



Trinitas Regional Medical Center

Statewide Clinical
Outreach Program for the Elderly
S-COPE

Proudly presents:

4th Annual Conference

The Various Shades of Gray Matter:
Behavior & Mental Health in Long Term Care!

Friday, October 30, 2015
8:15a.m. – 4:30p.m.

Location

The National Conference Center
Holiday Inn of East Windsor
399 Monmouth Street
East Windsor, NJ 08520

Co-Sponsors

NJ Division of Mental Health and Addiction Services
NJ Institute for Successful Aging (NJISA)
Rowan University - SOM
Mental Health Emergency Services Association
New Jersey Hospital Association (NJHA)



ABOUT S-COPE

www.sccatnj.org

Statewide Clinical Outreach Program for the Elderly

S-COPE is an innovative crisis response and clinical consultation team for adults age 55+, who reside in Nursing Facilities or Division of Mental Health and Addiction Services' (DMHAS) residential settings.

S-COPE is funded by DMHAS and is operated by Trinitas Regional Medical Center.

S-COPE's mission is to address psycho-geriatric challenges and provide professional training and staff development to insure the appropriate use of acute psychiatric services and effective support of older adults with behavioral and psychiatric challenges.

S-COPE partners with New Jersey Institute for Successful Aging (NJISA) to provide state of the art clinical response throughout the state.

S-COPE is committed to promoting state-of-the-art geriatric behavioral health services within LTC through education, on-site training, workshops and annual conferences.

In addition to holding an annual conference, S-COPE provides 9 Regional Trainings per year in locations throughout the state. S-COPE clinicians also provide in-service trainings upon request.

Goals of this conference:

- Identify the unique behavioral health needs of nursing facility residents
- Identify strategies to address effective assessment, treatment and supports to nursing home elderly who are at risk for presentation to ER's for behavioral health problems
- Promote successful aging in place
- Promote effective use of emergency and acute care mental health services

CONFERENCE FACULTY

Lucille Esralew, Ph.D., NADD-CC, CDP

Roni Zarbiv, LCSW, CDP

Martin Forsberg, MD

Melanie J. Davis, Ph.D, CSE, CSES

Leslie V. Unger, PsyD

Blessing Deemua, MS, CDP

Jennifer Mills, CSW Statewide Coordinator of
NJ Adult Protective Services

Conference Coordinator: Leslie Diana, Administrative Assistant S-COPE

PROGRAM
MORNING SESSION

8:15am – 9:15am

REGISTRATION, CONTINENTAL BREAKFAST

9:15am – 9:30am

WELCOMING AND OPENING REMARKS

James McCreath, Ph.D., LCSW,

Vice President, Behavioral Health and Psychiatry, TRMC

Valerie Mielke

Assistant Commissioner, DMHAS

Lowell Arye

Deputy Commissioner, DHS

Elyse Perweiler, MPP, RN

Associate Director for Planning, Development & Public Policy, NJISA

PLENARY SESSION 9:30 a.m.-12:15 p.m.

MORNING KEYNOTE

9:30 am - 11:00 am: Delirium: Like A Bad Penny by Martin Forsberg, MD. Chief of Geriatric Behavioral Health at Rowan SOM

An overview and exploration of delirium related to older adults in LTC;

- Causes, risk factors and outcomes
- Using the Confusion assessment method for screening
- Barriers to effective identification and management

Dr. Forsberg serves as medical director and psychiatric consultant in long term care. His presentation includes an overview of delirium and its impact on morbidity and mortality.

Participants will be able to:

- Identify the causes and risk factors for delirium in LTC (Name 3 risk factors for delirium)
- Use a standardized screening tool for delirium (Name the 4 components of the CAM)
- Identify 2 barriers to detecting / diagnosing delirium
- Identify the risks and benefits of using psychotropics to treat delirium symptoms
- Identify /name 2 potentially deliriogenic medications

11:00am – 11:15am

Morning Break

11:15am – 12:15pm: Members of the New Jersey Mental Health Players Program: Behavioral Health Interactive Showcase

Mental Health Players will re-enact scenarios pertaining to behavioral challenges of Older Adults in LTC. Audience participation and clinical review facilitated by Dr. Leslie V. Unger. She received specialized post-doctoral supervision in geropsychology at Trinitas Regional Medical Center. She is currently working as a psychologist on the S-COPE team.

Participants will be able to:

- Identify presenting signs and symptoms of Dementia, which can be exacerbated by a UTI.
- Identify interventions that can be used for common problems seen in nursing homes.
- Identify the underlying triggers to resident's challenging behaviors.

12:15pm - 1:00pm

Lunch

AFTERNOON WORKSHOPS

1:00pm – 2:30pm

AFTERNOON KEYNOTE

Sexuality in LTC Settings: *How to Manage a Touchy Issue*

An overview of sexuality issues related to older adults in LTC exploring sexual expression and intimacy, concerns regarding safety and attitudes of staff and family, as well as the role of effective sexuality policy in LTC. Presenter: Melanie J. Davis, Ph.D., CSE, CSES

An educator and advocate for sexual education of human services professionals, Dr. Davis is the co-president of the Sexuality and Aging Consortium at Widener University. She is the co-founder of the N.J. Center for Sexual Wellness. Her interactive plenary will enrich all participants' knowledge related to this topic.

