



## News You Can Use...

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May 2014

### May is Older Americans Month

This year's theme is Safe Today, Healthy Tomorrow, focusing on helping older adults avoid injuries and remain as healthy and active as possible. The National Council on Aging has provided resources for Older Americans Month, including articles for both families and professionals on preventing falls. The site also provides information on contacting Congress to advocate on behalf of issues such as the Older Americans Act and Elder Justice.

[http://www.ncoa.org/improve-health/falls-prevention/older-americans-month-2014.html?utm\\_source=headline&utm\\_medium=homepage&utm\\_campaign=headline\\_05-05-14](http://www.ncoa.org/improve-health/falls-prevention/older-americans-month-2014.html?utm_source=headline&utm_medium=homepage&utm_campaign=headline_05-05-14)

### May is also National Mental Health Month

According to SAMHSA, an estimated 20% of adult Americans live with a mental health problem, but less than half receive treatment. National Mental Health Month aims to provide information on mental health issues, how to get the treatment people need, and reducing the stigma attached to mental illness. Below are several links to get you started on understanding mental health and spreading the message of hope.

A list of resources from the New York Public Library:

<http://www.nypl.org/blog/2013/05/10/may-national-mental-health-month>

9 Myths About Mental Illness and Therapy

<http://psychcentral.com/blog/archives/2012/05/10/mental-health-month-9-myths-about-mental-illness-therapy/>



## Honor Older Americans Month and Mental Health Month by Contributing to the Coalition

The Pennsylvania Behavioral Health and Aging Coalition has spent the past 15 years working to improve the lives of Pennsylvania's older adults. We have done this through advocating for the behavioral health needs of the Commonwealth's older citizens at the local, state and national levels, and by offering quality and timely trainings to older adults, family members, caregivers, professionals, and others.

This past year alone, we provided testimony to state legislative hearings, state advisory committees, and reached out to Area Agencies on Aging, Mental Health Offices and Single County Authorities, community based service providers, nursing homes, low income and senior housing units. Thousands of individuals have attended our trainings and services have improved because of this.

***Won't you consider supporting our efforts in honor of Older Americans Month and Mental Health Awareness Month by making a monetary contribution?*** Join with us in ensuring that older Pennsylvanians have a positive quality of life by receiving quality behavioral health services they need. Click on [this link](#) to donate now!

<http://www.olderpa.org/donate>

## NIHSeniorHealth.gov Offers Healthy Aging Tips

The National Institute of Health has created a website, <http://nihseniorhealth.gov/>, dedicated to providing reliable health information to adults age 60 and older. The website includes articles and close-captioned video on 63 health topics that older adults may face. Visitors to the site may sign up to receive a twice-weekly email, Healthy Aging Tips, which will provide information on common questions. For more information, visit <http://usodep.blogs.govdelivery.com/2014/05/05/nihseniorhealth-gov-offers-healthy-aging-tips/>.

## World Elder Abuse Awareness Day – June 15

Did you know that an estimated 5 million older adults are abused each year? Help raise awareness and end elder abuse by participating in World Elder Abuse Awareness Day (WEAAD). The Administration for Community Living states, "The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect." Click below to view information on how to get involved, hosting or participating in an event, and how to take action to end elder abuse:

<http://acl.gov/newsroom/observances/WEAAD/index.aspx>



## Suicide Prevention Online Training Now Available

The Suicide Prevention Resource Center (SPRC) has provided several online courses in suicide prevention. Their goal is “to train service providers, educators, health professionals, public officials, and community-based coalitions to develop effective suicide prevention programs and policies.” All courses are free and are pre-recorded so they may be completed at your convenience. <http://training.sprc.org/> Continuing education credits are available for select courses. Please click here for more information: <http://training.sprc.org/mod/page/view.php?id=7#avail>

## Nursing Home Costs Higher, Rising Faster Than Homecare

Did you know that over 70% of people 65 and over will need long-term care during their lifetime? The 2014 Genworth Cost of Care Survey has found that the cost of homecare is less than that of a nursing home, and showing a lower rate of growth. In Pennsylvania, the median cost for one year of homecare was \$45,760, less than half of the cost of a private room in a nursing home, \$107,493 per year. The study also shows that while homecare costs rise 1.2% per year, nursing home care costs have increased by 4.19% per year. Click below to view more information on costs of long-term care, Pennsylvania-specific data, and the full study: <http://www.pahomecare.org/links/articles/study-finds-nursing-home-costs-higher-rising-faster-than-homecare.html>

## National Mental Health Services Survey 2010 Is Now Available For Review

The biennial survey of mental health treatment facilities is now available for public viewing at <http://www.icpsr.umich.edu/icpsrweb/SAMHDA/studies/34945> as a free download. The survey’s purpose is to provide quantifiable data about mental health treatment for the government and organizations to use in evaluating the services currently provided, to analyze these services, and to update SAMHSA’s online database.

