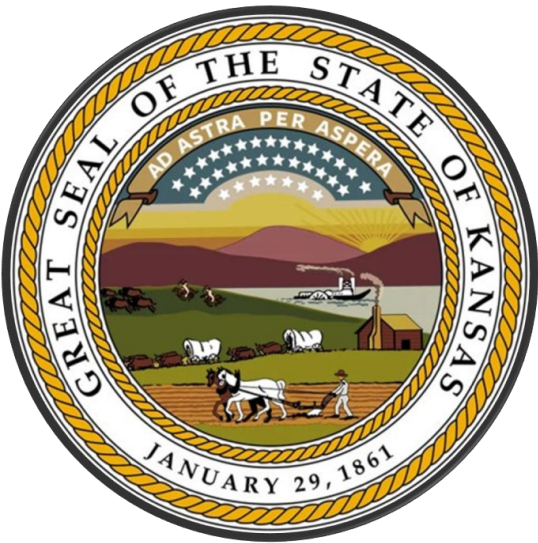


# Kansas Department for Aging and Disability Services

## Welcome to the Nursing Facility for Mental Health Settlement Agreement with focus on Informed Choice Information: What happens next?

Presented by Ruth Herman and Debbie Wilson  
Informed Choice Trainers



### Pre-Settlement Agreement Overview

- Signed agreement - July 1, 2021
- Runs through 2029; most practice improvements only over a five-year period
- Parties:
  - KDADS and KDHE
  - Topeka Independent Living Center through their Counsel (Disability Rights Center of Kansas - DRC)
  - Center for Public Representation
  - AARP Foundation Legal
  - Shook, Hardy & Bacon
  - Individuals with mental illness living in NFMHs as constituents of DRC

### Practice Improvement Areas

1. NFMH residents receive specialized services
2. CARE/PASRR, New Informed Choice trainings
3. Community Transitions
4. Supported Housing, Housing First Pathways
5. Supported Employment / IPS
6. Case Management Contract
7. Certified Peer Services
8. Certified Community Behavior Health Clinics (CCBHC);  
Assertive Community Treatment (ACT); Mobile Crisis  
Services

[https://www.drckansas.org/resource-center/mental-health/nfmhagreement\\_2021.pdf](https://www.drckansas.org/resource-center/mental-health/nfmhagreement_2021.pdf)

### Outcomes

1. **Referrals to and admissions** of the at-risk population to NFMHs will be reduced by 10% for each of the next 5 years
2. Number of residents with **average length of stay more than six months will decrease** (200 over five years)
3. **Number of residents discharged and remaining in the community for at least a year** will increase by 20% for each of the next 5 years

# KDADS Settlement Agreement

## A Partnership between NFMHs & CMHC/CCBHCs

### NFMH Settlement Agreement Goal

Work collaboratively to achieve transition of NFMH residents into integrated community settings with appropriate services:

- Giving residents in the NFMHs and those at risk of entry the opportunity to live more independent lives
- Increasing access to behavioral healthcare services
- Enhancing existing housing supports and treatment services

# A Partnership between NFMHs & Centers for Mental Health Services/Certified Community Behavioral Health Clinics in Kansas

## Community Transitions

Individuals  
Transition  
into  
Integrated  
Settings  
with  
Appropriate  
Services  
in Place

Through a combination of:

- Specialized Services
- Coordination with CMHCs/CCBHCs
- Person-Centered

This partnership emphasizes Informed Choice Practices.

