

**Missouri Assisted Living Association
2019 Fall Conference – October 13, 14 and 15
Margaritaville – Tan-Tar-A, Osage Beach, MO**

Sunday, October 13

1:00 – 1:15 Opening Remarks

1:15 – 2:15 Legislative Update

1.0 A/1 NASW

Jorgen Schlemeier, of Gamble & Schlemeier, LTD, has a political science degree from the University of Missouri. In 1989, Jorgen began his career in Jefferson City as an administrative aid to Senate Minority Floor Leader, Tom McCarthy. In 1992, Jorgen left his position with the Senate to join William Gamble in a governmental consulting firm. Jorgen gained experience lobbying for MALA, the Missouri College of Emergency Physicians, and the Missouri Hotel and Lodging Association. Gamble & Schlemeier was formed in 1995, and represents numerous organizations.

Session Description: In this session Jorgen will update attendees on the legislative issues that affect the assisted living and residential care industry and address related questions and concerns.

2:15 – 2:30 Break

2:30 – 4:00 Animal-Assisted Interventions

1.5 PC/1.5 NASW

Jill Taylor, PhD, LCSW joined Family Care Health Centers in November of 2016. Dr. Taylor is a Community Health Team Leader at the community health center in Saint Louis, Missouri. She developed the Community Health Worker (CHW) program and provides leadership to a team of Community Health Workers and Community Health Nurses. The addition of the Community Health Workers to the health center created the opportunity to implement a strategic approach to address social determinants of health. Building capacity for self-management of chronic diseases and strengthening families and communities through relational approaches to health care are primary objectives of the Community Health team. Dr. Taylor is on the hub team for the CHW ECHO through Missouri Telehealth Network and supports the St. Louis Community College CHW program through guest lectures and service learning hours for students. She is also a member of the advisory board for the Behavioral Health Network. Prior to joining the community health center, Dr. Taylor was the Clinical Director at a community mental health center in Saint Louis.

Dr. Taylor received both of her graduate degrees from Saint Louis University. She holds a Master of Social Work degree and a Doctor of Philosophy degree in Family Therapy. She is a licensed clinical social worker in the state of Missouri. Additionally, she is an adjunct professor in the MSW program at Saint Louis University and teaches Cognitive Behavioral Therapy, Advanced Clinical Social Work Practice, and Evidence-Based Practices in Community Mental Health. Her research interests are animal-assisted interventions, trauma-informed care approaches, and utilization of peer support services.

Session Description: Animals are utilized in a variety of residential facilities and behavioral health care settings as an adjunct to professional services. Research supports health benefits related to the interaction of humans and animals and there is growing interest in the integration of animals with traditional health care services. Furthermore, animal-assisted interventions facilitate engagement in services delivered by professionals to promote positive program outcomes. Development of policies and procedures is important to consider for implementation of animal-assisted interventions in systems to protect individuals served, professionals, and animals.

Objectives of Session

Define various types of assistance animals

Identify benefits and variations of animal-assisted interventions

Evaluate the role of policies and procedures to ensure the health and safety of individuals, professionals, and animals

Recognize potential pitfalls with animals in residential and clinical settings; identify response plans

4:00 – 4:15 Break

4:15 – 5:15 Psychiatric Pharmacogenomics

1.0 PC

Kim Horn is a licensed, certified genetic counselor who received her MS in genetic counseling from University of South Carolina. She has spent the past five years working in psychiatric pharmacogenomics for Myriad Neuroscience (previously Assurex Health). She has a passion for helping healthcare providers understand the benefits and limitations of genetic testing and how best to clinically implement it.

Session Description: This lecture will address the benefits and limitations of using pharmacogenomic testing to help guide medication selection for patients with mental illness. Topics covered include pharmacokinetic genes, pharmacodynamics genes, and pharmacogenomic algorithms developed to account for the fact that most medications are impacted by multiple genes. Emphasis will be placed on the importance of robust clinical validation trials for industry developed pharmacogenomic algorithms.

Monday, October 14

8:00 – 9:30 What Living as a Resident Can Teach Long-Term Care Staff

1.5 PC/1.5 NASW

Leslie Pedtke, LNHA is the Educator for Quality Improvement for King Management Company. She was the Administrator of Aviston Countryside Manor from 1994-2017. Through this experience she has built a foundation of person directed care.

