

Managing Severe Mental Illness in Long-Term Care



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LTCfocus.org



LTC focus

Long-term Care: Facts on Care in the US



Create a Map



Research Findings

[Need Help?](#)

ADD DATA TO THE MAP

% Schizophrenic or Bi-polar (preva...

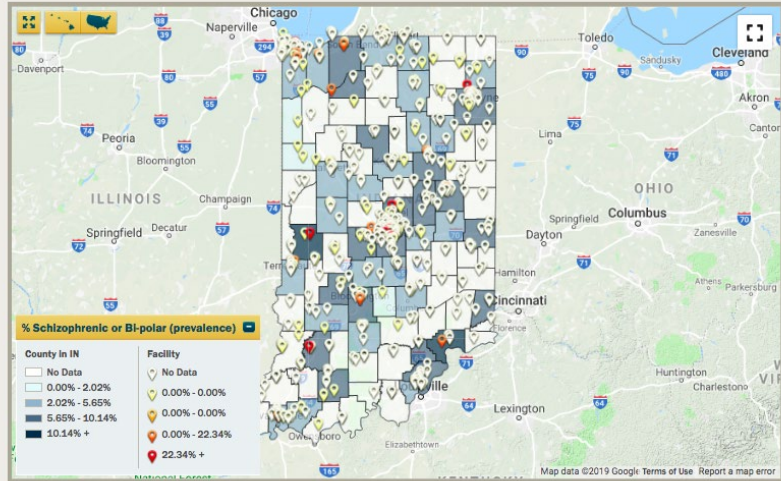
SELECT A YEAR

2000

CURRENT VIEW

Indiana

Update Map



LTC focus

Long-term Care: Facts on Care in the US



Create a Map



Research Findings

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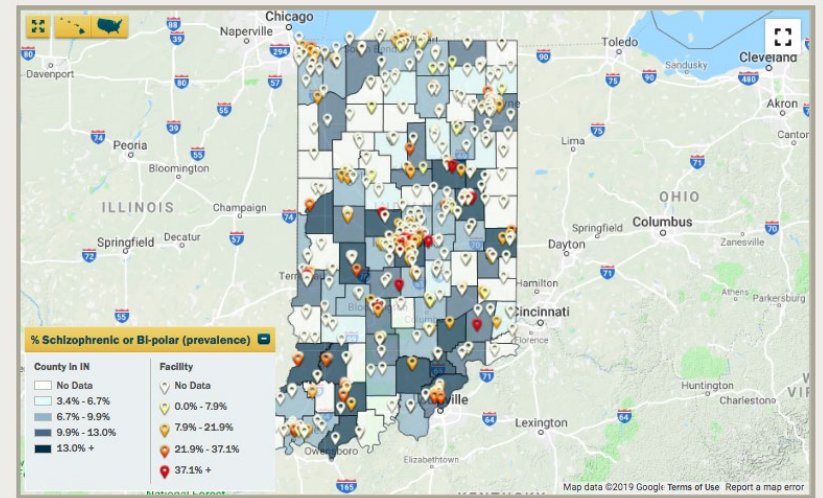
SELECT A YEAR

