

Sharing Knowledge. Improving Health Care. CENTERS FOR MEDICARE & MEDICAID SERVICES Lake Superior Quality Innovation Network MICHIGAN | MINNESOTA | WISCONSIN

Post-Acute Care Mental Health Video Training Series

Gain a Better Understanding of Older Adult Mental Illness

Learn new skills and a clearer understanding of older adult mental illness with this free, three-episode video training series. The videos are intended to boost your confidence when caring for older adults and help you learn basic skills you can use to prevent and de-escalate mental health crises.

The training series includes a facilitator guide, fact sheets, checklists, and other tools viewers can download and print. Each video includes a ten-question quiz along with a quiz checker with the correct answers and a corresponding time stamp where the question topic is presented in the video.



Older adult mental health basics: Explains common mental illness disorder categories; shares the compelling statistics; addresses the fear and inadequacy many providers and caregivers feel; confronts stigma and derogatory labels; expresses hope and effectiveness of treatment; conveys how care providers and family caregiver can support persons living with mental illness.



Mental health crisis prevention & de-escalation: Describes common behaviors and triggers likely to cause behavioral events; suggests prevention tips to reduce symptoms; demonstrates "right way/wrong way" de-escalation scenarios; shows how to apply new learning after a crisis event.

Person-centered care & collaboration: Explains the importance of personalized mental health care plans; offers creative solutions to help residents and family members achieve their goals; discusses when to consult with outside mental health professionals for assessments and evaluations.

Visit the Post-Acute Care Mental Health Video Training Series page for links to the videos and all materials:

https://www.lsqin.org/initiatives/coordination-of-care/post-acute-care-mental-healthvideo-training-series/

Lake Superior Quality Innovation Network serves Michigan, Minnesota, and Wisconsin, under the Centers for Medicare & Medicaid Services Quality Improvement Organization Program.

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