# Deconditioned Dreams: Rethinking Life in LTC for Aged 55 and Under

PRESENTED BY WENDY BOREN, JENNIFER OTTE, & BROCK THORNSBROUGH

# History
# Dignity
# Education
# Choice & Voice
# Inspiration

Farmington State Mental Hospital
Farmington, MO

# History

State Mental Hospital No. 3, Nevada, MO physicians and nursing staff

**Prior to the 1960s - Full Service psychiatric hospitals, with full medical capacity**

**1954** FDA approved the antipsychotic drug Thorazine, with the aim for people with serious mental illness to be better able to live independently.

**1963** Congress passed the Community Mental Health Act which was meant to decrease the number of people living in institutions and instead provide them support through community mental healthcare centers.

**1971** Standards were created for state mental hospitals towards "least-restrictive."

## 1970s-early 1980s

Funding not received for community mental health centers (Jnl of American Geriatrics Society, 2022).

Deinstitutionalization begins taking place.

## 1987

More people with mental illness and/or intellectual disability residing in nursing homes prompting Congress to create the PASRR (AMA Jnl of Ethics, 2023).

## 1990s-2000s

Missouri State Mental Hospitals close—some converted to prisons.

**2019** Approximately 800,000 persons between 2016-2018 with PASRR identification of serious mental illness along with an SMI as recorded in other MDS items (PASRR Report, 2019).

Missouri places a higher percentage of adults with bipolar disorder or schizophrenia in nursing facilities than almost any other state. From 2011 to 2021, Missouri nursing facilities consistently had between the second and third highest percentage of residents with schizophrenia or bipolar disorder in the nation.

In March 2023, there were 3,289 Medicaid-eligible adults with mental health disabilities[28] in Missouri's nursing facilities who had been there for at least 100 days[29] and who did not have a co-occurring diagnosis of Alzheimer's or dementia.[30] Without excluding those with Alzheimer's and dementia, there were 6,179 such adults.

**3,289**

Adults with mental health disabilities in Missouri's nursing facilities for 100+ days, excluding those with Alzheimer's or dementia

https://www.justice.gov/d9/2024-06/2024_missouri_ada_findings_report.pdf

Think LONG GAME…

1. How will I handle X when it comes to behaviors?
2. Am I staffed *all shifts* to physically and emotionally provide good care?
3. Is there an exit strategy if this doesn't work out?
4. Where or with whom could I room them?
5. What was their previous placement? (i.e., how long have they been "in the system"?)
6. Are they on the sex offender registry?
7. Do they have a history of suicidal ideation with attempt?
8. Do they have a history of setting fires?

