



Pennsylvania Behavioral Health and Aging Coalition
Opening Doors for Older Pennsylvanians

Presents

Older Adults and Substance Abuse: Issues for Pennsylvania

Conference

June 19-20, 2008

**The Penn Stater
Conference Center Hotel**

State College, PA



*In Collaboration
With*



A conference featuring eminent speakers and enlightening workshops on incidence, prevalence rates and model approaches to prevention, early intervention and treatment.

Agenda

Day One

Thursday, June 19, 2008

- 10:00 – 5:30 p.m. Registration Opens
- 1:00 – 1:30 p.m. Welcome & Announcements
- 1:30 – 2:30 p.m. Drug Abuse in the 21st Century: What Problems Lie Ahead
- 2:30 – 2:45 p.m. Our Aging Population – A Word About Demographics
- 2:45 – 3:45 p.m. Late Life Addictions
- 3:45 – 4:00 p.m. Break
- 4:00 – 5:00 p.m. The Deadly Triangle: Gambling, Depression, and Addiction
- 5:30 – 6:30 p.m. Reception & Film

Day Two

Friday, June 20, 2008

- 8:30 – 8:45 a.m. Welcome & Announcements
- 8:45 – 10:00 a.m. Aging & Addiction: The Complexity of Diagnosis and Treatment
Of Substance Abuse in Today's Older Adults vs. Tomorrow's Baby Boomers
- 10:00 – 10:15 a.m. Break
- 10:15 – 12:00 p.m. Project MEDS (Medication Education Designed for Seniors)
Early Intervention for Older Adults
- 12:00 – 1:00 p.m. Lunch
- 1:00 – 2:45 p.m. Lifespan Geriatric Addictions Program
- 2:45 – 3:00 p.m. Break
- 3:00 – 4:00 p.m. Older Adults & Substance Abuse – Where Do We Go From Here?
- 4:00 – 4:15 p.m. Adjournment

Thursday June 19, 2008

1:00 - 1:30 p.m.

Marge Hanna
Conference Chairperson

Robin Rothermel
Dept of Health

Joan Erney
Dept of Public Welfare

Ivonne Bucher
Dept of Aging

Welcome and Agenda Setting

On behalf of the Pennsylvania Behavioral Health and Aging Coalition we would like to welcome you to the first annual Older Adults and Substance Abuse: Issues for Pennsylvania Conference! Our goal is to bring to light some of the difficult issues surrounding this unique population as well as future trends. We thank you for your support and participation.

1:30 - 2:30 p.m.

Gayathria J. Dowling,
Ph.D.

Drug Abuse in the 21st Century : What Problems Lie Ahead for the Baby Boomers

Our Keynote Speaker, Gayathri Dowling, Ph.D, will open the conference by framing future concerns of the aging of America in the 21st Century. Dr. Dowling will set the stage by discussing the current and projected extent of the substance abuse problems among older adults. She will discuss issues that include physical and behavioral health issues in older adults including how drug abuse affects and impacts on the aging brain. Dr. Dowling is representing the National Institute on Drug Abuse (NIDA) and is the Deputy Chief for the Science Policy Branch Office of Science Policy and Communications

2:30 - 2:45 p.m.

Cynthia Zubritsky,
Ph.D.

Our Aging Population - A Word About Demographics

Pennsylvania currently ranks third in the country in the percentage of 60+ residents. Based upon the 2000 Census, nearly 20% of the population of Pennsylvania is 60 or older. There are approximately 2.5 million persons over the age of 60, with almost 238,000 over the age of 85. One in five older Pennsylvanians lives in or near poverty and over 18% are members of a minority group. By the year 2020, Pennsylvania's over- 60 population is expected to increase to 25% of the population with over 3 million seniors; those 85 and over are expected to increase by 50%. The current treatment service system is unprepared to serve the large numbers of individuals who will need treatment. This session provides the demographic framework to understand the treatment needs of older adults.

