



News You Can Use...

June 2015

June is Post-Traumatic Stress Disorder Awareness Month

Post-Traumatic Stress Disorder (PTSD) is a mental health disorder that can occur after a trauma, and affects about 5.2 million adults each year. Most people have some stress-related reactions after a traumatic event, but if a person's reactions don't go away over time and they disrupt their life, they may have PTSD. Several types of therapy and SSRI medications have been shown to improve PTSD symptoms. To read more about PTSD (Spanish translations available) and access resources, please visit

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

If you or someone you know may be suffering from PTSD, click here to find out where to get help: <http://www.ptsd.va.gov/public/where-to-get-help.asp>.

Community Gatekeeper Training: LGBT Older Adults and Suicide Prevention

A new training from Crisis Support Services of Alameda County aims to, "train gatekeepers to recognize when a lesbian, gay, bisexual, or transgender (LGBT) older adult may be at risk for suicide and respond appropriately." The training covers the following topics: unique challenges to successful aging faced by LGBT older adults; risk and protective factors associated with suicide; suicide warning signs; latest research, statistics, and theories on suicidal behavior; risk assessment; safety planning; and resources. The session also includes interactive exercises for participants to apply what they have learned. To read the full article and access the training, click here:

<http://www.sprc.org/bpr/section-III/community-gatekeeper-training-lesbian-gay-bisexual-transgender-lgbt-older-adults-sui>.

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



June is National Safety Month

This year's focus of National Safety Month is, "the important topics of prescription painkiller abuse, transportation safety, ergonomics, emergency preparedness and slips, trips and falls." 1 in 3 adults over the age of 65 will experience a fall in a year, and about half of all falls occur within the home. Older adults are also vulnerable to prescription painkiller abuse if they become addicted after a surgery or are self-medicating physical or mental health issues. For more information on reducing the risk of accidents and promoting safe actions, including resources, sample announcements, and health tools, click here: <http://www.nsc.org/act/events/Pages/national-safety-month.aspx>.

To download free educational materials, click here: <http://safety.nsc.org/nsm>.

White House Conference on Aging

The White House Conference on Aging will be held July 13, 2015. The White House has held a Conference on Aging each decade since the 1960s to identify and advance actions to improve the quality of life of older Americans. The 2015 Conference is an opportunity to look ahead to the issues that will help shape the landscape for older Americans for the next decade. This year's topics include retirement security, healthy aging, long-term services and supports, and elder justice. For more information, please visit <http://www.whitehouseconferenceonaging.gov/>.

The Conference wants to hear your thoughts on this year's selected issues. To view the briefs and submit feedback, please visit <http://www.whitehouseconferenceonaging.gov/submissions/register.aspx>.

To view live streaming of the conference, please visit <https://www.whitehouse.gov/live>.

Making Aging Positive

From 1900 to 2000, the average life expectancy in the United States increased by 30 years. Unfortunately, many older adults can feel they have a lack of purpose in their lives. Studies show that older adults who found meaningful activities to participate in are physically and mentally healthier, and will live longer than peers who feel a lack of purpose in their lives. While many older adults pursue activities such as volunteering or employment that they find meaningful, ageism can prevent them from finding a position or being assigned skilled roles. Several programs have been created to help older adults find positions that utilize their life experience in a positive way; however, changing society's views of aging will open doors to more opportunities. To read the full article, please visit <http://www.theatlantic.com/health/archive/2014/06/valuing-the-elderly-improving-public-health/371245/>.



Caregiving in the US 2015

The National Alliance for Caregiving and AARP have partnered to create a joint research study on caregiving in the United States. This report aims to, “present a portrait of unpaid family caregivers today” and contains new information on higher-hour caregivers, caregivers over the age of 75, multicultural caregivers, and caregivers in the workplace. The report is based on over 1,200 online interviews with caregivers of adults aged 18 or older. To view the final report, executive summary, and appendices, please visit <http://www.caregiving.org/caregiving2015/>.

Just Out: New Guidelines on How to Treat Opioid Addiction

The American Society of Addiction Medicine (ASAM) has issued its first-ever comprehensive guidelines for using drugs to treat opioid addiction, called the “National Practice Guideline for the Use of Medications in the Treatment of Addiction Involving Opioid Use.” The National Institute on Drug Abuse reports that over two million Americans live with a substance use disorder related to prescription opioids, and the cost from expenses related to addiction, including lost wages, totals more than \$55 billion per year. The guideline aims to increase the use of medications such as naltrexone, methadone, and buprenorphine, to treat opioid drug abuse. While these medications are effective in treating addiction and inexpensive, many insurance companies do not cover them and doctors prefer to prescribe therapy instead. To read the full article, click here: <http://www.addiction.com/10822/just-out-new-guidelines-on-how-to-treat-opioid-addiction/>.

To access the full report, click here: <http://www.asam.org/docs/default-source/practice-support/guidelines-and-consensus-docs/national-practice-guideline.pdf?sfvrsn=18>.

New Link Between Diabetes, Alzheimer’s Found

Scientists at Washington University School of Medicine in St. Louis have found that elevated levels of glucose in the blood increases levels of amyloid beta, a component of brain plaques in Alzheimer’s patients. The research showed that, “in young mice without amyloid plaques in their brains, doubling glucose levels in the blood increased amyloid beta levels in the brain by 20 percent. When the scientists repeated the experiment in older mice that already had developed brain plaques, amyloid beta levels rose by 40 percent.” Diabetes prevents the body from controlling glucose levels, leading to glucose spikes after meals. Researchers hope this information can be expanded to learn more about how Alzheimer’s Disease develops and explore future treatment options. To read more, please visit <http://www.sciencedaily.com/releases/2015/05/150504163328.htm>.



Coalition News

Upcoming In-Person Trainings from the Coalition

- Mental Health First Aid with Veteran Focus
 - [6/26/15 York County](#)
- Aging, Mental Health, and Chronic Illness
 - [9/30/15 Dauphin County](#)
 - [10/28/15 Centre County](#)
 - [11/4/15 Montgomery 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

