



A Facility Assessment Approach to Behavioral Health

April 18, 2024



CENTER OF
EXCELLENCE
FOR BEHAVIORAL HEALTH
IN NURSING FACILITIES

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 program 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

Jacob Berelowitz, LNHA, LMSW, CPHQ, CCM

PROGRAM DIRECTOR, CENTER OF EXCELLENCE FOR BEHAVIORAL HEALTH IN NURSING FACILITIES

Jacob serves as the program director for the Center of Excellence for Behavioral Health in Nursing Facilities. He 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 from 50-700+ 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, Jacob 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

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

CMS Proposed Rule:

- Strengthening the Facility Assessment Requirement:
 - “Clarifying that facilities must use evidence-based methods when care planning for their residents, **including consideration for those residents with behavioral health needs.**”
- Currently still a “proposed rule”, guidance may change when the final rule has been released.
- Current guidance already requires consideration in facility assessment of resident’s behavioral health needs and staff training/skills.



Nursing Facility Behavioral Health Needs Assessment

- CMS mentions behavioral health needs throughout the current State Operations Manual, in guidance regarding behavioral health Ftags (F740-F745).
- Some examples:
 - Pg. 498: *“SUD and SMI care needs should be part of the facility assessment. Facility should determine if they have capacity, services, and staff skills to meet the requirements of F741.”*
 - Pg. 507: *“The facility must consider the acuity of the population and its assessment in accordance with §483.70(e) – facility assessment. This includes residents with mental disorders, psychosocial disorders, or substance use disorders (SUDs), and those with a history of trauma and/or post-traumatic stress disorder (PTSD), as reflected in the facility assessment.”*
 - Pg. 508: Regarding sufficient staff to provide BH services: *“The facility must address in its facility assessment under §483.70(e) (F838), the behavioral health needs that can be met and the numbers and types of staff needed to meet these needs.”*

Nursing Facility Behavioral Health Needs Assessment



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

Assessment areas include:

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



Mental Illness Diagnosis



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-I6100
 - 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

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

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



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)

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

Number of monthly incidents/accidents related to mental illness or substance use disorders in past six (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

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

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

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

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

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

Does your facility have any specialized behavioral health care areas?

Specialized care areas are resident cohort models with specific needs in which specialized care is provided to residents.

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



Community Agency Partnerships



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

- Psychiatric hospitals
- Mental health clinics
- Substance use treatment providers
- Medication Assisted Treatment clinics
- AA/NA groups
- Psychosocial clubhouses

Next Steps: Team Involvement

- **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.



COE-NF Behavioral Health Needs Assessment Tool

There are four vital steps to the behavioral health assessment:

Facility Characteristics and Needs

Identify needs based on the current prevalence of behavioral health diagnoses of the resident population. This can include looking at mental illness and substance use diagnoses, psychiatric medication use, incidents related to behavioral health, and more.

01

Facility Behavioral Health Capacity

Review and assess what is currently in place to address residents' behavioral health needs. A facility can determine what staff training has been completed and current staff training needs. It can also identify any specialized behavioral health staff and medication management available.

02

Identify Gaps Between Needs and Capacity

Examine the facility needs and its current capacity. This includes education and knowledge barriers and availability of culturally appropriate behavioral health service providers.

03

Develop and Implement Your Plan

Implement quality improvement plans to address any identified gaps.

04



<https://bit.ly/COEAssessmentTool>



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