



Pennsylvania Behavioral Health and Aging Coalition  
Opening Doors for Older Pennsylvanians

## News You Can Use...

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July 2012

### **Aging and Behavioral Health Partnerships in the Changing Health Care Environment**

The Substance Abuse and Mental Health Services Administration and the Administration on Aging have collaborated to support planning and coordination of aging and behavioral health services for older adults in states and communities. The changing health care landscape is expanding focus on community-based services and care. Health is transforming to better support models of care that coordinate or integrate services across care delivery settings. To read the brief, go to

[http://www.aoa.gov/AoARoot/AoA\\_Programs/HPW/Behavioral/docs/OA\\_IssueBrief1\\_ServicesNetwork\\_508\\_12JUN07\\_dr.pdf](http://www.aoa.gov/AoARoot/AoA_Programs/HPW/Behavioral/docs/OA_IssueBrief1_ServicesNetwork_508_12JUN07_dr.pdf)

### **Narcotic Painkiller Use Booming Among Elderly**

Drugs prescribed to older adults have accounted for the largest growth in U.S. opioid prescriptions. See the following article for more information.

<http://www.medpagetoday.com/Geriatrics/PainManagement/32967>

### **Caregiver Burnout**

See the following article for information on caregiver burnout, including symptoms and ways to minimize it.

[http://www.caregiver.com/articles/caregiver/caregiver\\_burnout.htm](http://www.caregiver.com/articles/caregiver/caregiver_burnout.htm)

### **NIH Site Redesign**

The National Institutes of Health has redesigned and enlarged its wellness-related Web site, NIHSeniorHealth, making it a comprehensive, detailed source of reliable, up-to-date medical information for and about older people. The site now covers almost 50 health topics and includes 150 videos and an extensive list of frequently asked questions. On the subject of exercise, for example, two dozen older people describe their own physical regimens. Visitors to the site can also sign up for free email updates containing new topics and videos.

<http://nihseniorhealth.gov/category/memoryandmentalhealth.html>



## Medication Management Podcasts

The Centers for Medicare & Medicaid Services (CMS) and the United Hospital Fund of New York's Next Step In Care Campaign have produced a series of educational podcasts: *Helping Patients and Caregivers Take the Next Step in Care: Medication Management*. These podcasts are featured on the CMS YouTube channel (<http://www.youtube.com/user/CMSHHSgov>) and are designed to help providers and caregivers think about the steps involved in medication management, especially during transitions to and from hospital, long term care, and home care settings.

Medication management is a critically important part of any transition in care, especially when the patient needs or asks for the help of a caregiver. Caregivers provide clinicians with valuable information that may not be available from the patient, provide continuity for the patient and help that would not be available anywhere else.

These free podcasts are suitable for clinicians and other provider staff and are also appropriate for caregiver training, either as a loaner, as part of a structured program for caregivers in a hospital, or just to play in a waiting room. For more information for caregivers and providers, visit: <http://www.medicare.gov/caregivers/> (ask Medicare.)

## Sex in the Nursing Home

Following is an interesting article about talking to parents about sexuality while in the nursing home. [http://www.caring.com/blogs/fyi-daily/would-you-discuss-nursing-home-sex-with-your-parent?utm\\_medium=email&utm\\_source=suggests&utm\\_content=20120630](http://www.caring.com/blogs/fyi-daily/would-you-discuss-nursing-home-sex-with-your-parent?utm_medium=email&utm_source=suggests&utm_content=20120630)

## WRAP Reduces Depression and Anxiety, New Study Confirms

A study published in the June 2012 edition of Psychiatric Services is the first randomized, controlled trial to support evidence that the Wellness Recovery Action Plan (WRAP) helps reduce feelings of depression and anxiety, according to an article in Mental Health Weekly. The study involved 519 people in community mental health settings in six Ohio communities; some were assigned to WRAP, others to services as usual. The researchers found "significantly greater improvements" among the WRAP participants than among those in the control group, and these improvements were sustained over a six-month period, Mental Health Weekly reported. WRAP is already included in SAMHSA's National Registry of Evidence Based Programs and Practices; this research confirms its benefits. <http://www.nyaprs.org/e-news-bulletins/2012/2012611MHW.cfm>

## Older Adults and Depression: Large-print Version Now Available

The NIMH brochure describing the signs, symptoms, and treatment options of depression in older adults is now available in a large print version.

