



News You Can Use...

September 2015

September is National Suicide Prevention Awareness Month

Each year more than 34,000 individuals take their own life, leaving behind thousands of friends and family members to navigate the tragedy of their loss. Suicide is the 10th leading cause of death among adults in the United States. Adults over the age of 65 are at higher risk for suicide than others. About 90% of those who die by suicide experience mental illness, but it is often undiagnosed or untreated. To learn the warning signs and risks of suicide, get involved, and find resources, please visit

<https://www.nami.org/suicideawarenessmonth/hp>.

For a fact sheet on suicide, click here: <https://www.nami.org/getattachment/Learn-More/Fact-Sheet-Library/Suicide-Fact-Sheet.pdf>.

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

Preventing Suicide in Older Adults; Webinar, Online Toolkit

Older adults have a higher risk of suicide than the general population, according to the Centers for Disease Control and Prevention. Several factors may be involved, but suicide is preventable. You can learn about this public health issue by joining the National Council on Aging for the "Suicide Prevention and Older Adults" webinar next week.

Expert speakers will highlight risk factors for suicide among older adults and will discuss successful strategies for preventing suicide. Additionally, this webinar is an opportunity to learn more about the recently released toolkit, Promoting Emotional Health and Preventing Suicide: A Toolkit for Senior Centers. Click here to register for the webinar:

<https://cc.readytalk.com/cc/s/registrations/new?cid=tkin1aj9lse>.

Click here to access the free toolkit: <http://store.samhsa.gov/product/Promoting-Emotional-Health-and-Preventing-Suicide/SMA15-4416>.



New Series of SPARK Talks from SPRC

The Suicide Prevention Resource Center (SPRC) has released a new series of SPARK Talks, "Short, Provocative, Action-oriented, Realistic, and Knowledgeable videos of leaders in the suicide prevention movement. Each of these innovators describes a new development or direction in the field that can have an impact on suicide, and each one issues a call to action." Topics include Native populations, the LGBT community, learning from survivor experiences, postvention, and others. To access the SPARK Talks, please visit <http://sparktalks.sprc.org/>.

No One Left Behind: Including Older Adults and People with Disabilities in Emergency Planning

Although most communities and organizations have emergency plans in place, these plans often do not account for people with disabilities or older adults who require care due to medical conditions. Barriers to evacuation or emergency services included evacuation buses with no wheelchair ramps, waiting several hours in extreme heat, and emergency shelters that were not equipped to assist people with certain needs. In a response to the large numbers of older adults and people with disabilities who did not receive assistance during Hurricane Katrina, FEMA developed recommendations to assist emergency centers in understanding and meeting needs of those who require extra support. For the full article, including the FEMA recommendations and a list of resources for inclusive emergency planning, click here:

http://acl.gov/NewsRoom/blog/2015/2015_09_04.aspx.

HIV Testing Among Older Adults is Declining Despite CDC Recommendation

Researchers led by the UCLA Fielding School of Public Health found that while engagement in HIV risk behaviors has remained constant, HIV testing has decreased from 4.5% in 2006 to 3.7% in 2009. The Centers for Disease Control and Prevention (CDC) recommend that doctors screen all patients whether or not they have symptoms of HIV. Adults over the age of 50 should advocate for themselves to receive HIV screening, even if they are not in a high-risk group, as a significant minority of people who are not considered high-risk are living with undiagnosed HIV. For the full article, click here: http://www.eurekalert.org/pub_releases/2015-08/uoc--hta082615.php.

The 8th annual National HIV/AIDS and Aging Awareness Day (NHAAAD) is September 18! Click here for more information and resources:

<http://www.theaidsinstitute.org/programs/education/national-hivaids-and-aging-awareness-nhaaa>.



State of the States in Aging and Disability

The National Association of States United for Aging and Disabilities (NASUAD) has released its 2015 survey of state agencies. The survey is based on information including, “structure of agencies, the supports provided, and the populations served by aging and disability agencies.” Six themes were identified from this data: aging and disability director tenure remains short; agency restructuring slowed compared to past years; states continue to implement and expand managed long-term services and supports; major regulations are significantly impacting HCBS and LTSS systems; service demands continue to increase, resulting in strained funding; and elder justice services remain a high level of need. To view the full report, including state-by-state summary tables, please visit

<http://www.nasuad.org/sites/nasuad/files/NASUAD%202015%20States%20Rpt.pdf>.

In Some Primary Care Offices: The Social Worker Will See You Now

Dr. Stephen Kaye referred his primary care patients to therapists, but often found they were not receiving care. Some would not make appointments, others found it difficult to schedule with the therapist or find someone who took their insurance. Kaye found a solution when his office added a social worker to their staff. Now, if Kaye thinks a patient could use counseling, he introduces them to the social worker and “nearly all” patients agree to meet with her for a few sessions. The innovation was part of the office’s parent company’s attempt to bridge mental and physical health care. While mental and physical health are clearly linked in patients, they are often treated separately, which creates difficulties in accessing and continuing care. To read more, please visit <http://ctmirror.org/2015/09/08/in-some-primary-care-offices-the-social-worker-will-see-you-now/>.

Home Care Provider Embraces Tech, Cuts Medication Errors by 80%

Epiphany Senior Living was able to cut its medication and treatment error rate by 84.7% between 2013 and 2014 by using a technology-driven medication management system. The company began using the Electronic Medication Administration Record (EMAR) in an attempt to reduce errors and achieve other treatment goals, such as compliance.

“Implementing the EMAR technology provided a real-time direct electronic connection to the primary pharmacy vendor... Physician-orders for medications were sent directly to the pharmacy enabling the pharmacy to complete the order” and send the data for review by a clinician. To read the full article, click here:

<http://homehealthcarenews.com/2015/07/home-care-provider-embraces-tech-cuts-med-errors-80/>.



Coalition News

Upcoming In-Person Trainings from the Coalition

- Geriatric Resource Nurse/Older Adult Community Resource Specialist Training
 - [Webinar series 1/4/16 – 4/4/16](#)
- 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

