Utah Commission on Aging

Quarterly Summit Agenda

Thursday – August 10, 2023

12:00 PM - 01:30 PM

Community Partner and Member Networking Meeting

Join Zoom Meeting https://zoom.us/j/640416337

Or Dial 669 900 6833

Meeting ID: 640 416 337

(Zoom conference information will remain the same for all UCOA quarterly meetings)

Agenda

12:00 Welcome to members and partners — Rob Ence

First time attendees – please put name and organization in chat.

Introduction to UCOA Chair – Darlene Curley

Master Plan on Aging Update

12:10 Active Shooter Training and Conversation — Chris Burbank, Vice President Strategic Partnerships with the Center for Policing Equity

01:00 Foundational Competencies in Older Adult Mental Health — Laura Donnan, Bronwyn Keefe

E4 Center: Engage, Educate, and Empower for Equity
The Center of Excellence for Behavioral Health Disparities in Aging
Rush University Medical Center in Chicago

01:20 Participant comments and input

Next meeting Thursday – Nov 09, 2023, at Noon – via Zoom

(Public and partner comment and input welcomed throughout. Session will be recorded.)

Darlene Curley

Darlene Curley has served as a trusted healthcare advisor to State Governors, U.S. Senators, federal & state agencies, association executives, and philanthropists to advance health for vulnerable populations. Since 2018, she has been an advisor and adjunct professor at the Center for Health Policy at Columbia University School of Nursing, a public policy consultant, Board member, and volunteer including the Utah Medical Reserve Corps.

From 2009-2018, Curley was CEO of Jonas Philanthropies to advance nursing education, vision research, veteran's healthcare, and environmental health. Signature accomplishments: supporting 1,200 doctoral nursing scholars and future educators in all 50 states, developing a public private partnership with the U.S. Veterans Administration (2016-21), and collaborating with 25 national/global funders.

Elected to the Maine State Legislature in 2001, she served on both the House & Senate Appropriations Committee, charged to negotiate and balance the 8 billion-dollar state budget, and the Health & Human Services Committee, responsible for combining and reorganizing the Dept. of Human Services and Dept. of Behavioral and Developmental Services into one DHHS Agency. Curley co-chaired the State Long Term Care committee, Blue Ribbon Commission on Medicaid, and was appointed to the Health Committee of the National Conference of State Legislatures.

Darlene has given over 20 keynote presentations, published articles in the LA Times and Politico, and served on the Global Forum on Innovation in Health Professions Education at the National Academies of Sciences. She has been recognized for healthcare policy leadership by the New York Academy of Medicine, American Academy of Nursing, the University of Maryland, and Columbia University. She holds undergraduate and graduate degrees from the Universities of Maine and Maryland and is completing a Doctoral degree.

Chris Burbank

Chief Burbank is the Vice President of Strategic Partnerships with the Center for Policing Equity. He has been involved with CPE since its inception, utilizing their research capability at the height of the immigration debate, and supporting their efforts throughout the Nation. He is an unwavering advocate of the National Initiative and Justice Database as solutions to waning public trust and confidence in policing. CPE produces analyses identifying and reducing the causes of racial disparities. Their. partnerships with police departments across the country change outcomes. CPE delivers science to passionate change advocates and law enforcement agencies.

Chief Burbank was with the Salt Lake City Police Department from 1991 until his retirement in June of 2015. He was appointed to the position of Chief of Police in March 2006, becoming the 45th Chief of the Department. During his nine year tenure as Chief he distinguished himself as progressive and innovative, influencing not only the City of Salt Lake but also the profession. In 2014, Chief Burbank was selected as a member of the "Enlightened Fifty" most influential leaders in the State of Utah. In January 2013, Chief Burbank was selected as one of six Police Chiefs in the nation to meet with President Barack Obama to discuss the Administration's plan and direction concerning gun violence in America.

