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 carepartners, 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.

Strengthens marketability with a program for community outreach • Compassionate Touch® certification tangibly demonstrates commitment to innovative geriatric care

<u>Clearfield County - 3/30/2018</u> <u>Dauphin County - 5/21/2018</u>



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SEVERAL DEADLINES APPROACHING SOON Strategies for Successful Aging

Have you registered for this new training yet? It is a collaboration between PBHAC, the Alzheimer's Association, and CC Donelan from Brain Health Partners in Massachusetts. This training is 3 hours with 3 different speakers on topics including healthy living for your brain and body, delaying cognitive decline with an interactive class participation of Ageless Grace, and lastly, brain healthy eating will be discussed. Come join us for this exciting event! Please visit www.olderpa.org to choose your location and register today!

alzheimer's Ω 5 association°

THE BRAINS BEHIND SAVING YOURS:

Cumberland County - 3/19/2018
Centre County - 3/21/2018
Luzerne County - 3/23/2018
Erie County - 4/4/2018
Allegheny County - 4/5/2018

Ageless Grace Partial Scholarships Available

Ageless Grace is a cutting-edge brain fitness program based on neuroplasticity that activates all 5 functions of the brain - analytical, strategic, kinesthetic learning, memory/recall, creativity and imagination. **Become an Ageless Grace Educator**. This is a two day training for CNA's, PT/OT/SLT's, LPC's, Social Workers, Activity Directors, Recreational Therapists, Fitness Professionals, Caregivers, and Family Members who work with seniors at senior centers, nursing homes, recreational facilities, one-on-one, etc. The program consists of 21 simple exercise Tools designed for all ages

and abilities. These exercises, based on everyday movements that are natural and organic, focus on the healthy longevity of the body and mind. The movements are designed to be performed seated in a chair. Almost anyone can do them, regardless of most physical conditions. Read More.

Register Today!

April 24 & April 25, 2018

Holiday Inn Express & Suites Johnstown 1440 Scalp Avenue Johnstown, PA 15904

Will be offering discounted group rates for rooms at the Holiday Inn Express. See registration page.

NEWLY-CREATED TRAINING

Communication and Behavioral Challenges of Dementia

This interactive new training will focus on how individuals with dementia communicate their requests at the various stages of their disease process. Professional caregivers, family, and anyone who works with individuals who are aging will learn how to effectively interpret and respond to the needs of the person with dementia in a caring and dignified way.

With behavioral challenges, participants will also learn that: all behavior has meaning and that behavior is communication. Understanding the differences between typical behaviors for individuals with dementia and those that may present challenges will be emphasized. Effective responses to behavioral challenges will include real life examples and will emphasize the importance of safety for everyone. Come join us for this new, unique, training at the two locations listed below!

Bucks County - 4/13/2018 Cumberland County - 4/30/2018

TO BE RE-SCHEDULED THIS SPRING 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 -Date to be determined

Dementia Live

Have You Participated in Our Unique Simulation Experience?



March is Brain Injury Awareness Month

The #Change Your Mind campaign provides a platform for educating the general public about the incidence of brain injury and the needs of people with brain injuries and their families. The campaign also lends itself to outreach within the brain injury community to de-stigmatize the injury, empower those who have survived, and promote the many types of support that are available. Learn More.

Answering the Need:

Dementia LiveTM 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



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, cochaired 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.

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, <u>CLICK HERE</u>.

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.

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

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Show Your Support for PBHAC

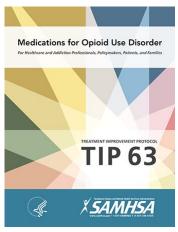
collaborated with us to offer our trainings throughout the state. Thank you for your kindness and allowing us to access your facilities.

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 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.

Pennsylvania Behavioral Health and Aging Coalition

Opening Doors for Older Pennsylvanians

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