

## **Behavioral Health Resources for LTC Providers**

The AHCA Clinical Practice Committee developed the following list of resources for long term care providers seeking assistance and support on promoting or managing behavioral health issues among residents. These resources can be used directly by the facility and shared with residents and their families.

### **AHCA Resources**

AHCA has developed several resources member-only resources related to behavioral health and trauma informed care, including compliance with CMS requirements.

- [Behavioral Health & Trauma Informed Care Action Brief](#)
- [Trauma Informed Care Webinar](#)
- [Behavioral Health Services Focus on F-Tag](#)
- [Training Requirements](#)

### **[The Agency for Healthcare Research and Quality \(AHRQ\) Resources to Support Resident Well-Being](#)**

AHRQ has a list of resources to support resident well-being. This includes:

- [Best Practices to Help Nursing Home Residents and Their Families to Reduce the Impact of Social Isolation](#)
- [Best Practices for Identifying and Managing Deconditioning in Nursing Home Residents](#)
- [Best Practices for Promoting Emotional Well-Being in Nursing Home Residents](#)
- [Supporting Nursing Home Residents' Emotional Health Learning Module](#)

### **[Anger Management for Substance Abuse and Mental Health Clients: Participant Workbook](#)**

This free workbook is designed for people living with a mental illness and substance use disorder, participating in group cognitive behavioral therapy sessions on anger management. It summarizes core concepts for each session and includes worksheets and homework assignments. This resource can be ordered free of charge when shipped within the US.

### **[Center of Excellence for Behavioral Health in Nursing Facilities \(COE-NF\)](#)**

The COE-NF provides mental health and substance use evidence-based training, customized technical assistance, and resources to certified Medicare and Medicaid nursing facilities who care for residents with a variety of behavioral health conditions at no cost. Facilities can submit a request for customized assistance through the [online request form](#).

**[Crisis Assistance: National Suicide Prevention Lifeline](#)**

The National Suicide Prevention lifeline provides 24/7, free, and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals, 1.800.273.8255 (TALK).

**[MentalHealth.gov](#)**

This website provides one-stop access to U.S. government mental health and mental health problems information.

**[National Alliance on Mental Illness \[NAMI\]](#)**

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

**[National Institute for Mental Health \(NIMH\)](#)**

This NIMH provides resources for the understanding and treatment of mental illnesses. The Centers for Medicare and Medicaid (CMS) also references the following NIMH information and resources on common mental health conditions.

- [NIMH: Schizophrenia](#)
- [NIMH: Bipolar Disorder](#)
- [NIMH: Post-Traumatic Stress Disorder](#)
- [NIMH: Anxiety Disorders](#)
- [NIMH: Depression](#)
- [NIMH: Generalized Anxiety Disorder \(GAD\)](#)

**[Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)**

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation.

- [Disaster Behavioral Health Resources](#): This website contains resources and toolkits in disaster behavioral health. Resources focus on specific populations, disaster types, or other topics pertinent to disaster behavioral health preparedness, response, and recovery.
- [988 Suicide & Crisis Lifeline](#): The 988 Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States.
- [SAMHSA's National Helpline](#): A free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and [Spanish](#)) for individuals and families facing mental and/or substance use disorders.