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- Please complete the pre-test survey prior to the start of our session.

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**We will get started shortly!**



CENTER OF  
**EXCELLENCE**  
FOR BEHAVIORAL HEALTH  
IN NURSING FACILITIES



**A Facility Assessment Approach to Behavioral Health**  
**August 27, 2023**



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IN NURSING FACILITIES

# Today's Presenter

## Jacob Berelowitz, LNHA, LMSW, CPHQ, CCM

### PROGRAM MANAGER, CENTER OF EXCELLENCE FOR BEHAVIORAL HEALTH IN NURSING FACILITIES

Jacob Berelowitz serves as the program manager of the Center of Excellence for Behavioral Health in Nursing Facilities.

Jacob has 15 years of clinical and administrative leadership experience as a nursing home administrator, director of social work, and social worker. He has served at nursing homes ranging in size from 700+ beds to 50 beds and has designed and implemented specialized nursing home units and programs to serve behavioral health needs of residents.

Dually licensed as a nursing home administrator and master social worker, he holds a master's degree in social work from New York University and is also a certified professional in healthcare quality and a certified case manager.

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# Nursing Facility Behavioral Health Needs Assessment

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## Why conduct a behavioral health needs assessment?

- Systematic way of identifying current behavioral health needs prevalent in facility's residents.
- Provides actionable data for planning staffing, training, and external resources/partnerships.
- Meets the requirement for a behavioral health component to the facility assessment that must be completed at least annually.



# Nursing Facility Behavioral Health Needs Assessment

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## 4 Step Process

1. **Identify Facility Characteristics/Needs** based on prevalence of behavioral health needs in the current resident population.
2. **Identify Facility Capacity** to support residents with behavioral health needs.
3. **Identify Gaps** Between the facility's needs and capacity.
4. **Develop and Implement Plan** to address the gaps in behavioral health capacity.



# Identify Facility Behavioral Health Characteristics and Needs

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## Assessment areas include:

- Diagnosis of mental illness
- Medications
- Substance use disorders and history
- Trauma history
- PASSR Level 2
- Incidents



# Mental Illness Diagnosis

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## Percentage and number of residents with a diagnosis of:

- **Schizophrenia**
  - **Bipolar Disorder**
  - **Major Depression**
- Can be gathered through a diagnosis search of your electronic medical records or a search of MDS item# I5700-16100
  - Remember this data is only as good as the person who entered it into the EMR or MDS.
  - Schizophrenia has been found to be misdiagnosed at times – ensure that those diagnoses are accurate and follow APA's diagnostic criteria.



# Medications

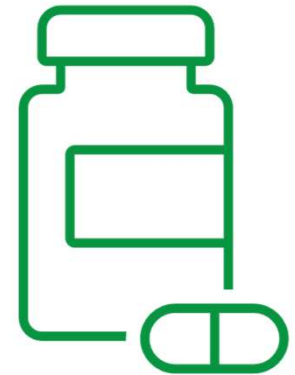
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Number and percentage of residents prescribed:

- Antipsychotic medication
- Other psychotropic medication

## Where can you find this info?

- Search your electronic medical record for medication orders
- Ask your pharmacy/consultant pharmacist





# Substance Use Disorders & History

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Number and percentage of residents with substance use disorders (SUD) and/or history.



## Where can you find this?

- Start with a diagnosis search in the electronic medical record
- History of SUD may be captured in social service assessments
- If you can't find this easily, do you think facility staff are aware of which residents have a SUD/history?



Note: SUD is not always captured in MDS and it's up to the facility to identify a way of screening each resident.



# Trauma History

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Number and percentage of residents with a trauma history

## Where can you find this?

- Start with a diagnosis search in the electronic medical record
- History of trauma may be captured in social service assessments
- If you can't find this easily, do you think facility staff are aware of which residents have a trauma history?

Note: Trauma history is not always captured in MDS and it's up to the facility to identify a way of screening each resident.

# Level 2 Preadmission Screening and Review (PASRR)

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Number and percentage of residents with a Level 2 PASRR

- Total number of residents with level 2 PASRR
- Residents with level 2 and specialized services recommended

## Where can you find this?

- Search of MDS item# A1500
- Does your facility keep a binder or file of all level 2 PASRR's? Maybe in social services?
- State PASRR database

Are there residents who may currently need a level 2 review?

# Incidents Related to Behavioral Health

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Number of monthly incidents/accidents related to mental illness or substance use disorders in past 6 months.

- Incidents
- Psychiatric hospitalizations

## **Where can you find this:**

- Review of incidents log (it's somewhat subjective)
- Review of admissions/discharge/transfer data in electronic medical record

## Step 2: Identify Facility Behavioral Health Capacity

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What is currently in place at your facility to address behavioral health needs?

- Staff training on behavioral health skills and knowledge
- Psychiatry/medication management
- Psychotherapy
- Other specialized behavioral health staff
- Specialized care areas
- Community agency behavioral health partnerships



# Staff Training on Behavioral Health

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What trainings are currently offered to all staff that address skills and knowledge for working with residents with mental illness or substance use disorders?

