

Final Report

TO:

Department of Human Services
Office of Long-Term Living
Location Code: 21LTLiving
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FROM:

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Completed

Task #	Task Title	Month Billed (Invoice #)
1	Kick-Off and Enrollment	Nov 2019 (001)
2	Secure Training Venues	Nov 2019 (001)
3	Pre-test	Jan 2020 (002)
4	Mental Health First Aid Northeast PA	Jan 2020 (002)
5	Mental Health First Aid Northwest PA	Jan 2020 (002)
6	Mental Health First Aid Southcentral PA	Jan 2020 (002)
7	Mental Health First Aid Southeast PA	Jan 2020 (002)
8	Mental Health First Aid Southwest PA	Jan 2020 (002)
9	Mental Health First Aid Northcentral PA	Feb 2020 (003)
10	Post Test	Jan 2023 (004)
11	Quarterly Report	Jan 2023 (004)
12	Plan & Prepare for Focus Groups	Jan 2023 (004)
13	Focus Group 1	Jan 2023 (004)
14	Focus Group 2	Jan 2023 (004)
15	Focus Group 3	Jan 2023 (004)
16	Webinar	Jan 2023 (004)
17	Survey	Jan 2023 (004)
18	Final Report	Jan 2023 (004)

Task #1 Kick-off & Enrollment & #2 Secure Training Venues

Summary

An initial kick-off meeting to refine goals, expected outcomes and identify resources in an effort to avoid duplication was held on October 9, 2019. Subsequent discussions were held to coordinate distribution of links for participants to register for the trainings and to set up Continuing Education Credits (CEUs) for Nurses and Nursing Home Administrators.

The ALPS team identified potential training venues in each of the 6 regions within Pennsylvania identified in the grant. Our LeadingAge PA and PA Health Care Association (PHCA) colleagues helped us to identify locations that would be most accessible for nursing home staff in each PA region. ALPS staff interviewed venue event staff and examined floor plans and audio visual packages to identify appropriate training venues based on course criteria and local needs/ resources. ALPS staff requested bids from at least 3 venues in each location and selected venues based on best value. Once contracts were signed with all of the venues, ALPS staff created a registration center and shared the links in a training flyer. The flyer was distributed by both LeadingAge PA and PHCA. In addition, ALPS staff used data in Nursing Home Compare to contact nursing homes and offer information about the trainings and assistance with registration.

Upon receipt of each registration, the ALPS team created rosters for each training and distributed agendas and a Welcome Letter to all participants. The Welcome Letter provided the time and address for the training participants registered for along with information on food (that none would be provided per the rules of the grant along with a map of restaurants located within a few mile radius of the venue), parking, and substituting a participant in the event the original person could not attend. Our contact information was also included so folks could reach us if they had a question or needed additional support.

Key Accomplishments

Broad distribution of the training announcement and individual outreach to Pennsylvania's nursing homes through our association partners and ALPS staff.

Providing 7 hours of Nursing and NH Administrator Continuing Education Credits (CEUS) boosted attendance and provided additional value for participants

Locating & securing venues within each PA Region allowed for participation by nursing home staff across the state. Folks in Erie particularly mentioned their appreciation at not having to travel to attend a training.

Stakeholders

Name	Organization
Tracy Evans	Leading Age, Pennsylvania
Chris Fisher	Pennsylvania Health Care Association
Gail Weidman	Pennsylvania Health Care Association
Beth Weachter	Pennsylvania Health Care Association

Venues

PA Region	Venue	Training Date	City
Northcentral	Genetti Hotel	Monday, January 6, 2020	Williamsport
Northeast	Courtyard Wilkes-Barre Arena	Tuesday, January 7, 2020	Wilkes-Barre
Northwest	Courtyard Bayview	Wednesday, January 8, 2020	Erie
Southcentral	The Central Hotel & Conference Center	Thursday, January 9, 2020	Harrisburg
MHFA - Southeast	Hyatt Place	Friday, January 10, 2020	King of Prussia
MHFA - Southwest	Hyatt Place Pittsburgh Airport	Saturday, January 11, 2020	Pittsburgh

Tasks #3 Pre-Test and #4 - 9 Mental Health First Aid Trainings

Summary

The ALPS team registered each participant in the National Council for Behavioral Health database allowing them to access their certification for Mental Health First Aid (MHFA) and be connected to accurately and timely information on behavioral health on an ongoing basis. Our team also created a Training roster for each training with participant details and contact information. Welcome Letters were provided when participants registered and a brief welcome email including the time and address and an ALPS contact was provided to each participant the day prior to their training. During this period our staff responded to questions about the training and provided information and support as required to ensure participant comfort, confidence, and engagement.

