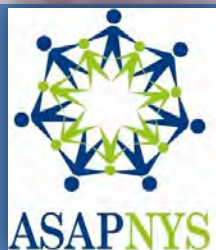


Alcoholism & Substance Abuse Providers of New York State, Inc. (ASAP)
Presents A One-Day Summit Addressing

Substance Use Among the Aging Population: A System-Wide Response



Office of Alcoholism and
Substance Abuse Services



Office for
the Aging

April 12, 2016

Mulino's at Lake Isle

660 White Plains Road

Eastchester, New York 10709

8:15 a.m. – 5:30 p.m.



**Office of Alcoholism and
Substance Abuse Services**

ANDREW M. CUOMO
Governor

ARLENE GONZÁLEZ-SÁNCHEZ, M.S., L.M.S.W.
Commissioner

April 2016

Dear Friends:

Our Nation and State are aging. The number of Americans over age 55 is increasing dramatically. According to the National Council on Aging (NCOA), the proportion of Americans age 55 and over comprises nearly 13 percent of the U.S. population. By 2030, those over age 55 will make up 20 percent of the U.S. population.

Thanks to advances in medicine and technology, Americans are living longer. This contributes to a societal picture of an older, wiser and healthy senior citizen, robustly enjoying their “golden years.”

We in the substance use disorder treatment field know this picture of advancing age does not always match up with the reality. Often, it is far from the truth. The aging process can be stressful and traumatic for an individual. The inability to perform common daily tasks, the loss of friends and loved ones, and increasing isolation can weigh heavily on once active and social adults. Coupled with inevitable health issues, the golden years, for some, can lose their luster.

SAMHSA notes that, as the aging population grows, so then will the incidence and prevalence of alcohol, prescription medication and opiate abuse among older adults. This number, currently estimated to be 1.3 million nationally will swell to over 4 million within the next five years. The substance use disorder needs of this aging population will need a proactive approach.

I commend ASAP for recognizing that a thoughtful and comprehensive response to the substance use disorder needs of our seniors is warranted. I want to thank the ASAP leadership, Board, and staff for putting this important conference together. I also want to thank you for taking time out of your schedule to be here today. Together, we’ll better understand the problem so that we can work, in concert, toward a solution – an integrated, coordinated system of substance use disorder care that serves the needs of all New Yorkers, including those with the “most years of experience.”

NYS OASAS proudly joins with ASAP to bring this important session to you today.

Sincerely,

A handwritten signature in black ink that reads "Arlene González-Sánchez".

Arlene González-Sánchez
Commissioner

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1450 Western Avenue | Albany, New York 12203-3526 | oasas.ny.gov | 518-473-3460



Office for the Aging

ANDREW M. CUOMO
Governor

CORINDA CROSSDALE
Director

GREG OLSEN
Executive Deputy Director

April 2016

Dear Colleagues:

America's 78 million baby boomers (those born between 1946 and 1964) are reaching retirement age. This generation is expected to use and misuse alcohol and other drugs more than previous cohorts of older adults (Blow & Barry, 2014). Unfortunately, substance use disorders among older adults often go unrecognized and undiagnosed.

Many live with the belief that substance use and misuse problems do not exist among the older adult population; this is a misconception.

Bringing together substance use disorder prevention, treatment, and recovery services; behavioral health providers; and aging services organizations is critical to strengthening our existing linkages and facilitating a multisystem response to these important issues.

The New York State Office for the Aging applauds NYASAP's leadership in hosting the Aging Summit, which will ultimately lead to a system that is more responsive to the needs of older New Yorkers.

Sincerely,

Corinda Crossdale
Director

A BIG THANK YOU TO OUR CONFERENCE SPONSORS



Office of Alcoholism and
Substance Abuse Services



Office for
the Aging

AGING SUMMIT EXHIBITORS



Odyssey House
Where recovery lives



Office for
the Aging



ADVANCED CLINICAL LABORATORY SOLUTIONS INC. (ACLS)

ACLS is a provider of diagnostic laboratory testing, information and services that enable physicians and other health-care professionals to make decisions to improve health. Clinical laboratory testing is an essential element in the delivery of health care services. Physicians use laboratory tests to assist in the detection, diagnosis, evaluation, monitoring and treatment of diseases and other medical conditions.