(Chris is a statutory member of the Utah Commission on Aging and his full profile can be found online at https://ucoa.utah.edu/ucoa/commission.php)

"Foundational Competencies in Older Adult Mental Health"

E4 Center Presenters:

Laura Donnan, LCSW, MPH is the Program Manager of the E4 Center: Engage, Educate, and Empower for Equity, The Center of Excellence for Behavioral Health Disparities in Aging based at Rush University Medical Center in Chicago. Laura completed her master's in social work and public health at Boston University. As a Licensed Clinical Social Worker, Laura has provided behavioral health and care management support to patients in various health care settings including Primary Care, outpatient Cardiology, Emergency Medicine, Inpatient Medical and Intensive Care Units.

Bronwyn Keefe is the assistant dean of workforce and professional development at Boston University School of Social Work, and director of BU's Center for Aging and Disability Education and Research (CADER). Prof. Keefe is passionate about educating practitioners and making an impact on their knowledge, skills, and values in key practice areas with older adults. Through CADER, Dr. Keefe develops curriculum and evaluates training initiatives for professionals who work with older adults and people with disabilities. To date, she has trained more than 50,000 practitioners and provided online training in the area of aging to more than 450 community-based agencies and state organizations nationwide. Dr. Keefe has been funded on many projects related to behavioral health, with a focus on building the capacity of providers and communities in understanding the importance of mental health, substance use, and developing age-friendly initiatives to improve the lives of older adults.

UtahAging.org
Utah Commission on Aging

MEMORANDUM

Date: August 2, 2023

To: UCOA Statutory Members

From: Rob Ence, Executive Director

RE: Pre-Quarterly Summit Update

We have been in the practice of meeting for a strategy session 2-3 weeks before each UCOA Quarterly Summit. I am writing this update in lieu of that meeting in that I took needed time to be with my family in San Diego and to officiate the wedding of my oldest grandchild over the past two weeks.

The purpose of the strategy conversation is to convene our statutory members to share and brief on the issues we are working on, seek input and guidance, and confirm agenda for upcoming meeting. Here are updates and requests to that end:

1. **Statute requirement to appoint a Commission Chair.**

   The role has been a bit perfunctory and, in my view, needed to be defined and purposeful. With a change in that role, now is a good time to make meaningful adjustments. As previously announced, Darlene Curley, EdD, of Park City has been appointed as the UCOA Chair. She brings the perspective of a former legislator (ME) and health policy advisor for Sen. Gillibrand (NY), current educator (Columbia U – NYC), and volunteer with the Utah Medical Reserve Corps. We have met several times related to state plan work and suggest the role definition (in support of Utah Code Section 63M-11-205) for the Chair include:

   - Collaborate with UCOA Executive Director
     - to achieve statutory Commission purpose, duties, and deliverables
     - to develop agendas for quarterly summit and strategy sessions
     - to facilitate quarterly partner/public meetings and strategy sessions
   - Commission Appointments
     - to coordinate input for candidate recruitment for statutory positions
     - to track/update commission appointments
   - Commission Outcomes and Impact
     - to review strategy and program content to assure statutory compliance
     - to provide testimony and comment to policy makers

- to present work/achievements to public, elected officials, and community partners

Request: Feedback on proposed chair role.

2. **Statutory member appointments**

UCOA has twenty-four defined appointments representing diverse stakeholders across the state. Stakeholders include the public, policy makers, research & academia, service providers, and government agencies. We need to fill four of those appointments, specifically:

- Utah Department of Workforce Services
- Financial Institutions (e.g., banking, credit unions, securities firms)
- Information technology support services (we have data analysis, telehealth)
- Public at large - preferably from rural or tribal population

Request: Recommend candidates for these roles.

3. **Quarterly summit Aug 10 proposed agenda**

The agenda for Thursday, August 10 at Noon is planned as follows.

- Brief partner event announcements - packet request goes out 8/3.
- Executive Director and Master Plan update
- Training: Active Shooter Response – discussion with Chris Burbank
- UGS Education: "Perspectives on managing behavioral expressions in individuals with dementia" discussion panel.

Request: Please feel free to reach out on agenda with questions or concerns.

4. **Master Plan for Aging Update**

We have begun our collaborative work in earnest to create a master plan on aging for the legislature by November. Utah is part of a 10-state cohort sponsored by the Center for Healthcare Strategies (CHCS). The collaborative multi-state cohort and resource project began in June. The representative team from Utah includes R. Ence, B. Fauth, C. Schonlaw, N. Holmgren, A. Anderson, and L Edelman. Immediate state partners are Maryland, Massachusetts, Missouri, Pennsylvania. Five others are in an early developmental stage.

