

A digest of Behavioral Health and Aging news, information, and resources
provided by Pennsylvania Behavioral Health and Aging Coalition

November 2017 NEWSLETTER



AROUND THE COALITION

Certified Dementia Live Providers/Coaches



Congratulations to the newest class of Certified Dementia Live Providers/Coaches. **LIFE-NWPA, Sena Kean Manor, St. Paul's Continuing Care Community, The Crossings at West Shore, Village of Luther Square, and Warren State Hospital**
Welcome New Certified Trainers!

Become a Compassionate Touch Certified Provider

Compassionate Touch® is an approach combining skilled touch and specialized communication shown to prevent behavioral expression in people with dementia and reduce job stress in care-partners.



Alzheimer's Disease Awareness Month

Go Purple with a Purpose for Alzheimer's Disease Awareness and Caregivers Month. President Ronald Reagan designated November as [National Alzheimer's Disease Awareness Month](#) in 1983. At the time, fewer than 2 million Americans had Alzheimer's; today, the number of people with the disease has soared to nearly 5.4 million. Get involved this month, and help raise awareness for Alzheimer's disease.

PBHAC is conducting a Certified Compassionate Touch Coach's Training in Harrisburg, PA at the PBHAC Office on November 21. Upon completion of the six- hour training, participants are designated as Compassionate Touch Coaches and empowered to train staff in their facility or organization and conduct family or community outreach presentations. The facility or organization is licensed to use the Compassionate Touch program and materials. To help ensure sustainability, AGE-u-cate provides on-going support for Coaches throughout the license period.

Location: PA Behavioral Health and Aging Coalition Office, 3544 North Progress Avenue, Suite 107, Harrisburg, PA 17110

Date: Tuesday, November 21, 2017

Time: 9:30 a.m. - 4:30 p.m.

Please bring own lunch or there are eateries across the road.

[Click Here for More Information and to Register](#)

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. **Scholarships will be available.**

Coming in 2018 - Lebanon County

Compassion Fatigue

This training will use a mix of lecture, individual and small group activities, as well as video to assist caregivers in coping with what they can encounter when compassion fatigue sets into their daily lives. Compassion fatigue is characterized by a gradual lessening of compassion over time, resulting from a combination of burnout and secondary traumatic stress related to vicarious traumatization from repeated exposure to traumatic material.

York County - 1/26/2017 - Registration Opening Mid-November

Caregiver's Guide to Dementia Behaviors

Dementia can cause emotional and psychological problems, and even personality changes. As a caregiver, learn needed information on how to take care of loved ones and individuals who are afflicted with dementia. The presentation will cover communication tips, handling troubling behavior, agitations, paranoia, sleeplessness and nutrition.

November is Home Care & Hospice Month

During November, the home care and hospice community honor the millions of nurses, home care aides, therapists, and social workers who make a

[Dauphin County - 12/13/2017](#)

Dementia Live

Have you ever been through our Dementia Live Simulation Experience? Dementia Live™ is experiential learning that simulates cognitive and sensory impairment, giving participants a real-life simulation of what it must be like to live with dementia. Try it!

Philadelphia County - 3/27/2018 - Registration Opening in January

Lycoming County - 4/18/18 - Registration Opening in February

Coming in 2018 to Butler and Luzerne Counties



Ignite

This 2 hour interactive training includes classes in "Flashback Evoking Memories", " Compassionate Touch", and 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.

Coming in 2018 to York, Luzerne, Huntington and Centre Counties

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- Registration Opening in March

remarkable difference for the patients and families they serve. These heroic caregivers play a central role in our health care system and in homes across the nation. To recognize their efforts, we call upon all Americans to commemorate the power of caring, both at the home and in their local communities and ask them to join with the National Association for Home Care & Hospice (NAHC) by celebrating November as Home Care and Hospice Month.

[Learn More.](#)

Managing Challenging Behaviors **FREE Training Presented by PA Link & Wayne County AAA**

Will address the challenging behaviors when working with consumers. Also, will learn the importance of managing their own behavior and the experience they bring to interactions. Target audience, for those working with individuals with difficult behaviors, ie: care managers, case managers, nurses, social workers, substance abuse, and counselors.

