



News You Can Use...

May 2015

May is Older Americans Month

The 2015 Older Americans Month theme is Get Into the Act, focusing on, “how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.” The theme also reflects on the 50th anniversary of the Older Americans Act. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and much more. For more information on the history of Older Americans Month please visit <http://www.acl.gov/newsroom/observances/oam/index.aspx>.

For promotional materials including an outreach guide, posters, and sample text announcements, please visit <http://www.acl.gov/newsroom/observances/oam/2015/Index.aspx>.

Responding to Grief, Trauma, and Distress After a Suicide: US National Guidelines

The Suicide Prevention Resource Center (SPRC) has released a new resource on suicide postvention. “These guidelines provide a unified, far-reaching blueprint for the development of suicide postvention at all levels of U.S. society. The overarching goal is to reduce the deleterious effects of exposure to suicide and facilitate the process of healing from a suicide loss.” The document includes suicide terminology, research, goals and objectives for bereavement support, and additional resources. The full text is available in pdf format at http://www.sprc.org/library_resources/items/responding-grief-trauma-and-distress-after-suicide-us-national-guidelines.



May is Mental Health Month

Did you know 1 in 5 American adults will have a diagnosable mental health condition in any given year, and 50 percent of Americans will meet the criteria for a diagnosable mental health condition sometime in their life? This year's theme for Mental Health Month is B4Stage4, focusing on how people can address their mental health early, rather than at "Stage 4" - when symptoms are more severe, and recovery a longer process. To see an outline of the four stages of mental health and learn about mental health identification and intervention, please visit

<http://www.mentalhealthamerica.net/b4stage4-changing-way-we-think-about-mental-health>.

For resources in English and Spanish, including sample fact sheets, social media posts, images, and toolkits, please visit <http://www.mentalhealthamerica.net/may>.

New Prescription Drug Overdose Website

The Centers for Disease Control and Prevention have created a new website aimed at the prevention and control of prescription drug overdose. Every day, 44 people in the U.S. die from overdose of prescription painkillers. "Since 1999, the amount of prescription painkillers prescribed and sold in the U.S. has nearly quadrupled, yet there has not been an overall change in the amount of pain that Americans report." The website includes information tailored to the public or health care providers. To learn more about alternative pain management techniques, how to effectively educate professionals and patients about the risk of prescription drug misuse and addiction, and find additional resources, please visit <http://www.cdc.gov/drugoverdose/index.html>.

To view the CDC's social media campaign, *When the Prescription Becomes the Problem*, and to participate, please visit <http://www.cdc.gov/drugoverdose/media/index.html>.

Let Your Brain Relax: Mindfulness Meditation Can Reduce Some TBI Symptoms

Traumatic brain injury, or TBI, can cause many symptoms, including mood swings, distractions, anxiety, and shortened attention span. New research shows that mindfulness meditation, which "teaches patients to achieve open, accepting, non-judgmental awareness (mindfulness) of the present moment by focusing attention on the breath," can help alleviate these symptoms by resting the brain and allowing it to repair itself. Mindfulness meditation has also been shown to help conditions such as stress, anxiety, post-traumatic stress disorder (PTSD), depression and pain. To read more about this treatment, click here: <http://www.dcoe.mil/blog/15-04-15/Let-Your-Brain-Relax-Mindfulness-Meditation-Can-Reduce-Some-TBI-Symptoms.a-spx>.



Medication for the Treatment of Alcohol Use Disorder: A Brief Guide

The Substance Abuse and Mental Health Services Administration (SAMHSA) has partnered with the National Institute on Alcohol Abuse and Alcoholism to release a guide on medication-assisted treatment for alcohol use disorders. This guide outlines six topics: considering medications based on FDA-approved indications and a patient's unique needs and circumstances, screening a patient for risky alcohol use, assessing need for medication-assisted treatment, developing a treatment plan and selecting a medication, treating a patient with co-occurring disorders, and monitoring a patient's progress. To download this free guide, click here:

<http://store.samhsa.gov/product/Medications-for-the-Treatment-of-Alcohol-Use-Disorder-A-Brief-Guide/All-New-Products/SMA15-4907>.

Addressing Stigma, Disparities in Minority Mental Health: Access to Care Among Barriers

Larke Huang, director of the Office of Behavioral Health Equity at the Substance Abuse and Mental Health Services Administration, says that, "minority populations face prevalence of mental illness at about the same rate as whites do. However, racial and ethnic minorities — as well as lesbian, gay, bisexual and transgender people — face greater mental health risks and burden of the disorders because of disparities working against them." One factor is poverty, which disproportionately affects people of color. Another factor is access to mental health services. While access can be limited by lack of insurance or money, access to "enabling services" such as transportation, paid time-off, childcare, and other obligations is also a factor in preventing people from scheduling or keeping appointments. To read the full article and learn how to help, click here:

<http://thenationshealth.aphapublications.org/content/45/1/1.3.full>.

Older Americans: Unsuspecting Accomplices to Money Laundering, Fraud, and Other Financial Crime

Advance-fee mass-marketing fraud, defined as, "any scheme that uses one or more mass-communication techniques or technologies 'to present fraudulent solicitations to numbers of prospective victims, to conduct fraudulent transactions with victims, or to transmit the proceeds of the fraud to financial institutions or to others connected with the scheme,'" disproportionately affect older adults. While increased screening by financial institutions and targeted investigations are working to reduce the instances of fraud, educating older adults on how to identify fraud is the most effective way to prevent fraud before it occurs. To read the full article, please visit

<http://www.acfcs.org/older-americans-unsuspecting-accomplices-to-money-laundering-fraud-and-other-financial-crime/>.



Coalition News

Upcoming In-Person Trainings from the Coalition

- Aging, Mental Health, and Chronic Illness
 - [6/17/15 Clarion County](#)
 - [9/30/15 Dauphin County](#)
 - [10/28/15 Centre County](#)
 - [11/4/15 Montgomery County](#)
- Senior Bullying Seminar
 - [5/20/15 Crawford County](#)
 - [6/2/15 Lackawanna County](#)
- A Simulation of Hearing Distressing Voices
 - [5/26/15 Centre County](#)
 - [6/3/15 Lancaster County](#)
 - [6/9/15 Bradford County](#) morning
 - [6/9/15 Bradford County](#) afternoon

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

