

GRADUAL DOSE REDUCTION

Our Gradual Dose Reduction Program involves evaluation of the use of psychotropic drugs in an effort to ensure their proper utilization with residents of a nursing care facility. In other words, a) the use of psychotropic drugs is based upon an appropriate differential diagnosis of current behavioral symptoms, b) potential causes of the behavioral symptoms from environment, psychosocial, and medical factors have been considered and ruled-out or otherwise identified and addressed through appropriate forms of intervention, and c) each resident's psychotropic drug regimen is free from Unnecessary Drugs, including drugs prescribed in excessive dosages, for excessive durations, without adequate monitoring and indications for use, and/or in the presence of adverse consequences.

A Gradual Dosage Reduction Assessment will be completed upon admission or initiation of a psychotropic drug and minimally, every quarter thereafter. The psychiatric clinician will evaluate each referred resident receiving a psychotropic medication.

If behavioral and/or therapeutic services were initiated by BCS's psychologist or MSW, then a behavioral and/or therapeutic treatment plan will be generated and a "mini in-service" will be available to unit staff that focuses on effective implementation of the behavioral/therapeutic program. Thereafter, the psychologist or MSW will be available for further consultation and re-evaluation of the resident's behavior to ensure progress toward the identified treatment goals, to amend the current treatment plan as needed and otherwise attend related Behavioral Planning Meetings.

EMERGENCY HOSPITALIZATION ASSISTANCE

BCS' Emergency Hospitalization Program has been designed to assist the nursing home staff and medical teams in the management of acute psychiatric disturbances. Recent studies indicate that at least 50% of all nursing home residents will present with a diagnosis of Alzheimer's disease and, of those, many will exhibit agitation as their cognition continues to decline and may require an in-patient psychiatric placement as a result. We are available to provide assistance with in-patient placement.



BEHAVIORAL MANAGEMENT MEETING / IDT PARTICIPATION

BCS will participate in your facility's Behavioral Management Meetings and conduct Gradual Dose Reductions and AIMS testing on a regular schedule. This participation will assist in ensuring that sufficient documentation is provided to justify the use of the medication including diagnosis, failed alternative options, regular review and documentation of why it would be contraindicated to withdraw such medications, and any objective data available in the medical record to support the efficacy of the medication (i.e., behavioral tracking data, nurses notes, etc.). In addition, participation in regular meetings will help support interdisciplinary team interaction, identify residents that may benefit from alternate treatment strategies and encourage better communication to promote the highest quality of life for residents at your facility.

TELE-MENTAL HEALTH SERVICES

BCS is proud of our Telemental Health Services Program for a clinical continuum of care under the name "Tele-Behavioral Care Solutions."

BCS realizes that in many areas throughout the Midwest, nursing homes face great challenges in accessing consistent and timely psychiatric and psychological care for their resident population. The time involved in traveling to see residents, the shortage of appropriately trained professionals in the area, and the resultant inability to provide the breadth of coverage required for continuity of care has created a serious problem for nursing homes in designated Mental Health Professional Shortage Areas.

BCS is utilizing telehealth and videoconferencing technology to reach out to residents in nursing homes for supplemental care we may provide on-site. Recent studies have shown outcomes do not significantly differ between on-site services and those delivered through telehealth. Nonetheless, while few clinicians challenge the superiority of on-site services over telemedicine or remote treatment alternatives, BCS firmly believes that its combination of on-site and telemental health services provides the most efficacious and efficient mental health service offering for those otherwise underserved facilities and residents. To this end, BCS works with its contracted facilities in assessing all factors such as clinician availability, geographic proximity, applicable costs and whether considerations to fashion an acceptable on-site/remote schedule continuum.



**BEHAVIORAL
CARE SOLUTIONS, LLC**

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*The Largest Provider of Psychiatric &
Psychological Services in the Midwest*

COMPANY OVERVIEW

Thank you so much for your interest in the services offered through our organization - Behavioral Care Solutions ("BCS"). We wanted to share with you some details regarding our cutting edge on-site and remote behavioral health programs.

BCS was established in 2007 and is an organization dedicated to the provision of older adult behavioral healthcare and wellness. We offer comprehensive on-site and remote psychiatric and psycho-social services to individuals residing in nursing home, assisted living and other long-term care settings. BCS currently services over 350 facilities throughout the Midwest. Our team is comprised of psychiatrists, psychologists, psychiatric nurse practitioners, physician assistants and social workers, who make regularly scheduled visits to your facility. BCS also provides specialized programs in dementia care, dealing with difficult behaviors, Gradual Dose Reduction (GDR) reviews and tracking, AIMS and other testing, and facility staff in-service and training. In addition, we offer telemental health remote services to rural and underserved areas as a supplement and enhancement to on-site care.