## New Toll-Free Number For Reverse Mortgage Counseling

The National Council on Aging (NCOA) has provided a toll-free number for those who are considering a reverse mortgage. Those interested in a reverse mortgage can call 1-855-899-3778 to speak with a counselor. The counselor will review the caller’s situation, including the benefits and drawbacks of a reverse mortgage, and alternative solutions which may be available. Federal law states that “anyone considering the FHA Home Equity Conversation Mortgage must receive counseling from a government-approved agency.” Please click below for more information on reverse mortgages, NCOA’s participation, and other tools they provide:

[http://www.ncoa.org/press-room/press-release/new-toll-free-number-rm.html?utm\\_source=NCOAWeek\\_140318&utm\\_medium=newsletter&utm\\_campaign=NCOAWeek](http://www.ncoa.org/press-room/press-release/new-toll-free-number-rm.html?utm_source=NCOAWeek_140318&utm_medium=newsletter&utm_campaign=NCOAWeek)



## **PBHAC Welcomes New Behavioral Health Connection Program Director**

The Pennsylvania Behavioral Health and Aging Coalition (PBHAC) is very happy to welcome Corey Peterson to their team as Program Director for the Behavioral Health Connection (BHC). The BHC is part of the state's APPRISE network, which is a free health insurance counseling program funded by the PA Department of Aging (PDA) and is designed to help Pennsylvanians with understanding their Medicare coverage. APPRISE staff members are specially trained and can provide you with objective, easy to understand information about Medicare, Medicare Supplement Insurance, Medicaid and other assistance programs. APPRISE programs are located regionally (predominately by county) and are based out of the state's 52 Area Agencies on Aging offices.

The Behavioral Health Connection began in 2008 as a joint initiative between the Pennsylvania Department of Aging APPRISE Program and the Behavioral Health Community. BHC's role is to ensure that those living with behavioral health issues have appropriate access to the APPRISE Network and other Center for Medicare & Medicaid Customer Service Programs. The BHC covers the entire state of Pennsylvania and offers technical assistance to local APPRISE Programs to support those living with behavioral health issues in obtaining necessary Medicare Services to meet their behavioral health treatment needs, especially prescription drugs. The BHC address referrals regarding behavioral health Medicare coverage via telephone, email, or at community outreach events.

Corey has over ten years of experience in the behavioral health field and has worked in both the public and private sectors. Corey serves on the state executive board for the Pennsylvania Youth Suicide Prevention Initiative (PAYSPI) and is on the Board of Directors for Clarion County's domestic violence prevention organization, Stop Abuse for Everyone (SAFE). Originally from Clarion County, he currently resides in Bedford, PA. Corey is extremely excited to assist and enhance the APPRISE Program through one on one Medicare counseling services and statewide outreach events. If you have any questions regarding the BHC, or want to bring the BHC to your area for a free training on Medicare coverage and behavioral health, he can be contacted at 1-866-588-0223, 717-541-4219 x 115, or by email at [Corey@olderpa.org](mailto:Corey@olderpa.org). For more information on the Behavioral Health Connection, please visit [www.olderpa.org/BHC](http://www.olderpa.org/BHC).



# Coalition News

## The Coalition Is Now On Pinterest!

Follow us on Pinterest to find articles on aging, behavioral health, substance abuse, and more. <http://www.pinterest.com/pabhac/> You can also Like us on Facebook at <https://www.facebook.com/PBHAC> to see articles and updates.

## Upcoming In-Person Trainings from the Coalition

Be on the lookout for the following upcoming in-person trainings, to be scheduled regionally throughout PA during 2014.

- Understanding the Behaviors of Depression, Anxiety and Dementia
  - [May 28, Clarion County](#)
- Cross System Collaborative Approaches: Working with Individuals with Hoarding Behaviors
  - [June 25, Clarion County](#)
- Alzheimer's Disease Training – [now available at 5 PA locations in 2014!](#)

New on our website: [Click here](#) to access a list of events from other organizations throughout the state. Please note the Coalition does not endorse any of these organizations or events, and the list is intended as a resource only.

## 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>

## Sponsorship Available

The Coalition provides training opportunities to more than 1000 participants each year. We now offer the opportunity to sponsor Coalition trainings, providing your organization access to individuals in the behavioral health and aging fields. Contact Rebecca May-Cole ([Rebecca@olderpa.org](mailto:Rebecca@olderpa.org)) or 717-541-4219 ext. 106 for more information.

## Donate Now!

Help support the work of the Coalition! Join us in improving the behavioral health of older Pennsylvanians by [donating](#) to PBHAC. Your [tax deductible donation](#) will help us meet our mission to promote wellness, enjoyment and engagement in life, including care, services and community support, that respect the behavioral health needs and values of older Pennsylvanians and their caregivers.

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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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