<http://www.nimh.nih.gov/health/publications/older-adults-and-depression/index.shtml>



## **Department of Health and Human Services Releases Annual LGBT Report**

The Department of Health and Human Services (HHS) released the 2012 report of the HHS Lesbian, Gay, Bisexual, and Transgender (LGBT) Issues Coordinating Committee, which outlines many accomplishments from this past year and sets new goals for the coming year with respect to the health and well-being of the LGBT community. The steps described in the report are important to the LGBT community, including those relating to health coverage given that LGBT communities may be more likely to be uninsured or under-insured because of discrimination in the workplace and lack of relationship recognition. <http://www.hhs.gov/news/press/2012pres/06/20120619e.html>

## **SBIRT Issue Brief Explores Proven Alcohol and Drug Screening Approach**

The SAMHSA-HRSA Center for Integrated Health Solutions (CIHS) has developed an issue brief on SBIRT (Screening, Brief Intervention and Referral to Treatment) for primary care and behavioral health professionals. The guide provides an overview of SBIRT's benefits and core components, opportunities for implementation in healthcare settings that have become available through the Patient Protection and Affordably Care Act, and potential obstacles to implementation.

[http://www.integration.samhsa.gov/SBIRT\\_Issue\\_Brief.pdf](http://www.integration.samhsa.gov/SBIRT_Issue_Brief.pdf)

## **Seeking Proposals for Promising Innovations**

The Promising Innovations grant program seeks to support new projects designed to enhance the lives of older adults, whether through services, research, and/or developing new understandings and awareness of the potential for aging well. The program is looking for pilot projects that address one or more of these criteria. Priority will be given to opportunities that have the greatest potential for change and replication to impact the greatest number of individuals. Applications are due August 1. To fill out and application or find out more information, go to <http://www.kendalcharitablefunds.org/>.

## **2011 Foundation Annual Report Focuses on Geriatric Mental Health**

The Hartford Foundation announced its 2011 Annual Report, which explores a topic that has taken an important place in our national discussion on health care: mental health and the older adult. This issue recounts the stories of several older adults who successfully overcame mental health challenges with the help of appropriately trained professionals. It also reviews the foundation's efforts to improve the lives of mentally ill older adults, describing ongoing initiatives that emphasize practice, education, research, and policy. Particularly, it showcases our ongoing efforts to disseminate the IMPACT depression care model, the dynamic work of the Geropsychiatric Nursing Collaborative, our centers of excellence in geriatric psychiatry, and the committed policy efforts of a number of social work Scholars and Fellows.

<http://www.jhartfound.org/ar2011/index.html>



## Coalition News

### Regional Forums a Success

The Regional Forums highlighting promising practices in meeting the behavioral health needs of older adults was a wonderful success! Thank you to all of the presenters who made the forums possible, and to the participants for the engaging discussion. PowerPoint presentations and handouts from the forums are now available on the Coalition's website at [www.olderpa.org/bpp](http://www.olderpa.org/bpp). You will also find contact information for all of the presenters if you would like to contact them for more information.

### Online Suicide Prevention Training Now Available!

The Coalition was selected by the QPR Institute to provide online suicide prevention gatekeeper training at a discount. Regularly \$29.95, you can take the online gatekeeper course through us for only \$25.00 (or \$20.00 if more than four people register from one organization). **QPR Online** is hosted by actress and author, **Carrie Fisher**, and uses Web-based technology, compelling graphics, streamed video and interactive learning dynamics to teach:

- The warning signs of suicide
- How to Question, Persuade and Refer someone who may be suicidal
- How to get help for someone in crisis

Email [Rebecca@olderpa.org](mailto:Rebecca@olderpa.org) for more information or to get online access.

### Integrating Long Term Care into Behavioral Health Webinar

Chandler Hall, a Quaker based long-term care residential and community service organization, developed a model to assist providers of long-term care services with the integration of behavioral health approaches and services into their long-term care operations. The Coalition is offering a free one -hour webinar on November 29, 2012 at 12:00. Join us to learn more about the model and see if it can be applied in other long-term care settings. Click here to register or for more information.

<http://www.olderpa.org/events?eventId=479512&EventViewMode=2&CalendarViewType=1&SelectedDate=11/7/2012>

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

Below is a link to the training topics we currently offer through the Coalition. We can come to your site and offer the trainings, or we also have regular training opportunities available that you will receive notice about as a member of the Coalition.

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

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Previous copies of PBHAC's News You Can Use are available on the website at [www.olderPA.org/newsletter](http://www.olderPA.org/newsletter)

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