

## Why are we concerned about Behavior Health

- 1 in 5 adults have some type of Mental Illness
- **Any mental illness (AMI)** is defined as a mental, behavioral, or emotional disorder. AMI can vary in impact, ranging from no impairment to mild, moderate, and even severe impairment (e.g., individuals with serious mental illness as defined below).
- **Serious mental illness (SMI)** is defined as a mental, behavioral, or emotional disorder resulting in serious functional impairment, which substantially interferes with or limits one or more major life activities. The burden of mental illnesses is particularly concentrated among those who experience disability due to SMI.

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## Why are we concerned about Behavior Health

- In 2020, there were an estimated 52.9 million adults aged 18 or older in the United States with AMI. This number represented 21.0% of all U.S. adults.
- The prevalence of AMI was higher among females (25.8%) than males (15.8%).
- Young adults aged 18-25 years had the highest prevalence of AMI (30.6%) compared to adults aged 26-49 years (25.3%) and aged 50 and older (14.5%).
- The prevalence of AMI was highest among the adults reporting two or more races (35.8%), followed by White adults (22.6%). The prevalence of AMI was lowest among Asian adults (13.9%).

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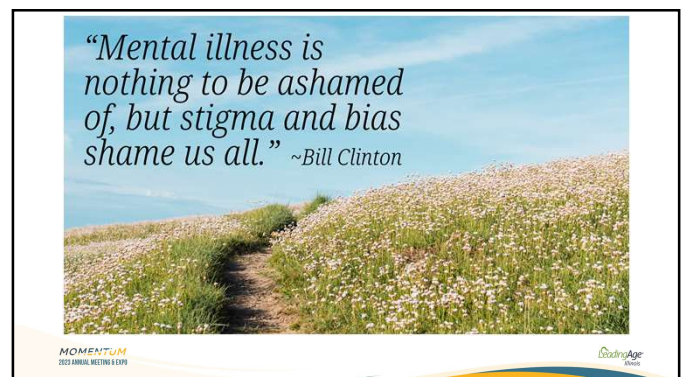
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## Why are we concerned about Behavior Health

- In 2020, there were an estimated 14.2 million adults aged 18 or older in the United States with SMI. This number represented 5.6% of all U.S. adults.
- The prevalence of SMI was higher among females (7.0%) than males (4.2%).
- Young adults aged 18-25 years had the highest prevalence of SMI (9.7%) compared to adults aged 26-49 years (6.9%) and aged 50 and older (3.4%).
- The prevalence of SMI was highest among the adults reporting two or more races (9.9%), followed by American Indian / Alaskan Native (AI/AN) adults (6.6%). The prevalence of SMI was lowest among Native Hawaiian / Other Pacific Islander (NH/OPI) adults (1.2%).

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## Mental Illness

- Mental Illness is an illness not a condition
- Medications are important for managing mental illness just like they are for diabetes or heart disease; but just like those medical issues there is so much more that needs to be done
- Groups, education, counseling physical and occupational therapy all play a role in a resident's success or failure with their mental illness
- In other words,...The Interdisciplinary team is the key to success

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## Substance Abuse

- Which came first...mental illness or substance abuse
- Often times substance abuse is what the individual "self medicates with" to fight their mental illness
- It is important to treat not only the mental illness but the substance abuse to allow for success

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## Regulatory/Legislation

- CMS is focusing on our Behavioral Health Residents
  - Additions included –
    - Reference to Preadmission Screening and Resident Review (PASARR) requirements
    - Language pertaining to the use of behavioral contracts, including examples of issues that they may address
    - Information on schizophrenia and bipolar disorder
    - A new severity level 4 example under the Deficiency Categorization section
    - Behavioral health care and services resources

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## Regulatory/Legislation

- F741 Sufficient/Competent Staff-Behavioral Health Needs:
- Intent: Sufficient staff who possess competencies/skills to meet behavioral health needs of residents, ... including those with a history of trauma and/or post-traumatic stress disorder (PTSD).
- Trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful of life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.