2017

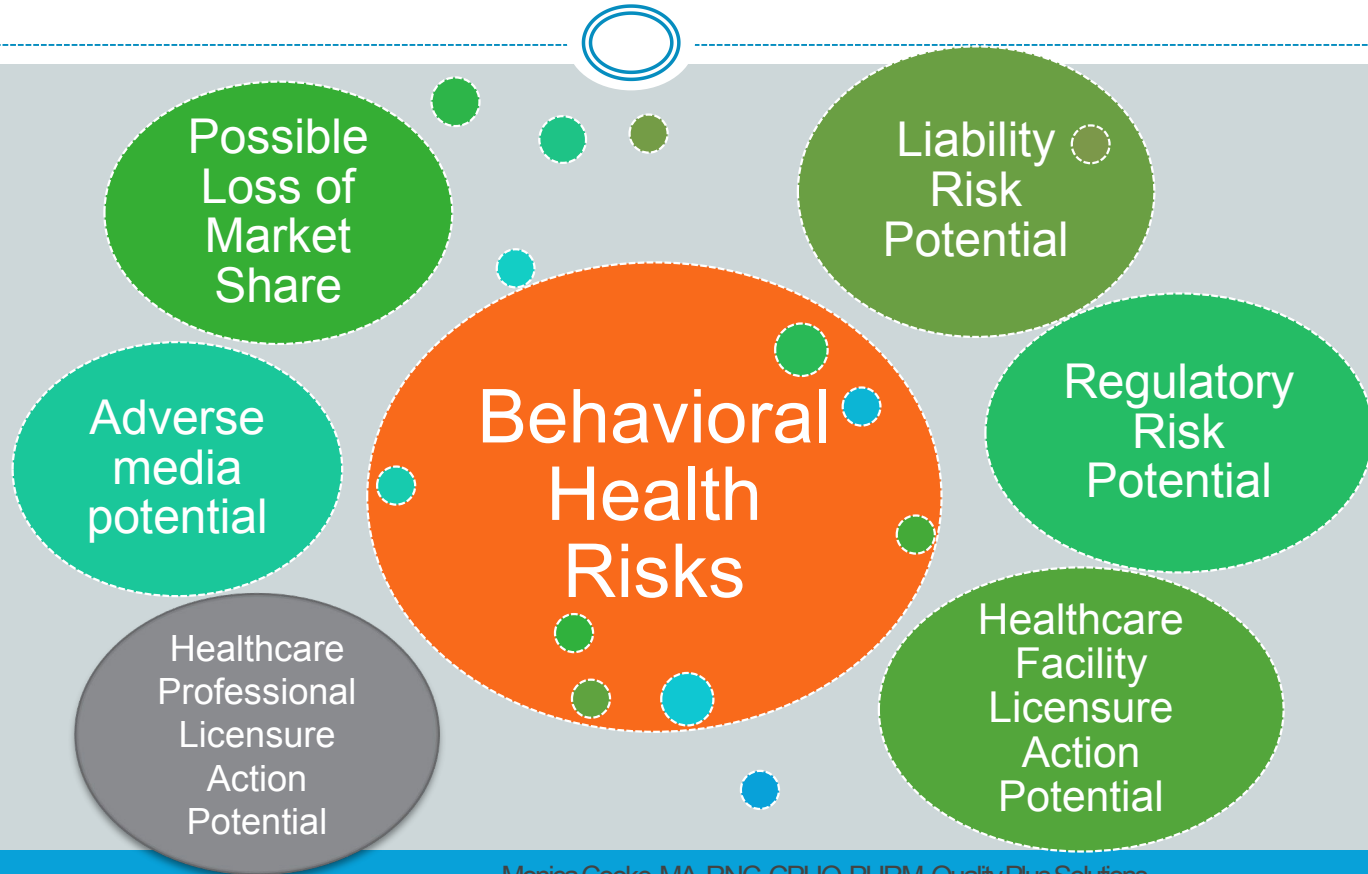
CURRENT VIEW

Indiana

Update Map



Risk Exposures



Other Risks



- Physical injury to staff, residents, and family members by aggressive residents
- Frightened residents and families who transfer out of communities
- Increased staff turnover



Overview



- Staff training and support
- Policies and procedures
- Engaging mental health professionals
- Therapeutic recreation



Behavioral Health Problems



- Depression/Anxiety
- Psychotic Disorders
- Substance Abuse
- Dementia
- Adjustment Disorders

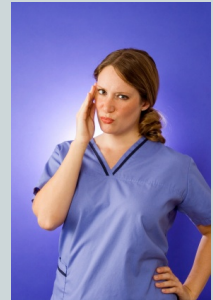


- Stress Life Events Scale
 - Physical illness
 - Change of residence
 - Separation from spouse, family, neighbors, church
 - Change in financial status
 - Incarceration
 - Catastrophic level of stress

Staff Support



- **Staff retention**
 - Staff to need
 - Group hires
 - Training/support about death and dying
- **Impact of SMI residents on staff**
 - Transference/Countertransference
- **Support and backup on handling situations**
 - Splitting
 - Teachable moments
- **System/Teamwork in place to communicate info**
 - Change of shift report, behavioral rounds
- **Training on policies and procedures**



Policies and Procedures



- Defense against splitting
- Policies on:
 - Smoking
 - Drinking
 - Acting out/behavior problems
 - Sexual activity
- Goal: Proactive rather than reactive responses