We welcome you to visit our website for further details at www.behavioralcaresolutions.com

Again, thank you for your time. We hope for the opportunity to meet with you in person. Feel free to contact us anytime at (877) 906-9699. We would be happy to arrange an on-site meeting to review our programs in greater detail.

BCS Management Team



STAFF TRAINING SERVICES

Behavioral Care Solutions ("BCS") provides a variety of training services to facility staff as requested by management. Routine in-service and remote training on current research and trends in geriatric mental health issues are provided to our contracted facilities. A wide range of topics are available and can include Regulatory Trends in Long-Term Care, Understanding the F-757/F-758 Guidelines, Understanding Dementia, Dealing with Difficult or Problematic Behaviors, Understanding Psychiatric Medications, Medications in Managing Difficult Behaviors, Managing Aggressive/Violent Resident Behaviors in a Non-Pharmacological Way, Non-Pharmacological Psychotherapeutic Approaches, Anxiety Disorders, Common Psychological Conditions of Aging, Conflict Resolution Strategies, Depression in the Elderly, Trauma Informed Care, Human Trafficking Tutorial, and Cognitive and Mood Assessment and Evidence-Based Outcome Measurements in the Elderly. All contracted facilities can receive on-site or remote in-servicing for multiple shifts. In addition, BCS has an extensive on-line library of educational webinars. Our goal is to become an integral part of the facility staff to help ensure a high-quality work environment. We would be happy to share our expanded menu of educational services upon request.

REVIEW AND AUDIT PROGRAM

BCS offers a pre-survey/periodic audit program to assist our contracted facilities in preparing for government related reviews to ensure that residents seen by us have appropriate diagnoses, proper risk/benefit statements, consents and orders, and periodic GDRs in compliance with government regulations.

GENERAL CLINICAL SERVICES

Psychiatric Services

Our team of psychiatrists, nurse practitioners, and physician assistants coordinate the overall management of residents within the facilities and are available for consultation and crisis intervention. Medication management is provided to assist with anxiety, depression, and cognitive disruption commonly experienced by geriatric resident and those with long-standing psychiatric disorders. The psychiatry staff work in conjunction with our team of psychologists to coordinate cognitive assessment and therapy services. Consistent with applicable government guidelines and focus, all of our psychiatric staff are trained in the understanding of OBRA standards as they pertain to the newly expanded F-757 and 758 guidelines. BCS offers our Psychoactive Medication Review Program to all contracted facilities. This program is designed to ensure the highest degree of compliance with existing guidelines and the completion of required objective measures, applicable scales and testing. In addition, a member of our team would be happy to participate in your regularly scheduled Behavioral Management Committee Meetings to offer guidance and better coordinate our services with your staff.

Psychosocial Services

Our psychosocial staff are comprised of Geropsychologists, Neuropsychologists, Clinical Psychologists and Master's Level Social Workers (LMSWs). They provide on site evaluation and diagnostic services for both emotional and neurocognitive based difficulties. The BCS psychosocial service conducts routine screening for depression and anxiety with residents upon admission as requested by facility staff. They also provide functional and diagnostic assessment of cognitive skills in residents with a history of neurological disease or trauma. These services allow for appropriate medical planning, therapeutic intervention, and objective assessment of medication effectiveness.

Family Centered Services

BCS understands the vital role families play in the care and treatment of their loved ones. Accordingly, BCS is committed to working with families in both an educational and support context. We are available to provide educational presentations on relevant mental health issues to family members as well as meeting

individually with family members to provide personalized support that focuses on methods for promoting the well-being and quality of life of their loved one in the facility.

Psychotherapy Services

Older adults are faced with a variety of stresses related to the aging process. These include reduced activity, changing family roles, mortality and increased reliance on others for daily living needs. Placement in nursing homes often creates additional stress in these individuals' lives. BCS strives to help create a new sense of community in the resident's new home. Working closely with facility staff, BCS promotes involvement in group activities and provides counseling to assist with integration into the community. A variety of therapy services are provided including individual, family, and group psychotherapy. The goal of therapy is to promote adjustment and ensure the highest quality of life for the resident.

Expanded Non-Pharmacological and Behavior Management Services

The natural aging process as well as illness sometimes produces significant cognitive decline for seniors. This decline can lead to problematic behaviors which pose a threat to the residents themselves or to other members of the community. BCS will provide expanded behavioral health integration and management planning and non-pharmacological treatment services at your facility. Working closely with facility staff, BCS develops individual behavior programs to monitor and correct problems that may arise for residents. BCS also assists in developing positive reinforcement programs for increasing independence and self-care for residents. Included in this effort, our clinicians will offer hands-on training and "mini in-services" to the CNA's of the facility to provide training in the implementation of the behavioral plans and follow-up to ensure revisions or changes to the plan occur.

