caring.com/news/study-inherited-alzheimers-detectable-20-years-before-symptom-onset?utm_medium=email&utm_source=suggests&utm_campaign=alz&utm_content=20110726



Coalition News

Understanding Dementia: Diagnosis, Treatment and Behavioral Management

The Coalition's training series for 2011/12 will focus on dementia. At the completion of the training, participants will be able to:

Differentiate the most common forms of dementia including: Alzheimer's dementia, Vascular dementia, Frontal Temporal dementias, and Lewy Body dementia.

Identify the new diagnostic criteria for Alzheimer's disease

Articulate the difference between delirium and dementia.

Appreciate the common psychiatric and behavioral symptoms of the individual suffering from dementia.

Describe interventions that may be used with individuals who are suffering from dementia including: communication skills, behavioral management, psychosocial interventions, and medications.

Identify community resources available for both professionals and family caregivers.

Dates for the training, being offered at 6 locations across the state, are below. Click on the date to be taken directly to the online registration form, or click here for a copy of the [flyer](#).

- [October 6, 2011, West Reading, Berks County](#)
(<http://www.olderpa.org/ViewEvent.ashx?eventId=364998>)
- [November 9, 2011, Greensburg, Westmoreland County](#)
(<http://www.olderpa.org/ViewEvent.ashx?eventId=365002>)
- [December 7, 2011, State College, Centre County](#)
(<http://www.olderpa.org/ViewEvent.ashx?eventId=365006>)
- [April 4, 2012, Bryn Mawr, Montgomery County](#)
(<http://www.olderpa.org/ViewEvent.ashx?eventId=365008>)
- [May 9, 2012, Edwardsville, Luzerne County](#)
(<http://www.olderpa.org/ViewEvent.ashx?eventId=365010>)
- [May 16, 2012, Clearfield, Clearfield County](#)
(<http://www.olderpa.org/ViewEvent.ashx?eventId=365011>)

Join Behavioral Health Connection for new training seminars

September 22, 2011: In partnership with The Arc of Pennsylvania, Raymond and Miriam Klein JCC, and Philadelphia Coordinated Health Care will conduct a training on *"Understanding and Accessing Medicare Services for Mental Health Consumers"* and *"Understanding and Working with Individuals with Intellectual Disabilities who Have a Dual Diagnosis"*. For further details and to register, please see the [flyer](#). Directions are available [here](#). Register on line [here](#).

October 6, 2011: In partnership with the DuBois Office of Vocational Rehabilitation Services, we will conduct a training on *"Understanding and Accessing Medicare Services for Mental Health Consumers"* and *"Disability Awareness Training"*. For further details and to register, please see the [flyer](#). Register on line [here](#).



October 12, 2011: In partnership with Connelly Manor, we will conduct a training on *"Understanding and Accessing Medicare Services for Mental Health Consumers", QPR-A Suicide Prevention Gatekeeper Training and S.A.F.E. a training curriculum on how to prevent, identify and seek help in abusive situations, including financial, neglect, and physical/verbal, sexual abuse.* For further details and to register, please see the [flyer](#). Register on line [here](#).

Did You Know??? Customized Behavioral Health and Aging Training is Available

The Coalition offers training programs relating to the behavioral health needs of older adults, most of which can be tailored to audience and length of program. Take a look at the many topics currently offered and contact us if you would like more information. Below is a link to the training topics.

<http://www.olderpa.org/Default.aspx?pageId=1080869>

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