AMERICAN ADDICTION CENTERS

American Addiction Centers is a leading provider of substance abuse treatment services. We treat adults who are struggling with drug and alcohol addiction and co-occurring mental health issues. With coast-to-coast facilities and caring, seasoned professionals, American Addiction Centers is your ideal treatment partner.

CHEMRX PHARMACY SERVICES, LLC

ChemRx Pharmacy has been a leader in medication management services to the Addiction Treatment Field for over 10 years. We provide all the tools and support needed to stay in compliance and run an efficient and safe medication program. In our over 50 years of pharmacy services to residential and other populations we continue to be large enough to support all your needs while offering personal and hands on customer service.

GENESIS DIAGNOSTICS

Genesis Diagnostics® is a nationwide, full service, diagnostic testing laboratory specializing in clinical diagnostics, pathology, toxicology and molecular testing. Headquartered in Pennsylvania, Genesis Diagnostics® redefines diagnostic services by providing medical practitioners with the most advanced and informative medical analytics to assist them in making effective treatment decisions. More healthcare facilities and providers, in private practices, in hospitals and in long term care facilities, are placing their trust in Genesis Diagnostics®; and, together we are transforming advanced diagnostic information into knowledge and superior treatment options for more and more patients every day.

LONG ISLAND CENTER FOR RECOVERY

The Long Island Center for Recovery is a 40-bed Inpatient and Outpatient rehabilitation facility with a medically supervised detoxification unit. LICR is OASAS Licensed and JCAHO Accredited and offers Group and Individual Therapy, Family Education and Counseling, cutting edge Rapid Resolution (Trauma Based) Therapy, Uniform Professional Group Therapy, Women's Groups, 12 Step Recovery, Relapse Prevention Groups and Educational Lectures and Workshops. Admissions are open 24 hours a day, 7 days a week.

NEW YORK STATE OFFICE FOR THE AGING (NYSOFA)

The New York State Office for the Aging's (NYSOFA's) home and community-based programs provide older persons access to a well-planned, coordinated package of in-home and other supportive services designed to support and supplement informal care. The NYSOFA's overall goal is to improve access to, and availability of, appropriate and cost-effective non-medical support services for older individuals to maximize their ability to age in their community and avoid higher levels of care and publicly financed care. NYSOFA achieves this through our network of 59 local Offices for the Aging.

ODYSSEY HOUSE

Odyssey House is a comprehensive social services agency based in New York City. Our innovative programs help individuals and families deal with substance use disorders, mental illness, homelessness, and medical problems. From working with adolescents to senior citizens, we aim for all these individuals to get the best treatment available to overcome their drug problems.

Substance Use Among the Aging Population: A System-Wide Response

CONFERENCE PROGRAM

PLEASE NOTE: ALL MORNING PRESENTATIONS WILL TAKE PLACE IN THE GRAND BALLROOM

8:15 – 9:00 a.m.

Registration and Continental Breakfast

9:00 – 10:30 a.m.

Welcome and Overview

- John Coppola, Executive Director, ASAP
- Commissioner Arlene González-Sánchez, New York State Office of Alcoholism and Substance Abuse Services (OASAS)
- Director, Corinda Crossdale, New York State Office for the Aging (NYSOFA)
- Lowell S. Feldman, LNHA, CEO and Founder of the Lowell Group, Ltd.

10:30 a.m. – 10:55 a.m.

BREAK

11:00 a.m. – 12:15 p.m.

Morning Plenary: *Substance Use Disorders and the Aging - Demographics and Cross Systems Implications*

The demographics of SUD and the aging population provide a context for discussion of prevalence, psycho-social variables; economic impact; and other clinical and policy concerns related to older adult alcoholism and substance use including clinical and policy concerns that should drive the development of a comprehensive continuum of prevention, treatment and recovery supports targeting older adults.

Philip McCallion, Ph.D., Center for Excellence in Aging & Community Wellness
University at Albany

Nabil Kotbi, MD, Unit Chief, The Haven & Addiction Units
New York-Presbyterian/Westchester

12:30 – 1:30 p.m.

Lunch Program: *The Challenge and Benefits of Services Coordination: A Service Provider and Government Response*

Dr. Provet will provide a broad overview of substance use disorders among older adults examining the prevalence of these disorders nationally. He will also discuss the evolution of an approach to effectively treat this vulnerable patient cohort, describe promising and evidence-based practices and highlight points for future consideration.

