



# Post-Acute Care Mental Health Video Training Series

## Gain a Better Understanding of Older Adult Mental Illness

Learn new skills and a clearer understanding of older adult mental illness with this free, three-episode video training series. The videos are intended to boost your confidence when caring for older adults and help you learn basic skills you can use to prevent and de-escalate mental health crises.

The training series includes a facilitator guide, fact sheets, checklists, and other tools viewers can download and print. Each video includes a ten-question quiz along with a quiz checker with the correct answers and a corresponding time stamp where the question topic is presented in the video.



**Older adult mental health basics:** Explains common mental illness disorder categories; shares the compelling statistics; addresses the fear and inadequacy many providers and caregivers feel; confronts stigma and derogatory labels; expresses hope and effectiveness of treatment; conveys how care providers and family caregiver can support persons living with mental illness.



**Mental health crisis prevention & de-escalation:** Describes common behaviors and triggers likely to cause behavioral events; suggests prevention tips to reduce symptoms; demonstrates “right way/wrong way” de-escalation scenarios; shows how to apply new learning after a crisis event.



**Person-centered care & collaboration:** Explains the importance of personalized mental health care plans; offers creative solutions to help residents and family members achieve their goals; discusses when to consult with outside mental health professionals for assessments and evaluations.

Visit the **Post-Acute Care Mental Health Video Training Series** page  
for links to the videos and all materials:

<https://www.lsqin.org/initiatives/coordination-of-care/post-acute-care-mental-health-video-training-series/>