Engaging Mental Health Professionals



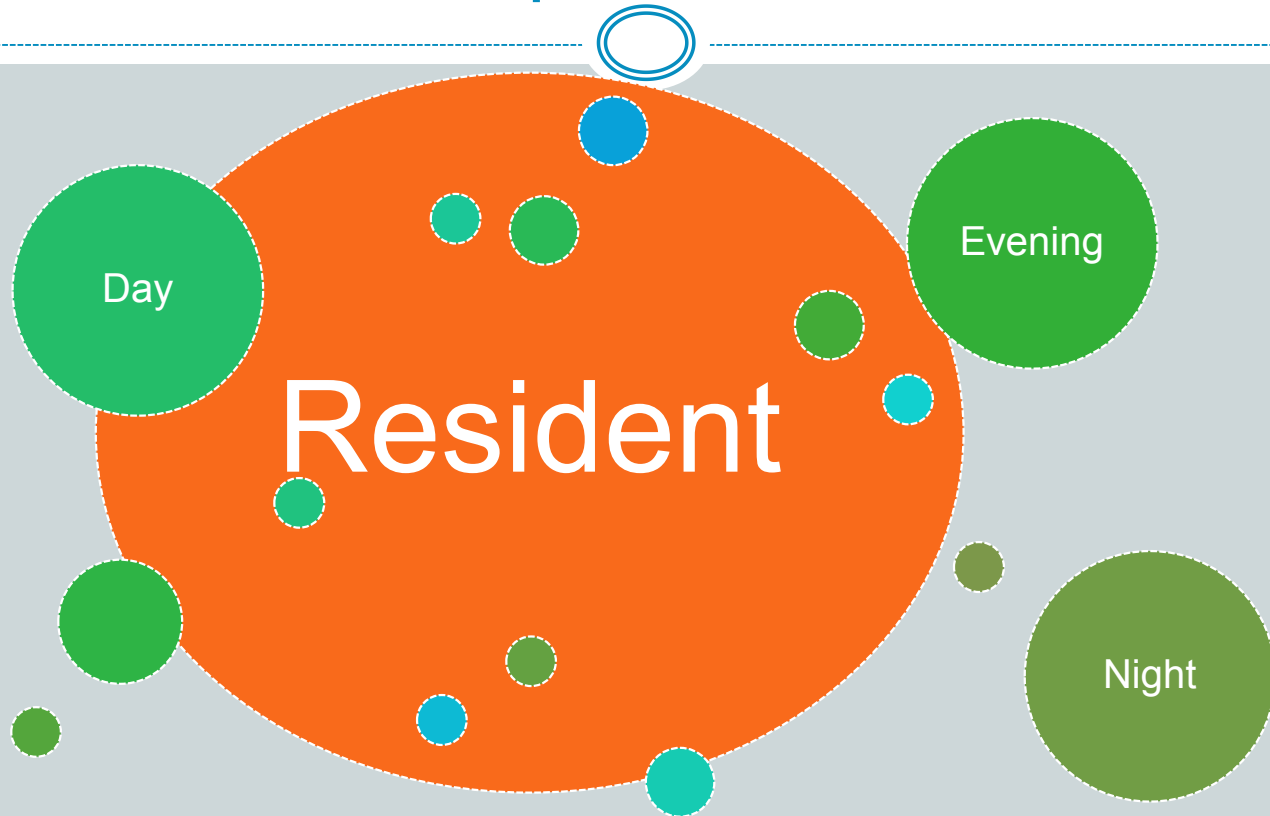
- Psychologists, psychiatrists, social workers
- Frequency of presence
- Communication
- Early referrals
- Critical period
- Psychiatric nurses/aides

- pltcweb.org



PLTC Psychologists in Long-Term Care

Therapeutic Milieu



Structuring Time



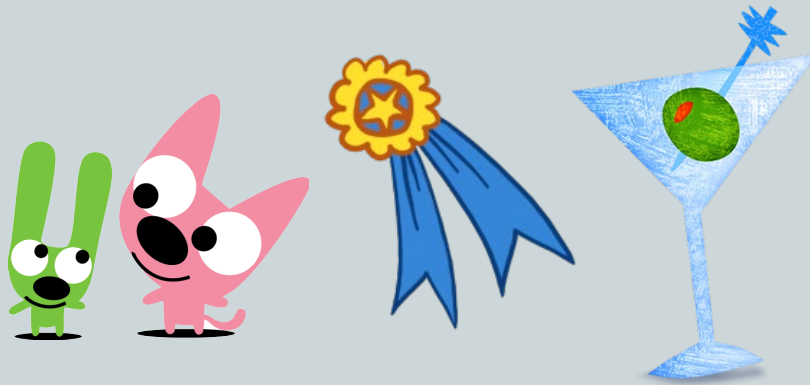
- Day: Productive engagement
- Evening: Winding down for the day
- Night: Sleep hygiene



Successful Therapeutic Recreation



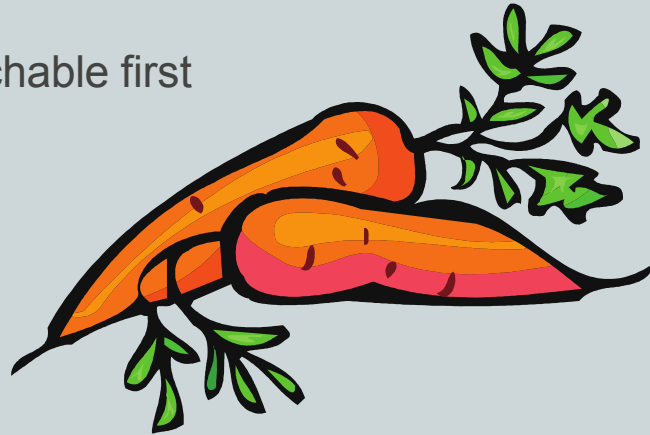
- Create positive connections among residents
- Emphasize strengths and skills
- Address problems (such as substance abuse)
- Pro-social



Troubleshooting



- “Negative” group of adults in residence
 - Enlist help of social worker or psychologist
 - Use both carrot and stick approaches
 - Find out what they want
 - Appeal to the most approachable first



Goals/Summary



- Train staff on basics of mental illness
- Hire staff with psychiatric experience
- Invest in staff retention efforts
- Policies and procedures in place
- United team with good communication
- Refer early before problems arise
- Engage in positive activities
- Create a therapeutic milieu



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McKnight's LTC News: "The World According to Dr. EI"

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