She is an author for Health Professions Press. Her book, *What Living as a Resident Can Teach Long-Term Care Staff: The Power of Empathy to Transform Care*, is a teaching tool for long term care professionals, families and students.

During her time as administrator, Aviston Countryside Manor was featured in the 2013 Spring/Summer LTC Today, "Aviston Staff Walk in the Resident's Shoes", March 2012 Issue of McKnight's Long-Term Care News, "You're Hired", Spring, 2011 LTC Today publication, "Consistent Assignments", the April 2010 issue of McKnight's Long-Term Care News in the article, "Empathy Crash Course" and the HCCI Members Only newsletter for the Intergenerational program, "Bringing Resident's Stories to Life." She was named one of the HCCI's 2010 Heroes in Long Term Care.

Leslie is currently the Board President of the Illinois Pioneer Coalition. She is a graduate of Southern Illinois University at Carbondale.

Session Description: What happens when real caregivers become "real" residents? How will their experiences change how they think about being a resident? How will the care they provide to residents change in the future? "Through the Looking Glass" is a program developed at Aviston Countryside Manor to teach empathy to our caregivers. Staff members moved into the nursing home, lived the role of a real diagnosis and accepted daily 'challenges' our residents experience every day.

From learning the importance of communicating more with residents to encouraging meaningful activities, the resulting insights of these caregivers sensitized other staff members – new and veteran – to practical and effective ways that they were able to *immediately* improve daily care to residents.

This program became the culture of Aviston Countryside Manor and grew into an Elder Shadowing program that required all newly hired staff to live with a resident for 24 hours before they are able to begin their new job.

- Long term care professionals have to be willing to change their culture and take a risk in order to stay competitive in this environment. In this session I will talk a lot about empathy and person directed care.
- This session can be for both professionals and the general public.
- This session is targeted for all audiences of long-term care.

Objectives:

1. Attendees will learn how to set up an empathy program that will fit their long-term care community.
2. Attendees will learn how to identify areas for improvement for the focus of the empathy program.
3. Attendees will recognize the effects of ‘institutionalization’ on us psychologically and physically.

9:30 – 10:30 Break with Exhibitors

10:30 – 12:00 Change the Culture of Care

1.5 PC/1.5 NASW

Leslie Pedtke

Session Description: Changing the culture of a community is hard work. You probably often ask yourself, *am I even making a difference?* Sometimes you may think it would just be easier to throw in the towel and jump into a community that may already be on the path to culture change (so you think). Many people leave a workplace because they don’t feel the positive impact of the work they do. We hear the phrase, *culture change*, but what does it really mean? Changing our culture from task oriented to person directed is daunting and many of us don’t even know where to begin. Have you ever asked yourself or your employees *what matters in a workplace?* Have you ever asked your residents and families what matters to them? Once you find out the answers you can begin exploring the path to get you there!

Objectives:

1. Attendees will learn the definition of culture change and explore the mission and values surrounding the definition and how it aligns with not only our residents but our workplace culture.
2. Attendees will learn how to set up meaningful conversations with employees and residents in order to learn what matters to them and how to collaborate to build a relationship between the two.
3. Attendees will set goals for change in their workplace and learn how to take the first step towards those goals.

12:00 – 1:1 Lunch & Annual Meeting with Regional Board Directors Election/MALA Update

1.0 A/NASW

Session Description: MALA board president and executive director along with other leadership board members will present to the membership the current state of the association and provide an overview of what the previous year held along with association’s priorities and goals are for the upcoming year.

1:15 – 2:15 Maintenance and Testing of Sprinkler Systems

1.0 A

Skip Johnson is the fire sprinkler lead service sales representative for Grinnell Fire Protection Solutions/ JCI in Kansas City. He has been employed with Grinnell for 26 years, starting his career in the fire sprinkler industry in 1989. Previous positions held include estimator, designer, project management, and senior project management. Skip’s current certifications include AFSA Fire Sprinkler Planning School and NICET certification. Skip is a member of five Long Term Care Associations in Kansas & Missouri and one Hospitality/ Hotel Association in Kansas City, MO.

