



News You Can Use...

March 2015

March is Problem Gambling Awareness Month

Problem Gambling Awareness Month was created to educate about the warning signs of problem gambling and the resources available to prevent and treat gambling addiction. Warning signs of a gambling problem can include lying about where the money has gone, borrowing money to pay gambling debts, missing work to gamble, or feeling unable to stop gambling. For information about problem gambling, a list of support groups throughout the state, and a questionnaire to help determine if someone is a problem gambler, please visit The Council on Compulsive Gambling of Pennsylvania's website at <http://www.pacouncil.com>.

To learn more about Problem Gambling Awareness Month and access resources such as fact sheets, letter templates, and frequently asked questions, please visit <http://npgam.org/>.

Military Doctors Help Civilian Therapists Understand Service Culture

Civilian psychological health providers are often unfamiliar with military culture, a topic which is necessary to treat veterans returning from active duty and their families effectively. To educate civilian providers, military doctors are providing training services on military culture to ensure veterans and their families receive the best care possible. Along with psychological health of veterans, including PTSD, providers who understand military culture can better serve families whose dynamics are affected by their service, including marital issues relating to deployment and how moving repeatedly affects children. To view the full blog post, including links to resources, click here:

http://www.dcoe.mil/blog/15-01-29/Military_Doctors_Help_Civilian_Therapists_Understand_Service_Culture.aspx.

To access a series of webinar recordings on this topic from the Center for Deployment Psychology, click here: <http://www.deploymentpsych.org/JFWW2014>.



April 16 is National Healthcare Decisions Day

National Healthcare Decisions Day aims, "to inspire, educate, and empower the public and providers about the importance of advance care planning." An advance directive documents an individual's healthcare wishes in the event they are unable to speak for themselves. Two forms of advance directives include healthcare power of attorney, which names the person an individual wishes to speak for them in the event they cannot communicate, and a living will, which outlines the treatments an individual would or would not desire during end of life care. While these documents can create peace of mind and ease decision making for family members, only about one third of adults have an advance directive. For resources on how to create your own advance directive or conduct a family conversation on healthcare decisions, please visit

<http://www.nhdd.org/public-resources/>.

New How-To Guides from the National Resource Center for LGBT Aging

LGBT Programming for Older Adults: A Practical Step-by-Step Guide, is, "targeted to aging services providers who are interested in either reaching LGBT older adults or in introducing LGBT concepts to their current participants..." through movies and discussion scripts. To view this guide, please visit

<http://www.lgbtagingcenter.org/resources/resource.cfm?r=705>.

Age-Friendly Inclusive Services: A Practical Guide to Creating Welcoming LGBT Organizations, guides LGBT organizations in welcoming older adults, but can be applied to any organization. This guide includes interviews with LGBT organizations who have successfully integrated older adults into their group. To view this guide, please visit

<http://www.lgbtagingcenter.org/resources/resource.cfm?r=708>.

Warning New York City to Prepare as Its Population Ages

"Older New Yorkers with Alzheimer's and other cognitive disorders who suddenly set out for destinations unknown produce close to 400 missing persons reports a year," report city officials. Over 95% of those reported missing are found unharmed, but some are never found, or have suffered from injury or illness while wandering. As the country's aging population continues to grow, there is concern that this problem will only worsen. To combat this issue, New York City created Silver Alert, similar to Amber Alert for children, to help find missing older adults. Participation in Silver Alert has doubled in the past year as awareness of this resource grows. Still, families stress the need for more resources to ensure older adults with cognitive disorders receive the attention they need, including affordable nursing care and respite care. To read the full article, click here: http://www.nytimes.com/2015/03/10/nyregion/warning-new-york-city-to-prepare-as-its-residents-grow-older.html?_r=0.



Blocking the Paths to Suicide

Many people think that those who are suicidal will inevitably find a way to end their lives. However, new research has consistently shown that removing the means to suicide can save lives. "Suicide can be a very impulsive act, especially among the young, and therefore difficult to predict. Its deadliness depends more upon the means than the determination of the suicide victim." One survey showed that over half of those who had attempted suicide did so less than ten minutes after making the decision to end their life. It is also difficult to predict who will attempt suicide, since many who attempt suicide test negative for depression or are declared "low risk" by psychiatric evaluation. Simple changes, such as adding barriers around bridges to prevent jumping or storing guns in locked locations, have been shown to reduce the risk of suicide by removing immediate means and allowing the person time to change their mind or seek help. For more information, please visit http://www.nytimes.com/2015/03/10/health/blocking-the-paths-to-suicide.html?fb_ref=Default&r=0.

First Lady Highlights Mental Health First Aid

Earlier this month, Michelle Obama appeared at the Change Direction kick-off event to encourage education and awareness of mental health. The First Lady stated, "[Mental Health First Aid] really gives you the skills you need to identify – and ultimately help – someone in need. Because you never know when these kinds of skills might be useful." MHFA teaches participants the signs of mental health and substance use issues, a 5-step action plan to help the individual in need, and where they can go for help. The Mental Health First Aid Act has bipartisan support in Congress, providing \$15 million for trainings throughout the country. To read more, click here:

<https://www.thenationalcouncil.org/capitol-connector/2015/03/first-lady-highlights-mental-health-first-aid-key-shifting-conversation-mental-health/>.

Interested in Mental Health First Aid training? Visit www.olderpa.org to see a list of the Coalition's MHFA training dates.

Understanding Memory Loss: What to Do When You Have Trouble Remembering

A new booklet has been released by the National Institute on Aging to help those with memory loss understand and cope with their condition. The booklet explains the difference between mild forgetfulness and serious memory problems, causes and treatments of serious memory problems, and a list of resources and vocabulary. This booklet is also available in Spanish. To read more and download a pdf of the booklet, please visit <http://www.nia.nih.gov/alzheimers/publication/understanding-memory-loss/introduction>.



Coalition News

Upcoming In-Person Trainings from the Coalition

- Aging, Mental Health, and Chronic Illness
 - [4/22/15 Westmoreland County](#)
 - [5/13/15 Lackawanna County](#)
 - [6/17/15 Clarion County](#)
 - [9/30/15 Dauphin County](#)
 - [10/28/15 Centre County](#)
 - [11/4/15 Montgomery County](#)
- Senior Bullying Seminar
 - [3/18/15 Centre County](#)
 - [4/29/15 Allegheny County](#)
 - [5/20/15 Crawford County](#)
 - [6/2/15 Lackawanna County](#)
- Mental Health First Aid
 - [4/28/15 Centre County](#)
 - [5/19/15 Allegheny County](#)
- A Simulation of Hearing Distressing Voices
 - [3/26/15 Warren County](#)
 - [4/21/15 Allegheny County](#)
 - [5/6/15 Blair County](#)
- Medicare/Medicaid Basics for Mental Health Professionals
 - [3/26/15 Warren County](#)
 - [5/6/15 Blair County](#)

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

