

# Welcome!

- This session is being recorded.
- All lines are muted, so please ask your questions in the chat.
- Please complete the pre-test survey prior to the start of our session.

Visit [https://www.surveymonkey.com/r/PreTestSMI2023\\_Richman](https://www.surveymonkey.com/r/PreTestSMI2023_Richman)



**We will get started shortly!**



CENTER OF  
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IN NURSING FACILITIES



**Serious Mental Illness (SMI) in Nursing Facilities: Using a 5-Step Approach**  
August 9, 2023



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# Today's Event Host

## Nikki Harris, MA, CBHC-BS

### COE-NF TRAINING AND EDUCATION LEAD

- For the past 20 years, Nikki has provided program implementation, development, management, external and internal trainings, policy development, quality assurance, and managed training coordination and technical support throughout the southeast region.
- Previously, she served as the project manager for the Division of Behavioral Health and Substance Use Services within the South Carolina Department of Corrections.
- She has a B.A. in psychology from the University of South Carolina, a M.A. in counseling from Webster University and is a certified behavioral specialist.



# Today's Presenter

## Deborah E. Richman, BS, C.D.S.

### DIRECTOR OF EDUCATION AND CLIENT DEVELOPMENT

Deborah is the Director of Education and Client Development for HealthCare Interactive, Inc. Her 30+ year professional career has focused on senior services primarily in the areas of program development and education/training for staff, family and community. She has presented at the international, national, state and local level for a variety of health-related organizations.

She provides consultation and training for residential care settings and community groups in the areas of aging, understanding dementia (symptoms and management), dementia related behavior, serious mental illness/dementia, therapeutic program development and person-centered care/interventions for direct care staff.

She received her bachelor of science from the University of Wisconsin-Oshkosh.

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# Disclaimer

*HealthCare Interactive's national panel included SMI experts from the University of South Florida's Center for Aging Studies, the Houston Department of Veteran's Affairs, the University of Minnesota's School of Nursing, Florida Atlantic University's School of Nursing and College of St Scholastica in Minnesota. This panel helped to identify the four areas of SMI used in this training. Note that these may differ from other resources you are familiar with.*

# Overview

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- Participants will define serious mental illness and list the four major categories of SMI.
- Participants will describe the differences between SMI and dementia and note misperceptions about SMI.
- Participants will describe the recovery model and list the five steps in the CARES® Approach for SMI.

## CARES® Video Clip



# *Introduction to SMI*

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# What is Mental Illness?

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<https://www.nimh.nih.gov/health/statistics/mental-illness>

Mental illnesses are common in the United States. It is estimated that more than one in five U.S. adults live with a mental illness (57.8 million in 2021). Mental illnesses include many different conditions that vary in degree of severity, ranging from mild to moderate to severe.

Two broad categories can be used to describe these conditions: Any Mental Illness (AMI) and Serious Mental Illness (SMI). AMI encompasses all recognized mental illnesses. SMI is a smaller and more severe subset of AMI. Additional information on mental illnesses can be found on the [NIMH Health Topics Pages](#).



# What is Serious Mental Illness (SMI)?

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<https://www.nimh.nih.gov/health/statistics/mental-illness>

**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.

# SMI CATEGORIES

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- Schizophrenia
- Bipolar Disorder
- Schizoaffective Disorder
- Major Depression

# SMI and DEMENTIA

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- **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.

<https://www.nimh.nih.gov/health/statistics/mental-illness>

- **Dementia** is a term used to describe a group of symptoms affecting memory, thinking and social abilities. In people who have dementia, the symptoms interfere with their daily lives. Dementia isn't one specific disease. Several diseases can cause dementia.
- Dementia generally involves memory loss. It's often one of the early symptoms of the condition. But having memory loss alone doesn't mean you have dementia. Memory loss can have different causes.
- Alzheimer's disease is the most common cause of dementia in older adults, but there are other causes of dementia. Depending on the cause, some dementia symptoms might be reversible.

