



February 2019

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Opioid Misuse in the Older Adult Population

National data recently published by the Healthcare Cost and Utilization Project (HCUP) indicates that the misuse of opioids in patients 65 years old or older is higher than we might think. And, in fact, it has been increasing since 2010. This has also been impacting the rate of hospitalizations. From 2010 to 2015, there was a 34% increase in hospital stays related to opioid use. Emergency department visits have increased over the same period (by 74%!). Many of these folks have multiple chronic medical conditions and they often leave care against medical advice.

Keep in mind that those who are 65 years and older may be trying to feel better without really understanding the consequences of what they are taking. Do not forget to ask your members if they are taking anything other than what is prescribed. Even if you are not prescribing a controlled substance, one of their other physicians may be, and checking could make a significant difference.

Pennsylvania offers the **Prescription Drug Monitoring Program (PDMP)** which can be found at: <https://pennsylvania.pmpaware.net/login>. A brief reminder of how the PDMP can help and prescribers' responsibilities:

- Query the PDMP each time an opioid or benzodiazepine is prescribed to see what other controlled substances have been prescribed
- Query the PDMP any time you are concerned about what the member is taking

Reference:

https://www.hcup-us.ahrq.gov/reports/statbriefs/sb244-Opioid-Inpatient-Stays-ED-Visits-Older-Adults.jsp?utm_source=ahrq&utm_medium=en-1&utm_term=&utm_content=1&utm_campaign=ahrq_en1_29_2019

Service Descriptions for BHRS and BHR Exception Services

As we welcome in 2019, we want to be sure that we look at each of our Behavioral Health Rehabilitative Services and Behavioral Health Rehabilitative Exception Services with fresh eyes. If you deliver these services and have made or would like to make clinical changes to your service descriptions, please take some time to revise them. As you know, the Children's Bureau conducts the final review, and hopefully, approves your changes. Note, however, that each of the counties you serve need to be aware and support those changes. You need their letters of support. Our Clinical Department must also acknowledge your changes. You will need an acknowledgement statement from us.

Beacon Health Options has a process in place to meet these requirements for you before you ultimately submit to the Children's Bureau. It is a process we believe allows for the most efficient review so that your submission to the Children's Bureau is timely and accurate.

Please review the information below and, if you have changes, reach out to your Provider Field Coordinator to let them know your intentions; they can also help you navigate the process if you have questions.

- Contact your Provider Field Coordinator to let them know you are making a change.
- Contact the counties you serve to let them know you are making a change. They will need your contact information should they offer a letter of support.
- Visit the provider section of our website under BHRS Forms and follow the checklist. Here is the direct link: <http://s18637.pcdn.co/wp-content/uploads/sites/9/New-and-Revised-BHRS-and-BHRS-Exception-SD-Cover-Sheet-and-Checklist.pdf>
- Update your service description using the most up-to-date format developed by the Children's Bureau. This format is located in the same section on our website as mentioned above. Here is the direct link: <http://s18637.pcdn.co/wp-content/uploads/sites/9/BHRS-Service-Descriptions-Format.pdf>
 - Pay attention to the highlighted areas, they are new.
 - Follow the format and include the questions for ease of review.
 - Pay special attention to the first page. For BHRS, it says to submit three separate service descriptions – one each for MT, BSC/BSA-ASD and TSS (include extra training and supervision if offering ABA).
- Submit your documents to your Provider Field Coordinator and do your best to summarize what changes you've made in your email correspondence. Clear communication is key in a process that involves so many entities.
- A review committee will be scheduled by our organization with all involved. While it will not include your organization, you will be contacted if there are suggested edits. We use a template based on the format so that it will be easy for you to make updates if needed.
- Once we and the counties agree that your submission is ready for the Children's Bureau's review, you will be responsible for collecting the information needed for the Children's Bureau and the final submission. Again, that information is detailed on the checklist mentioned above and must accompany your submission. Be sure to copy all parties on your email submission, and the Children's Bureau will respond to all if and when approved.

Should we receive an overwhelming response from the provider community wanting to make changes, we may assign a deadline or a series of deadlines.

Consideration and support for service expansion is dependent on a provider's good standing. Please advise your Provider Field Coordinator in advance of moving forward with any such request if your status is otherwise.

