



Pennsylvania Behavioral Health and Aging Coalition
Opening Doors for Older Pennsylvanians

News You Can Use...

May 2016

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>.

For infographics, social media posts, and more resources, please visit: <http://www.thenationalcouncil.org/mental-health-month/>.

World Elder Abuse Awareness Day is June 15

"Every year an estimated 5 million older Americans are victims of elder abuse, neglect, or exploitation. And that's only part of the picture: Experts believe that for every case of elder abuse or neglect reported, as many as 23 cases go unreported. With such a complex issue, there is only one way we can address it: United together. The Administration for Community Living (ACL), partnered with the National Center on Elder Abuse (NCEA), encourages individuals and organizations across our nation, states, and local communities to take a stand and to raise public awareness about elder abuse. Your voice can speak out against ageism, combat isolation, and bolster education efforts one person and community at a time." For toolkits, fact sheets, public service announcements, and more valuable resources to help raise awareness of elder abuse, click here: http://www.ncea.aoa.gov/Get_Involved/Awareness/WEAAD/index.aspx.



PBHAC Training Survey – Answer by May 25th!

The Pennsylvania Behavioral Health and Aging Coalition needs your assistance! We are currently assessing our future training opportunities and your opinion matters to us. Please take a few minutes to complete this survey by Wednesday, May 25th, for an entry for the \$20 gift card! The winner will be contacted via email by Tuesday, May 31st, and announced on Facebook and Twitter when confirmed. PBHAC thanks you for your participation! We appreciate your assistance in improving our trainings and look forward to seeing you soon! Please click here to access the survey:

<https://www.surveymonkey.com/r/VM8NXWS>.

Building Better Caregivers – Online Workshop

“Building Better Caregivers™ is a 6-week workshop for family caregivers. If you are a caregiver, this workshop will help you learn a variety of skills, such as time and stress management, healthy eating, exercise and dealing with difficult emotions. The workshop addresses specific needs of caregivers who care for someone with dementia, memory problems, traumatic brain injury, post-traumatic stress disorder (PTSD), or any other serious injury or illness. Participants review weekly lessons, exchange ideas with other caregivers, and access online tools to make caregiving easier. Developed at Stanford University, the program has been recognized for its ability to reduce caregiver stress and depression, and increase their overall well-being.” For more information on this program, please visit: <https://www.ncoa.org/healthy-aging/chronic-disease/building-better-caregivers/>.

Talking with Your Older Patient – A Clinician’s Handbook

The National Institute on Aging has created a free handbook for clinicians to improve their communication and effectiveness in treating older adults. Topics include understanding older patients, talking about sensitive subjects, including families and caregivers, and speaking with patients about cognitive problems. To access a pdf copy of the handbook, click here: <https://d2cauhfh6h4x0p.cloudfront.net/s3fs-public/talking-with-your-older-patient-a-clinicians-handbook.pdf>.

Caring for a Person with Alzheimer's Disease: Your Easy-to-Use Guide from the National Institute on Aging

The National Institute on Aging’s Alzheimer’s Disease Education and Referral Center has posted a new resource on caring for a person with Alzheimer’s Disease. The guide intends to inform the reader on how Alzheimer’s Disease changes a person and how to cope with those changes, manage everyday activities and home safety, find helpful resources, and care for one’s own well-being. To access this free guide in pdf form or to order copies, please visit: <https://www.nia.nih.gov/alzheimers/publication/caring-person-alzheimers-disease/about-guide>.



Mental Health First Aid is Heading to the Hill

“On Tuesday, May 24, the National Council for Behavioral Health will be hosting a congressional staff briefing on Capitol Hill to highlight the impact and success of Mental Health First Aid. Sponsored by Representatives Lynn Jenkins (R-KS) and Doris Matsui (D-CA) – sponsors of the Mental Health First Aid Act – this briefing will educate congressional staffers on the training program and highlight its successes across the country. Want to share your Mental Health First Aid story? Come to Hill Day this June 6-7 and have your voice heard on Capitol Hill.” To register for Hill Day, click here: https://ncc.expoplanner.com/index.cfm?do=reg.flow&event_id=8. To learn more about Mental Health First Aid, please visit: <http://www.mentalhealthfirstaid.org/cs/>.

