



Pennsylvania Behavioral Health and Aging Coalition
Opening Doors for Older Pennsylvanians

News You Can Use...

July 2016

April Survey Drawing Winner Announced

Congratulations to Nancy Clee, who was our winner of the \$20 gift card drawing from our April Training Survey! Thank you to everyone who answered our survey, as your input will help us improve our services moving forward. We appreciate your support!

National Minority Mental Health Awareness Month

July is National Minority mental Health Awareness Month, focusing on taking on the challenges of mental health conditions, health coverage and the stigma of mental illness. In many communities, these problems are increased by less access to care, cultural stigma, and lower quality care. 1 in 5 adults in the United States will experience mental illness in a given year, and only 41% received treatment in the past year. Those living with mental illness face increased risk for chronic illnesses and suicide. For more information, please visit: <http://www.nami.org/Get-Involved/Raise-Awareness/Awareness-Events/National-Minority-Mental-Health-Awareness-Month>. To view videos regarding cultural perspectives of mental illness, click here: <http://www.nami.org/Get-Involved/Awareness-Events/National-Minority-Mental-Health-Awareness-Month/Minority-Mental-Health-Stories>.

Mental Health America has provided these resources:

African American Mental Health: <http://www.mentalhealthamerica.net/african-american-mental-health>

Latino/Hispanic Mental Health:

<http://www.mentalhealthamerica.net/issues/latinohispanic-communities-and-mental-health>

Asian American and Pacific Islander Mental Health:

<http://www.mentalhealthamerica.net/issues/asian-americanpacific-islander-communities-and-mental-health>

Native American Mental Health: <http://www.mentalhealthamerica.net/issues/native-american-communities-and-mental-health>



Training Coordinator Staffing Change

Sarah Bowser will be leaving her role as PBHAC's Training Coordinator on July 15th. Sarah has been with the Coalition since September 2013 and has done an amazing job, all with passion and professionalism. Thank you, Sarah, for being so committed to the Coalition.

Anne Adams has been hired as Sarah's replacement. She comes to us from the Cystic Fibrosis Foundation and previously from The Leukemia and Lymphoma Society of eleven years. Anne holds a Bachelor of Science degree and a Master of Science degree. Anne will be starting employment in her new role on August 8th. Welcome, Anne!

2016-2017 Pennsylvania State Budget Update

On Monday, July 11, Governor Wolf allowed the \$31.5 billion spending plan to become law without his signature. The final agreement includes increased taxes on tobacco products, digital downloads, taxes on lottery winnings, and a tax-amnesty program. In addition, changes to Pennsylvania's liquor laws that will allow private retailers to sell wine are expected to raise \$149 million. A gambling expansion bill which is expected to raise funds to balance the budget has been delayed until September. For more information, click here: <http://www.post-gazette.com/news/politics-state/2016/07/13/Final-Pa-budget-plan-passes-House-heads-to-Senate/stories/201607130213>.

To view the spending plan, please visit:

<http://www.legis.state.pa.us/cfdocs/legis/PN/Public/btCheck.cfm?txtType=PDF&sessYr=2015&sessInd=0&billBody=S&billTyp=B&billNbr=1073&pn=2009>.

Olmstead Ownership for Older Adults

June 22 marked the 17th anniversary of the Olmstead Decision. In *Olmstead vs. L.C.*, the Supreme Court ruled, "under the Americans With Disabilities Act (ADA) unjustifiable institutionalization of a person with a disability who, with proper support, can live in the community is discrimination." The case was filed by two Georgia women who were receiving services in institutions despite professionals believing their needs would be met in a community-based setting. The ruling states that, "...states are required to provide community-based services for persons with disabilities who would otherwise be entitled to institutional services when: (a) the State's treatment professionals reasonably determine that such placement is appropriate; (b) the affected persons do not oppose such treatment; and (c) the placement can be reasonably accommodated."

For more information on the Olmstead Decision and its impact, please visit:

http://acl.gov/Programs/AIDD/Program_Resource_Search/Resources/olmstead-decision.aspx.



Prescription Drug Abuse Among Older Adults Is Harder to Detect

Older adults are at increased risk for drug abuse due to increased use of medications for chronic conditions and access to multiple doctors who may not know what other physicians are prescribing. Two factors impact older adults' growing drug abuse problem: developing a tolerance over time, and the increased effect of drugs on the aging body's slowing metabolism. Addiction can develop in as little as ten days, but is not always recognized. "Few doctors screen for addiction," said R. Corey Waller, an addiction, pain and emergency medicine specialist and senior medical director for education and policy at the Camden Coalition of Healthcare Providers in New Jersey. "It's not built into treatment yet, and adding that step takes lots of time. Also, patients are usually offended when asked." Increased screening and education on warning signs of addiction are key to addressing this issue. To read the full article, click here: <http://www.nytimes.com/2016/06/11/your-money/prescription-drug-abuse-among-older-adults-is-harder-to-detect.html? r=0>.

Aging Groups Launch Campaign Against Financial Exploitation

The National Association of Area Agencies on Aging (N4A) has launched a new public education campaign focusing on the epidemic of financial exploitation scams targeting older Americans. This includes two brochures, *Answers on Aging™ Financial Exploitation: Safeguarding Your Money & Property* (http://www.n4a.org/store_home.asp) and *Eldercare Locator's Home Improvement Scams: Tools to Reduce Your Risk* (http://elresources.3dcartstores.com/Home-Improvement-Scams-Tools-to-Reduce-Your-Risk-Due-to-high-demand-please-limit-1-order-per-agencycustomer-Maximum-of-50-brochures_p_59.html). N4A members may receive the first 25 brochures for free. For more information, please visit: <http://commongood.unitedforimpact.org/node/1566>.

Celebrating 51 Years of the Older Americans Act

July 14, 2016, was the 51st anniversary of the signing of the Older Americans Act by President Lyndon Johnson. The Older Americans Act, "enriched the lives of many as the foundation for a system of services and supports that helps millions of older adults continue to work, play, and volunteer in their communities, to the great benefit of all. The OAA underpins a promise to preserve the right to live independently, with dignity, making everyday decisions according to our individual preferences and goals across our lifespan." In April 2016, reauthorization of the Older Americans Act was approved by Congress and signed by President Barack Obama. To learn more about the OAA and view two infographics on the timeline and impact of the Act, please visit: http://acl.gov/NewsRoom/NewsInfo/2016/2016_07_14.aspx.



Coalition News

Upcoming In-Person Trainings from the Coalition

- Understanding Hoarding Behaviors: Assessment and Intervention
 - [Dauphin County 10/5/16](#)
 - [Centre County 10/17/16](#)
 - [Westmoreland County 11/9/16](#)

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>

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.

