

RISE 3.0 Behavioral Health Program

The program aims to promote a culture of behavioral health awareness and well-being in long-term care communities through education, training, and access to tools and resources, leading to improved outcomes for leaders, staff, and residents.



Social Work Consultation



One-One consultation with a RISE Social Worker to provide guidance and peer support to LTC community social workers, discharge planners or wellness staff. The goal is to expand knowledge base, help mitigate obstacles, and provide mentorship leading to enhanced care for residents. Time commitment for community: one hour.

Available Services:

Social Work Guide (SNFs)

- *Provide guidelines on the discharge process from SNF to Home.*

Onsite Mentorship/Support

- *Provide guidance and peer support to LTC community social worker or discharge planner.*

Resource Connection/Coordination

- *Connection to a variety of resources based on expressed needs to expand long-term care communities' ability to support the needs of its employees, residents, and families.*

Behavioral Health Education Sessions



Virtual and onsite educations focusing on person-centered care topics that will provide foundational knowledge to all long-term care staff increasing their knowledge and skills to provide better quality care to all residents. Time commitment for community: one hour.

RISE has partnered with **Center of Excellence for Behavioral Health in Nursing Facilities** and **Center of Excellence for Behavioral Health Disparities in Aging** to bring communities virtual trainings, office hours, tool kits and resources. Their goals are to enhance care for residents with mental health and substance use concerns along with physical health disparities by educating providers who care for these individuals.

Available Topics:

Burnout

- ▶ *Overview of burnout, how to identify the signs and symptoms, how to mitigate burnout in the workplace along with an interactive mindfulness session.*

Mental Health & Mental Illness

- ▶ *Overview of mental health, how to recognize the signs and symptoms, available treatment options/resources along with case study examples for review.*

De-escalation

- ▶ *Review of one's personal readiness, escalation events, de-escalation tactics, and how to debrief along with interactive practice scenarios.*

Opioid Use/Substance Use Disorder

- ▶ *Raise awareness, reduce stigma, and provide practical knowledge, and skills to staff in long-term care settings.*

Dementia Simulation

- ▶ *A hands-on training program designed to increase staff's understanding of what dementia is, what it may be like to live with dementia, and consider experiences from the point of view of a person living with cognitive impairment.*

If you would like to learn more, contact your RISE Team Representative!

Long Term Care RISE