

**TWO – DATE/LOCATION OPTIONS**

**DECEMBER 3, 2019**

8:30 a.m. – 4:30 p.m.

Location: Rockwood Event Center, Spokane

**DECEMBER 5, 2019**

8:30 a.m. – 4:30 p.m.

Location: Sullivan Center, Tukwila

**FEES:**

LeadingAge attendee:  
\$129.00

Training attendee:  
\$179.00

**INCLUDES:** 7.5 CEs, lunch, breaks & materials



Behavior health encompasses an increasing number of mental health conditions in long term care (LTC). Traditionally the nursing facility has housed elders with dementia, various mental health conditions such as anxiety and depression. The nursing home population has become more complex and residents are entering the facilities with various forms of Schizophrenia and Bipolar disorders. The aging of the baby boomers has now brought in elders that have substance abuse disorders and post-traumatic stress, all of which require special care needs and disorder management.

The focus of this class is to assist the participants to understand the regulations required for caring for this population and to provide an understanding of what the disorders are and the symptoms that are exhibited. These conditions are not all managed with the same techniques and competencies will be needed to ensure the staff can address these resident's needs. Discussions will focus on non-pharmacological care that will assist in person centered care for these residents.

## TRAINING OBJECTIVES

**Following completion of the program each participant will:**

1. Identify 3 - 5 behavioral health conditions frequently seen in LTC.
2. Understand the symptoms and behaviors seen in LTC facilities.
3. Describe methods of documenting behaviors and identifying potential triggers
4. Develop person centered interventions to address various forms of behaviors

## OUTLINE

1. Regulatory Review - Phase I, II, III
2. Identification of Behavioral Health Conditions in LTC - Schizophrenia, Bipolar Disorder, Substance abuse, PTSD, etc.
3. Conducting assessments to determine signs of behavior mental health in LTC
4. Designing non-pharmacological Person Center Care approaches for Managing Behavioral Health
5. Documenting/Describing Behavioral Health conditions

## BIOS:



**Barbara A. Bates, RN, MSN, RAC-CT, DNS-MT, QCP-MT** has 40+ years' experience in Geriatric psychiatry and LTC nursing, holding management, and administration positions at the Rochester Psychiatric Center as well as the Director of Nursing position at a NYS Veterans Home. Mrs. Bates has a MSN, specializing in Nursing Education, is certified in MDS 3.0, and is a master teacher for DNS-CT and QCP through AADNS. Barbara currently provides educational programming in MDS, Care Area Assessments, Behavior Management, Person Centered care planning and Compliance and Ethics nationwide. Mrs. Bates provides training in PRI, and MDS for SUNY@Albany School for Public Health statewide and is

currently the Training Executive for MDS Consultants. She has spoken nationally for Health Information Network, AANAC, AADNS, and Pioneer Network. Barbara is also currently employed by MedNet Compliance and provides onsite clinical reviews in various nursing homes related to compliance and survey readiness.

Previously was a facilitator for several NYS grant program, Gold STAMP program to reduce pressure ulcers in NYS and the implementation of Medical Director/Attending Physician Guidelines, and Customer Satisfaction. She previously was the senior educator for the Foundation of LTC, providing instruction in Exceptional Care Planning, which focused on streamlining care plans and enhancing resident-centered care. She is currently a member of the DNS-EAP committee for AADNS and volunteers for the NYS Surrogate Decision-Making Committee, a Governor-appointed position.



**Linda Winston, RN, MSN, BS, RAC-CT, DNS-MT, QCP-MT** - A nurse for over 30 years, Linda has a diversified background in the long-term care setting, in roles including staff nurse, supervising nurse, nurse educator, nursing administrator, and, for 16 years, director of nursing. Her areas of expertise are the current survey and certification process; quality assurance and performance improvement; resident assessment; clinical approaches, including the improvement and prevention of skin alterations and prevention of falls; and implementation of systems.

Linda has a master's degree in nursing with a focus on education and works as a nurse consultant/educator. She holds positions as a Training Executive with MDS Consultants, LLC. and Director of Client Assurance with Med-Net Compliance, LLC. Additionally, Linda holds certifications from the American Association of Post-Acute Care Nursing's affiliates AADNS and AANAC. She is certified as a Resident Assessment Coordinator (RAC-CT). She is a master trainer for the American Association Director of Nursing Services certification programs, the Director of Nursing Services (DNS) and QAPI Certified Professional (QCP).

As a participant in the School of Public Health–University of Albany's GoldSTAMP program, she has worked to improve the prevention and care of pressure ulcers across healthcare settings and has also worked as a per diem nurse planner. She has experience with conducting mock surveys, mentoring and coaching, and building systems.

As an outstanding leader in implementing new systems as well as leading teams through change, Linda has been recognized with several awards, including Duquesne University's Alumni Award, New York State's Commissioner's Award (as a team member); and recognition as a Patriotic Employer of the National Guard and Reserve by the Office of the Secretary of Defense. Most recently, she has received the American Association of Post-Acute Care Nursing's "Contributor of the Year" award.

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