



## News You Can Use...

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April 2016

### **President's Task Force Aims to Help End Discrimination in Mental Health Coverage**

Although President Obama passed a law in 2008 for mental health parity – ensuring mental health and substance use issues are treated equally with other issues in the health care system – there has been little enforcement of this law and advocates say discrimination still occurs. “In a 2015 survey by the National Alliance on Mental Illness, an advocacy group for people with mental illness and their families, many patients said they were denied payment because treatment was deemed ‘not medically necessary’ twice as often for mental health as for other medical conditions.” Although many applaud the creation of this task force, others claim that it is not doing enough and that strict enforcement is needed immediately to resolve the lack of treatment for mental health and substance use disorders. For the full article, please visit:

<http://khn.org/news/presidents-task-force-aims-to-help-end-discrimination-in-mental-health-coverage/>.

### **Malnutrition is Affecting Too Many Older Adults**

Malnutrition can occur when a person does not eat enough, or eats an imbalanced diet. It can also coincide with health conditions that impair the body's ability to absorb nutrients from food. Malnutrition in older adults costs the United States \$157 billion annually, and increases health care costs by 300%. Malnutrition in older adults can be fought with increased support for the Older Americans Act, which encompasses nutrition and meals programs both in group and private homes. For those with chronic illnesses that impact their nutrient absorption, supplements that are provided with meals can help decrease the risk of malnutrition. To read more about long- and short-term plans to combat malnutrition, please visit:

<http://www.forbes.com/sites/nextavenue/2016/03/08/malnutrition-is-affecting-too-many-older-adults/#22a0c123225c>.



## April is Financial Literacy Month

Financial Literacy Month began in 2003 as an effort to help Americans establish and maintain healthy financial habits. To help with this, The National Council on Aging (NCOA) created EconomicCheckUp, a free service to help identify benefits that could help older adults save money, find ways to cut expenses, and develop a concrete plan to achieve greater economic security. The website includes the questionnaire, called My CheckUp; a list of resources on money management, avoiding scams, finding employment, and more; news articles; and success stories. To learn more, please visit: <https://www.economiccheckup.org/>.

Do you know an older adult who could use advice on debt management? NCOA has four tips on debt repayment, budgeting, and finding assistance in understanding debt repayment. To view this article, click here: <https://www.ncoa.org/economic-security/money-management/debt/manage-debt/>.

## Multigenerational Homes That Fit Just Right

The number of families living in multigenerational homes has increased from 12% in 1980 to 18% in 2012. While many families live in traditional houses, builders are responding to the trend by creating homes that cater specifically to these families. NextGen homes, for example, offer separate entrances, living spaces, laundry rooms, and temperature controls - among other options - all under the same roof. The Conrad family, who moved into such a home in 2013, said that when they lived together in a traditional home, they were "butting heads" about what was on the television, how dishes were done, and parenting decisions. Now that they have separate living areas, the Conrads say the tension has dissipated and they can enjoy being together. To read more, click here: <http://www.nytimes.com/2016/04/09/your-money/multigenerational-homes-that-fit-just-right.html>.

## May is Older Americans Month

"In 1963, the Administration for Community Living (ACL) began to acknowledge the contributions of older people by using the month of May to celebrate Older Americans Month (OAM). Led by the ACL, the annual observance offers the opportunity to learn about, support, and celebrate our nation's older citizens. This year's theme, 'Blaze a Trail,' emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of all ages." To read more about Older Americans Month and access sample articles, activities, posters, and more, please visit <http://oam.acl.gov/>. To view past years' themes and resources, please visit: <http://www.acl.gov/newsroom/observances/oam/Index.aspx>.



## Brain Health As You Age

The Administration for Community Living (ACL) offers a web page on Brain Health As You Age, offering, "evidence-based resources that can help professionals, older adults, and people with disabilities promote brain health." The site is comprised of PowerPoint presentations, handouts, brochures, educator guides, and more on a variety of brain health topics such as brain health basics, medications, brain injury, and dementia. The site will continue to be updated with more resources. To access the site, click here: [http://www.acl.gov/Get\\_Help/BrainHealth/Index.aspx](http://www.acl.gov/Get_Help/BrainHealth/Index.aspx).