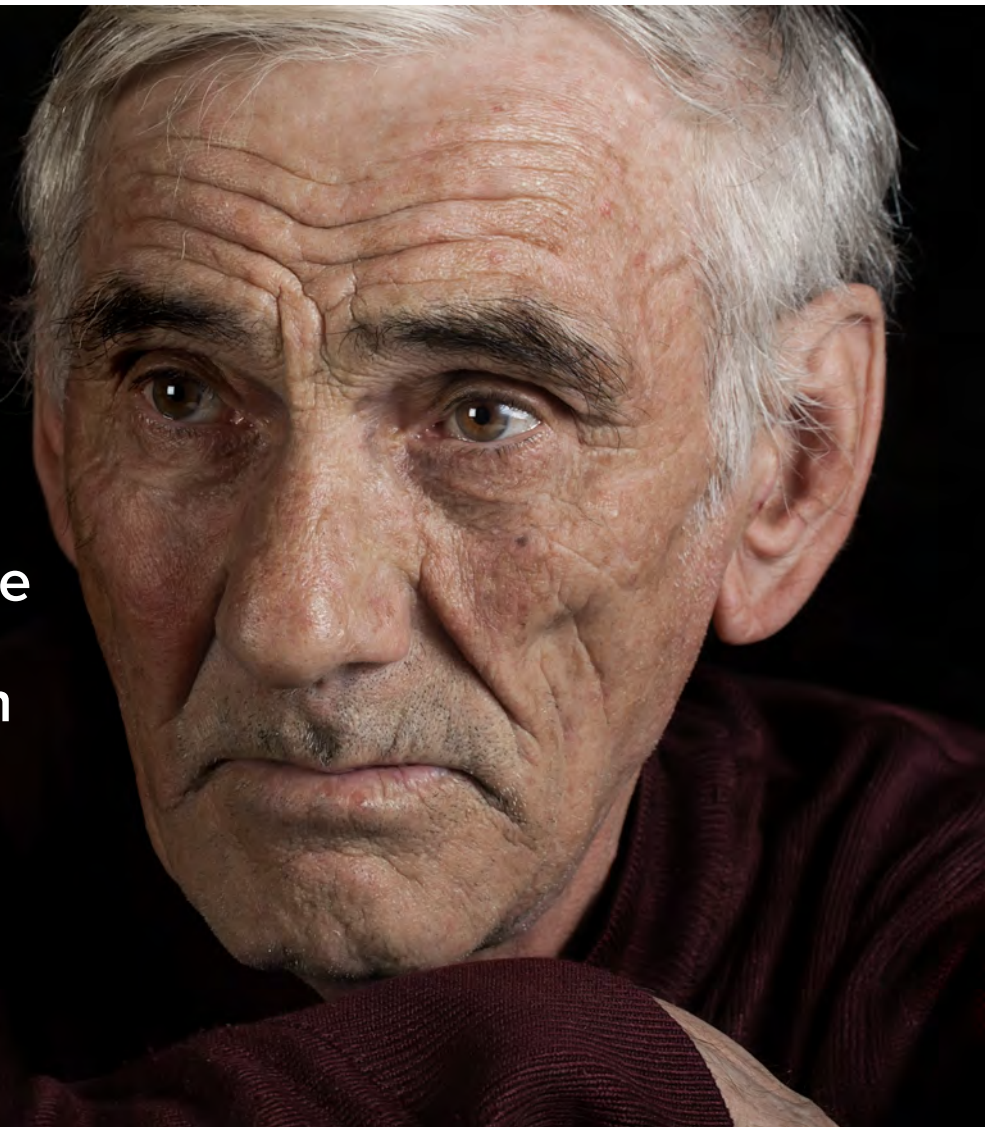
Dr. Herceg will discuss how federal, state, and local governments respond to the challenges of enhancing services to aging persons with SUD while operating within fiscal constraints.

Peter Provet, Ph.D. President & Chief Executive Officer; Odyssey House
and Odyssey Foundation

Mark Herceg, Ph.D., Commissioner; Westchester County Dept. of Mental Health

The New York State Office for the Aging
is proud to co-sponsor the
ASAP Aging Summit

Addiction in older adults is real. Working together, we can strengthen the links between aging and behavioral health systems to better address the needs of older New Yorkers.



**Office for
the Aging**

Substance Use Among the Aging Population: A System-Wide Response

CONFERENCE PROGRAM

1:45 – 3:00 p.m.