<https://www.mayoclinic.org/diseases-conditions/dementia/symptoms-causes/syc-20352013>

## CARES® Video Clip



# *Differences Between SMI and Dementia*

# RECOVERY MODEL

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- Recovery is not a cure
- Managing mental illness (recovery) is an ongoing journey
- Journey is different for each person

Recovery includes:

- A. Hope
- B. Healing
- C. Empowerment
- D. Connection
- E. A meaningful role in life
- F. Acceptance by others

## CARES® Video Clip



# *Recovery and the CARES® Approach*

# The CARES® Approach

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- C – Connect
- A – Assess Behavior
- R – Respond appropriately
- E – Evaluate what works
- S – Share with others

## CARES® Video Clip



# ***CARES® in Action: “The Magic”***



# Questions and Answers

## Try SMI:

[www.hcinteractive.com/Login](http://www.hcinteractive.com/Login)

Product Key: FTA63  
(expires 9/30/2023)



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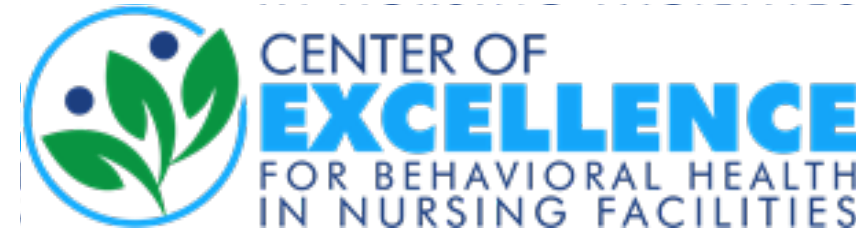
Thank you



# Center of Excellence for Behavioral Health In Nursing Facilities

**The Center of Excellence focuses on increasing the knowledge, competency and confidence of nursing facility staff to care for residents with behavioral health conditions.**

- Provides mental health and substance use trainings, customized technical assistance and resources at no cost
- Services are available to all CMS certified nursing facilities throughout United States
- Established by the Substance Abuse and Mental Health Services Administration (SAMHSA) in collaboration with the Centers for Medicare and Medicaid Services



**For assistance, submit a request at**  
[nursinghomebehavioralhealth.org](https://nursinghomebehavioralhealth.org)

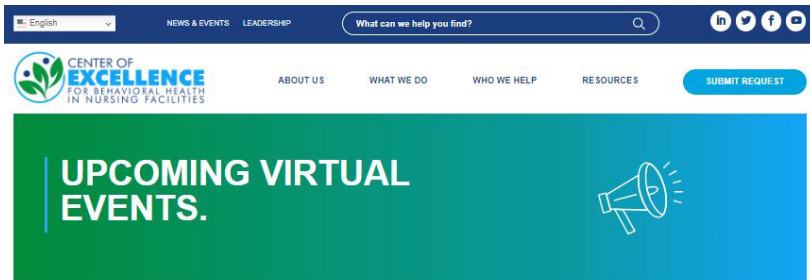
**Contact us:**

National Call Center: **1-844-314-1433**

**Email:** [coeinfo@allianthealth.org](mailto:coeinfo@allianthealth.org)

# Stay Up-to-date and Register for our Next Event!

<https://nursinghomebehavioralhealth.org/upcoming-events/>



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## Contact us:

For more information or to request assistance, we can be reached by phone at

**1-844-314-1433** or by email at [coeinfo@allianthealth.org](mailto:coeinfo@allianthealth.org).

## Visit the website:

[nursinghomebehavioralhealth.org](https://nursinghomebehavioralhealth.org)

A screenshot of the 'UPCOMING VIRTUAL EVENTS' section. It features five event cards arranged in a grid. Each card has a title, event date, time, and a 'LEARN MORE' button. The events are: 1. 'Question, Persuade, Refer (QPR)' on July 7, 2023, 2-3:30 p.m. EST. 2. 'An Introduction to Culturally and Linguistically Appropriate Services (CLAS) Standards' on July 18, 2023, 2-2:30 p.m. EST. 3. 'An Overview of Schizophrenia and Psychosis' on July 19, 2023, 2-2:30 p.m. EST. 4. 'An Introduction to Creating a Trauma-Informed Culture in the Post-Acute and Long-Term Care Facility ...' on July 26, 2023, 2-3 p.m. EST. 5. 'Mental Health First Aid (MHFA)' on July 28, 2023, 11 a.m. - 4:30 p.m. EST. The status 'FULL' is shown below the date for the MHFA event.

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Thank You!