## New Pocket Guide: Medication-Assisted Treatment of Opioid Use Disorder

The Substance Abuse and Mental Health Services Administration (SAMHSA) has released this new pocket guide on treatment of opioid use disorder. The guide includes a checklist for prescribing medication; U.S. Food and Drug Administration-approved medications for use in the treatment of opioid use disorder, including extended-release injectable naltrexone, methadone, and buprenorphine; screening and assessment tools, including an 11-item scale, the Clinical Opiate Withdrawal Scale; and best practices and patient care. The pocket guide can be downloaded as a digital version or ordered as a hard copy for free. To read more and order the guide, please visit: <https://content.govdelivery.com/accounts/USSAMHSA/bulletins/13fdf0e>.

## Department of Justice Launches 10 Regional Elder Justice Task Forces

"The Department of Justice announced the launch of 10 regional Elder Justice Task Forces. These teams will bring together federal, state and local prosecutors, law enforcement, and agencies that provide services to the elderly, to coordinate and enhance efforts to pursue nursing homes that provide grossly substandard care to their residents. The Task Forces will include representatives from the U.S. Attorneys' Offices, state Medicaid Fraud Control Units, state and local prosecutors' offices, the Department of Health and Human Services (HHS), state Adult Protective Services agencies, Long-Term Care Ombudsman programs and law enforcement. The 10 Elder Justice Task Forces will be launched in the following Districts: Northern District of California, Northern District of Georgia, District of Kansas, Western District of Kentucky, Northern District of Iowa, District of Maryland, Southern District of Ohio, Eastern District of Pennsylvania, Middle District of Tennessee and the Western District of Washington." Read the full news release here: <https://www.justice.gov/opa/pr/department-justice-launches-10-regional-elder-justice-task-forces>.



## **PBHAC and BHC Presented at the Massachusetts Conference on Gambling Problems**

Deborah Allen, Executive Director, and Christine Adkins, BHC Program Director, exhibited at the Massachusetts Conference on Gambling Programs April 14-15 in Norwood, Massachusetts entitled *Creating Empowered Families, Engaged Providers, and Enriched Communities*. They would like to thank Josh Ercole, Deputy Director, Council on Compulsive Gambling of PA for his support and direction. They would also like to thank: Marlene D. Warner, MA, Executive Director, Krystle Kelly, MA, Director of Development and Communications, and Jodie A. Nealley, MS, Intervention and Recovery Support Coordinator for the scholarship they were provided to attend and exhibit at this educational conference. Please see [our Facebook page](#) for more information and pictures!



# Coalition News

## Upcoming In-Person Trainings from the Coalition

- Best Practices Forums
  - [Delaware County 5/25/16](#)
  - [Westmoreland County 6/20/16](#)
- Trauma Informed Care
  - [Centre County 5/18/16](#)
- A Simulation of Hearing Distressing Voices
  - [Cumberland County 4/27/16](#)
- Question, Persuade, Refer: Suicide Prevention
  - [Adams County 4/25/16](#)
  - [Cumberland County 4/27/16](#)
  - [Centre County 5/18/16](#)
- Understanding Hoarding Behaviors: Assessment and Intervention
  - [Lancaster County 5/11/16](#)
  - [Clarion County 6/29/16](#)
  - [Dauphin County 9/28/16](#)
  - [Centre County 10/17/16](#)
  - [Westmoreland County 11/9/16](#)
- Issues of Substance Use and Medication Misuse in Older Adults
  - [Montgomery County 6/1/16](#)
  - [Cumberland County 6/13/16](#)
- ASIST Suicide Prevention Training
  - [Dauphin County 5/24-5/25/16](#)
  - [Monroe County 6/22-6/23/16](#)
- Technical Assistance Calls (Formerly GEC Calls)
  - [Click here for more information](#)



## 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 Deborah Allen ([Deborah@olderpa.org](mailto:Deborah@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.

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Previous copies of PBHAC's News You Can Use are available on the website at [www.olderPA.org/newsletter](http://www.olderPA.org/newsletter)

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