- Are there any additional trainings offered to specific groups of staff?

## Where can you find this?

- Ask the person responsible for staff in-services/education.
- Identify what trainings were completed in the past 12 months



# Psychiatry/Medication Management

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Is there a psychiatrist (or Psychiatric Nurse Practitioner) that evaluates residents and makes psychotropic medication recommendations?

- How often is the psychiatrist on site at the facility?
- Are all recommendations reviewed by the attending physician and interdisciplinary team?

## **Where can you find this?**

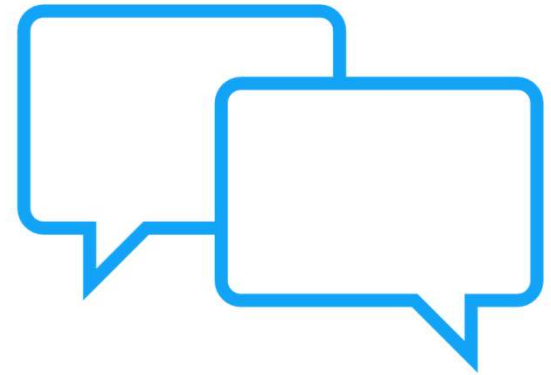
- Check the medical record for documentation of these reviews/recommendations
- This might be managed by the Medical Director, Director of Nursing, or Social Services.

# Psychotherapy

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Are psychotherapy (talk therapy) services offered to residents?

- Psychotherapy providers are usually psychologists, or clinical social workers.
- How often is the psychotherapist(s) on-site at the facility?
- Is psychotherapy offered in all needed languages?





## Other Behavioral Health Specialists

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Does your facility have any additional specialized staff to address behavioral health needs of residents?

- Psychiatric nurse practitioner
- Psychiatric nurse
- Behavioral specialist
- Activity specialist
- Behavioral tech



# Specialized Care Areas

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Does your facility have any specialized behavioral health care areas?

Specialized care areas are a model of cohorting residents with specific needs and providing specialized care to them.

- Staffing: Specific training, additional types or quantities of staff
- Environmental: décor, room capacity, restricted access

# Community Agency Partnerships

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Does your facility have any partnerships with local community behavioral health agencies?

- Psychiatric hospitals
- Mental health clinics
- Substance use treatment providers
- Medication for Opioid Use Disorder clinics
- AA/NA groups
- Psychosocial clubhouses



## Next Steps: Team Involvement

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- **Step 3: Identify Gaps** Between the facility's needs and capacity.
- **Step 4: Develop and Implement Plan** to address the gaps in behavioral health capacity.
- *The COE-NF offers many trainings and resources to help build capacity to meet behavioral health needs.*





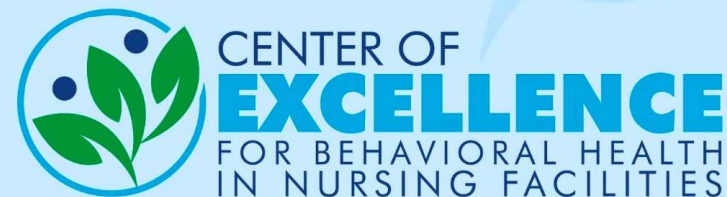
## Questions?



# Please complete the post-test and evaluation survey.

Visit [https://www.surveymonkey.com/r/PostTestFacilityAssess\\_2023](https://www.surveymonkey.com/r/PostTestFacilityAssess_2023)

or scan the QR code:



# Center of Excellence for Behavioral Health In Nursing Facilities

- Cooperative agreement between two federal agencies:
  - Substance Abuse and Mental Health Services Administration (SAMHSA)
  - Centers for Medicare and Medicaid Services (CMS)
- Awarded to Alliant Health Solutions
- Three-year grant: Started September 30, 2022



# SAMHSA Center of Excellence Model

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## **SAMHSA Centers of Excellence Model:**

Provide training and technical assistance on behavioral health needs of special populations.



## **Examples of other SAMSHA Centers of Excellence:**

- E4 Center of Excellence for Behavioral Health Disparities in Aging
- African American Behavioral Health Center of Excellence
- Center of Excellence for Infant and Early Childhood Mental Health Consultation
- LGBTQ+ Behavioral Health Equity Center of Excellence



# COE-NF Purpose

**Purpose:** The COE-NF serves as a centralized hub for expanding capacity in CMS certified nursing facilities to care for residents with a variety of behavioral health conditions. Training, technical assistance, and workforce development are provided to staff in nursing facilities.

## **Behavioral health areas of focus:**

- Serious Mental Illness (SMI)
- Serious Emotional Disturbance (SED)
- Substance Use Disorders (SUD)
- Co-Occurring Disorders (COD)
- Updated CMS nursing facility guidance (behavioral health, resident rights, quality of care)

# COE-NF National Staffing Model

## Regional Behavioral Specialists Model

- Experienced behavioral health professionals
- 10 COE-NF Behavioral Specialists
  - Alliant regions 1,2,3,4,5,7
- Each specialist is dedicated to an HHS region
- They live and work in the region they serve

## Comagine Health

- Partner
- Cohort Learning
- Supporting regions 6,8,9,10

## Additional Support

- Recovery specialist
- Training and education lead
- Subject matter experts on a variety of behavioral health topics



# COE-NF Services Audience

- COE-NF offers training and resources for all nursing facility staff
  - Administrators, directors of nursing, social workers, activities, nurses, nurse aides, rehabilitation, environmental services, and dietary team members
- All staff benefit from knowledge and skills regarding resident's behavioral needs, and CMS guidance on behavioral health education.

