



Pennsylvania Behavioral Health and Aging Coalition
Opening Doors for Older Pennsylvanians

News You Can Use...

October 2012

Paper on Behavioral Health Homes Released

CIHS has released this new paper, *Behavioral Health Homes for People with Mental Health & Substance Use Conditions: The Core Clinical Features*, which prepares behavioral health provider organizations to become health homes by outlining the essential clinical features. In addition, the paper introduces several real-world examples of how behavioral health provider organizations are successfully implementing the clinical features of a health homes around the country.

http://www.integration.samhsa.gov/clinical-practice/CIHS_Health_Homes_Core_Clinical_Features.pdf

SAMHSA Blog: Stopping Older Americans from Being “Bullied”

Bullying-like aggression can happen to people of all ages – including older Americans. For older adults these problems can occur in many settings, including their homes and long-term care facilities, such as nursing homes or assisted living residences. Bullying can come at the hands of many people in direct contact with elders, including caregivers, family, or even facility residents. Learn about elder abuse and where to report it in this SAMHSA blog post. <http://blog.samhsa.gov/2012/06/27/how-we-can-stop-older-americans-from-being-bullied/>

The Mental Health and Substance Use Workforce for Older Adults Report

The Institute of Medicine released a new report, [The Mental Health and Substance Use Workforce for Older Adults: In Whose Hands?](#), outlining the geriatric mental health and substance use workforce needs for the nation.

Kaiser Family Foundation Tutorial: Long Term Care

Kaiser Family Foundation’s KaiserEDU.org has a new tutorial about the financing of the U.S. long term care system including key policy issues.

<http://www.kaiseredu.org/Tutorials-and-Presentations/Long-Term-Care.aspx>



Protection from Medication Misuse and Abuse

CARIE (Center for the Rights and Interests of the Elderly) has recently written a blog post on Protection from Medication Misuse and Abuse:

<http://www.caregivergps.org/protection-from-medication-misuse-and-abuse/>

Avoiding Drug Interactions

According to the American Society of Health-System Pharmacists, more than 34 percent of seniors take medications prescribed by more than one physician and 72 percent take medications that were prescribed more than six months ago. This is one reason why caregivers need to be aware of the potential for drug interactions. Read more in the following article:

http://caregiver.com/channels/medication/articles/avoiding_drug_interactions.htm?utm_source=iContact&utm_medium=email&utm_campaign=Top10%20June%2012&utm_content=Top+Ten+June+2012

SAGE Releases Groundbreaking Report on Transgender Aging

Services and Advocacy for Gay, Lesbian, Bisexual and Transgender Elders ([SAGE](#)) and the National Center for Transgender Equality (NCTE) are proud to introduce Improving the Lives of Transgender Older Adults: Recommendations for Policy and Practice, a new report that examines the social, economic and service barriers facing transgender older adults. Transgender older adults face profound challenges and experience striking disparities in areas such as health and health care access, physical and mental health, employment, housing and more. Research and experience also reveal that many transgender elders routinely encounter both a health care system and a national aging network that are ill-prepared to provide culturally competent care and services and create residential environments that affirm the gender identities and expressions of transgender older people. With a growing older transgender population, there is an urgent need to understand the challenges that can threaten financial security, health and overall well-being. Improving the Lives of Transgender Older Adults includes a detailed literature review, profiles of the experiences of transgender older adults around the country and more than 60 concrete recommendations for policymakers and practitioners. <http://e2ma.net/go/11064892938/208916126/234367842/1407732/goto:> <http://sageusa.org/specialevents/home.cfm?ID=106>

Recovery Research – Participate Today!

What is Recovery? Please take a minute to ask people in your community who are in recovery to take part in the first-ever nationwide survey about addiction recovery. You will be partnering in an exciting new research project funded by the National Institutes of Health. The project's goal is to learn how people experience and define recovery. This research has never been done before. Help us reach people in your community who used to have a problem with alcohol and/or other drugs and no longer do. The 20 minute anonymous survey can be answered online at <http://www.whatisrecovery.org/>. All answers will be kept strictly confidential and all the results will be reported in group form. Please forward a link to the What is Recovery? web site, hand out information about the study at your recovery community center and encourage people to share their lived experience with researchers.



NIDA: Older Adults and Drug Abuse

The National Institute on Drug Abuse wrote about drug abuse and older adults, stating the percentage of American 50- to 59-year-olds who reported having abused illicit or prescription drugs during the past year more than doubled, from 2.7 percent to 6.2 percent, between 2002 and 2009. Not coincidentally, by the end of that period baby boomers—the generation born between 1946 and 1964—had filled out that age cohort. Baby boomers' histories of illicit drug use, and their relatively tolerant attitudes toward it, along with the fact that they now comprise nearly 30 percent of the Nation's population, have raised the stakes on understanding and responding effectively to drug abuse among older adults.

The social and physical changes that accompany aging may well increase vulnerability to drug-related problems. The loss of loved ones, juggling of multiple roles, and retirement or other alterations in employment and income may cause some older people to use illicit drugs as self-medication for anxiety or depression, especially if they have a history of taking drugs to cope. Slowing metabolism can increase sensitivity to the effects of drugs. Furthermore, the effects of drugs of abuse in older adults may be influenced by age-related health conditions and medications—contingencies that are more problematic when patients hide their drug abuse. Read more at <http://www.drugabuse.gov/news-events/nida-notes/2011/12/substance-abuse-among-older-adults>

IOM Report: Geriatric Mental Health Workforce Not Ready for Elder Boom

A dramatic report from the Institute of Medicine warns that the United States is woefully unprepared to meet the behavioral health needs of the elder boom. According to the report, the magnitude of the problem is so significant that no single approach or a few isolated modifications in federal agencies or programs can adequately address it.

Overcoming the workforce challenge will require strong, coordinated action by all -- government agencies; mental health, health, long-term care, and aging service providers; academics; researchers; advocates, and funders. Read a [summary of the report](#).

Training on Screening Tool for Geriatric Depression

Weill Cornell Medical College is offering online trainings of its PHQ-9 screening instrument for geriatric depression. The training explains how to administer, score and interpret this valuable tool, as well as how to respond if results suggest an older adult is at risk of suicide. [Learn more](#).

Coalition News

“What it Means to Grow Old”

Join the Coalition's 2012/13 training series “[What it Means to Grow Old](#),” now being offered at sites across the state as follows:



[October 31, 2012 in Berks County](#)
[November 28, 2012 in Centre County](#)
[March 6, 2013 in Montgomery County](#)

[April 24, 2013 in Luzerne County](#)
[May 15, 2013 in Clarion County](#)

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 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