Session Description: In this session we will discuss the importance of maintaining water-based fire sprinkler systems and how sprinkler system neglect can affect the systems from operating as they were originally designed and approved. This session will incorporate NFPA 13 & NFPA 25.

- Brief touch on common sprinkler system types, component & descriptions/ definitions.
- Why install sprinkler systems.
- How to identify common problems effecting sprinkler systems and why they prevent systems from operating correctly.
- Responsibility of the property manager and their sprinkler systems.

2:15 – 3:15 Break with Exhibitors

3:30 – 5:00 Finding Constructive Responses to Residents with Difficult Behaviors Experiencing Neurocognitive Impairment and/or Mental Illness **1.5 PC/1.5 NASW**

Cynthia E. Baker, MSW, LCSW, LSCSW, LIMHP, and CSW-Gerontology. Regional Clinical Manager for Deer Oaks Behavioral Health.

Cynthia earned a Masters of Social Work from the University of Missouri in 2001 and first obtained her Licensed to Practice Clinically in 2003.

In addition to years in private practice treating children and families, teens, and college age adults. Beginning in 2013, Cynthia embarked on the field of Gerontology providing Psychotherapy to residents suffering from mental health issues living in Long Term care communities.

Currently Cynthia is a Clinical Provider and Regional Clinical Manager for Deer Oaks Behavioral Health. Cynthia has licenses to practice therapy in four states and has earned a Clinical Specialty in Gerontology endorsed by the National Association for Social Workers.

Besides providing Therapeutic Support to Residents in Assisted Living and Nursing Care Communities, Cynthia supervises more than 50 Licensed Clinical Providers in three states. In addition to this role, Cynthia trains and provides continuing education about significant behavioral health and long-term care to its almost 400 Clinical Providers working on long term care communities in 29 states.

In addition to training internally for Deer Oaks Behavioral Health, Cynthia has presented educational courses about behavioral health and long-term care for culture change and person-centered care for Pioneer Network, the Missouri Coalition Celebrating Care Continuum Change (MC5), Leading Age in three states, HealthCare Associations, Missouri League for Nurses, VOYCE, NASW and Texas Psychological Association. Cynthia also serves on the MC5 Board of Directors.

Session Description: Assisted, Memory Care and Continuum providers will find constructive applicable responses to the “difficult behaviors” of residents with dementia and/or mental illness. This presentation will provide education and constructive interventions that are applicable for both direct care and leadership professionals working with and on behalf of residents with dementia. The program will describe the type of dementias, common behaviors, their purpose, triggers, and constructive interventions. The program also will include a discussion of common emotional disturbance and differentiating possible mental health issues from day to day living as an aging adult.

Tuesday, October 15

8:00 – 9:30 DSDS Update

1.5 A/1.5 NASW

Jessica Bax is the Director for Missouri's Division of Senior and Disability Services. The Division is the Missouri State Unit on Aging and operates Medicaid Home and Community Based Services serving over 60,000 older adults and adults with disabilities. The Division also operates Adult Protective Services and Older Americans Act programs. Jessica has been with the Division for fourteen years, working closely with participants and stakeholders. She holds a Master's in Public Affairs from the University of Missouri Columbia. She resides in Linn, MO with her husband Brian and their four daughters.

Session Description: The Department of Health and Senior Services, Division of Senior and Disability Services determines eligibility and develops person-centered care plans for potential participants of state plan personal care in a residential care or assisted living facility. The Division will provide an update of the program.

9:30 – 9:45 Break/Hotel Checkout

9:45 – 10:45 Concurrent Sessions

Breakout Session 1: Board of Nursing Home Administrators Update

1.0 A

Sally McKee is the Board Coordinator for the Missouri Board of Nursing Home Administrators and has been for the past 10 years. She is a member of the National Association of Long-Term Care Administrator Boards (NAB), American College of Health Care Administrators, and the Missouri Local Area Network for Excellence (Mo LANE). Sally has over eighteen years' experience in the Missouri Department of Health and Senior Services. Sally worked for Missouri's survey agency, Section for Long Term Care Regulation, as the editor of the agency's quarterly newsletter and weekly list serve. In addition, she worked in the Division of Senior and Disability Services and was the liaison for the Silver Haired Legislature and the Governor's Advisory Council on Aging.

