

## MARCH 2018 NEWSLETTER

### Caregiver...

*"To the world you may be one person; but to one person you are the world." - Dr. Seuss*

### Upcoming Trainings from PBHAC

*CEUs offered at most PBHAC Trainings*

#### **NEW OFFERING IN DAUPHIN COUNTY- DON'T MISS OUT...LIMITED SPACES!**

#### **Compassionate Touch**

Designed to ease physical, behavioral and emotional stress, this holistic, evidence- informed, practical and pro-active approach provides symptom relief and comfort resulting in greater well-being and quality of life. And with a focus on empowering care-partners, it emphasizes giving both professional and family caregivers a way to connect with calm and comfort. Please bring a pillow and dress casual. This is an interactive experience and you will be paired up.

#### **Compassionate Touch® –**

**Is Feasible.** It uses existing resources • No need for additional personnel or equipment. • Compassionate Touch® is easy for staff to learn • Practicality ensures sustainability

**Is Effective.** Decreases patient stress and anxiety • Eases pain • Promotes sleep • Builds trust in caregivers • Increases feelings of safety and well-being • Provides a non-pharmacological prevention strategy for delirium

**Encourages Family Engagement** as an active member of the care team • Provides a means for family to calm, comfort and support their loved one • Enhances the patient/family experience

**Facilitates staff satisfaction** • Mutually beneficial, reducing caregiver stress • Builds stronger bond between caregiver and patient • Aligns with nursing values of individualized care, maintaining quality interpersonal relationships and supporting patient autonomy

#### **FOLLOW PBHAC...**



#### **Public Safety Awareness Week**



This special week will be focusing attention on patient safety as a public health issue and to reinforce the fact that everyone has a role to play in keeping patients safe and free from harm. [Learn More.](#)





### Answering the Need:

Dementia Live™ is a hands-on experience in which care partners learn first-hand what it's like to be living with dementia, delirium or other cognitive impairments. Dementia Live serves as a powerful training tool for patient-centered care programs.

**Is Effective:** Learn outcomes to improve communication and care processes • Decreases resident stress and anxiety • Improves communication skills and empower care givers builds trust with residents effective as a non-pharmacological approach to behavioral expression

**Encourages Family Engagement** as an active member of the care team • Provides a means for family to calm, comfort and support their loved one • Enhances the patient/family experience

**Facilitates staff satisfaction** • Mutually beneficial, reducing caregiver stress • Build stronger bond between caregiver and resident • Aligns with nursing values of individualized care, maintaining quality interpersonal relationships and resident autonomy

[Butler County - 3/13/2018](#) *Deadline this week*

[Philadelphia County - 3/27/2018](#)

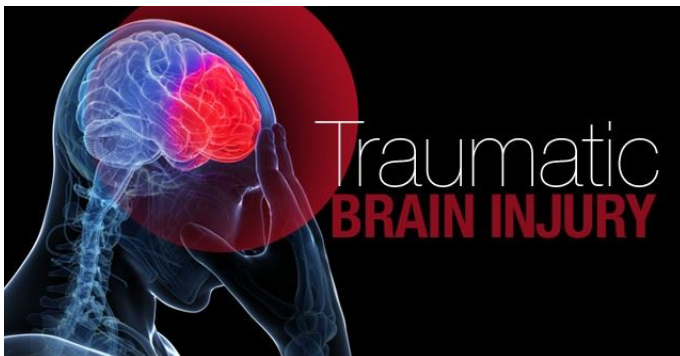
[Lycoming County - 4/18/2018](#)

[Franklin County - 5/1/2018](#)

[Greene County - 5/31/2018](#)

Indiana County - Registration Opening Soon

*If your agency, organization or retirement community would like to host a Dementia Live (DL) simulation training, OR if your agency would like to become a Certified DL Provider where your key staff can become "Coaches" and train others within your organization, please contact Deborah Allen at [deborah@olderpa.org](mailto:deborah@olderpa.org)*



### Evidence-based Strategies for Helping Older Adults with Traumatic Brain Injury

This training will give an introduction to evidence-based treatments for rehabilitative care for those who have sustained a traumatic brain injury. The training will give an in-depth look at behavior management and teaching strategies for individuals with TBI. Participants will gain an understanding of the principles of

**\*\*Sign-up today for PBHAC's Evidenced based Strategies for Helping Older Adults with Traumatic Brain Injury [by clicking here.](#)**

### Brain Injury Awareness Day - March 20, 2018

The Brain Injury Association of America (BIAA) is pleased to announce that Congressional Brain Injury Task Force, co-chaired by Reps. Bill Pascrell, Jr. (D-N.J.) and Thomas J. Rooney (R-Fla.), has scheduled Brain Injury Awareness Day on Capitol Hill for Tuesday, March 20, 2018. As in years past, there will be an awareness fair, congressional briefing, and reception. [Learn More.](#)

behavioral science and how to apply these principles to treatment. Examples include how to capture the motivation of patients, utilizing positive reinforcement to influence behavior change, and how to break complex tasks into small teachable behaviors to promote learning.