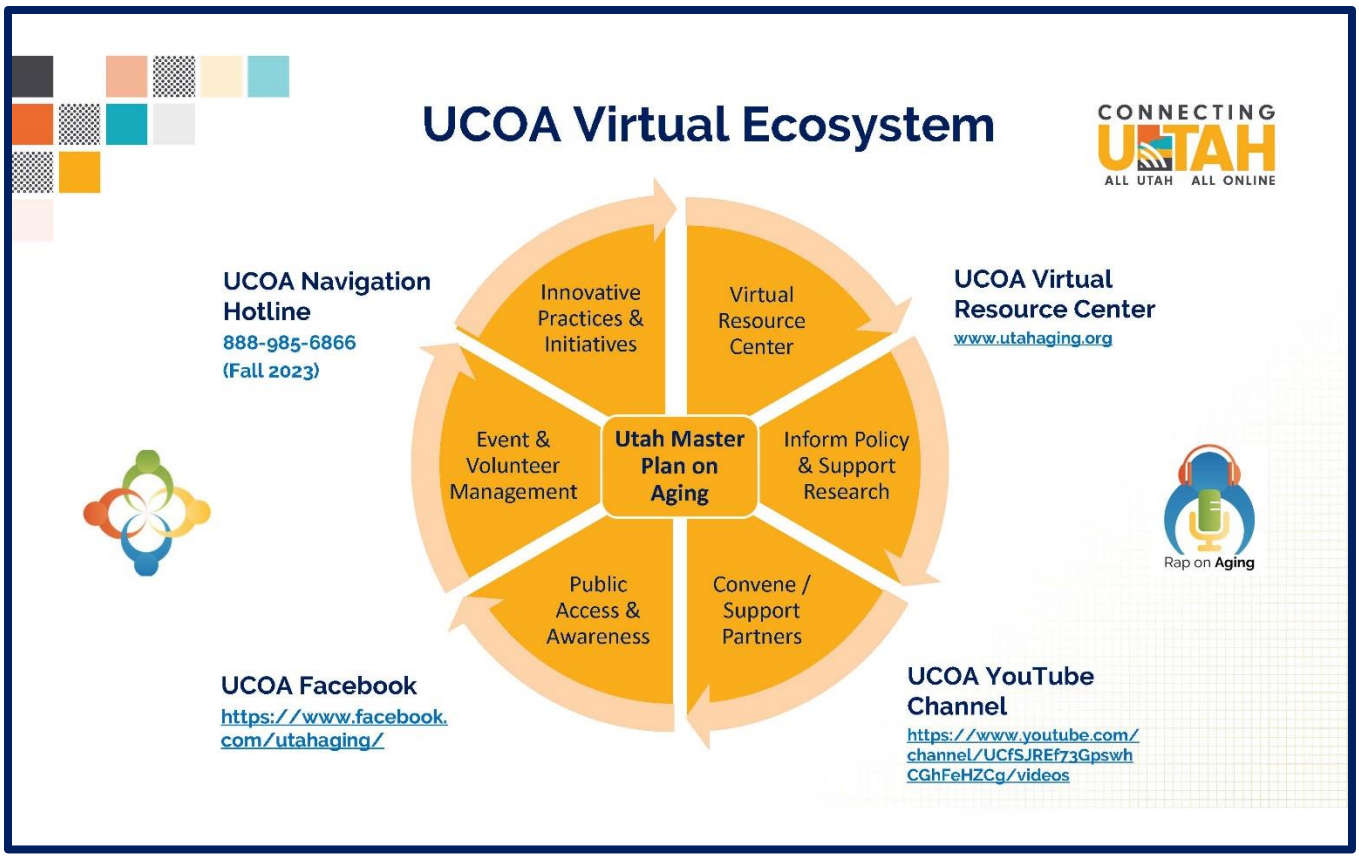
The UCOA 2022-23 Annual Report to the legislature is being compiled for distribution by early September.

