

April 2018 NEWSLETTER



*A note from the Executive Director.....

"In December 2015 I wrote my first message in the PBHAC Newsletter. It is with a heavy heart, this will be my final entry. PBHAC has been my second home for the past several years and it has been my pleasure to be a part of such a wonderful organization whose mission I truly believe in and value. We have made significant advances with offering new and innovative trainings, taking part in community events, and partaking in promoting wellness of older adults with behavioral health concerns. As I move on to my next endeavor, I would like to thank all of you with whom I have shared a training, met at a conference, expo, or venue. With those I have collaborated with, exchanged emails, and had the opportunity to meet in person or to partner with. Thank you so much for all of support, kind conversations, and friendships. It has truly been a genuine, pleasure. My final day at PBHAC will be 4/18. If you have the opportunity, please do reach out prior to me leaving. I wish PBHAC much success in the future."

Deborah Allen

Upcoming Trainings from PBHAC

Deadline for Registering is Tomorrow **Managing Challenging Behaviors**

In this training, the deterministic process of challenging behaviors will be discussed; specifically, why the behavior is occurring via identifying one's emotions, thoughts and triggers. In addition, this training will identify and discuss,

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VOLUNTEER



Become a Volunteer Today for PBHAC

Please consider volunteering, and help promote PBHAC's mission. PBHAC will be needing assistance with conference exhibiting as well as senior/health fairs/expos, etc. within the Harrisburg area and surrounding counties.

Please contact anne@olderpa.org for additional information on how you can become a PBHAC volunteer. We would love to hear from you!

Parkinson's Awareness Month:

in specific detail, then essential emotions, behavioral interventions, emotional needs and three case studies.

[Adams County - 4/18/2018](#)

Registration Ends Soon! **Trauma Informed Care**

One of most popular trainings has three locations from which to choose. As a participant you will leave this training with a working knowledge of TIC and will be able to apply your new skills and knowledge immediately upon returning to your field. In this training you will gain an understanding of the prevalence of trauma. Pick your venue and date for this educational training on this hot topic!

[Lackawanna County - 4/19/2018](#)

[Schuylkill County - 4/26/2018](#)



NEW DATE!!!

Certified Older Adult Peer Specialist

This training will prepare current Certified Peer Specialists to utilize existing experience, skills and training to work with Older Adults living with behavioral health disorders. Training will include an understanding of mental health and co-occurring issues as they relate to aging issues. Peers will increase their level of expertise and gain specialized techniques that support Older Adults.

[Lebanon County - May 29, May 30, May 31](#)

PBHAC BRAND NEW TRAINING AVAILABLE **Hands On Approaches to Hoarding:** **Clearing a Path to Treatment**

This training will focus on the symptoms and behavior of hoarding, reasons for hoarding, diminished quality of life, and co-morbid anxiety disorders often present with compulsive hoarding diagnoses. The training will review therapeutic interventions used

#StartAConversation

Every April, the Parkinson's Foundation engages the global Parkinson's community to support Parkinson's Awareness Month. When we raise awareness about Parkinson's and how the Foundation helps make lives better for people with PD, we can do more together to improve care and advance research toward a cure.

This year, our theme is "Start a Conversation," a call to action that urges people to talk about Parkinson's with their loved ones, friends, neighbors, care team and community. The theme also reflects the speech bubble in the Foundation's signature P logo. Get involved. [Learn More.](#)



Hoarding Behaviors **Worsen With Age**

Recent research has indicated that hoarding, a relatively common disorder among the elder community, gets progressively worse as a

to treat hoarding and how support personnel can assist with treatment goals.

[Blair County - 6/7/2018](#)

Issues of Substance Use and Medication Misuse in Older Adults

Did you know that older adults can overdose on their medications due to the large amount of drugs that they take on a daily basis. This training will provide understanding of the complex problem that exist and how you can identify "substance use" prevention, screening, intervention, and treatment models that work with this age group.

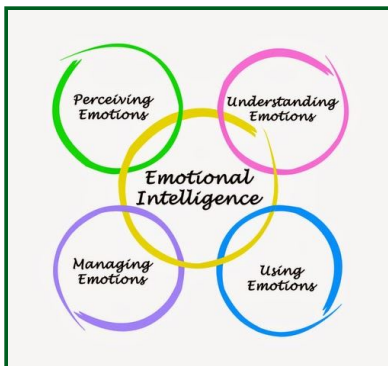
[Philadelphia County - 5/3/2018](#)

Oxycontin and Alcohol: A Deadly Cocktail for Older Adults

Older adult opioid addiction, often complicated with alcohol, has skyrocketed; yet prolonged opioid use exacerbates chronic pain. Quality of life and saving lives are at issue when we explore holistic treatment of addiction, chronic pain management, and personal recovery growth. The training informs its topic with the stunning facts and generational, evidence-based treatment approaches that include ways in which older adults engage in their own treatment, chronic pain management and recovery.