If you have general questions about this process, please contact Lisa Ciccarelli at lisa.ciccarelli@beaconhealthoptions.com. If you have a service description that needs to be reviewed, please contact your [Provider Field Coordinator](#) and follow the instructions as written.

The Importance of Using the Correct Service Location

Regardless of your position, you, as a network provider, are an important piece of the puzzle that allows individuals receiving Medical Assistance the benefits of the HealthChoices program. Our members have the advantage of access to specialized services—key when it comes to those who've historically been so underserved. As such, it is our duty to them to maintain the integrity of the HealthChoices program to ensure a robust network for our members. As a behavioral health managed care organization, one of our responsibilities is to report what services are happening at which locations. This not only explains where the dollars are going but it also helps us and our county partners to access the network's needs. Behavioral health services are important now more than ever and we need your cooperation and effort to do your part for our members—your patients.

Keep these suggestions in mind when referencing your service location:

- If you have many service locations, only use the location where the service occurred.
- If you are having technical difficulties, please do not use an alternative location because you cannot pick the actual location. Call our Provider Services line (877-615-8503) to allow us to assist you with a resolution.
- If you are using software or forms that do not allow you to pick the actual location, please make the changes within your organization to allow for the accurate reflection of services. The **Provider Covered Services Grid** found on our website (<http://www.vbh-pa.com/providers/provider-manual/3-provider-covered-services-grid-hipaa-compliant/>) indicates which form should be used for what services. See column labeled **Form Type**.
- If you are delivering a service out of a location that you've not enrolled in the Medical Assistance Program (PROMISE™), do not use another location. Call your Provider Field Coordinator for the next steps.

We are all pieces of the HealthChoices puzzle and responsible for its success.



TAAG Youth MOVE'n It! Masquerade MARDI GRAS Dance

Beacon Health Options is pleased to announce the 2019 TAAG Youth MOVE'n It! Transition Age Advisory Group Masquerade Mardi Gras Dance on Tuesday, March 5th from 11AM—2PM at the Delmont Fire Hall. Open to youth and young adults ages 16-30. [Click here](#) for the registration form.

Upcoming Beacon Provider Trainings



[Mandatory Annual Fraud and Abuse Training](#)

The Program Integrity Department is offering the 2019 Annual Fraud and Abuse Training for both established and new providers on the following dates. Click on the link above for the flier and how to register.

- March 13, 2019 from 1:00 p.m. — 2:30 p.m.
- June 19, 2019 from 1:00 p.m. — 2:30 p.m.
- September 25, 2019 from 1:00 p.m. — 2:30 p.m.
- December 11, 2019 from 1:00 p.m. — 2:30 p.m.

[BHRS Provider Summits](#)

The Clinical Department will host quarterly BHRS Provider Summits on the following dates from 9:00 a.m. to noon. BHRS providers should attend one per quarter (two locations per quarter are offered for your convenience). Click on the link above for the flier and how to register.

- February 22, 2019 — Hampton Inn & Suites Grove City
- March 8, 2019 — Courtyard by Marriott Greensburg
- June 14, 2019 — Hampton Inn & Suites Grove City
- June 19, 2019—Courtyard by Marriott Greensburg
- September 6, 2019—Hampton Inn & Suites Grove City
- September 11, 2019 — Courtyard by Marriott Greensburg
- December 10, 2019 — Hampton Inn & Suites Grove City
- December 12, 2019 — Courtyard by Marriott Greensburg

[RTF Provider Summits](#)

The Clinical Department will host two RTF Provider Summits in 2019. RTF providers are invited to attend both. These summits are held at the Marriott North in Cranberry Township, Pennsylvania. Click on the link above for the flier and how to register.

- April 5, 2019 from 9:00 a.m. — 11:30 a.m.
- October 17, 2019 from 9:00 a.m. — 11:30 a.m.

To view previous webinar/training slides and recordings, visit our [Provider Training](#) page.

NW3 HealthChoices “Acknowledging the Journey” 2018 Member Forum

By Shelley Thomas, NW3 Prevention, Education and Outreach Coordinator



Beacon Health Options (Beacon) celebrated the 11th Annual Crawford, Mercer and Venango Counties (NW3) “Acknowledging the Journey” Behavioral Health Forum on November 7, 2018. Two hundred and two people checked in at the registration table on the day of the event. And we had a record number of exhibitors this year! Thirty-five providers and advocates displayed informative resources and provided the personal touch of speaking to HealthChoices members about the services they provide to assist people on their recovery journeys. Stakeholders from Crawford, Mercer and Venango Counties and Pennsylvania State Office of Mental Health and Substance Abuse also attended offering their support.