UCOA has applied or is applying for grants in the technology space. We fully expect to be the key driver of technology solutions and resources for older adults to improve literacy and eliminate digital inequities. We will advise as we progress with funding news and plan to roll out more information at the quarterly summit.

Request: Please feel free to reach out on MPA with questions or concerns.

UtahAging.org

Utah Commission on Aging



RUSH | Center for Excellence in Aging

CATCH-ON
Collaborative Action Team training for Community Health – Older adult Network
A HRSA GERIATRIC WORKFORCE ENHANCEMENT PROGRAM

E4 CENTER
Center of Excellence for Behavioral Health Disparities in Aging
AT RUSH UNIVERSITY MEDICAL CENTER

Foundational Competencies in Older Adult Mental Health Online Certificate Program

The growing population of older adults presents a unique opportunity for mental health professionals to expand clinical practice and experience deeply meaningful clinical work.

The E4 Center of Excellence for Behavioral Health Disparities in Aging, in partnership with CATCH-ON, the Geriatric Workforce Enhancement Program based at Rush, and the Rush Center for Excellence in Aging invite you to complete this Foundational Competencies in Older Adult Mental Health Online Certificate Program as a first step in developing competency in older adult mental health.

What is included?

- 16 hours of content where each module, geared towards licensed mental health clinicians, uses Pikes Peak geropsychology competencies as a foundation
  - Modules include didactic content, videos of geriatric mental health experts, case vignettes, learning checks, and resources to enhance clinical practice with older adults
- Continuing education credits (CE/CNE/CME) for licensed clinicians are available for a modest fee
- Completion of all modules will earn learners a certificate of completion from the Council of Professional Geropsychology Training Programs

Topics covered in this program each focus on the unique issues for older adults:

- Attitudes about older adults and aging
- Adult development
- Depression
- Suicide
- Anxiety
- Trauma and PTSD
- Substance use
- Psychopharmacology
- Cognition
- Common life issues
- End of life and grief
- Practice Issues
- Ethics
- Serious Mental Illness

For more details and to enroll, please visit **https://www.catch-onlearn.com/**

Funding for this initiative was made possible by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number U1QHP28715 and by the Substance Abuse and Mental Health Services Administration (SAMHSA) under grant number 6H79FG000600-01M001. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

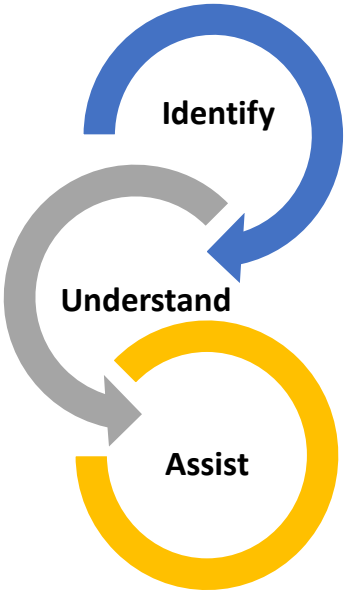
HRSA Health Resources & Services Administration

SAMHSA Substance Abuse and Mental Health Services Administration

C•PGTP Council of Professional Geropsychology Training Programs

RUSH | The Caring for Caregivers Model

Age-Friendly Health Systems
Committed to Care Excellence for Older Adults



- Identify and record family caregivers in the older adult's health record in compliance with the Care Act
- Understand and assess the needs of the dyad: family caregiver and care recipient
- Based on what matters, work with the family caregiver to identify resources and develop a customized plan

Return on investment

Support is provided at no cost for implementation:

- Training on the C4C model
- Educational materials to assist sites with implementation
- Technical assistance to assist with customizing for specific populations and funding streams

For more information contact:
Diane Mariani, LCSW, CADC
Program Manager
Rush University Medical Center
diane_mariani@rush.edu

School of Social Work:
Center for Aging & Disability Education & Research

MENTAL HEALTH AND AGING ISSUES

Why complete the course?

This online, self-paced course is an introduction to the mental health concerns that impact older adults. The emphasis of this course is to provide you with fundamental knowledge about the signs, symptoms, and identification of common mental health disorders and the methods used in their treatment. The course will help you to assess mental health disorders in older adults and develop interventions that will best serve their needs.