**Go visit them. Introduce yourself. Invite them to come. Start off on the right foot!**

# Dignity

Parents vs. Peers
Sex, Social Media, and Street Drugs

# Education

Life Coaches vs. Life Sentences
Community Care Partners
Financial Configurations

# Choice & Voice

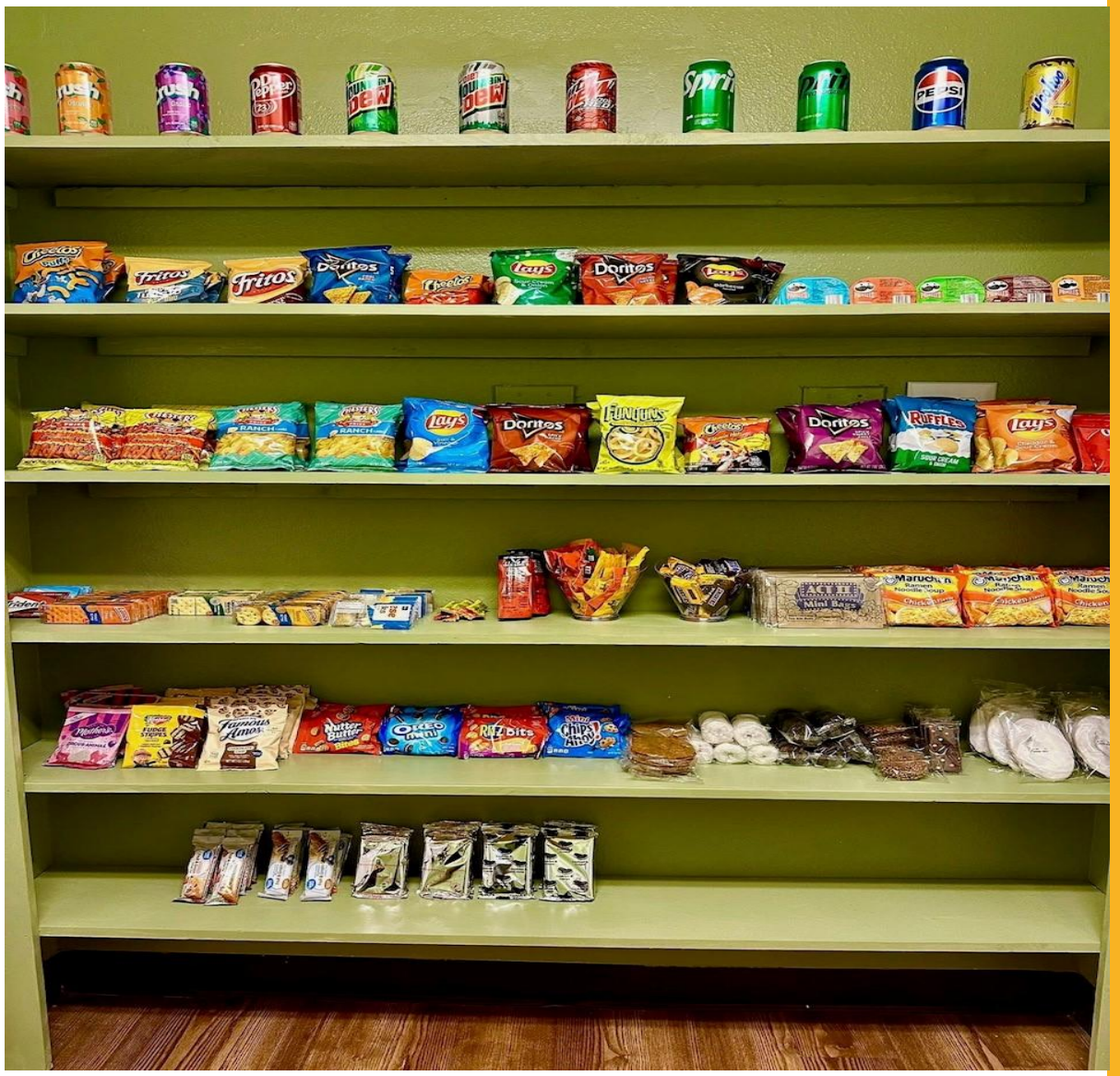
Schedules & Self-Care
The Buddy System
Clubs, Cooking, & Resident Councils

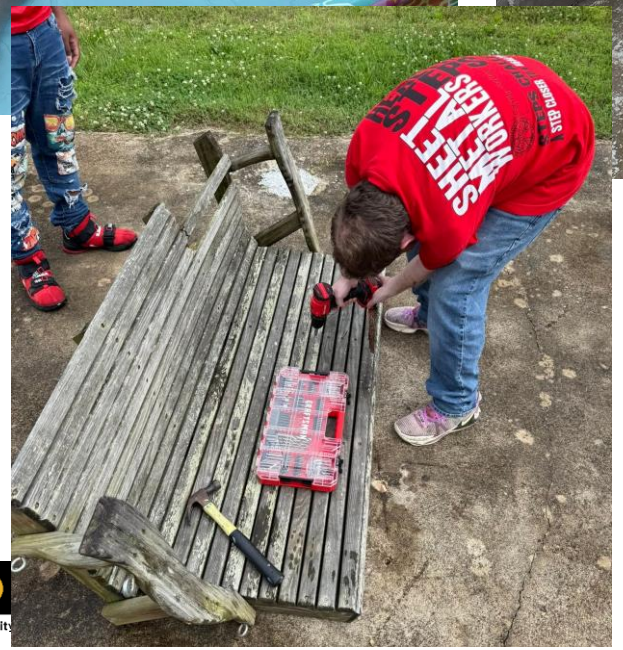
# Top 10 Stuffs!

