



Pennsylvania Behavioral Health and Aging Coalition
Opening Doors for Older Pennsylvanians

News You Can Use...

December 2016

Season Greetings



from Pennsylvania Behavioral Health and Aging Coalition

Support a Worthy Cause When You Shop

When you are shopping this holiday season please consider shopping at smile.amazon.com for your holiday gifts. Amazon will donate a portion of the purchase price to the Pennsylvania Behavioral Health and Aging Coalition.

AROUND THE STATE

Pennsylvania Ranks Ninth Nationally for Overall Mental Health

Department of Human Services Secretary Ted Dallas has announced that Pennsylvania ranked ninth in overall mental health in a recent Mental Health America (MHA) report – an improvement from a 2011 ranking of 15th.

MHA recently released its annual [State of Mental Health Report](#), which ranks all 50 states and the District of Columbia based on several mental health and access measures. Pennsylvania's overall ranking indicates a lower prevalence of mental illness



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and higher rates of access to care in comparison to most states. The report includes data about both adult and youth mental health, as well as prevalence and access to care measures.

One in five adults has a mental health condition - that is over 40 million Americans; more than the populations of New York and Florida combined. Nationally, youth mental health is worsening, with rates of youth depression increasing from 8.5 percent in 2011 to 11.1 percent in 2014. Eighty percent of youth with severe depression were left with no or insufficient treatment.

Access to care is critical to getting Pennsylvanians the help they need. In 2014, fifty-six percent of American adults with a mental illness did not receive treatment. The access measures include access to treatment, insurance, and special education, quality and cost of insurance, and workforce availability.

“We often talk about how education, access to housing, and food all play factors in an individual’s shot at a successful future, but the treatment of mental health issues is another critical piece to that puzzle,” said Secretary Dallas. “While we are making progress, there is still work to be done. There are too many Pennsylvanians that are not receiving the treatment they need to live a happy and healthy life, and we are working to change that.” [Learn More](#).

Medicare Advantage Disenrollment Period - January 1-February 14

Medicare Advantage Disenrollment Period—January 1 to February 14

Not happy with your current Part C (Advantage) plan? January 1-February 14 is the time when you are able to dis-enroll in your current plan! You are not able to enroll in another Advantage Plan. However, if switching to Original Medicare, you also have the option to enroll in a Part D (prescription drug) plan. Remember that during this period, you are NOT able to: enroll in another Advantage Plan, switch from one Part D plan to another, or change Medicare Savings plans.

Medicare General Enrollment Period—January 1 to March 31

If you missed your Initial Enrollment Period to sign up for Medicare Part A or B, January 1-March 31 is the time to do it! Make sure to sign up during this time so you can start receiving benefits of Original Medicare in July. Call Tara at (717) 857-3163 with any questions! Behavioral Health Connection Program Director, Tara Miller, is available to



provide assistance and can be reached at (717) 857-3163, toll free at 1-866-588-0223 or tara@olderpa.org.

AROUND THE NATION

What is Zero Suicide?

Zero Suicide is a key concept of the [2012 National Strategy for Suicide Prevention](#), a priority of the [National Action Alliance for Suicide Prevention](#) (Action Alliance), a project of Education Development Center's [Suicide Prevention Resource Center](#) (SPRC), and supported by the [Substance Abuse and Mental Health Services Administration](#) (SAMHSA). The foundational belief of Zero Suicide is that suicide deaths for individuals under care within health and behavioral health systems are preventable. It presents both a bold goal and an aspirational challenge. [Learn More.](#)

CMS Requests Input on Home and Community Based Services

The Centers for Medicare & Medicaid Services (CMS) issued a request for information to seek public input on additional reforms and policy options the agency can consider accelerating access to home and community based services (HCBS). The provision of HCBS is critical to support individuals who wish to remain in their communities but there are stresses on the delivery of care in the form of home care worker recruitment and retention, program integrity challenges, state fiscal constraints, and varying quality measurement and improvement strategies. Stakeholder feedback is being sought to assist CMS develop potential strategies in several key areas. [Submit input here.](#)

Comments are due by January 9, 2017.

Study Challenges Model of Alzheimer's Disease Progression

Researchers provide unprecedented evidence that basal forebrain pathology precedes and predicts both entorhinal pathology and memory impairment in people with Alzheimer's disease. Alzheimer's disease is a neurodegenerative disorder for which, despite years of research, there are no effective treatments or cures.

However, recent breakthroughs in molecular genetics have shown that the disease may spread, like an infection, across closely connected areas of the brain. These findings



underscore the need for research aimed at tracking its spread to the earliest points of origin in the brain, so therapies that target those areas can be developed. [Learn More.](#)

Steps to “Fall” Proofing Your Home More than 75% of falls take place inside or in close proximity to the home, but your home doesn’t have to be an obstacle course of potential falls. Some simple and quick changes will easily help reduce your risk of falling. [Learn More.](#)

Making the Holidays Enjoyable for Your Loved Ones and You as a Caregiver

The holidays can be a complicated time of the year for you as a caregiver. Here are a few things to remember as you plan for your holidays.

1.) Maintain a sense of familiarity for your loved ones. Go easy on the decorations and don’t move too much furniture to accommodate trees or other objects. Changing familiar surroundings can lead to confusion, especially for someone with memory problems, physical impairment, or other handicap. Extra cords, fragile decorations, and piles of gifts can be hazards to those with limited mobility. [Learn More.](#)

Mental Health Care Gets a Boost From 21st Century Cures Act

The 21st Century Cures Act that gained congressional approval this month has been championed as a way to speed up drug development, but it's also the most significant piece of mental health legislation since the 2008 law requiring equal insurance coverage for mental and physical health.