WORKSHOP SESSION 1

The Physiology of Addiction in Older Adults: Implications for Health Status

Location: Grand Ballroom

Presenter:

Gregory Bunt M.D., Interim Medical Director, Samaritan Daytop Village

Clinical Assistant Professor of Psychiatry NYU School of Medicine

Immediate Past President New York Society of Addiction Medicine

President International Society of Addiction Medicine

This workshop will examine the physical, psychological, social and spiritual dimensions of substance use among older adults. Untreated substance use and mental health problems among older adults are associated with poor health outcomes, higher health care utilization, increased complexity and prognosis of many illnesses, increased disability and impairment, compromised quality of life, increased caregiver stress and increased mortality.

Age Specific Approaches: Ensuring Competent Care

Location: Gatsby Room

Presenter: Nicole A. MacFarland, Ph.D., Executive Director, Senior Hope

Treatment for older adults is different than treatment for other age groups. Participants will receive information regarding the unique critical elements of age-specific services targeting older addicted adults.

Chemical Dependence and the Older Adult: Why it's Never Too Late

Location: Fairway Room

Presenter: Richard Koffler LCSW-R, CASAC-G, Queens Hospital Center

Workshop participants will receive education about clinical signs and symptoms as well as specialized treatment options to address substance use by older adults. Participants will be familiarized with three clinical interventions and will understand the design and importance of specialized group models for older adults.

3:00 – 3:15 p.m.

BREAK



Office of Alcoholism and
Substance Abuse Services

STOP the Stigma

Addiction is a disease.

For help call or text:

1-877-8-HOPENY



Office of Alcoholism and
Substance Abuse Services

oasas.ny.gov

Substance Use Among the Aging Population: A System-Wide Response

CONFERENCE PROGRAM

3:15 – 4:30 p.m.

WORKSHOP SESSION 2

A Comprehensive Approach to Treating Co-Occurring Disorders in Geriatric Populations

Location: Fairway Room

Presenter: Jeremy King LMSW, CASAC, Program Director, George Rosenfeld Center for Recovery, Odyssey House Inc.

The geriatric population has a unique set of risk factors associated with the onset, manifestation and progression of substance use and mental health disorders. This presentation will explore these risk factors as well as review one treatment program's comprehensive approach for assessing, diagnosing and treating co-occurring substance use and mental health disorders among its geriatric clients.

Collaboration Opportunities with Local Area Agencies for the Aging/Senior Centers

Location: Grand Ballroom

Presenter(s):

Dahlia Austin, Director, The Westchester County Dept. of Community Mental Health (DCMH)

Dianne Poonai, Westchester County Dept. of Senior Program and Services

Susan Anderson, St. Joseph's Medical Center

Rod Correa, Lexington Center for Recovery

This workshop will focus on existing and proven opportunities for county-based and individual provider programs and professionals to build viable cross-system relations to bring older adults comprehensive care for initial prevention of and, as needed, recovery support from the alcohol and/or substance abuse and mental health systems.

Integration of Substance Use Disorders in Primary Care

Location: Gatsby Room

Presenter: Dr. Steven Kipnis, Clinical Associate Professor of Medicine - Albany Medical College