Thursday June 19, 2008

2:45 - 3:45 p.m.

David Oslin, M.D.

Late Life Addictions

Late Life Addictions, by Dr. David Oslin, examines the importance of managing individuals with late life addictions. The workshop focuses on treatment planning rather than a simple referral process. Participants will gain an understanding of the prevalence and impact of late life addictions. Participants will also learn about interventions that can be applied outside of specialty care settings in routine practice.

4:00 - 5:00 p.m.

Robert D. Rawlings

The Deadly Triangle: Gambling, Depression, and Addiction

This workshop focuses on the widespread concern for older adults who engage in behaviors that lead to the Deadly Triangle: Gambling, Depression, and Addiction. Mr. Robert Rawlings will explore the prevalence rates of older adults and gambling addiction. Participants will gain knowledge about co-morbidity of gambling addictions with depression and other addictions (e.g. alcohol, caffeine, and nicotine) and suicide. Participants will also gain knowledge about treatment options, recovery, and where to locate resources.

5:30 - 6:30 p.m.

Robert D. Rawlings

Reception and Film Other Gamblers; Older Gamblers and Women Gamblers

Please join us for light refreshments and networking. A provocative film on the dangers of gambling for older adults and women will be facilitated by Mr. Bob Rawlings.



Friday June 20, 2008

8:45 - 10:00 a.m.

**Kelly O'Shea Carney,
Ph.D**

Welcome and Announcements

Dr. Carney is the current Chairperson for the Pennsylvania Behavioral Health and Aging Coalition.

8:45 - 10:00 a.m.

Carol Colleran

Aging and Addiction: The Complexity of Diagnosis and Treatment of Substance Abuse in Today's Older Adults vs. Tomorrow's Baby Boomers.

Carol Colleran is the Executive Vice President of Public Policy and National Affairs Hanley Center. This presentation will define the process of treatment at the Hanley Center of Recovery for Older Adults. Age-appropriate treatment is critical to accomplishing higher rates of success in treatment of older adults. Participants will learn to recognize age specific issues for prevention, intervention, and treatment. This workshop will also look at the difference of emerging protocol for both the "younger older adult" and the traditional older adult. This workshop also highlights the need for holistic treatment as evidenced in specialized treatment plans.

10:15 - 12:00 p.m.

Brooke Moran

**Stephen Ferrante,
M.S.W.**

Project MEDS (Medication Education Designed for Seniors) Early Intervention for Older Adults

This workshop presents two programs that engage older adults through prevention and early intervention techniques. Project MEDS (Medication Education Designed for Seniors), presented by Brooke Moran, Bucks County Area Agency on Aging, shares how to develop a peer led educational program. The program addresses medication, use, misuse and abuse; and alcohol-use, abuse and addiction. Participants will learn of one educational curriculum and how a peer led program can become an RSVP station.

Stephen Ferrante, is the Director for Elderly and Veterans Services Division, for the Broward County Board of County Commissioners in Ft. Lauderdale, Florida. Mr. Ferrante will be speaking on the value of establishing an integrated continuum for elder specific substance abuse services, from prevention to treatment. Participants will also gain knowledge from different models of implementing screening and brief interventions in primary medical facilities, medical clinics and other community services for older adults.

Friday June 20, 2008

1:00 - 2:45 p.m.

Carol Colleran

**Tamara L. Leach, BS,
CASAC**

Lifespan Geriatric Addictions Program

Tamara Leach is a Clinical Supervisor for Lifespan's Geriatric Addictions Program. The Geriatric Addictions Program at Lifespan is a community based risk reduction approach to addressing substance abuse issues in older adults. Ms. Leach will give a history of the Geriatric Addictions Program's evolution and how this model interfaces with traditional treatment modalities. Participant will learn how a risk reduction model can be utilized as part of a continuum of care in addressing older adult substance abuse. Through case study, participants will be able to see the progression from onset of services to case closure to better understand a risk reduction model as a viable option when offering services to older adults with substance abuse issues. Discussion will include how change is measured over time as well as observed trends in the program.