Lu Randall, Executive Director, Autism Connection of PA, presented the heartfelt topic, “Moving Forward After a Diagnosis.” Among the many positive evaluation comments on Ms. Randall’s presentation, one audience member said, “Lu Randall had an inspiring presentation in a unique way that made her very relatable and put everyone at ease.”



The next presenter was Dr. Deb Luther, VP of Clinical Services at Beacon Health Options. Dr. Luther continued the theme of sharing personal experiences and knowledge on the topic, “Healing from the Inside Out —Trauma Empowerment.”



Again, the evaluation comments reflected great satisfaction in the presenters and their topics. “Dr. Luther was AMAZING!!! What she spoke about, the way she spoke.” “My whole table was feeling all kinds of emotions about our trauma and how much we related. Thank you and great job.” Many comments stated how much the two presenters complimented each other and how relatable they were because they, too, had lived experiences.

The lunch and awards ceremony were favorites of the audience. The Exceptional Individual and Exceptional Parent/Grandparent Awards ceremony offered personal stories and inspiration. Following are pictures of our winners (Dr. Luther, Beacon Health Options, and Amanda Pearson, OMHSAS, are pictured with the winners and the nominators):

Crawford County Exceptional Individual



Annette Ritenour, Award Winner. Peggy Yanacek and Katlin Britton, Nominators.

Exceptional Parent



Sabrina Hornstein, Award Winner. Mickey Zelasco, Nominator.

Mercer County Exceptional Individual



Jahn Tinglum, Award Winner. Kim Anglin, Nominator.

Article continued on next page.

“Acknowledging the Journey” (continued)

Mercer County

Exceptional Grandmother



Kim Glenn, Award Winner.
Danelle Stellmach, Nominator.

Venango County

Exceptional Individual



Dan Irwin, Award Winner.
Sharon Oakes, Nominator.

Exceptional Grandparents



Robert and Rebecca Hollobaugh, Award
Winners. Rebecca not pictured.
Danelle Stellmach, Nominator.

While not everyone nominated received an award, all nominees were recognized for their hard work in achieving wellness.



Nominees for the Exceptional Individual and
Parent/Grandparent Awards for 2018.

Compliments to the following people who nominated an adult member or parent/grandparent for the awards: Bethesda Lutheran Services, Danelle Stellmach;

Community Counseling Center, Maggie Mills; Crawford County CHAPS, Amy Lauria, Kaitlin Britton, Peggy Yanacek, James Campbell; Crawford County Human Services, Stephanie Ace, Mickey Zelasco; Venango County Human Services, Sharon Oakes, Pamela Haux; Venango Regional Counseling Center Transitions Program, Jaime Riddle, Krista Peterson; Vocational & Psychological Services, Brittany Leo. Without your commitment to acknowledge people for their journeys, the awards ceremony would not be possible. Please know that Beacon and the entire forum workgroup appreciates the time and effort you give to “Acknowledging the Journey” NW3 Members Forum.

Our afternoon sessions began with a favorite speaker — Clarence Jordan, Beacon VP of Wellness and Recovery. Clarence shared his expertise on “Cultural Competency Beyond Ethnicity.” His evaluation comments were uplifting.



“Mr. Jordan made me feel as if I were one of his family.”

“I liked how Clarence referred to the audience as family.”

“Clarence is truly a man who walks the walk of exemplifying gratitude, acceptance and respect in life. Always feels like he is our family at this forum.”

Kudos goes out to our returning family member!

Next came David Delvaux, Clinical Liaison, Clarion Psychiatric Center. David presented “Self-Help Practices & Wellness Family Feud.” Late in the afternoon is a

difficult time of day to present; however, David did an excellent job—energizing the people who remained until the end of the day. Fifty-five evaluations reflected how much the audience enjoyed his session. Great job, David!