# KDADS Settlement Agreement

## Informed Choice

### What does Informed Choice mean?

Informed choice is the process of choosing from options based on accurate information, knowledge, and experiences. Informed Choice practice principles include:

- Everyone is capable of making choices
- Choice means knowing what options are available
- Choices have consequences
- Choices are made within the context of cultural and societal expectations
- Some choices are viewed as more acceptable than others

NC Department of Health and Human Services – Informed Choice

# KDADS Informed Choice

## Informed Choice Practice and Community Integration

### Informed Choice Practices and Community Integration

### Why is Informed Choice Practice important for community integration?

- It involves the individual in the decision-making process
- It helps them to develop their own capabilities
- Individuals are more likely to stick to treatment plans
- It motivates individuals to adopt positive health behaviors



# KDADS Informed Choice

## Informed Choice and Person-Centered Planning

**How can Informed Choice and Person-Centered Planning help individuals?**

How does the Informed Choice practice of Person-Centered planning help individuals integrate and stay in the community?

- Places the focus on the individual's abilities
- A person-centered approach includes the person to participate
- It includes the individual's support network as partners



# KDADS Informed Choice

What is informed Choice?

## Informed Choice involves Person-Centered Planning

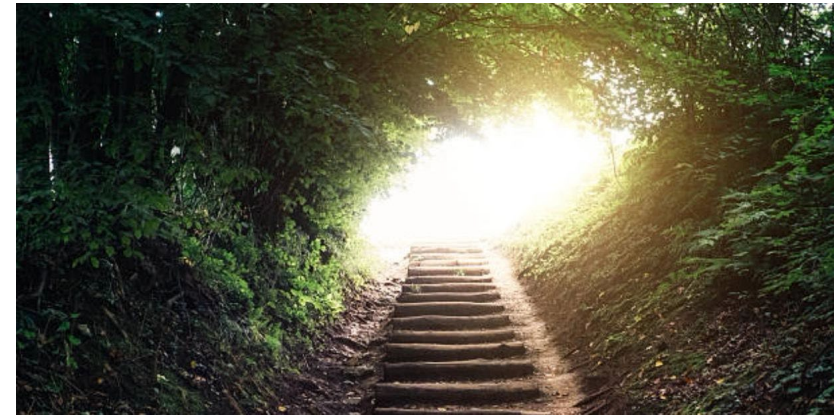
Looking at an individual through a Person-Centered lens!



<https://digital-photography-school.com/>



What is YOUR vision?



<https://serenitylifecounselingservices.com/>

### Overall Goals

#### Overall Goals

- Help the caregiver see the total person
  - Essential Characteristics
    - Rights
    - Choice
    - Privacy
    - Autonomy
    - Integration
- Engage service providers as partners
- Increase the number of people discharged from NFMHs with specialized services, with assigned case managers, with person-centered plans and follow-up

### Person-Centered Planning

A Person-Centered Plan should help to:

- Live in the least restrictive, most inclusive setting for the individual's needs
- Transition to the community as soon as practical
- Have a clear care plan
- Attain and maintain a strong quality of life

# KDADS Informed Choice

## Person-Centered Planning

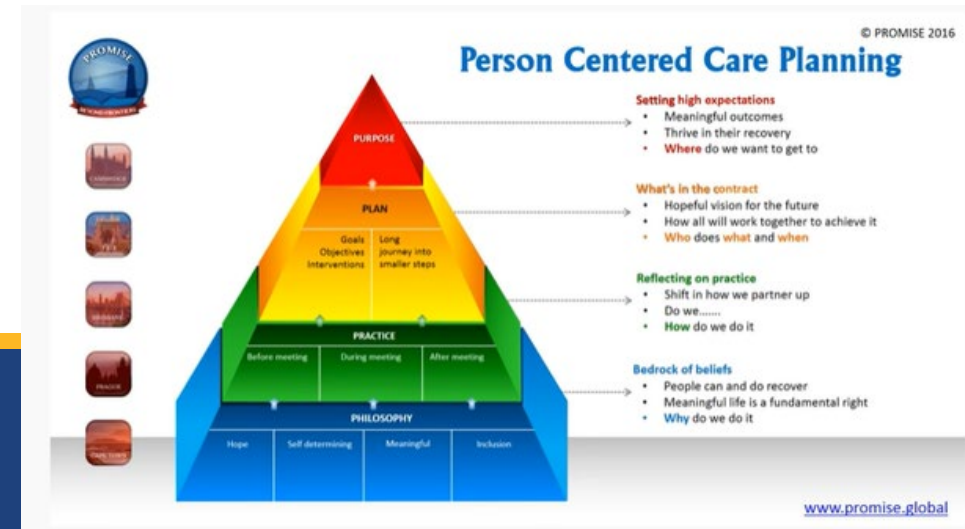
What do  
you want  
for your  
future?