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## Regulatory/Legislation

- PTSD occurs in some individuals who have encountered a shocking, scary, or dangerous situation. Symptoms usually begin early, within three months of the traumatic incident, but sometimes they begin years afterward. Symptoms must last more than a month and be severe enough to interfere with relationships or work to be considered PTSD.
- Additions included –
  - Substance Use Disorder is defined as recurrent use of alcohol and/or drugs that causes clinically and functionally significant impairment, such as health problems, disability, and failure to meet major responsibilities at work, school, or home.

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## Regulatory/Legislation

- Information pertaining to the use of the facility assessment for behavioral health care needs
- Additional examples of non-pharmacological interventions
- A new severity level 2 example under the Deficiency Categorization section
- A facility must provide Behavior Health training consistent with the requirements determined by the facility assessment
- Focus on Schizophrenic diagnosis
- QSO released in January 2023 stated CMS would conduct offsite evaluations of residents with a new schizophrenia diagnosis to ensure that there was appropriate documentation and psychiatric evaluation to get the diagnosis.

## Regulatory/Legislation

- CMS is aware of situations where practitioners have potentially misdiagnosed residents with a condition for which antipsychotics are an approved use (e.g., new diagnosis of schizophrenia) which would then exclude the resident from the long-stay antipsychotic quality measure.
  - For these situations, please refer to the following regulations:
    - §483.21(b)(3)(i), F658, to determine if the **practitioner's diagnostic practices** meet professional standards.
    - §483.20(g), F641 to determine if the **facility completed an assessment** which accurately reflects the resident's status.

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## The individuals we care for...

Individuals in our setting have a severe mental illness and:

- have difficulty living in the community without viable support systems
- are psychiatrically stable, not at imminent risk to self or others
- their symptoms have been sufficiently treated to allow participation in the programming, e.g., stabilization of psychosis or acute mania/depression
- are able to function outside of a locked setting
- are not at risk for elopement due to altered or decompensated mental status such as confusion, mania, etc.

## The individuals we care for...

- Do not have active substance abuse as a primary diagnosis, as contrasted with a dual diagnosis individual whose substance abuse issues are stable and not severe. (Active substance abuse is more appropriately treated at an inpatient rehabilitation facility.)
- Do not have a diagnosis of dementia, or a diagnosis of a developmental delay

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Sometimes the worst  
place you can be  
*is in your  
own head.*

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## Behavior Manifestation

- A medical illness starts out as a subtle functional and medical change, that when not addressed leads to an acute medical crisis
- A mental illness is the same; there are subtle mental and behavioral changes that when not addressed leads to a psychotic break
- It is our job to pick up on these subtle changes to prevent a psychiatric emergency

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## The Resident's Severe Mental Illness may be Manifested:

- |                       |                            |
|-----------------------|----------------------------|
| ✓ Behavior changes    | ✓ Poor Hygiene             |
| ✓ Confusion           | ✓ Inappropriate attire     |
| ✓ Disorientation      | ✓ Withdrawn                |
| ✓ Sad or anxious mood | ✓ Panic                    |
| ✓ Talking to self     | ✓ Psychosomatic complaints |
| ✓ Flat affect         |                            |
| ✓ Poverty of speech   |                            |
| ✓ Pressured speech    |                            |

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**Global Issues**

The symptoms described often manifest themselves with difficulty in:

1. Self-Maintenance
2. Social Functioning
3. Community Living Skills
4. Work Related



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**Essential Life Skills Programs**

Essential Life Skills training programs address a comprehensive range of skill areas:

- self-maintenance
- social functioning
- community living
- occupational preparedness
- symptom management
- substance abuse management

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**What are Essential Life Skills**

- A life skills program helps each individual develop and maintain many important life ability to make informed choices, learn decision-making skills, learn to set and reach realistic goals, have healthy relationships, and learn effective communication skills.
- Life skills are the skills that a person must possess in order to successfully live in today's world. These include knowing how to work at a job and be part of a team, manage money, manage time, live as part of a family and learning effective communication skills. Unfortunately, many people grow to adulthood lacking necessary life skills to successfully thrive in their own lives.

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**What are Essential Life Skills**

- These skills are often taught in adolescence however, this is often when signs of mental illness begin to emerge so often times these skills are not developed.
- This is your road map to discharge

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**What are Essential Life Skills**


- Money Management
- Home and Self Care
- Home Management
- Running a Household
- Safe Community Participation
- Food and Nutrition
- You're On Your Own Program
- Using a Budget
- Doing your Banking
- Understanding Forms
- Being an Employee

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**Home Management**

Knowing how to manage a home or apartment is an important part of living independently. The program covers basics such as shopping and cooking, cleaning and personal hygiene, laundry and clothing management, and important daily routines.