After successfully completing this course, you will be able to:

1. Identify the mental health conditions that affect older adults.
2. Describe the common standardized mental health assessments and diagnostic tools that are appropriate for older adults.
3. Identify resources and services available for treating mental health conditions in older adults and their families.
4. Demonstrate an understanding of how to conduct mental health assessments and interventions with older adults in a culturally competent manner.
5. Discuss the risk factors for suicide in older adults.

Details:

- This course will take approximately 4 hours to complete
- You can access the course here
- If you have any questions or concerns, please contact us at cader@bu.edu

Learner Feedback:

We received the following feedback from learners who completed the course:

"The layout was great. Easy to read and understand. Great intro course!"

"I thought this was a great course and I enjoyed taking it."

When asked what they found helpful about the course and what changes they anticipate making after taking the course, learners said:

"Better able to look for signs, concerns, and to then discuss available options more knowledgeably."

"Becoming a stronger advocate for mental health with the older population."

"I will let consumers know there are resources available to them, provide support and make sure they know they are not alone."

School of Social Work:
Center for Aging & Disability Education & Research

Competencies

The Center for Aging and Disability Education and Research (CADER) utilizes a competency-based approach to course development. After completing this course, you will have competency in the following areas:

Knowledge

- Describe the signs and symptoms of the common mental health conditions that can affect adults as they age.
- Identify the issues related to losses, changes, and transitions over the life cycle relevant to the mental health of older adults.
- Describe the risk and protective factors for suicide in older adults.

Skills

- Demonstrate an understanding of the core elements of a mental health assessment including standardized assessment tools.
- Explain how utilizing individual and group interventions are appropriate for addressing the mental health of older adults (e.g., cognitive behavioral therapy, problem-solving therapy, psycho-educational groups, and supportive therapy).
- Identify some of the resources and resource systems available for older adults and their families.

Values

- Explain the older adult's right to dignity and self-determination when addressing psychosocial and mental health issues of older adults.
- Develop the ability to relate one's own values and biases to aging and mental health issues.
- Develop an understanding of the impact of culture when addressing mental health issues facing older adults.

School of Social Work:
Center for Aging & Disability Education & Research

SUBSTANCE USE AMONG OLDER ADULTS

Why complete the course?

Substance use problems among older adults in the United States are increasing, yet these problems often remain hidden and misunderstood. This online, self-paced course will discuss the use of alcohol, nicotine, and drugs in the older adult population. Through the use of stories, assessment questions, and interactive activities, you will become more familiar with substance use as an issue that affects your work. You will also be able to explore your own attitudes about substance use in this population, and understand more clearly the barriers to effective identification and treatment.

After successfully completing this course, you will be able to:

1. Discuss the prevalence of substance use among older adults.
2. Demonstrate why prevalence data is important.
3. Identify the impact of substance use on health.
4. Engage in a collaborative process of addressing substance use with older adults.
5. Discuss treatment resources available to older adults.
6. Outline the roles that workers can play in promoting recovery.
7. Illustrate the impact of culture on substance use among older adults.

Details:

- This course will take approximately 4 hours to complete
- You can access the course here
- If you have any questions or concerns, please contact us at cader@bu.edu

Learner Feedback:

We received the following feedback from learners who completed the course:

"Most helpful is how to approach someone with substance use disorder and how to discuss, support and refer."

"Feeling more comfortable bringing up the topic and feeling more confident in how to discuss it with them within my role."

When asked what changes they anticipate making after taking the course, learners said:

"I plan on looking more closely for signs and symptoms so appropriate discussions can be held and referrals can be made as needed."

"Being more informed on substance abuse and spread awareness to other staff."

School of Social Work:
Center for Aging & Disability Education & Research

Competencies

The Center for Aging and Disability Education and Research (CADER) utilizes a competency-based approach to course development. After completing this course, you will have competency in the following areas:

Knowledge

- Gain knowledge of the impact of substance use on an older adult's health.
- Identify standardized screening and assessment tools that are appropriate for use with older adults, such as the MAST-G and AUDIT.
- Develop an awareness of treatment and recovery models and resources, and know how to make referrals.

