

# Long Term Care Coordinating Council: Behavioral Health Work Group

4/12/21

2:30-3:30pm

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**Meeting Facilitator:** Susie Smith (Co-chair).

**Attendees:** Scott Arai, Carley Clemons, Alicia English, Scott Haituka, Alex Jackson, Nora Martin-White Benson Nadell, Bernadette Navarro-Simeon, Arielle Piastunovich, Michelle Roberts, Lisa Rosene, Cathy Spensley

**Not in attendance:** Brett Andrews; Dr. Marcy Adelman; Greg Bogart; Nicole Bohn; Peggy Cmiel; Anne Fischer; Susan Gonzalez; Courtney Gray; Jesus Guillen; Deborah Kaplan; David Knego; Dr. Ingrid Lin; Jennifer McAtee; Norman Manglona; Dr. Fiona McDonald; Christine Roppo Gloria Wong; Dr. Michi Yukawa; Eric Zigman

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## 1. Check-In

- **Ombudsmen collectively have started to go into SNFs**
  - Not a huge amount of group activity yet; more residents in bed than ever before
  - May change as we go through next stage
  - Visits are very regimented (some for good reason, but perhaps over-regimented)
    - Very staggered way; not allowed more than a few times a week; we think family visiting should be based on the needs of the residents versus scheduling
    - The social aspect of mealtimes for family members visiting residents
  - Social isolation baseline; anecdotal observation that lethargy and lassitude is higher during pandemic; not sure if MDS is picking up on this
  - More likely to pick up if it is agitated behaviors, not withdrawal behaviors
  - Activities are key to emotional support and wellness
  - Little brothers doing telephoning only (they can do visits in other contexts)
  - Post-acute vs long term care use of nursing beds (2018 hospital council report); tension between long term vs post-acute (behavioral issues with post-acute/rehab because many are stressed that have to return home with new disability, not a lot of wraparound care coordination) – phase two of report?
- GGRC
  - Seeing similar things in facilities for I/DD
  - Stress of not being able to visit; then resident becomes agitated; long haul trying to get that coordinated in the past year
  - Regional center is not open for in person CM services yet, but have been open during the pandemic; some of their staff have been able to go to homes and emergency situations to assist

- Just on a call with Kaiser; family members having to drop resident off at ER because resident becoming increasingly agitated during pandemic
- Social isolation for residents and caregivers have really taken a toll over the past year
- Bernadette
  - CCL has allowed opening, but there is still a lot of fear from facilities
  - How can we mitigate the risk to reopen slowly these social activities, visitation? Fear of what that really means
  - Recommendation to help facilities with a re-opening plan, some kind of standard
  - Susie: we asked this in survey: What does the new normal look like? How can we share best practices
- Scott Arai
  - More people staying in bed and isolated at home as well as residents in facilities
  - Pressure to start groups, re-socialize; it's been hard to get people to start doing groups again and on a new schedule, getting staff to go "back to normal"
  - Guidelines we can help provide to SNFs
    - Group therapy
    - Social groups
    - Supporting staff to reschedule and reopening – staggered approach to reopening; people to manage plan
  - Adjustment for both staff and residents
- Arielle
  - She had been at the CCC and oversaw RCFEs/ARFs
  - Constant conversation about the strategies open up these facilities
  - Seniors hub works in conjunction with outbreak management group; guidance around opening up safely
  - Policy that allows much more opening up of older adults
  - Could Arielle share tools? The messaging might be similar between SNFs and other types
- Scott H
  - Guidelines from City regarding group activities? Not specific to groups
  - 25% capacity + ventilation
- Bernadette: coroner's office came out with a report of suicide increase during pandemic – she will share; can be related to substance use

## **2. Project Update (Carley)**

- a. **Findings**
- b. **Recommendations**

## **3. Next Steps**

- a. **LTCCC full council presentation in May, policy agenda**