Session Description: This session is a program update for the Missouri Board of Nursing Home Administrators.

Breakout Session 2: What's New in Psychiatry: a summary of recent advances.

1.0 PC

Dr. Steve Harvey, after graduating medical school at Washington University School of Medicine in Saint Louis, Dr. Steven Harvey, MD completed residency training in psychiatry, also at Washington University and at Barnes Hospital. Dr Harvey was involved in research and was first author for peer-reviewed research articles in publications including Biological Psychiatry and the Annals of Clinical Psychiatry.

Doctor Harvey is board certified in general psychiatry by the American Board of Psychiatry and Neurology, and has extensive experience across the diagnostic spectrum. Awards and honors include being named a Fellow of the American Psychiatric Association, and the Sandoz Award for research. He previously did a lot of work in residential care facilities and skilled facilities. More recently, Dr Harvey works as regional medical director for Greenbrook TMS.

Session Description: This session will describe a few of the most interesting and impactful advances in psychiatry from within the last 5 years or so.

11:00 – 12:00 Concurrent Sessions

Breakout Session 1: State Fire Marshall Safety Update

1.0 A

Greg Dickens is Deputy Chief of the Fire Inspection and Public Education Unit with the Missouri Division of Fire Safety. He lives in Republic, MO. In 1996 Greg began his fire service career as a firefighter with the City of Republic Fire Department and in 2004 he was hired as a fire inspector with DFS. Greg has performed hundreds of fire safety inspections in a wide variety of facilities and holds certifications as a Fire Inspector, Fire Investigator, and

Fire Instructor II. He is passionate about fire safety and is very involved in the Division's Public Education program, serving as a lead Pub Ed specialist and often enjoying the roll of Sparky the Fire Dog at events around the state.

Session Description: This discussion will focus on industry updates concerning fire safety and common deficiencies that are cited in ALF/RCFs.

Breakout Session 2: The Interface of Dementia and Mental Illness

1.0 PC/1.0 NASW

Vicki Clithero, RN, DNP earned her BSN at Missouri State University and master's degree as a clinical nurse specialist from the University of Missouri – Columbia. She earned her Doctorate of Nursing Practice in Systems Leadership at Rush University in Chicago, Illinois. Her professional background includes 25 years of nursing education, along with acute burn care, adult medical-surgical nursing, rehabilitation nursing, case management, and geriatric nursing. She is currently Clinical Nurse Educator at Guardian Pharmacy in Springfield, Missouri and is a frequent presenter on topics surrounding care of those with dementia.

Session Description: Dementia care is an increasing and ongoing need in assisted living facilities (ALFs). Although dementia training is incorporated into the education of ALF staff, the complex relationship between dementia and mental illness is often neglected. This session will explore the co-morbid relationships between dementia and common mental health problems.

Objectives

1. Identify the prevalence of co-morbid conditions of dementia and common mental illnesses such as anxiety, depression, bipolar disorder, and schizophrenia.
2. Discuss similarities and differences between dementia, cognitive impairment and mental health problems.
3. Discuss the social and economic costs associated with identified co-morbidities.
4. Review care strategies for those with identified co-morbidities.
5. Discuss clinical monitoring for common dementia and mental illness medications.
 - a. Anti-dementia
 - b. Sedative/hypnotics
 - c. Anxiolytics
 - d. Antidepressants
 - e. Antipsychotics
 - f. Mood stabilizers
6. Identify regulatory requirements and processes for medication funding.

12:15 – 1:15 Lunch/PAC Drawings

1:15 – 2:45 More than Minimal Assistance, What Does it Mean? and Medical Marijuana in LTC

1.5 A/1.5 NASW

Shelly Williamson is the Administrator for the Section for Long Term Care Regulation with the Department of Health and Senior Services. Ms. Williamson began employment with the Section in 1995 as a Facility Surveyor and became the Administrator in 2017. She currently serves as a Regional Representative for the Association of Health Facility Survey Agencies which represents survey agencies across the country. She is a graduate of the University of Central Missouri with a Master of Science in Social Gerontology.

Session Description: This session will provide regulatory updates from the Section for Long Term Care Regulation.