Skills

- Engage in a collaborative process of addressing substance use with the older adults with whom you work.
- Understand and address the barriers that might impact substance use interventions.
- Utilize evidence based models for addressing substance use including SBIRT.

Values

- Understand individual and societal attitudes towards substance use in older adults.
- Identify and assess one's own values and biases regarding aging and substance use.
- Respect the older adult's right to dignity and self-determination in relation to substance use.

CATCH-ON
A HRSA GERIATRIC WORKFORCE ENHANCEMENT PROGRAM

E4 CENTER
Center of Excellence for Behavioral Health Disparities in Aging
AT RUSH UNIVERSITY MEDICAL CENTER

Health & Medicine
POLICY RESEARCH GROUP
40 years advancing health equity

CHICAGO ILLINOIS AHEC network

Improve Communication with Active Listening Training

Strong communication between healthcare professionals and clients is vital. Active listening skills are a foundation for improving communication. Enhanced communication helps build trust with clients and among team members, improves quality of care, and aids in reducing provider burnout and fatigue. This two-part virtual training will help build active listening skills and strengthen communication among clients and healthcare teams.

Training Highlights

- 1 hour of basic active listening training
- 1 hour of advanced active listening training
- Certificates of completion are provided
- Free of charge but pre-registration is required

Audience

- Home Health Workers, Medical Assistants, Nurses, Community Health Workers, Family Caregivers, Community Based Organizations serving older adults

Questions?
Contact Ronisha Edwards-Elliott:
redwardselliott@hmprg.org

To learn more, please visit:
https://catch-on.org/hp-home/hp-education

Schedule educational sessions for your organization

Safe - Home Opioid Management Education in Older Adults (SAFE-HOME) Naloxone and Opioid Awareness

60-MINUTE LIVE VIRTUAL WEBINAR

CONTINUING EDUCATION CREDIT AVAILABLE

About the Program

Community and home health worker audiences will examine:

- Risks associated with opioid use in older adults
- How to recognize an opioid-related overdose
- Access to and use of naloxone for the reversal of opioid overdose

For questions or to schedule a session, contact: jarrett8@uic.edu

UIC UNIVERSITY OF ILLINOIS CHICAGO College of Pharmacy

E4 CENTER Center of Excellence for Behavioral Health Disparities in Aging

RUSH

Funding for this initiative was made possible (in part) by Grant No. 6H79FG000600-01M001 from SAMHSA. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

THE UTAH GERIATRIC EDUCATION CONSORTIUM (UGEC) AGE-FRIENDLY ECHO IN PARTNERSHIP WITH COMAGINE HEALTH PRESENTS

Advanced Treatment for Parkinson's Disease and Essential Tremor

James Ballard, PT, DPT, GCS, WCS

Thursday, August 17, 2023

2:00 - 3:15 PM (MT)

Dr. James Ballard has been a faculty member in the Department of Physical Therapy since 2004. He is currently a clinical assistant professor and the clinical director of the University Balance and Mobility Clinic (formerly Rehabilitation and Wellness Clinic). Dr. Ballard is a board-certified clinical specialist in geriatric and women's health physical therapy. His chief clinical interests are Parkinson's disease, male and female pelvic floor muscle dysfunction, balance evaluation and training and vestibular rehabilitation. He is a member of the Deep Brain Stimulation Team at the University Health Sciences Center.

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Registration:

- Register for the UGEC Age-Friendly ECHO series **HERE**. Passcode: **968680**

Continuing Education Credits (1.25):

- This ECHO series offers: CMEs*, Social Work CEUs and Nursing Contact Hours
- *CME code for this ECHO session: **229254**
- For more information on how to claim credits, please visit the **UGEC website**.