[Northumberland County - 4/24/2018](#)

[Philadelphia County - 4/26/2018](#)



Understanding Emotions and Behavioral Triggers

This training will discuss the concept of psychological determinism, the views of human behavior as a structured pattern of cause and effect, and how psychological determinism can be used to identify behavioral triggers,

especially in OA's. The training will also break down the 10 basic emotions, explaining why identification is so crucial for behavioral change. Examples will be provided on behaviors of aggression, hoarding, and drug use. This two-hour training will also cover three case studies to further the understanding of behavioral triggers and emotions.

Country Meadows of Hershey is offering a continental breakfast and grab and go lunches after the program. Included

person gets older. Scientists at the University of California, San Francisco conducted a study that discovered that a whopping fifteen percent of depression-stricken older adults engaged in extreme hoarding. This number can be compared to the two to five percent of older adults without depression that engage in these extreme hoarding behaviors. [Learn More.](#)

****Sign-up today for PBHAC's *Hands On Approaches to Hoarding: Clearing a Path to Treatment* to learn more about the symptoms and behaviors of hoarding and how therapeutic interventions may assist in treatment goals. [Click here to register.](#)**

New Study Addresses Caregivers Questions about Donepezil (Dementia Drug)

Only a few prescription medications have been developed and approved for the management of symptoms related to dementia. Reliable medical trials and studies are our best bet at interpreting and predicting how diseases and medications interact and affect our overall health. Fortunately, a recent study on one of these popular dementia drugs, donepezil, has shed some light on caregivers' common concerns. [Learn More.](#)

in \$39 registration fee!!!

[Dauphin County - 5/22/2018](#)

Thank You for Your Support

PBHAC would like to thank the agencies below who have collaborated with us to offer our trainings throughout the state. Thank you for your kindness and allowing us to access your facilities.

Cross Keys Village, Holiday Inn Express & Suites Johnstown, KleinLife, Lackawanna County Human Services, Ladore Conference Center, Mahanoy City Senior Regional Resource Center, Mountain View Nursing and Rehab Center, New Bloomfield/Central Perry Senior Center, Northampton County Human Services, Sherwood Oaks Retirement Community, and Whole Foods Co-op.



Wolf Administration Meets with Leaders at Caron Treatment Centers Amidst Rise in Addiction Among Older Adults

Pennsylvania Department of Aging Secretary Teresa Osborne visited with leadership at Caron Treatment Centers recently in Wernsville to learn more about its approach to treating addiction and to discuss Governor Tom Wolf's statewide opioid disaster declaration. [Learn More.](#)

April is Alcohol Awareness Month

The National Council on Alcoholism and Drug Dependence - Ncadd National Office is marking the 32nd annual Alcohol Awareness Month, "Changing Attitudes: It's Not a Rite of Passage." Alcohol remains one of the top drugs of choice among Americans today. Join together throughout April to raise awareness of this public health problem. Abundant research shows that addiction is treatable and that people do recover... and also that knowledge and prevention are critical to changing attitudes about alcohol use among people of all ages. [Learn More.](#)

PBHAC is on Social Media

The Coalition is on LinkedIn! Connect with PBHAC at <https://www.linkedin.com/in/deborah-allen-125348135/> to see articles and updates related to aging and behavioral health issues.

Did You Know? Customized Behavioral Health and Aging Training is Available

Below is a link to the training topics we offer through the Coalition.

[Click here](#) regarding what trainings PBHAC has to offer.

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The Coalition is on Twitter! Click here to follow us: <https://twitter.com/PBHAC>

The Coalition is on Pinterest! Follow us on Pinterest to find articles on aging, behavioral health, substance abuse, and more. <http://www.pinterest.com/pabhac/>

Previous copies of PBHAC's Newsletters are available on the website at www.olderpa.org/newsletter.



**Pennsylvania Behavioral
Health and Aging
Coalition**

***Opening Doors for Older
Pennsylvanians***

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