# Services Available to Nursing Facilities

## Foundational Trainings

- Behavioral health trainings identified needs assessment (literature review/interviews)
- Frequently offered and available on a monthly rotation
- Multiple facilities participate in same training session
- Trainings are inclusive of, but not limited to:
  - **De-Escalation Strategies** (Certificate program)
  - **Mental Health First Aid** (Certificate program)
  - **Question, Persuade, Refer** (Certificate program)
  - **Mental Health 101**
  - **Substance Use 101**
  - **Trauma-Informed Care**



# Services Available to Nursing Facilities

## Customized Technical Assistance

- Facility level behavioral health individualized technical assistance
- Provided by behavioral specialists based out of the region they cover
- Customized training opportunities to match facility's needs



# COE-NF Behavioral Health Action Network

- Join a group of facilities to learn together and from each other
- Monthly series of learning opportunities
- Each session has educational component and group sharing/learning component
- Cohort 4 covers Missouri and starts on September 21, 2023



# Online Resource Hub

- All resources on SMI/SED/SUD/COD topics with a specialized focus on nursing facility considerations
- On-demand learning modules – utilize when most convenient for staff
- Bite-sized learnings
- Fact sheets and educational flyers



# Eligibility

- COE-NF is funded to serve CMS Certified nursing facilities
- Facilities should be listed on the CMS Care Compare site as a **nursing facility** or **skilled nursing facility**
- Nursing facilities that are **not** CMS-certified are **not** eligible for services
- Ineligible facilities can still access the COE-NF free online resource hub, however those facilities are not eligible for technical assistance or trainings.





# When to Request Help from the COE-NF

## **Request assistance with:**

- Gaps identified in staff knowledge or skills in meeting behavioral health needs of residents
- Difficulty meeting a particular resident's behavioral health needs
- Where to start and how to prioritize training and skills development for staff around behavioral health needs of residents

## **Inquiries We Refer:**

- Assistance in non-behavioral health areas
- Requests or concerns from residents or care partners
- Requests from providers that are not CMS certified nursing facilities
- Emergencies - call 911



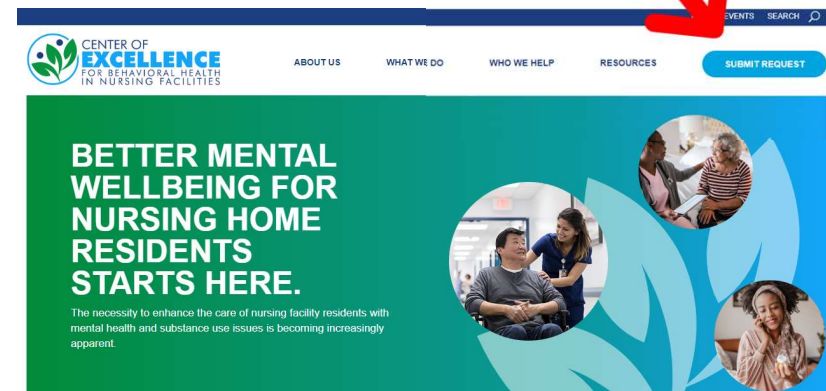
# How to Submit a Request

## Dedicated Website

- Online form where nursing facilities can submit consultation requests
- Include CCN number and full facility name
- Online requests are responded to within **48 hours**
- <https://nursinghomebehavioralhealth.org/request-assistance>

## National Call Center: (844) 314-1433

- Staffed by COE-NF behavioral specialists
- Assistance with completing the consultation request form
- Live Monday-Friday from 1-5 p.m. EST
- Messages will be responded to within **one (1) business day**



# Connect with the COE-NF

## Monthly Newsletter

- Shares behavioral health resources
- Provides nursing facility behavioral health regulatory updates
- Announces upcoming training opportunities

## Social Media Profiles

- LinkedIn: [www.linkedin.com/company/nursinghomebh/](http://www.linkedin.com/company/nursinghomebh/)
- Twitter: [twitter.com/NursingHomeBH](https://twitter.com/NursingHomeBH)
- Facebook: [www.facebook.com/NursingHomeBH](https://www.facebook.com/NursingHomeBH)
- YouTube: [www.youtube.com/channel/UCgnRi9EFB9rXApnlUwS09sw](https://www.youtube.com/channel/UCgnRi9EFB9rXApnlUwS09sw)

## Text Messaging Platform

- Enables nursing facility staff to receive COE-NF updates on their smartphone

SCAN ME



Scan QR code to  
sign up for the  
COE newsletter.

## Contact Information

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Program Manager

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**Let's chat on Monday!**  
**Exhibitor Hall: Booth #116**

Thank You!



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