Questions:

- Contact **Jacqueline.Telonidis@hsc.utah.edu**

Visit us at **utahgwep.org**

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THE UTAH GERIATRIC EDUCATION CONSORTIUM

FIRESIDE CHAT PRESENTATION

Healthy Aging: What it Looks Like and Community Resources That Help

Marianne Christensen, CHES

THURSDAY, SEPTEMBER 7, 2023

10:00 - 11:00AM (MT)

Online Meeting Link:
HTTPS://UTAH.ZOOM.US/J/93924914850

Can't make it at this time? A recording will be posted on our website, utahgwep.org

Meet the speaker:

Marianne Christensen is the Health Promotion Manager for Salt Lake County Aging & Adult Services, Active Aging Program. She graduated from Brigham Young University in Community Health Education with a minor in Gerontology. Marianne has worked in many different capacities promoting health and exercise among older adults in the community. Most recently she was the Healthy Lifestyles Manager for Highland Cove Retirement Center and the Senior Center Manager at the Magna-Kennecott Senior Center. Currently, Marianne oversees the implementation of evidence-based programming and other health promotion programs at the 15 Senior Centers in Salt Lake County. In her spare time, she enjoys gardening and hiking.

THIS PROGRAM IS SUPPORTED BY THE HEALTH RESOURCES AND SERVICES ADMINISTRATION (HRSA) OF THE U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES (HHS) UNDER GRANT NUMBER U1QHP28741 AS PART OF AN AWARD TOTALING 3.5 MILLION DOLLARS WITH 0% FINANCED WITH NON-GOVERNMENTAL SOURCES. THE CONTENT OF THIS PROGRAM DO NOT NECESSARILY REPRESENT THE OFFICIAL VIEWS OF, NOR AN ENDORSEMENT, BY HRSA, HHS, ORTHE U.S. GOVERNMENT.

THE UTAH GERIATRIC EDUCATION CONSORTIUM (UGEC) AGE-FRIENDLY ECHO IN PARTNERSHIP WITH COMAGINE HEALTH PRESENTS

Updates on Alzheimer's Disease in 2023

Norman L. Foster, MD

Thursday, September 21, 2023

2:00 - 3:15 PM (MT)

Dr. Norman Foster is Professor Emeritus with the Alzheimer's Clinical & Imaging Research Department of Neurology at the University of Utah. He completed his undergraduate training at MacMurray College in Illinois, and received his M.D. from the Washington University School of Medicine in St. Louis, where he subsequently completed an internship in Straight Medicine. After completing his residency in Neurology at the University of Utah in Salt Lake City, Dr. Foster relocated to Bethesda, Maryland for a three-year fellowship in Experimental Therapeutics with the National Institute of Neurological and Communicative Disorders and Stroke at the NIH. He has specialized in brain imaging and dementing and neurodegenerative diseases for over 30 years. Dr. Foster joined the University of Utah in 2005 as Professor of Neurology, Director of the Center for Alzheimer's Care, Imaging and Research, and Senior Investigator at the Brain Institute. He is the CEO and Founder at ProActive Memory Services, Inc., and is committed to developing new methods of more efffectively providing care for memory disorders and dementing diseases.

Registration:

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HUNTSMAN
MENTAL HEALTH INSTITUTE
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HEALTH
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Focus on Dementia Certification

Mental Health and Older Adults

Created by the University of Utah's HMHI Geriatric Psychiatry Clinic

Sponsored by the

Homecare & Hospice Association of Utah

Mental health concerns are becoming more prevalent in older adults, particularly as the "baby boomer" population continues to age, yet the stigma of mental illness often prevents them from seeking help.

This course will teach you the important aspects of how we can support an "age-friendly" healthcare system and how to help older adults dealing with mental health issues. Instructors dive into the different types of dementia and discuss what healthcare workers should be looking for and how to best help care for this population and their loved ones.

Register or Learn More at

HHAU.ORG/EVENT-5258995

HOMECARE & HOSPICE FAMILY FUN RUN

KIDS ARE FREE

SEPT. 23

8:30 - 10:30 AM

Homecare & Hospice Association of Utah

5K RUN & WALK

START/END AT WINCHESTER PARK PAVILION
1250 W. WINCHESTER ST, MURRAY

$35 ADULT REGISTRATION INCLUDES T-SHIRT

COME SHOW SUPPORT FOR THOSE WHO CARE FOR THOSE YOU LOVE

THIS FUNDRAISER SUPPORTS THE HOMECARE AND HOSPICE ASSOCIATION OF UTAH, A 501(C)(3) ORG.

Visit **https://www.hhau.org/event-5263610**
or contact **help@hhau.org** for more info.

SCAN TO REGISTER

*USE CODE **WECARE23***
TO SAVE $5.00