Contact Juliann Doyle at 570-253-4262 or jdoyle@waynecountypa.gov

[Click here for more information](#)

Oxycotin 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.

Coming in 2018 to Lackawanna, Northumberland, Philadelphia and Westmoreland Counties

QPR - Question, Persuade, Refer **FREE Training**


Enroll today in this FREE QPR training and learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

[Perry County - 12/5/2017](#)
[Cumberland County - 12/6/2017](#)

Strategies for Successful Aging

PBHAC is flying in renowned expert CC Donelan from Massachusetts to speak about Healthy Eating Memory Nutrition and Lifestyle Programming. Also included in this training is an interactive Ageless Grace training. Sit in your chair and do these fun, chair exercises to assist with improving cognitive impairments. Lastly, staff from the Alzheimer's Association will be speaking about Healthy Living for Your Brain and Body, Tips from the latest research.

**Dear Caregiver,
You are Amazing.**

And we thank  you.

theseniorlist.com

National Family Caregivers Month

National Family Caregivers Month – celebrated each November -- is a time to recognize and honor family caregivers across the country.

Celebrating Family Caregivers during NFC month enables all of us to:

- Raise awareness of family caregiver issues
- Celebrate the efforts of family caregivers
- Educate family caregivers about self-identification

Cumberland County - 3/19/2018 - Registration Opens in December

Centre County - 3/21/2018 - Registration Opens in December

Luzerne County - 3/23/2018 - Registration Opens in December

Erie County - 4/4/2018 - Registration Opens in January

Allegheny County - 4/5/2018 - Registration Opens in January

Traumatic Brain Injury

This training will give a brief introduction to a few evidence based treatments for rehabilitative care for those who have sustained a traumatic brain injury; an in-depth look at utilizing applied behavior analysis as a treatment methodology for those with TBI; and participants will gain an understanding of the principles of behavioral science and how to apply these principles to treatment.

[Somerset County - 12/11/2017](#)

Trauma Informed Care

Several TIC trainings are being offered that can assist in identifying examples of trauma experiences or events. Gain an understanding of the prevalence of trauma. Pick your venue and date for this educational training on this hot topic!

[Cumberland County - 11/9/2017](#)

[Lancaster County - 12/4/2017](#)

Perry County - 3/5/2017 - Registration Opening in January

Adams County - Coming in 2018

Understanding Emotions and Behavioral Triggers

Psychological determinism is a concept that views human behavior as a structured pattern of cause and effect. Psychological determinism can be used to identify behavioral triggers, whether the behavior is aggression, hoarding, drug use, etc. This two-hour training will also cover three case studies to further the understanding of psychological determinism and break down the 10 basic emotions.

[Dauphin County - 12/7/2017](#)

Understanding the Psychiatric Issues of Dementia

As family or professional caregivers are you aware of the common

- Increase support for family caregivers

[Learn More.](#)

psychiatric causes of problem behaviors in individuals with dementia? Learn at risk symptoms of depression as you care for someone with dementia. Find out more on this important topic by registering today for our training - Psychiatric Issues of Dementia.

[Delaware County - 12/13/2017](#)

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.

Jewish Home of Eastern Pennsylvania, LIFE Butler, Mohler Senior Center, Shippensburg University, Spiritrust Lutheran - The Village at Gettysburg, and United Way of Cumberland County

PBHAC Loves Volunteers

If you would like to become a volunteer and assist PBHAC with exhibiting at events/health fairs or conferences, or help the staff with trainings, such as Dementia Live, please contact anne@olderpa.org. We would love to hear from you.

#GIVINGTUESDAY™



#GivingTuesday - November 28, 2017

#GivingTuesday is a first of its kind effort that will harness the cooperative power of a unique blend of partners—charities, families, businesses and individuals---to transform how people think about, talk about, and participate in the giving season. Coinciding with the Thanksgiving Holiday and the kickoff of the holiday shopping season, #GivingTuesday will inspire individuals to take collaborative action to improve their local communities in a better, smarter way to the charities and causes they support and help create a better world. With #GivingTuesday slowly approaching, we are asking you to support PBHAC. Our goal this #GivingTuesday is to open more doors for older Pennsylvanians. Your tax deductible donation will assist 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.