- What are your hopes and dreams
- What goals do you have for your life
- Make your own choices in your daily life
- Have opportunities to spend time with friends
- Be involved with community activities
- Have easy access to needed health services

# KDADS Informed Choice

## Person-Centered Planning

### Eight Essential Elements for Person-Centered Planning



# KDADS Informed Choice

## Person-Centered Planning

Helpful  
Community  
based  
Programs and  
Services

Case Management

WRAP

ACT

Employment Services

Certified Peer Support



<https://www.ciciottipca.com/eng/>



# KDADS Settlement Agreement

## Specialized Services

### Individualized Specialized Services

The initial test list of specialized services options are below by category:

- Community integration day services
  - Independent Skills Training and Education
  - Peer Support
  - Community Outings
- Vocational and supported employment service
  - Pre-vocational services
  - Supported Employment
  - Assistive Services
- Behavior support services
  - Peer Support Group
  - Crisis Intervention
- Therapy services
  - Individual
  - Family
  - Group
- Other rehabilitative services
  - Personal Care/Assistance Services
  - Community Psychiatric Support and Treatment
  - Pharmacological Management, Training, and Support
  - Rehabilitative Services



# KDADS Settlement Agreement

## Specialized Services

### Specialized Services

#### Specialized services supporting residents of NFMHs

- The Kansas Department for Aging and Disability Services (KDADS) secured additional money in State General Funds (SGF) to support CMHCs with NFMHs in their service area in the provision of specialized services to the residents of the local NFMH.
- Until the KDADS case management contractor is in place, CMHC NFMH Liaisons will work directly with the NFMH staff as designated by the NFMH Administrator to identify the NFMH residents to first receive the SGF specialized services.
- After the KDADS case management contractor is in place in SFY2023 (July 1, 2022 – June 30, 2023), the CMHC NFMH Liaisons will work with the KDADS case management contractor and NFMH staff to expand specialized services to more NFMH residents.

“Mental health problems don't define who you are. They are something you experience. You walk in the rain and you feel the rain, but, importantly, **YOU ARE NOT THE RAIN.**” *Matt Haig*

### Helpful Resources

#### Kansas Guardianship Program



- The Kansas Guardianship program is a volunteer-based model that provides guardianship or conservatorship services for vulnerable adults.
- <https://ksgprog.org/>

#### National Alliance on Mental Health (NAMI)



- The nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.
- <https://www.nami.org/>

### Helpful Resources

#### Association of Community Mental Health Centers of Kansas

- The Association of Community Mental Health Centers of Kansas Inc., advances the interest of CMHCs and the individuals they serve. Towards this end, the Association provides legislative representation, offers leadership and professional education, highlights model practices and programs, and identifies resources for addressing the challenges faced by local mental health authorities.
- <http://www.acmhck.org/>



#### Kansas Association of Area Agencies on Aging & Disabilities

- Ensuring older adults and people with disabilities maintain their independence and dignity through cost effective community services.
- <https://k4ad.org/>

k4ad

### Helpful Resources

### Disability Rights Center of Kansas

- The Disability Rights Center of Kansas (DRC) is a private non-profit agency. We are not a part of the state or federal government. We are also not a disability service provider. DRC has attorneys and advocates who provide free advocacy and legal services for disability rights.
- [Disability Rights Center of Kansas \(drckansas.org\)](http://drckansas.org)