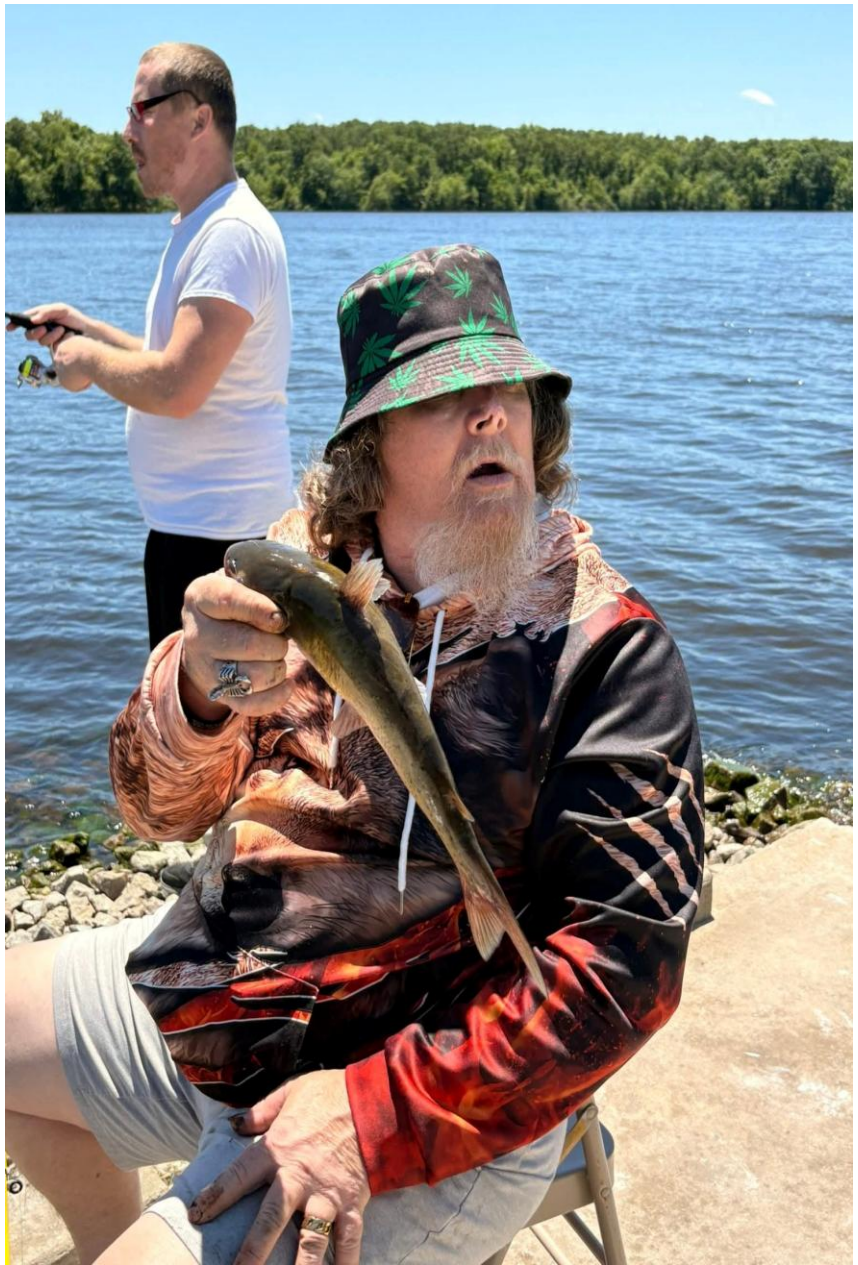
(Per an informal survey by this nurse!)

- Personal TV with internet streaming (Hulu, Paramount Plus, Netflix)
- Internet access
- Phone
- Earbuds and charger.
- Plants
- Cool art for the walls or fairy lights
- Soft blankets and better pillows
- Personal refrigerator
- Air fryer
- Keurig

# Welcome to Our Mercantile







QIPMO
Partnering With You to Promote Quality

# Inspiration

# Life shouldn't stop because you need a little more help!

## Questions or comments?

## *Resources available!

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# Want to Continue the Conversation?

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# Community Supporting Services

Celebrate Differences.

City Down Syndrome Innovations.

Down Country.

Down Syndrome Association of Greater St. Louis.

Down Syndrome Group of the Ozarks

CCC
Your Behavioral Health + Wellness Resource

https://www.missouri-al-anon.org/meetings.html

# Behavioral Health Resources

- Missouri Department of Mental Health https://dmh.mo.gov/
- Substance Abuse and Mental Health Services Administration (SAMSA) https://www.samhsa.gov/mental-health
- National Alliance on Mental Illness https://www.nami.org/
- Council on Social Work Education https://www.cswe.org/
- National Center for PTSD https://www.ptsd.va.gov/
- Suicide Safety Assessment Screening https://www.nimh.nih.gov/sites/default/files/documents/research/research-conducted-at-nimh/asq-toolkit-materials/adult-outpatient/bssa_outpatient_adult_asq_nimh_toolkit.pdf
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