The day of “Acknowledging the Journey” would not happen without the commitment, hard work and diversity of the NW3 Forum Workgroup: Christine Breakstone, Judy Bromley, Lenore Collupy, R. David Giles, Kayleen Hilyer, Bernadette Kozen, Christianna Logsdon, Jonny Sandor, Eric Schweter and Andrea Wright. We worked as a tight-knit team, never losing the vision, mission and passion of arranging an event as great as the NW3 Members Forum.



2018 NW3 Forum Workgroup. R. David Giles, Christine Breakstone and Christianna Logsdon not pictured.

Overall, the day’s evaluations boasted many positive comments. The satisfaction rate of all four speakers collectively was 90% or above. Suggestions for improvement were minimal. Remarks from the audience captured what the day was about—diverse, accepting, inspiring, motivating, informative, highly entertaining, gave me hope and ideas to try, honesty, interactive, kindness, positive environment.

Thank you ALL for making “Acknowledging the Journey” a great success! Save the date for the 2019 NW3 Members Forum—**November 7, 2019**. We look forward to seeing you!

Community and Provider Trainings



Spreading Seeds of Hope: Lessons to be Learned from Tonier Cain-Muldrow

The Crawford County Suicide & Human Trafficking Task Forces and Overdose Prevention Coalition presents two public presentations by Tonier Cain-Muldrow. Tonier is a trauma survivor and internationally recognized Trauma Informed Care Expert. Her work focuses on heightening awareness of the characteristics and effects of trauma and improving the performance of service providers, businesses, government agencies and others who interact with trauma victims and survivors. If you have any questions or for more information about these events, please contact Jayme Ferry, CCOPC, at jferry@ccdaec.org or Jason Nesbit, Suicide Prevention Task Force, at j.nesbitt@ctrforfamilyservices.org.

- **Film4Thought: Healing Neen. February 4th from 7–9PM** at the Meadville Council on the Arts. Public discussion to follow film showing.
- **Promoting a Trauma-Informed Community with Hope & Resilience. February 21st from 5–8PM** at the Meadville Italian Civic Club. Light refreshments provided.

Webinar: Promoting Connectedness for Youth through Social Networks

This is the second webinar of the ICRC-S 2018-19 webinar series, *Preventing Suicide by Promoting Social Connectedness*. Peter A. Wyman, PhD, Professor in the Department of Psychiatry at the University of Rochester School of Medicine and Scott LoMurray, Deputy Director of the evidence-based upstream prevention program Sources of Strength will be presenting.

- **February 22nd from 2–3PM Eastern Time.** [Register here.](#)

Suicide: The Ripple Effect. A Documentary About Kevin Hines.

Kevin Hines is a storyteller at heart. He is a best selling author, global public speaker, and award-winning documentary filmmaker. In 2000, Kevin attempted to take his life by jumping off the Golden Gate Bridge. Many factors contributed to his miraculous survival, including a sea lion which kept him afloat until the Coast Guard arrived. #beheretomorrow

- **March 22nd at 7PM** at Karns City High School Auditorium. Doors open at 6:30PM. Bake sale during event benefits NAMI Butler County PA. Questions or for more information, please contact Ally McConnell at allymccconnell13@gmail.com.

TF-CBT Advanced Training Seminar

George Junior Republic in Pennsylvania, in collaboration with Penn State's Prevention Research Center EPISCenter Project, presents an advanced training seminar with a focus on supporting sexually exploited children. Keynote speaker will be Kelly Kinnish, PhD, Director of Clinical Services, Georgia Center for Child Advocacy.

- **May 9—10, 2019.** More information will be forthcoming regarding the location and registration.

Beacon Health Options 19th Annual Adult Recovery Forum



SAVE *THE* DATE

New Date! Friday, April 26, 2019

“Realizing Recovery”

19th Annual Adult Behavioral Health Recovery Forum

Pittsburgh Marriott North • 100 Cranberry Woods Drive • Cranberry Township, PA 16066

Now accepting nominations! Nominate individuals who are leading the way in their recovery journeys*. [Click here](#) for the nomination form. **Deadline for nominations is March 1, 2019.**

We look forward to seeing our members and providers there!

*This forum is for HealthChoices members who reside in the following counties: Armstrong, Beaver, Butler, Fayette, Greene, Indiana, Lawrence, Washington and Westmoreland. Mercer, Crawford, and Venango HealthChoices members will have the opportunity to be nominated at other regionally located forums in 2019.