3:00 - 4:00 p.m.

**Panel Discussion
Moderator, Cynthia
Zubritsky, Ph.D.**

Older Adults and Substance Abuse - Where Do We Go From Here?

Substance abuse, particularly of alcohol and prescription drugs, often goes undetected among adults over 60 as a result of societal norms and an inadequate treatment system. Older adults rarely admit to substance use problems because they tend to be ashamed about drinking or drug problems and see them as a moral failing. Providers, for their part, may confuse symptoms of substance use disorders with age-related changes and never identify the need for treatment. As a result, many older adults who are at-risk for or abuse substances and alcohol are never identified and the current treatment system is inadequate to serve those who are. What are the key components of an effective, high quality system that should be developed to serve these older adults? Practical approaches to treatment for older adults and a discussion of how to develop an effective provider system will be addressed.

Hotel Information

Older Adults and Substance Abuse: Issues for Pennsylvania June 19-20, 2008

The Penn Stater Conference Center

Please contact the hotel directly to make your overnight room accommodations. There are two hotels with a limited number of rooms reserved for this conference; The Penn Stater Conference Center and the Nittany Lion Inn. **Participants must make their room reservations by Monday, May 19, 2008.**

To make your reservations please call 800-233-7505 or visit www.pshs.psu.edu. When making reservations, please reference our reservation identification number (**STAF0SA**) in order to receive our reduced conference room rate of \$105 a night.

Reservation Procedures

- The cut off date for reservations is Monday, May 19, 2008. All reservations made after this date will be made on a space available basis, at the standard rate.
- Reservations can be made via individual call-in (800)-233-7505 or through the website at www.pshs.psu.edu.
- To make reservations via the website, select which hotel you'd prefer to stay, Select Reserve your Stay, Select Group Reservations, Enter your Reservation Identification Number STAF0SA and submit.
- To receive the conference rate of \$105 a night, please identify yourself as part of the Older Adults and Substance Abuse conference. The reservation code is STAF0SA.
- A deposit in the amount of one nights lodging on a credit card is required to confirm your reservation.
- 48 hours notice is required for cancelations or deposit refund.

Registration Form

Registration Deadline: June 13, 2008

Name: _____

Organization: _____

Address: _____

City/State/Zip: _____

Phone: _____ Email: _____

Registration is limited to the first 200 registrants. Please fax or email your registration at your earliest convenience. Fees can be submitted under a separate cover. Please reference the conference when submitting fees separate from original registration. Fees can be submitted at the door. PACDAA can only accept payment in the form of checks, no credit cards or cash. Cancellations must be made in writing two weeks prior to the conference

Registration Information and Fees:

- Full Conference (Thurs, Reception, & Friday) Thursday only
- Thursday Reception Friday only

A flat rate of \$125 per attendee has been made possible through the support of the Pennsylvania Behavioral Health and Aging Coalition. Please make checks payable to: PACDAA.

CEUs

Applications have been submitted for 9 hours of the below continuing education credits. If applying, please check which credit(s) are applicable to your occupation. Partial hours will not be considered. Attendees must register for the full conference in order to receive credit hours.

- CAC – Certified Addictions Counselor Nursing Home Administrator
- Social Worker Credits

Scholarships:

A limited number of full scholarships are available for Certified Peer Support Specialists. If you would like to apply for a scholarship, please include a letter of request and a copy of your peer support certificate.

- Yes, I'm applying for a scholarship Yes, my letter and certificate are attached

Return Registration and Payment To:

PACDAA

17 N. Front Street

Harrisburg, PA 17101

Attention: Marisa Tokarsky Fax 717-232-2162 or email mtokarsky@pacounties.org

Questions should be directed to PACDAA staff at 717-232-7554