Support a Worthy Cause When You Shop

When you shop at smile.amazon.com, Amazon will donate a portion of the purchase price to the Pennsylvania Behavioral Health and Aging Coalition.

Please click the link to donate to PBHAC.

www.OlderPA.org/Donate

AROUND THE STATE



Pennsylvania's Long-Term Services and Supports Recipients to Select Managed-Care Provider

Pennsylvania is changing the way services are provided to certain groups of Medicaid recipients. Those affected will be:

- People enrolled in both Medicare and Medicaid (Medical Assistance)
- People enrolled in Medicaid waivers for physical disabilities and older adults
- Medicaid-eligible people who live in a nursing home

Starting next year, long-term services and supports for those individuals will be provided through Community HealthChoices (CHC), a Medicaid-managed care program. The Pennsylvania Department of Human Services (DHS) has begun to mail information to individuals who will move to CHC. Notices were sent, beginning Sept. 25, to inform participants that they will transition to CHC on January 1, 2018, and will need to select a health plan, also called a managed care organization. The notice also tells potentially eligible participants that they may be eligible for the Living Independently for Elders (LIFE) program, which allows the elderly to live in their own home while receiving services and supports to meet their health and personal needs.

Additionally, pre-enrollment packets were mailed, beginning Oct. 2, to these participants that contained information about the health plans, benefits and how to enroll. Automated calls will be made to let participants know that the packets are coming and to remind participants to enroll. If a participant does not select a plan by Nov. 13, he or she will be assigned to a plan. Individuals can change their plan at any time. All documents that have been sent to participants are posted on the CHC website. [Learn More.](#)

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.

PA House Passes FY 17/18 Revenue Package

On Sunday, October 29, the Pennsylvania House of Representatives finished passing a state budget revenue plan. The 10-day clock for Governor Wolf to decide whether or not to sign the budget began. In response to the budget passage, Governor Wolf said "I am calling on the House Republicans to get back to work, finish the job, get us that severance tax." According to the [Philadelphia Inquirer](#), "the revenue package that cleared the House and the Senate relies heavily on borrowing and dipping into special state funds for projects ranging from transportation to environmental cleanup. It also calls for a major expansion of legalized gaming in the state. The gambling bill, pushed through the Republican-controlled legislature this week in less than 24 hours, is estimated to bring in \$200 million this fiscal year and less in future years."

The Governor Wolf could decide to sign the budget revenue package, he could veto it, or he could withhold his signature in which case it would automatically become law on Sunday, November 5 at midnight.

Department of Human Services Welcomes New Deputy Secretary

Acting Director of Human Services, Teresa Miller, has announced beginning November 13, Lynn Kovich will serve as Deputy Secretary for the Office of Mental Health and Substance Abuse Services (OMHSAS). Lynn has 26 years of experience in direct services work and administration in both the nonprofit and government sectors working with individuals who have developmental disabilities, mental illness, and substance use disorders, as well as those experiencing homelessness,

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for PBHAC*

AROUND THE NATION



Survivors of Suicide Loss Day 2017 November 18

Survivor Day is the one day a year when people affected by suicide loss gather around the world at events in their local communities to find comfort and gain understanding as they share stories of healing and hope. In 2016, there were over 350 Survivor Day events in 18 countries.

This year, all gatherings will include a screening of *The Journey: A Story of Healing and Hope*, a compelling AFSP-produced documentary about the suicide loss experience, as well the new follow-up featurette, *The Journey Revisited*, in which six of the original Journey participants gather three years later to reflect on how their grief and healing journey is evolving. [Learn More](#).

Social Isolation, Loneliness Linked to Increased Dementia Risk in Later Life

Researchers from the English Longitudinal Study on Ageing looked prospectively at the link between reported social engagement and dementia risk. [Learn More](#).

Emotional Fatigue

Former First Lady Rosalynn Carter, founder of the Rosalynn Carter Institute for Caregiving, says there are four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers.

There should be a fifth on the list: Those who don't realize they have begun the caregiver journey – and their ranks are growing daily. [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



**Pennsylvania Behavioral
Health and Aging
Coalition**

***Opening Doors for Older
Pennsylvanians***

more. <http://www.pinterest.com/pabhac/>

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



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