Participants will be able to:

- Identify three examples of how age-related sexual privilege and assumptions affect older adult sexuality
- Describe at least one new model for assessing sexual consent among cognitively impaired older adults
- List up to 4 ways that sexuality policies and staff training protect long-term care facilities, staff, residents, and residents' partners
- Apply new problem-solving knowledge to scenarios including sexual disinhibition, cognitive impairment, healthy partner rights, and intervention by residents' adult children

2:30pm-2:45pm

Afternoon Break: Refreshments

Closing Panels: 2:45am- 4:15pm

(Select One)

- 1) **MLTSS Panel Update;** *Moderated by Lucille Esralew, Ph.D. NADD-CC, CDP* Roxanne Kennedy, Joseph Bongiovanni and Irina Stuchinsky from DHS and representatives from Managed Care Organizations will update participants about MLTSS and its impact on behavioral health and psychiatric care of older adults in the community. (Joe Colosi from Aetna, Beth Abramowitz, LCSW, from United Health, Ann Basil, LCSW, CCS, from Amerigroup, Hania Schwartz, LCSW from Well Care, and Eric Levy, LCSW, from Horizon).

Dr. Esralew is the Clinical Administrator for the SCCAT and S-COPE programs of TRMC. She is a licensed psychologist for NJ/PA, certified neuropsychologist, certified dementia practitioner and certified as a clinician who works with person with IDD by the NADD.

Participants will be able to:

- Describe 2 developments within MLTSS since its 2014 roll-out.
- Identify 3 ways of accessing MLTSS services for OA's in diverse settings.
- Identify; recognize at least 2 person-centered approaches within to MLTSS.

- 2) **Elder Abuse: The Various Forms of Elder Abuse; Panel Discussion**
Moderated by Jennifer Mills, CSW, Statewide Coordinator of NJ Adult Protective Services, Teresa M. Johnson, RN/CALA, BSN CT-RAC; Blessing Deemua, MS, CDP; Toni Lynn Davis, MHA, CNHA; and Lisa Barnes, MSW, LSW; A panel of experts leading interactive discussion about Elder Abuse, Neglect and Exploitation within LTC and in the community.

Ms. Mills, NJ Statewide Coordinator of Protective Services for Adults, has worked extensively in various capacities of protective services and advocacy including work with the NJ Office of the Public Guardian. During the course of her work, Ms. Mills has provided educational presentations related to public guardianship as well as the NJ Adult Protective Services program, increasing community awareness to this important topic.

Participants will be able to:

- Define and distinguish unique characteristics of elder abuse, neglect and exploitation;
- List three benefits of the person-centered care approach impacting on reducing instances of elder abuse and neglect;
- List two barriers to applying the person-centered approach impacting quality of life in the LTC environment; and
- Identify two strategies to respond and prevent elder abuse scenarios.

4:15pm- 4:30pm:

Closing Remarks / Program Evaluation

**Directions to:
The National Conference Center
Holiday Inn of East Windsor
399 Monmouth Street
East Windsor, NJ 08520
609-443-8000**

From NJ Turnpike (North/South):

Take Exit 8. After the toll, follow signs for Rt. 33 Hightstown/Freehold. Bear left and follow signs for Rt. 33 West. At the traffic light, turn left onto Rt. 33 West. At the next traffic light, turn right onto Monmouth St. The hotel will be on your right.

From Philadelphia:

Take I-276/PA Turnpike East to the NJ Turnpike Extension. Merge onto the NJ Turnpike North. Follow directions above for NJ Turnpike.

From Trenton:

Take Rt. 206 or Rt. 29 South to I-195 East. Take Exit 6 for the NJ Turnpike North. Follow directions above for NJ Turnpike.

From Princeton Area:

From Rt. 1 take Washington Rd to Rt. 571 East (Princeton-Hightstown Rd). Continue on Rt. 571 East for nearly 5 miles. Take Rt. 133 East toward Freehold. At the first traffic light, turn right onto Rt. 33 West. Turn right at Woodside Avenue. The hotel will be directly in front of you.

From Rt. 130 North/South:

Take Rt. 130 to Rt. 133 East toward Freehold. At the first traffic light, turn right onto Rt. 33 West. Turn right at Woodside Avenue. The hotel will be directly in front of you.

From Freehold/Points East:

From Rt. 9, the Garden State Parkway, or Rt. 537, pick up Rt. 33 West. Follow it into East Windsor. Turn right onto Woodside Avenue. The hotel will be directly in front of you.

Target Audience: Mental Health Professionals, Healthcare Professionals, Social Workers, Nursing Staff, Psychologists and Long Term Administrators. N.J. social workers: Program designed with intermediate and advanced content.

REGISTRATION FORM

Email: LDIANA@TRINITAS.ORG Fax: 908-272-3608

Registration Deadline: Friday, October 21, 2015

Early registration is advised!

Registration Fee: \$65.00

Full Name:

Phone#:

Affiliation/Title:

Agency Full Address:

E-Mail Address:

Registration Fee:

Please make checks payable to: Trinitas Regional Medical Center

- \$65 includes Registration, Continental Breakfast, Lunch and Materials.
- \$0 Free for State-Employees (**DDD/DMHS**) includes: Continental Breakfast & Materials. (**Registration is Free; Lunch, is NOT included**).
- Screeners/Students are Free. (**NO LUNCH**) Includes: Continental Breakfast & Materials. Please, attach letter of school/facility.

Select: One afternoon session of your choice: 1 2

Refund/Cancellation: Registration fee less \$25.00 will be refunded for any cancellation up to one week prior to event date. Questions? Please, call 855-718-2699.

TO REGISTER: Please mail out form & make checks payable to:

TRINITAS REGIONAL MEDICAL CENTER

S-COPE – Attn: Leslie Diana

225 Williamson Street, Elizabeth, NJ 07202

For additional information about the Conference please contact: Leslie Diana at [908-272-3606](tel:908-272-3606); Certificates of Attendance will be awarded upon completion of training and program evaluation: Approval of 5.5 CEU hours for NJ Social Workers LNHA/CALA and NJ Mental Health Screeners.