



Pennsylvania Behavioral Health and Aging Coalition
Opening Doors for Older Pennsylvanians

News You Can Use...

June 2014

Schizophrenia May Raise Dementia Risk In Older Adults

New research from the Indiana University Center for Aging Research shows that individuals with schizophrenia were twice as likely to develop dementia, but show lower rates of cancer than those who do not have schizophrenia. The relationships between these conditions are still unclear. Dr. Hugh Hendrie states that a health care system that integrates mental and physical health services would be beneficial in treating patients with conditions that affect both mind and body. As those with mental illness live longer, more of these studies may be conducted to further explore the relationships between these diseases and how they can be treated or prevented. For more information on the study, please visit:

http://www.healthfinder.gov/News/Article.aspx?id=687636&source=govdelivery&utm_medium=email&utm_source=govdelivery

For more information on schizophrenia:

<http://www.nami.org/Template.cfm?Section=schizophrenia9>

June is Post Traumatic Stress Disorder Awareness Month

Post-traumatic Stress Disorder affects approximately 7.7 million adults in the United States, and can affect children as well. Although in recent years the focus has been on veterans, anyone can be affected by PTSD at any point in their life, and it may not develop for months or years after a traumatic incident. Individuals with PTSD may also experience depression, anxiety, or substance use disorders. Talk therapy, cognitive behavioral therapy, and medications have all been shown to help those with PTSD. Learn more about PTSD and how you can spread awareness at

<http://www.ptsd.va.gov/about/ptsd-awareness/index.asp>.

The National Institute of Mental Health also has this helpful link:

<http://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/index.shtml>



Police Add Texting To Crisis Negotiation Arsenal

Law enforcement officers are learning how to use texting to effectively diffuse crisis situations. This can be difficult as texting takes away many of the verbal cues that crisis negotiators use to gauge the situation, such as emotional state. However, there are benefits as well, such as having the text record to show to others who may be able to help diffuse the situation or offer guidance. Texting in crisis situations has recently become common enough to be added to the training for crisis negotiators and law enforcement. Click below to read one story of how texting was used during a crisis situation, and how the responder adapted his communication with a suspect:

<http://online.wsj.com/article/AP989aa06f08434fec906b879bc827655b.html>

Older Medication Just As Effective As Newer Medication For Patients With Schizophrenia

A study conducted by NIMH-funded researchers has found that paliperidone palmitate, a second generation drug used to treat schizophrenia, is not more effective than haloperidol decanoate, which has been used to treat schizophrenia since the 1960s. This is good news for some, as second generation long-acting injectables (medication injected every few weeks instead of taken daily, reducing the chances of missed dosage) cost much more than the older drugs. In addition, haloperidol was found to be tolerated well by most patients and can be given in lower doses than previously believed. The full summary can be viewed here: <http://www.nimh.nih.gov/news/science-news/2014/older-medication-just-as-effective-as-newer-medication-for-patients-with-schizophrenia.shtml>

Seniors And Prescription Drugs: As Misuse Rises, So Does The Toll

Misuse of prescription drugs among older adults has grown to affect an estimated 336,000 people. Several cases are documented in this article – a woman with chronic pain who was given so many prescription pain killers, she had to enter a treatment program; a Boomer with a history of substance abuse who did not inform doctors of his addiction so he could request Vicodin; and a man whose multiple prescriptions left him bedridden and may have led to other health problems. The rise in drug misuse can be attributed to several factors: the aging of Baby Boomers with age-related conditions, overprescribing by physicians, and requests for medications that have been advertised directly to patients. Educating physicians and patients about the dangers of addiction and alternatives to addictive medications will be essential in curbing this trend.

<http://www.usatoday.com/story/news/nation/2014/05/20/seniors-addiction-prescription-drugs-painkillers/9277489/>



'I Don't Want Jenny To Think I'm Abandoning Her': Views On Overtreatment

A palliative care physician reviews the case of a cancer patient whose oncologist was reluctant to end treatment, even when the treatment would not improve or extend her life. The oncologist had expressed reluctance to end treatment not for financial gain, but because he did not want the patient to feel abandoned after years of treatment. The author argues that physicians need more training on how to communicate effectively with patients and families. In this case, the patient's seeking out a palliative care physician and having her communicate with the oncologist was an effective way to determine treatment that was in line with the patient's wishes.

<http://content.healthaffairs.org/content/33/5/895.full>

AAS Offers Certificate Program In Clinical Suicidology

The American Association of Suicidology is offering a certificate program in Suicidology, the purpose of which is, "to develop and nurture competent clinicians to assess and treat those at increased risk for suicide, as well as other life-threatening behaviors." The program is aimed at clinicians, professionals, and those training in these fields. To view the program brochure and description, please visit:

<http://www.suicidology.org/training-accreditation/certificate-clinical-suicidology>

Overcoming Barriers To Mental Health And Substance Abuse Care

Recent laws such as The Mental Health Parity and Addiction Equity Act and the Affordable Care Act have required that mental health and substance abuse treatments be covered by health insurance for the same costs as physical health care. However, change is slow and patients are still having difficulty getting the treatment they need. Many providers do not participate in insurance plans, or the insurance companies cut back on their networks, forcing patients to pay out-of-pocket. Read more about these issues and how to make sure your insurance company is in compliance with these new laws here:

<http://www.latimes.com/business/la-fi-healthcare-watch-20140511-story.html#page=1>



Coalition News

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.

- Cross System Collaborative Approaches: Working with Individuals with Hoarding Behaviors – [June 25, Clarion County](#)
- Alzheimer's Disease Training
 - [7/30/14 Westmoreland County](#)
 - [9/17/14 Lackawanna County](#)
 - [10/20/14 Centre County](#)
 - [11/5/14 Dauphin County](#)
 - [12/3/14 Montgomery County](#)

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) 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.

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