ALPS contacted each venue prior to the training to confirm logistics and room set. We also ordered, received and stored the required materials from the National Council for Behavioral Health. Materials were collated into folders so that participants could access the handouts in the order we used them in during the training and have a "take-away" package of valuable information including their own copy of the Mental Health First Aid (MHFA) Student Manual.

On the morning of each training our team arrived an hour prior to the training start time and set out the folders, MHFA Manuals and training aids on each table. We worked with venue staff to finalize and troubleshoot any issues with connectivity or audio visual tools. As participants arrived each was greeted and provided with a sign in sheet. At the conclusion of the training each day, the rooms were cleaned and artifacts such as sign-in sheets were scanned and stored electronically. After the training, the ALPS team assisted participants in completion of the training evaluation, provided area specific tools and resources, and ensured all participants had access to both their CEU certificates and MHFA Certifications.

We were inspired by the Nursing Home Administrators, Nurses, Social Workers, and other Staff who attended the trainings. They were willing to share their ideas and experiences, creating a rich training environment that supported learning, connection, and wellness!

Key Accomplishments

Average of 4.6 out of 5 on the evaluation of the trainer.

Average of 4.5 out of 5 on confidence measures (post-test)

Overwhelmingly positive written feedback expressing the usefulness of the content in their work and personal lives.

Evaluation

On a scale of 1 -5, with 5 being strongly agree, rate your agreement with the following:

Trainer Evaluation	Score
Course goals were clearly communicated.	4.65
Course goals & objectives were achieved.	4.63
Course content was practical and easy to understand.	4.7
There was adequate opportunity to practice the skills learned.	4.62
The Trainer's presentation skills were engaging and approachable.	4.69
The Trainer demonstrated knowledge of the material presented.	4.69
The Trainer facilitated activities and discussion in a clear and effective manner.	4.7

On a scale of 1 - 5 with 5 being the most confident, how confident are you that you can/ will:

Statement	Score
Recognize the signs that someone may be dealing with a mental health problem or crisis.	4.58
Reach out to someone who may be dealing with a mental health problem or crisis.	4.56
Ask a person whether s/he is considering killing her/himself.	4.68
Actively and compassionately listen to someone in distress.	4.66
Offer a distressed person basic "first aid" level information and reassurance about mental health problems.	4.61
Assist a person who may be dealing with a mental health problem or crisis to seek professional help.	4.58
Assist a person who may be dealing with a mental health problem or crisis to connect with community, peer, and personal supports.	4.55
Be aware of my own views and feelings about	4.58
Recognize and correct misconceptions about mental health and mental illness as I encounter them.	4.58

Participant Feedback (verbatim)

the hands on and allowing ongoing questions was very helpful.

Great course! Come back to Erie soon!

Deborah was wonderful!! She is extremely knowledgeable and wise. She is a great teacher too! She keeps the class engaged :)

The interaction between group per module and time to share ideas and ask question throughout presentation was wonderful!

It was nice having an instructor who treated participants as adults. Offered real life examples and methods. So often participants get a person who "just reads to them". This was definitely not the case for this instructor! As a former university instructor I appreciate this!

True interaction with participates

Learned so much!! Highly recommend this course!!! Thank YOU!!! :)

GREAT job.

Really liked the tools in the middle of the table to "play" or fidget with during the presentations.

Great instructor & speaker. Made the course content easy to understand & fun. Enjoyed the interactive exercises.

Thank you so much for your knowledge. This was a great day for me to go over information and network with others.

very lively and well versed

Excellent presentation! I really enjoyed the program and the class interaction was great!

Thank you for providing such a great program on a topic that is needed so badly.

Great class! Enjoyed the interactive atmosphere. Possibly would work even better with a smaller group so that we could share our experiences.

I don't know if this addressed in another training, but ways to help our residents with these issues.

The instructor was amazing, engaging , and easy to understand. I really learnt a lot from her.

Very good representational skills

Deborah was very engaging and kept the entire group wide awake and interested the entire day. The activities throughout the training were a great idea as well.

One of the best trainings I have attended. Instructor made the material very approachable, engaging, and easy to understand.

I enjoyed the flow of this course and making it applicable to the facility settings in the room. I appreciated the survey of who was present and prior knowledge base about MHFA prior to starting the course. It helped me know what I was in for as someone who has been certified before and in the MH field for almost 10 years.

Incredible!!

Deborah had a fabulous presenter engagement. I enjoyed her examples and style.

She did a great job. She had a good blend of lecture and activities to reinforce the subject matter.

I really enjoyed this class. The instructor was knowledgeable, engaging and kept my interest. I enjoyed the activities and role playing. I felt that breaking into small groups was a great way to discuss and brainstorm and get to know the other participants.

One suggestion: I would have liked to have had the opportunity to share email/contact information with other participants if they wanted to as well to keep in touch and share helpful tips as we provide the mental health first aid in our own environment.