Opioid Legislative Update

“H.R. 5046, the Comprehensive Opioid Abuse Reduction Act, passed the House of Representatives by a vote of 413-5. This bill is a major part of Congress’s efforts to tackle the prescription opioid and heroin epidemic facing the nation, and was introduced as the House’s version of similar legislation that passed the Senate earlier this year, the Comprehensive Addiction and Recovery Act. The Comprehensive Addiction and Recovery Act (CARA) of 2016 is the most expansive federal, bipartisan legislation to date for addiction support services, designating between \$40 million and \$80 million toward advancing treatment and recovery support services in state and local communities across the country, which will help save the lives of countless people.” To read more about this legislation, please visit: https://www.magnetmail.net/actions/email_web_version.cfm?recipient_id=2556446404&message_id=12862396&user_id=CADCA&group_id=722540&jobid=33679256.

Free Online Trainings Available for Service Members and Families, Mental Health Providers

The American Association of Suicidology is offering FREE webinar trainings for service members and their families who have served or are currently serving in any of the National Guard or Reserve components of the Military. The training is also available for mental health providers who want to help. Service members and families can access training on stress, common challenges in military life, suicide risk, substance use, traumatic brain injury, and more. Mental health providers can access additional training on subjects including military culture, sleep problems, post-traumatic stress disorder, and others. In addition, mental health providers can earn up to 18 continuing education units (two per webinar). To read more about these trainings and to access registration, click here: <http://usmilitarymatters.org/>.



Register Today! Best Practices Forums

In 2006, the Pennsylvania Department of Aging and Department of Public Welfare's Office of Mental Health and Substance Abuse Services required Memorandums of Understanding to encourage counties to pool resources and better serve older individuals across the county and state systems. The 2016 Aging and Behavioral Health Forums, in keeping with the voice of the Memorandums of Understanding, will emphasize a multidisciplinary approach to providing services to older adults and the need for cross-system collaboration. Counties offering Mental Health and Aging Best Practice programs will be highlighted. Information on a variety of services and evidenced-based practices for older adults will be discussed.

This program is for individuals working with older adults who are at risk for developing behavioral health problems, including social workers, housing coordinators, personal care and assisted living staff, nursing home and home health care providers, County Mental Health and Behavioral Health and Aging systems who assisted in developing their county's Memorandums of Understanding, and those who actively work across systems to serve older adults.

The forums will take place from 9 am to 5 pm on [May 25, 2016 in Media, PA](#), and on [June 20, 2016 in Greensburg, PA](#).

Two-Midnight Rule for Medicare

A Medicare beneficiary, on original Medicare, will have hospital services paid for in different ways depending on the length of time the individual is expected to be cared for by the hospital. An important thing to remember is that the individual first must be admitted to the hospital and not just kept for observation. When admitted to the hospital, as an inpatient, Medicare Part A pays for care. When kept in the hospital under observation, Part B pays as it is considered an outpatient procedure.

The Two-Midnight Rule refers to expectation of the physician; if a physician anticipates the patient will need inpatient level care that will exceed "two midnights" the patient must be admitted to the hospital and not under observation only. Conversely if the physician expects that inpatient care will not exceed two midnights, then the individual is not appropriate for inpatient admission. The "clock" starts at the time hospital care begins, for example:

- Observation care
- Emergency room
- Operating room
- After registration and triaging activities

This admission does not begin until after the inpatient order is in and the formal admission has occurred.



The Notice of Observation Treatment and Implication of Care Eligibility Act (or NOTICE act), passed on March 16, 2015, requires a hospital to notify patients if they are being treated as an outpatient or as under observation and are not classified as a hospital admission. This explanation must explain, in clear language, the individual's status as an outpatient and not inpatient and the reasons why. In addition, it must explain the implications of this assignment. This is specifically important in relation to expectation of cost-sharing under Medicare and eligibility of coverage for skilled nursing facility care following inpatient admission. In the case of Skilled Nursing Facility care, the individual must be admitted as an inpatient to the hospital for at least three inpatient nights. For further information on this or other Medicare topics, please call Behavioral Health Connection at 717-541-4219 ext. 115 or your local APPRISE office at 1-800-783-7067 for free Medicare counseling, training, or referral services.



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](#)
- Question, Persuade, Refer: Suicide Prevention
 - [Centre County 5/18/16](#)
 - [Dauphin County 6/2/16](#)
- Understanding Hoarding Behaviors: Assessment and Intervention
 - [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](#)
- 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) 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

