



Pennsylvania Behavioral Health and Aging Coalition
Opening Doors for Older Pennsylvanians

News You Can Use...

August 2014

40th Annual National Suicide Prevention Week

September 8-14 is National Suicide Prevention Week, and September 10 is World Suicide Prevention Day. The American Association of Suicidology has provided an information and media kit which includes resources, sample media statements and public service announcements, fact sheets, and more to help inform about suicide prevention. The information and media kit can be found here:

http://www.suicidology.org/c/document_library/get_file?folderId=273&name=DLFE-948.pdf.

Visit <http://www.sprc.org> or www.suicideology.org to learn more about suicide prevention and what you can do to raise awareness.

The National Suicide Prevention Lifeline can be reached at 1-800-273-TALK (8255) or <http://www.suicidepreventionlifeline.org/>.

Hunger Among Seniors Is Increasing But Many Who Qualify For Food Benefits Aren't Getting Them

The National Foundation to End Senior Hunger has found that 9.3 million, or 15.3%, of older adults do not have consistent access to food. Several factors are contributing to this problem, including job loss among older adults, rising food costs, and the limitations of a fixed income. Some older adults are able to find free meals through senior centers and other programs, but food banks are facing high demand as well. The AARP Foundation found "less than an a third of the older Americans who are eligible for SNAP are enrolled" to receive food assistance. Those who are not receiving proper nutrition are at risk of developing illnesses, or exacerbating current health conditions. Read the full article here:

http://www.cleveland.com/metro/index.ssf/2014/07/senior_hunger_do_not_publish_-_1.html.



“Building Respect For LGBT Older Adults” - New Online Cultural Competency Training Tool From HHS

The U.S. Department of Health and Human Services' Administration for Community Living has created a new training tool for those who provide long-term care and other aging services. “Building Respect for LGBT Older Adults” is a free training offered in six 10-minute sessions. The training’s goal is to, “help create safe, welcoming and inclusive services for LGBT older adults in LTC facilities.” For more information, please visit <http://www.lgbtei.org/2014/07/new-online-cultural-competency-training.html>. The training can be found at <http://lgbtagingcenter.org/training/buildingRespect.cfm>.

Talking With Your Doctor Presentation Toolkit

The National Institute on Aging has created a toolkit to help older adults communicate effectively with medical professionals and make sure their needs are met. This toolkit can be used by anyone with no training needed. The toolkit aims to help older adults, “get ready for a doctor’s visit, effectively talk with a clinician about health concerns, make collaborative decisions about treatment, [and] remember what was discussed following the appointment.” The kit includes a PowerPoint presentation, script and notes for the speaker, and handouts. Click here for more: <http://www.nia.nih.gov/health/publication/talking-your-doctor-presentation-toolkit>.

Gun Violence And Mental Illness: Study Addresses Perception Vs. Reality

International scholars have released a study examining the connection between mental illness and gun violence. The study found that those with histories of violent behavior were more likely to engage in gun violence than those with mental health diagnoses. The study outlines what behaviors are more indicative of a risk of gun violence, such as a history of violence, and suggestions for how the law could limit these individuals’ access to firearms, either temporarily or permanently. For more information: <http://newsroom.ucla.edu/releases/gun-violence-and-mental-illness:-study-addresses-perception-vs-reality>.

Baby Boomers Have The Highest Rate Of Suicide

According to the CDC, suicide among adults age 45-64 began to rise around 2008, when the economic recession began, and has surpassed the suicide rate of all other age groups. While this trend is not entirely understood, job loss and financial insecurity may be a factor, along with chronic mental or physical illness, addictions, and circumstances that are unique to the Baby Boomer generation itself. To read more about suicide among this generation and learn possible warning signs, please visit <http://www.kansascity.com/news/local/article676016.html>.



Mapping AA: The Neuroscience Of Addiction

"While the medical community defines addiction as a disease of the brain's reward circuitry, the 12-Step community sees addiction as a spiritual malady of self-centeredness. So how does one reconcile fundamentally distinct views on the nature of addiction?" Dr. Mark Galanter explores this interesting question, neurologically mapping the 12-Step experience. His study shows that the 12 steps act as cognitive interventions in addiction. The study may lead to an integrated approach of both biological and behavioral treatments in addiction. To read the full article:

<http://www.psychologytoday.com/blog/where-science-meets-the-steps/201407/mapping-aa-the-neuroscience-addiction>.

Home and Community-Based Services (HCBS) Transition Plan Public Meetings

Home and Community-Based Services "provide opportunities for Medicaid beneficiaries to receive services in their own home or community. These programs serve a variety of targeted populations groups, such as people with mental illnesses, intellectual or developmental disabilities, and/or physical disabilities." New regulations have recently been put in place to improve HCBS. The Pennsylvania Department of Public Welfare has created five statewide public meetings to discuss the transition. If you are interested in attending, please click below for locations, dates, and registration. If you are unable to attend, but would like to submit written comments, the department will accept them through September 12. Please click below for mail-in instructions:

<http://www.dpw.state.pa.us/dpworganization/officeoflongtermliving/hcbswaiver/index.htm>.

For more information on HCBS and the new regulations, please visit

<http://www.medicaid.gov/Medicaid-CHIP-Program-Information/By-Topics/Long-Term-Services-and-Supports/Home-and-Community-Based-Services/Home-and-Community-Based-Services.html>.

Depression Raises Risk Of Dementia

Although it was known that there is a relationship between depression and dementia, a new study clarifies the correlation, showing that those who suffer from depression are more likely to develop dementia. The study also showed that higher levels of dementia do not always lead to higher levels of depression, as previously thought. While the cause of this relationship is not yet understood, it may be related to hormones that are released under chronic stress, such as suffering from depression. Click for the full article: <https://www.yahoo.com/health/study-depression-raises-your-risk-of-dementia-93416727387.html>.



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.

- Alzheimer's Disease Training
 - [9/17/14 Lackawanna County](#)
 - [10/20/14 Centre County](#)
 - [11/5/14 Dauphin County](#)
 - [12/3/14 Montgomery County](#)
- From BHC: Medicare/Medicaid Basics for Mental Health Professionals
 - [9/10/14 Centre County](#) Please register by 9/2
 - [9/12/14 Clarion County](#) Please register by 9/2
 - [10/2/14 Allegheny County](#) Please register by 9/26

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