Engaging and wonderfully presented.
I enjoyed the course and liked the presenter's style. It was well organized and moved through all of the topic areas expected.
Great information and relation to real world experiences and situations
Excellent presentation and real life examples of the material.
very interesting and informative
The instructor was very engaging and informative. I would attend another seminar by her anytime! She engaged the audience!
Very interesting and held my attention the entire day.
Well presented. Engagement of participants made experience more meaningful
excellent
great course thank you!
Excellent Training and presented very well.
Very passionate about the topic.
Truly enjoyed the course and gained more knowledge then I expected to.
very personable, good insight
Extremely engaging with the audience, Conveyed extensive knowledge on the subject. Outstanding presenter!
The environment was comfortable and pleasant. The experience was very good. I was able to learn what I was hoping to accomplish and more. Thank you very much!!

Task #10 Post Test

The post test showed an increase of confidence on 50% of the measures.

On a scale of 1 - 5 with 5 being the most confident, how confident are you that you can/ will:

Statement	Pre-Test Score	Post-Test Score	Difference	Outcome
Recognize the signs that someone may be dealing with a mental health problem or crisis.	4.58	4.67	-0.09	Decrease
Reach out to someone who may be dealing with a mental health problem or crisis.	4.56	4.33	0.23	Increase
Ask a person whether s/he is considering killing her/himself.	4.68	4.67	0.01	Increase
Actively and compassionately listen to someone in distress.	4.66	5.00	-0.34	Decrease
Assist a person who may be dealing with a mental health problem or crisis to seek professional help.	4.58	4.67	-0.09	Decrease
Assist a person who may be dealing with a mental health problem or crisis to connect with community, peer, and personal supports.	4.55	4.33	0.22	Increase
Be aware of my own views and feelings about mental health problems and disorders.	4.58	4.67	-0.09	Decrease
Recognize and correct misconceptions about mental health and mental illness as I encounter them.	4.58	4.33	0.25	Increase

Task #11 Quarterly Report

Quarterly Reports and Status Updates were submitted to the Department of Human Services Office of Long-Term Living on the following dates:

- Version 1 (May 20, 2021)
- Version 2 (November 11, 2022)
- Version 3 (March 1, 2022)
- Version 4 (September 27, 2022)

Tasks #12 - 15 Plan, Prepare, and Conduct Focus Groups

Responses from participants have been summarized below.

Question	Response(s)
Have you used the knowledge and skills you gained in MHFA in your work?	100% of participants indicated that they have used the knowledge gained in the MHFA course in their work.
In what ways has your Mental Health First Aid (MHFA) knowledge improved your work with Nursing Home Residents?	Participants noted the following improvements. Responses are ranked from most common (1) to least common (8). <ol style="list-style-type: none">1. More empathy/ compassion for people living with a mental illness.2. Better ideas for or implementation of non-pharmacological interventions.3. Better capacity to identify changes in psychosocial well being.4. Increased understanding of mental health.5. Improved ability to refer for professional help.6. Inclusion of behavioral health interventions in care planning.7. Reduced stigma.8. Increased understanding of substance use disorders.
What do you see as barriers to effective behavioral healthcare?	Participants noted the following barrier. Responses are ranked from most common (1) to least common (5). <ol style="list-style-type: none">1. Limited time to provide behavioral healthcare.2. Competing priorities in patient care.3. Unwillingness of resident to participate.4. Leadership does not prioritize behavioral healthcare5. Lack of support from families or resident representatives
Have you been able to identify local or national resources to support delivery of behavioral healthcare?	66% of participants indicated they had been able to find local and national resources to support the delivery of behavioral healthcare.
In what ways have you continued to learn about behavioral health?	Continued webinars and trainings

Tasks #16 and #17 Survey

A survey was provided to registered participants in December of 2022. Due to the length of time between the trainings and the survey many participants were unreachable with the email addresses associated with the nursing homes they worked at, which were provided at registration. Results of the survey are provided below. Confidence levels on all measures except one exceeded "moderate". For "Trauma Informed Care", participants reported the lowest level of confidence, "uncertain".

Rate yourself on the following levels of skill, knowledge, or awareness of:

Options

- None = 1
- Limited = 2
- Uncertain = 3
- Moderate = 4
- High = 5

Topic	Score
Mental disorders, illnesses, or conditions	4.33
Substance use disorder	4.00
Recovery from a mental disorder, illness, or condition	4.00
Signs and symptoms of difficulty or distress following trauma	4.67
Trauma Informed Care	3.00
State and local mental health and substance use disorder resources	4.00
National and local mental health and substance use disorder resources	4.00
Providing referrals for self help	4.00
Providing referrals for professional help	4.00

Task #18 Final Report

This document constitutes the final report, outlining the tasks, activities, and outcomes associated with the implementation of the grant.