The bill includes provisions aimed at fighting the opioid epidemic, strengthens laws mandating parity for mental and physical health care and includes grants to increase the number of psychologists and psychiatrists, who are in short supply across the country.

It also would push states to provide early intervention for psychosis, a treatment program that has been hailed as one of the most promising mental health developments in decades. [Learn More.](#)



AROUND THE LIBRARY

MedlinePlus: Your Source for Making and Keeping New Year's Resolutions

In addition to health topic pages on mental and physical conditions, MedlinePlus has numerous resources for improving one's overall wellness. The [Mental Health](#) page has advice on letting go of grudges, managing your anger and "cultivating contentment." Are you looking to ways to drink less? Check out the [Alcohol](#) and [Alcoholism](#) pages. Do you want to be more involved in your healthcare? The [Talking with Your Doctor](#) page has tips for asking questions, developing priorities and understanding medical words. Do you want to live better as you [age](#)? Is it time to finally [quit smoking](#)? Is this the year you [lose weight](#), [eat better](#), or [start exercising](#)? MedlinePlus has you covered with high quality, reliable health information.

Looking for great reliable information and videos to share with your senior residents? Check out PA Behavioral Health and Aging website under resources <http://www.olderpa.org/page-644621> . Medline Plus <https://medlineplus.gov/> has simple to understand information on health topics, drugs & supplements along with videos. Another great resource provided by the National Institutes of Health (NIH) is the Health Information for Older Adults <https://nihseniorhealth.gov/>. Site addresses health topics from A-Z along with videos about a wide variety of topics.

AROUND THE COALITION

Governor Appoints PBHAC Board of Director Member to Council on Long-Term Care

Congratulations to **Lynn Fields Harris**, Executive Director, Center in the Park, Philadelphia, and Resource Development Workgroup Chair of the PA Behavioral Health and Aging Coalition Board of Directors, on being named to Governor Wolf's Long-Term Care Council. The Governor's Long Term Council is charged with making recommendations on regulations, licensure, financing or any other responsibilities of the departments and agencies that relate to the Commonwealth's long term services and supports system. [Learn More.](#)



Many Thanks to Those Who Gave on #Giving Tuesday

The Pennsylvania Behavioral Health and Aging Coalition would like to thank our donors for their contributions on #GivingTuesday, November 29. We increased our donations from last year, and are grateful for the support that was shown to us on this day as well as throughout the year.

Upcoming Trainings from the Coalition

Click on the Date for More Information or to Register

- **Cross Systems Collaboration Technical Assistance Calls (TA) Certified Older**
 - [December 21, 2016](#) – Registration is Now Open
 - [January 18, 2017](#) – Registration is Now Open

- **Certified Older Adult Peer Specialists (COAPS) Training**
 - Erie County –To be rescheduled soon

 - Please continue to check our website, www.olderpa.org for information on a second Certified Older Adult Peer Specialist training in the Scranton area this spring.

- **Dementia Live!**
 - [Adams County -January 31, 2017](#) - Registration is Now Open; a few spots still available
 - Somerset County- March 9, 2017 - Registration available in January
 - Stay tuned for more dates! Coming soon to Allentown, Langhorne, and Pittsburgh areas!

 - If your agency is interested in the Dementia Live experience, specifically for your staff, please contact us. Maintenance workers, security/transportation staff, administrative staff, dietary workers, hairdressers, nurses, social workers, students, D&A staff, APS staff, and many others have experienced Dementia Live. Don't miss out!

- **Mental Health First Aid**
 - Monroe County – March 7, 2017 – Registration available in January (Training topic: MHFA for Older Adults)
 - Dauphin County – April 3, 2017 - Registration available in February (Training topic: MHFA for Veterans, Military Members and their Families)



➤PBHAC will also be offering 4 additional Mental Health First Aid trainings. If your agency would like to host one of these trainings, please contact anne@olderpa.org for more information.

- **Compassion & Fatigue**
 - Monroe County – March 8, 2017 - Registration available in January
 - Dauphin County – April 4, 2017 - Registration available in February
- **Ageless Grace, Timeless Fitness for the Brain and Body**
 - Philadelphia County- April 25 & 26, 2017- Registration available soon
- **Wellness Initiative for Senior Education (WISE)**
 - Butler County-May 10 & 11, 2017- Registration available in March.

We will be posting these and other training schedule dates as they become available in the future. Please check our website www.olderpa.org or email anne@olderpa.org for more information.

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.

Thank You to Our Recent Donors

The Pennsylvania Behavioral Health and Aging Coalition depends greatly on gracious donations from our community members, local groups and volunteers. We want to thank the following individuals/agencies who have recently contributed to PBHAC.

Robert Allen

Giant Food Stores

Dawn Hixson

Janet Mills

Jessica Paul/Consumer Satisfaction Services, Inc.

Rosemary Schmidt

Pauline Rupprecht Gausman

Lynn Fields Harris

Cynthia Melamed

Thank you! PBHAC has reached 422 Likes on Facebook! We are striving for 450? Like us on Facebook at <https://www.facebook.com/PBHAC> to see articles and updates on aging and behavioral health issues. Please share!



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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 News You Can Use are available on the website at www.olderpa.org/newsletter.

