



Pennsylvania Behavioral Health and Aging Coalition  
Opening Doors for Older Pennsylvanians

## News You Can Use...

---

August 2012

### **The Balancing Act**

Balancing work and in-home care can be challenging. A new webinar, "How to Balance Work and At-Home Care," on Wednesday, August 15 will offer invaluable advice for anyone caring for an older adult. It will offer tools to use in caregiving, at work and for yourself to help you find balance in your life. Part of the Family Caregiver Support Series sponsored by Home Instead Senior Care, this webinar is FREE and open to all, and includes free CEUs.

<http://e2ma.net/go/11090124960/208935864/234613447/1412469/goto:http://www.aging.org/August-15-2012>

### **Free Webinar: The Silver Tsunami: The Hidden Epidemic of Older Adults/Boomers with Addiction Disorders**

Addiction is easily misunderstood and misdiagnosed in baby boomers and older adults because symptoms often mimic other disorders and problems related to older age. Additionally, age-related physiological, psychological, and social changes make older adults more vulnerable to the detrimental effects of alcohol and illicit drugs. This program will focus on how to apply front line practical knowledge in identifying substance abuse, treatment options and supporting recovery from substance abuse in individuals over 50, and discuss the differences and similarities in treatment therapies for Older Adults and Boomers.

<http://www.caron.org/webinar-the-silver-tsunami-the-hidden-epidemic-of-older-adultsboomers-with-addiction-disorders.html>

### **DDAP Website**

On July 1, the Drug and Alcohol Programs in Pennsylvania became a Department. [Check out their new web portal](#)

### **Nearly Every American Nursing Home Fails to Meet Standards for Antipsychotic Use**

A shocking federal report states that virtually every nursing home it studied--99.5%-- fails to meet the government's standards for psychiatric use. [Read more in McKnight's](#)



## **SAMHSA Blog: Excessive heat exposures can pose special risks for those on psychotropic medication or other substances**

During this period when parts of the nation are experiencing record high temperatures, SAMHSA is reminding everyone that these conditions can pose certain health risks to everyone – including people with mental and substance use disorders. Individuals with behavioral health conditions who are taking psychotropic medications or using certain substances such as illicit drugs and alcohol may be at a higher risk for heatstroke and heat-related illnesses. These medications and substances can interfere with the body's ability to regulate heat and an individual's awareness that their body temperature is rising. <http://blog.samhsa.gov/2012/06/29/excessive-heat-exposure-can-pose-higher-risks-for-those-on-psychotropic-medication-or-other-substances/>

## **Heatwave Dangerous for Older Adults with Mental Health Problems**

It's common knowledge that hot weather can be dangerous for older adults, but new research suggests older adults with mental health problems need to be especially careful. The study found that people with dementia, psychosis and substance abuse problems are more likely to die when the weather gets hot. [Read more in Psychiatric News](#) and check out [New York Presbyterian Hospital's advice](#) for beating the heat.

## **Voter ID changes**

Voters will be required to show an acceptable photo ID on Election Day. All photo IDs must contain an expiration date that is current, unless noted otherwise. Acceptable IDs include:

- Photo IDs issued by the U.S. Federal Government or the Commonwealth of Pennsylvania
- PA Driver's License or Non-driver's License photo ID (IDs are valid for voting purposes 12 months past expiration date)
- Valid U.S. passport
- [U.S. military ID](#)- active duty and retired military (a military or veteran's ID must designate an expiration date or designate that the expiration date is indefinite). Military dependents' ID must contain an expiration date
- [Employee photo ID](#) issued by Federal, PA, PA County or PA Municipal government
- [Photo ID from an accredited PA public or private institution of higher learning](#), including [colleges, universities, seminaries, community colleges and other two-year colleges](#)
- [Photo ID issued by a PA care facility](#), including [long-term care facilities](#), [assisted living residences](#) or [personal care homes](#)

If you do not have one of these IDs, and require one for voting purposes, you may be entitled to get one FREE OF CHARGE at a PennDOT Driver License Center. To find the Driver License Center nearest you, and learn what supporting documentation you will need to get a photo ID visit [PennDOT's Voter ID Website](#) or call the Department of State's Voter ID Hotline at 1-877-VotesPA (868-3772).



## New Guide to States' Opportunities to Expand Medicaid

The Judge David L. Bazelon Center for Mental Health Law has released a [new guide to help advocates, providers and state leaders improve health coverage and mental health services in the states](#). Now is the time to help state leaders understand the benefits of expanding Medicaid eligibility. States that do opt for the Medicaid expansion will also have to make other critical decisions to ensure people with mental illness have access to the services they need. [The guide](#) addresses these and related issues in depth.

The optional expansion presents states with an unparalleled opportunity to secure federal funding for health care for low-income Americans. Scores of these individuals endure serious mental illnesses, other health challenges and even homelessness. However, people with low incomes and mental illnesses deserve the opportunity to lead a full life in the community like everyone else.

Expanding Medicaid eligibility and making other wise policy choices now available under the Affordable Care Act will go a long way toward this goal. [Read the guide here.](#)

## New SBIRT Issue Brief

The [SAMHSA-HRSA Center for Integrated Health Solutions](#) has released an issue brief called Screening, Brief Intervention, and Referral to Treatment (SBIRT): Opportunities for Implementation and Points for Consideration. SBIRT is an evidence-based practice used to identify, reduce, and prevent problematic use, abuse, and dependence on alcohol and drugs that has proved successful in hospitals, specialty medical practices such as HIV/STD clinics, emergency departments, and workplace wellness programs such as Employee Assistance Programs. The brief is just six pages and covers SBIRT basics as well as practical issues like reimbursement codes, workflow, confidentiality, and SBIRT in light of the Affordable Care Act. [Download the SBIRT Issue Brief](#)

## How Will the 2012/13 State Budget Effect You?

Now that the Pennsylvania state budget has been passed for fiscal year 2012/13, we need to know how it is starting to affect Pennsylvania's citizens and programs. While we had some success with reducing the proposed cut to mental health and substance abuse funding to a 10 percent cut, and the implementation of a "pilot" block grant instead of full implementation, difficult decisions are being made. We would like to know what you are hearing and seeing at the local level:

- Are programs being closed or cut?
  - If so, what kind of program(s)?
- Are consumers being told they no longer have access to services or are services being reduced?
  - If so, what kind of services? What kind of reductions?
- What other information can you provide about the impact of the budget?

Please email [rebecca@olderpa.org](mailto:rebecca@olderpa.org) with any information you can provide to the above questions. Please provide the location about which you are responding. If you would like to remain anonymous, please indicate this in your email.



## Coalition News

### 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:

- How to get help for yourself or learn more about preventing suicide
- The common causes of suicidal behavior
- 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. Behavioral health and long-term care have often operated in separate geographic, regulatory, and financial "silos," with integrated care ("geropsych") often considered the step-child of both worlds. The project is funded by Friends Foundation for Aging and the Scattergood Foundation. 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

Training topics 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>

---

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

---