[Cumberland County - 3/22/2018](#)

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

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

**PBHAC HOT TOPIC THIS FISCAL YEAR!**  
**IGNITE - Sparks for Today's Dementia Care**

This 2.5 hour interactive training includes a session in "*Flashback Evoking Memories*", which is an interactive activity that evokes memories from the past. "*Compassionate Touch*", which practices skilled touch that prevents behavioral expression. Lastly, it includes a drive through version of "*Dementia Live*". This powerful training will transform staff with practical tools to improve communications, respond to behavioral expression, relieve caregiver stress, and engage residents in meaningful activities. The "SPARKS" utilized in this workshop take you on a journey of self-discovery and skill development, culminating in an operational plan for integration into your organization. Be prepared to be out of your seat and receive fresh, new ideas to engage your residents/individuals you work with! This training is non-stop and very engaging!

[Philadelphia County - 3/8/2018](#)

[Centre County - 3/16/2018](#)

[Luzerne County - 4/10/2018](#)

**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.

***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.

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

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

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

*Lebanon County - Date to be re-scheduled*



## **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.

[Westmoreland County - 3/20/18](#)

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

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

## **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!

[Adams County - 3/9/2018](#) *Registration closes this week*  
[Lackawanna County - 4/19/2018](#)  
[Schuylkill 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 in \$39 registration fee!!!**

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

## Wellness Initiative for Senior Education (WISE) - This is an evidence-based training

WISE is a wellness and prevention program targeting older adults, which is designed to help them celebrate healthy aging, make healthy lifestyle choices and avoid substance abuse. Taking place one a week for six weeks, (2 hour time period each week), this training provides valuable educational services to older adults on topics including medication misuse and management, stress management, depression, and substance abuse. WISE promotes health through education concerning high-risk behaviors in older adults.

For more information on WISE, [CLICK HERE](#).

Below are agencies and senior centers that will be participating in the WISE trainings. If your senior center or agency would like to participate in this six-week evidence-based training, please contact Deborah Allen for details at [deborah@olderpa.org](mailto:deborah@olderpa.org).

***New Bloomfield Senior Center - 4/12 - 5/17/2018 hosted by Perry County Area Agency on Aging***

***Meadville Center - 5/2 - 6/6/2018 hosted by Active Aging and Wesbury***

***Coatsville Senior Center - 5/15 - 6/19/2018***

## Thank You for Your Support

PBHAC would like to thank the agencies below who have

***DONATE***  
***Show Your Support***  
***for PBHAC***

collaborated with us to offer our trainings throughout the state. Thank you for your kindness and allowing us to access your facilities.

**Adams County Emergency Services and Training Facility, Belmont Behavioral Health, Blair Senior Services, Country Meadows of Leader Heights, Foxdale Village, Giant Super Store in Camp Hill, Laurel View Village, Misericordia University, Monroe County Public Safety Center, NewHaven Court at Clearview, Newport Family Center, The Crossings at West Shore, The Jewish Home of Eastern Pennsylvania, The Oaks, and Westmoreland Manor**



### **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 [deborah@olderpa.org](mailto:deborah@olderpa.org) for additional information on how you can become a PBHAC volunteer. We would love to hear from you!



### **Clinical Guidance To Help Broaden Health Care Professionals' Understanding of Medications To Treat Opioid Use Disorder**

The Substance Abuse and Mental Health Services Administration (SAMHSA) is publishing guidance today to help broaden healthcare professionals' understanding of medications that can be used to treat Americans with opioid use disorder (OUD).

“We know that people can and do recover from opioid use disorders when they receive appropriate treatment, and medication-assisted treatment’s success in treating opioid use disorders is well documented,” said Dr. Elinore F. McCance-Katz, Assistant Secretary for Mental Health and Substance Use. “TIP 63





emphasizes that increasing access to medications to treat opioid use disorder will help more people recover, enabling them to improve their health, living full and productive lives.” [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.

**The Coalition is on Facebook!** Like us on Facebook at <https://www.facebook.com/PBHAC> to see articles and updates on aging and behavioral health issues. Please share!

**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](http://www.olderpa.org/newsletter).

## **Pennsylvania Behavioral Health and Aging Coalition**

### ***Opening Doors for Older Pennsylvanians***

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