

Mind Body Continuum: Integrated Approaches to Older Adult Health

Sponsored by the MA Aging & Mental Health Coalition
May 13, 2019 / College of the Holy Cross, Worcester, MA

8:00-8:30 **Registration/Check-in**

8:30-8:45 **Welcome remarks**

Cassie Cramer, LICSW, CPS, MA Aging & Mental Health Coalition
Jenifer Urff, MA Association for Mental Health

8:45-9:00 **Older Adult Behavioral Health and Funding in Massachusetts**

Frank Baskin, LICSW, Founding Member, MA Aging & Mental Health Coalition

9:00-10:15 **Promoting Whole Person Health through Narrative and Expressive Arts**

Susan Nathan, staff physician with the VA Boston Healthcare System and site director for the *My Life, My Story* Project, will facilitate a panel on the intersection of physical and mental health and the role of narrative and expressive arts in coping and treatment. Panelists will offer insights from both professional and lived experience.

Susan Nathan, MD, Geriatrics, Hospice, and Palliative Medicine (moderator)
Karen Ritscher, LICSW, Expressive Arts Therapist
Adam Stern, MD, Psychiatrist and Author
Robert Walker, MS, COAPS

10:15-10:30 **BREAK**

10:30-11:45 **Concurrent Workshops: Session 1**

A. 5 Rhythms: Expressive Movement for Healing

Learn about and experience Gabrielle Roth's 5 Rhythms approach to therapeutic movement through this interactive introduction!

Karen Ritscher, LICSW, Expressive Arts Therapist

B. What You Don't Know About PACE

Learn about the PACE (Program of All-Inclusive Care for the Elderly) model of supporting at risk older adults with behavioral health conditions.

Alison Horowitz, MSW, LICSW, Cambridge Health Alliance Elder Service Plan
William "Bill" Burgey, MS, Cambridge Health Alliance Elder Service Plan
Kelly Marcella, MSW, LICSW, MPH, Neighborhood PACE
Pamela Pattavina, MSM, LNHA, Neighborhood PACE

C. Understanding Opioid Use Disorders in Older Adults

This session offers a review and discussion of current research on opioid misuse, focusing on older women and potential prevention interventions.

Veronica Nuzzolo, PhD, CADC, Institute for Health and Recovery

12:00-12:45 LUNCH

Join the MA Aging & Mental Health Coalition as we recognize and celebrate leaders who have made outstanding contributions to aging and mental health equity:

The Honorable Ruth B. Balseer (12th Middlesex)

The Honorable Denise C. Garlick (13th Norfolk)

1:00-2:15 Concurrent Workshops: Session 2

A. Trauma-Informed Treatment for Older Adults

Participants will learn about the intersections of trauma and physical health and approaches to trauma informed care, including self-care for professionals.

Erin C. Miller, MDV, MPS, CTSS, CASAC-T

B. Do You Really Think You Can Do It Alone?

This session addresses what it entails to be caregivers for aging adults with mental health issues who also develop dementia/Alzheimer's. It is a complicated road to navigate, and not a leisurely drive you want to take alone. It requires a team!

Betsy Ross, MSW, MA, LICSW, LNHA

C. Recovery Out Loud: Never Outgrowing Our Capacity for Connection

Experience peer support in action! Scott Francis will introduce participants to Recovery Outloud, an interactive workshop based on self-determination, authenticity, and fun that can foster personal growth, connection and recovery.

Scott Francis, CPS, Trainer and Coach, Transformation Center

2:15-2:30 BREAK

2:30-3:30 Aging with Wisdom: New Perspectives on Aging Consciously

Author Olivia Ames Hoblitzelle will explore how we find meaning and beauty in aging and how we respond to living in an age-phobic culture. Olivia is the author of *Ten Thousand Joys, Ten Thousand Sorrows: A Couple's Journey Through Alzheimer's* and *Aging with Wisdom: Reflections, Stories and Teachings*. She is known as a pioneer in incorporating holistic and therapeutic practices such as meditation, yoga, and cognitive behavioral therapy into the medical domain to treat stress-related and chronic illness.

3:30 Wrap-up and Information about CEUs