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## Money Management

In this program individuals learn about budgeting and managing their money, smart shopping, how to do a variety of banking procedures, filling out applications, and much more. Everyday processes that are needed to live a successful, independent life.



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## Being an Employee

Employment and income make independent living possible, but how do you go about getting a job? The Life Skills curriculum walks individuals through the process from preparing for an interview and finding a job they are qualified for, to understanding their paycheck. The important topics of how to be an employee are also covered such as: filling out forms, giving their best effort, ethics, and how to be part of a team.



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## You're On Your Own Program

- The program provides a series of practical experiences of living life on your own in the town of Westwood.
- In 100 real-life activities learners set up bank accounts, go grocery shopping, find jobs and apartments, and much more. This comprehensive program exposes learners to a wide variety of vocabulary and terms, real-world math, and decision-making scenarios.
- As learners become immersed in the simulation they develop a clear understanding of the steps they will need to take and the decisions they will need to make to manage their own money and set-up and maintain their own households.



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## Social Services

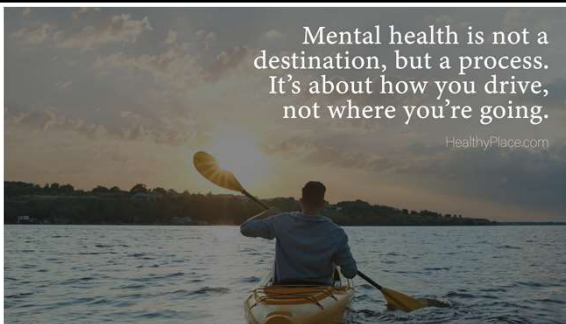
- Social Service is the head of the team
- Social Service performs an assessment with the resident to determine which essential life skills are most important to the resident and will provide the most support
- Social Services leads the groups and skills training to "teach the skills"
- Social Services intervenes when there is a behavior issue so that the plan can be modified; is the resident in the correct essential life skills group, are they actively engaged in the group
- Substance Abuse Management: what are other coping strategies; discharge location is important with this comorbidity

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It's about how you drive,  
not where you're going.

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## Skills Programs

- The skills training programs are developed in order to address a comprehensive range of skill areas as required, including the major domains of self-maintenance, social functioning, community living, occupational preparedness, symptom management, and substance abuse management.
- Aggression prevention and management are addressed through a comprehensive process. This information allows appropriate provision of anger management skills training, behavioral interventions, and appropriate psycho pharmacological interventions based on individualized assessment. Our residents learn anger management skills and coping skills including relaxation skills and stress management skills that can help them handle stressors that would otherwise lead to potential outbursts.

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**Skills Programs**

- Substance abuse management support groups for our residents with co-occurring disorders to provide needed supportive services and refer to our partners for more intensive services as needed, including recovery programs and detox programs. Many times, residents use ineffective coping skills including self-medication. Through our focus on assisting with substance abuse management, residents identify effective coping and engage in harm reducing behaviors.
- The psych-social program also creates opportunities for residents to practice and utilize skills both in the facility and in community settings both through the psych-social department and the activity program as well as in collaboration with our partnering day programs. Through groups such as Depression management, anxiety management, mood management and stress management the residents work to identify triggers and effective self-management strategies.

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**Skills Programs**

- Through groups such as communication skills, relationship and intimacy skills, conflict resolution and anger management skills residents work on emotional regulation and appropriate interpersonal skills as well as appropriate social interactions that they practice in the facility and generalize and practice in other settings.
- The symptom management skills and medication management skills groups are focused on giving residents the needed skills to address mental health symptoms and the importance of medications in managing mental health symptoms.

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**Skills Programs**

- The community re-entry skills group and vocational skills groups are focused on working with residents who are working toward discharge to assist with gaining and practicing the needed skills and acquiring the necessary resources to be successful in transition to the community.
- The residents also participate in mindfulness groups and relaxation groups to further help with tools and techniques for improving coping skills.

