

COMPANION GUIDE

Module 8: “Behavioral Health Issues and Advance Care Planning”

Tips for facilitators:

- Watch the Module 8 DVD prior to the training so that you can anticipate questions and identify supplementary materials needed for your particular audience.
- This module is 40 minutes.
- Because this module refers to case scenarios presented in Modules 4 through 7, it is optimal to show those modules prior to Module 8.
- Consider working with a co-facilitator who will complement your own expertise and knowledge of the community.
- Handouts for this session are available in this binder and include PowerPoint slides, fact sheets, resource information, and evaluation forms.
- Feel free to stop the DVD at any point in the program for discussion.
- Refer to the introduction of this manual for more tips.

Plan for the Session

- With knowledge you have from community stakeholders and with assistance from your manager/supervisor, determine optimal scheduling. Consider
 - the best times to help ensure cross-training (i.e., participation from both aging and behavioral health services)
 - how many modules to view at one time—modules are designed for 90-minute sessions to allow time to view the DVD and discuss content and implications for the community
 - frequency of training (e.g., weekly, monthly)
- Prepare handouts:
 - Copy PowerPoint handouts for participants.
 - Copy the resource section of the *Participant Companion Guide* as a handout.
 - Determine which, if any, fact sheets you will copy and distribute as handouts.
- You may adapt the PowerPoint slides to fit community needs and interests. The presentations are saved to your project flash drive.
- Anticipate responses from participants and plan how to redirect comments if necessary. For example, typical responses when people view Module 8 are
 - “I would never talk to someone who is depressed about advance planning”

- “The people I work with don’t have capacity to talk about these issues”
- “Too many other problems are more pressing than advance planning.”
- “We don’t have access to guardians.”

Keep the focus on collaboratively addressing issues related to advance care planning. The multidisciplinary team, for example, presents an ideal system that Older Adult Behavioral Health Specialists are trying to create. Comments about specific content can contribute to rich discussions about important issues such as autonomy versus safety, sharing resources, and other opportunities for collaboration.

- Prepare to offer NASW CEUs when the DVD is presented with discussion:
 - Make one copy of the roster (for signing in) and a copy of the evaluation form for each participant. Fill in forms with the title of the module, date, and location.
 - Ask participants to sign in on the roster and to complete the evaluation at the end of the session.
 - Give each participant a certificate with his or her name and the date.
 - Mail roster and completed evaluation forms to the Oregon Chapter of NASW (address is on the form).

Welcome the Participants

If you are presenting the modules in sequence, most of the participants may be familiar with each other by now. You can use the introduction time for participants to reflect on the previous module and how they have used information since the last training. Be sure to welcome and include new members.

Show the DVD

If you wish, you may stop the DVD for discussion rather than watching it all the way through prior to discussion.

Facilitate Discussion

Much of the learning will take place or be reinforced through discussion. Because no module can cover all aspects of advance planning and end-of-life care, it is important for exploring variations on the scenarios presented to address the expertise and learning needs of the people in the room. You will have important information from the stakeholder interviews and other work you are doing in your community to help you with this.

Below are some questions designed to help participants connect the material to their own practice and to their communities. Consider how much time you will have for discussion and select the questions you feel are most important. Allow as much discussion as possible of dilemmas and problems participants have had in their own experiences. Note that some questions focus on clinical issues and others on systems issues of the broader community.

Use the resource guide (that is, the *Participant Companion Guide*) for Module 8 to identify supplemental information that will be relevant for your audience.

Discussion Questions

1. If you wish, stop the DVD after the section on talking about the end of life. Explore participants' feelings about their own comfort in discussing these topics.
 - a. ***What kinds of conversations have you had about advance care planning, either in your personal life or through your work? What have you noticed? What has been difficult? How have you addressed these difficulties?***

After the DVD concludes, consider these questions:

2. Think about having a conversation about end of life in your community. Explore the resources available for discussing end-of-life issues.

Has your community been a part of “The Conversation Project,” or another program for talking about death and dying? How might one of these programs be used to promote a discussion about advance care planning for individuals with behavioral health issues?
3. In preparation for this next question, review definitions of capacity. Use the case studies from this training series or help participants identify people from their practice where capacity may or may not be clear.

When does someone have capacity to do advance care planning? Do you agree with the assessments of capacity for the four individuals described in Modules 4 through 7?
4. People with schizophrenia or other serious mental illness may have capacity at some times but not at others.

How would you go about talking about advance care planning with someone living with schizophrenia? When would you consider guardianship? What are the resources for non-family guardians in your community?
5. POLST forms are used widely in Oregon. Talk with participants about the similarities and differences between the POLST and the advance directive.

When is the POLST the most appropriate tool for those with behavioral health issues? When is an advance directive more appropriate?

Where can you get an advance directive form? What resources are dedicated to helping people complete advance directives?

6. Think about the challenges of identifying a health care representative under various circumstances.

What are some of the issues to consider when exploring advance directives and naming health care representatives for a person with an anxiety disorder? What issues, if any, are different for a person suffering from depression?

What happens if the person has a guardian?

Who acts as the health care representative if someone is brought unconscious to a hospital emergency department with no apparent emergency contact?

7. Balancing the ethical principles of respect for autonomy and beneficence can be challenging, especially if family members and a person with questionable capacity are in conflict. Encourage participants at the training to consider situations when these two principles were in conflict.

How did you go about resolving the conflict? What worked well? What, if anything, would you do differently today?

8. Think about the similarities and differences between palliative care and hospice care.

What care concerns might be unique in caring for someone with a behavioral health issue who needs palliative care? What about hospice care? Consider different types of diagnoses, including depression, anxiety, a history of substance abuse, or chronic mental illness.

What palliative care programs are available in your community? How can you partner with palliative care providers to support older adults and people with disabilities who have behavioral health issues?

What hospice programs are available in your community? How can you partner with hospice providers to support older adults and people with disabilities who have behavioral health issues?