

# REGION-PALOOZA

## BEHAVIORAL / MENTAL HEALTH TRAINING FOR ALL SETTINGS WEBINAR

THURSDAY, JANUARY 17, 2019 • 10:00 AM–11:00 AM

In fall of 2017, the members of the Lake Superior QIN East Metro Coordination of Care Steering Committee brainstormed potential solutions to a public policy challenge where consumers with mental health needs were sent to hospitals to address behavioral issues, rather than trying to prevent and de-escalate the behaviors at their “home” settings. The steering committee landed on developing training tools, applied for a funding grant from Stratis Health, and began the work of recruiting key stakeholders and content experts to produce a video training series focused on improving behavioral health outcomes by boosting caregivers understanding of older adult behavioral health.

A three-episode behavioral health video training series was developed and finalized in November 2018 for post-acute care providers and family caregivers without access to formal clinical training programs.

### **Older Adult Mental Health Basics**

Explain common mental illness disorder categories; share the compelling statistics; address the fear and inadequacy many providers and caregivers feel; confront stigma & derogatory labels; express hope and treatment can be effective; convey how you as a care provider or family caregiver can support; provide resources for more help.

### **Crisis Prevention & De-Escalation**

Describe common behaviors and triggers likely to cause behavioral events; Suggest prevention tips to reduce behaviors; Demonstrate “right way/wrong way” de-escalation scenarios; how to apply new learning after an event; offer additional resources.





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### **Person-Centered Care & Collaboration**

Importance of individual behavioral care plan; creative solutions to diminish/redirect behaviors; when to consult with outside professionals for behavioral assessments/evaluations; offer additional resources.



The webinar will review the content of the video series, show “snippets” of each of the videos and focus on how to use the videos and the learning tools that accompany each video for initial and ongoing training of staff.

### **Presenters:**

- Patti Cullen, CAE, President/CEO, Care Providers of Minnesota
  - Dean Neumann, APR, Community Relations Director, Mental Health & Addiction Services, St. Joseph's Hospital, East Metro COC Community
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This webinar is offered FREE to Care Providers of Minnesota members as a “virtual” regional meeting. Because the webinar is presented at no charge, CEUs are not provided.