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**Nursing**

- Medication management: it is more than passing pills
- Is the resident able to carry over what they are learning in symptom management group and medication management group on the unit
- ADL's: who does what and when
- Groups: nursing can lead groups on medication management and healthy lifestyle changes

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**Activities: Leisure Skill Domains**


- Creative Arts & Expression
- Leisure Arts & Expression
- Leisure Skill Pursuit
- Spiritual
- Physical Fitness & Wellness
- Outings



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**Leisure Skills**



Domain	Skill Components
Creative Arts & Expression	Art, Music, Dance, Crafts, Literature, Design, Photography, Creative Writing, Theater, etc.
Leisure Skill Pursuit	Activity Engagement Developing Skills and Hobbies Computer Skills Sports and Recreation
Spiritual	Practicing and experiencing religion and religious beliefs; Relating to or affecting the human spirit and soul
Physical Fitness & Wellness	Exercise Promoting Physical Fitness Diet and Nutrition
Outings	Community Outings - dining out, bowling, movies, etc.

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## Activities: Behavioral Health Domains

- Self-Concept
- Emotional Expression & Regulation
- Social Skills
- Cognitive Functions
- Motivation & Mindfulness



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## Behavioral Health



Domain	Skill Components
Self-Concept	Confidence Self-Awareness Handling Challenges & Responsibilities
Emotional Expression & Regulation	Communication Skills, Coping Skills, Stress Management, Patience / Tolerance and Acceptance, Resisting Temptation, Respecting Boundaries, Appropriately Seeking Assistance
Social Skills	Turn-Taking, Communication Active Listening, Relationships Getting Along with Others, Working in teams
Cognitive Functions	Attention Span, Direction Following, Time Management, Organization, Regulation, Planning, Initiation, Sequencing, Problem-Solving, Multi-tasking, Processing, Retrieving Information, Symbolism
Motivation & Mindfulness	Goal Attainment, Making Positive Choices, Mindfulness Activities, Living a healthy lifestyle, Wellness

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## Activities: Community Re-integration Domains

- Self-Concept
- Healthy Habits & Routines
- Community Living Skills
- Vocational Skills
- Safety Skills
- Outings

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## Therapy's Role in Behavioral Health

- Many individuals with mental health disorders have co-morbid physical conditions
- Cannot separate your mind and your body
- Chronic pain and stress affect your body . . . .



## Physical Therapists

In addition to what we know...

- Counteract the long-term side effects of medications often prescribed for mental health disorders – which can affect an individual's balance, mobility and safety
- Manage Chronic Pain
- Health Promotion: management of health conditions
- Optimize well-being by bringing together the physical and mental aspects of exercise



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## Speech Therapists

Play a key role in an individual's ability to benefit fully from the behavioral health programming, improving cognitive skills such as:

- Concentration
- Attention
- Direction following
- Problem solving skills
- Insight
- Understanding context
- Critical thinking skills
- Ability to learn and retain information
- Short-term memory skills



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## Speech Therapists

Improve ability to understand and communicate thoughts and feelings -

- Social communication
- Ability to express ideas

Improves Dysphagia which can occur as a result of certain medications – side effects of chronic usage



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## Occupational Therapists



Reduce symptoms of mental illness through engagement in healthy roles and routines:

- structured daily and weekly routines
- productive use of leisure time
- engagement in meaningful occupation

This may include role development, or the development of habits and routines to foster a sense of purpose and support a wellness lifestyle.

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## Occupational Therapists



Help residents/consumers tackle the challenges of daily living:

- Self-care skills
- Community living skills – shopping, transportation, homemaking, meal preparation, medication routines, money management, etc.

This may include:

- building on strengths to improve recovery and participation
- analyzing, adapting, or modifying tasks or the environment to support goal attainment and optimal engagement in daily tasks and occupations

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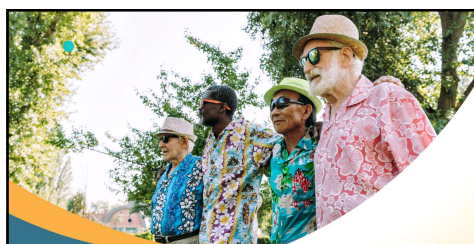
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“There is no health without mental health.”

– David Satcher

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