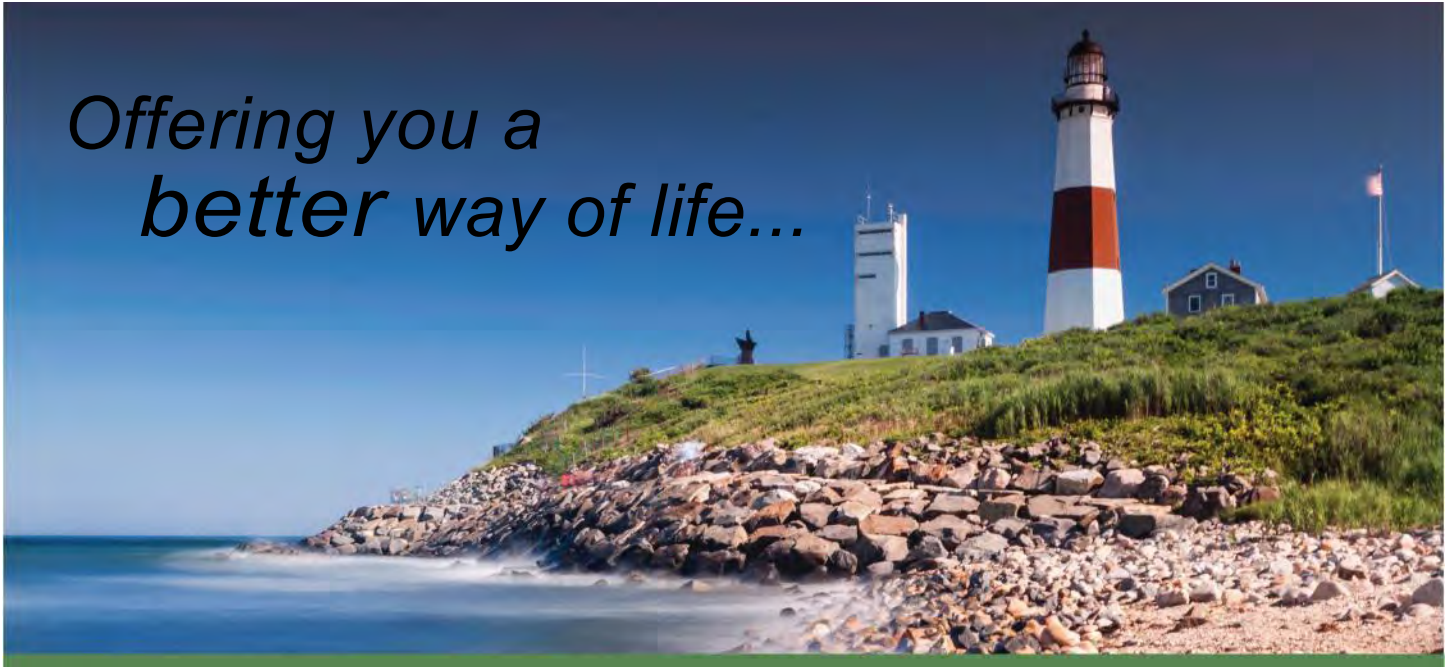
This presentation will be a pictorial view of the crossover between the patient with substance use and the general medical practice patient. Discussion areas besides the diseases that occur are why there is poor integration and what steps can be taken to improve the sparse integration of these two disciplines.

4:30 – 4:45 p.m.

BREAK

Long Island Center for Recovery

*Offering you a
better way of life...*



Long Island Center for Recovery is a 40-bed rehabilitation facility with a medically licensed detoxification unit. LICR is OASAS Licensed, JCAHO accredited, and coordinates treatment with EAP's, MAP's, and UAP's.

Our bedrooms are semi-private with private baths and showers. We have indoor and outdoor recreational activities onsite including basketball, bocce, horseshoes, billiards, ping-pong, karaoke, field day, and Wii.

Admissions are open 24 hours a day, 7 days a week. Insurance pre-certifications are conducted by our admissions team. Transportation is available for all admissions and discharges upon completion of treatment.

Treatment Highlights

- Group and Individual Counseling
- Education Lectures and Workshops
- Relapse Prevention
- 12-Step Study Groups
- Women's Groups
- Family Education and Counseling
- Meditation and Yoga
- Rapid Resolution Therapy for Trauma
- Nutritional and Recreational Counseling
- Fully-equipped Gym and Workout Area
- Outpatient with DWI Groups
- AA & NA Meetings Every Evening
- First Responders Group



Union People Helping Union People

1-800-344-LICR LongIslandCenterRecovery.com

p: 631-728-3100 f: (855) 424-3577

320 West Montauk Highway, Hampton Bays, NY 11946

Substance Use Among the Aging Population: A System-Wide Response

CONFERENCE PROGRAM

4:45 – 5:30 p.m.

Panel Discussion: Recovery Stories from Senior Citizens

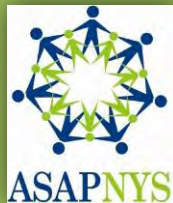
Location: Grand Ballroom

Moderator: John Tavoracci, Executive Vice President and COO, Odyssey House

Panelists:

- **Anthony Shaw, Odyssey House**
- **Samuel Copeland, Samaritan Village**

This discussion will include the panelists' thoughts on their experience leading to professional care, appropriate treatment of older adults and needed community support in the recovery stage. The panelists will also be asked to emphasize both the strong points and problems they experienced in their treatment process, including what supported their admission to care; what helped them complete treatment; and what they faced when completing professional services and stepping back into the public community.



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