

Rocky Knoll Health Care Center

Behavioral Health &
Specialized Psychiatric Rehabilitative
Services (SPRS).

Rocky Knoll Health Care Center

“What we do”

- Rocky Knoll Health Care Center has three Behavioral Health units in the Shah West building.
- These units serve adults who have been diagnosed with a Major Mental illness, or impaired cognitive functioning; and who may or may not express problem behaviors.
- Many of the individuals are in a treatment program called Specialized Psychiatric Rehabilitative Services (SPRS).
- The following information is a review of the patients treated in Shah West, an overview of Specialized Psychiatric Rehabilitative Services (SPRS), and a proposal for additional services to be initiated in the near future.

Rocky Knoll Health Care Center

“Where”

Shah West - Behavioral Health Units Total 59 Beds

- 2 Shah West 19 Beds
- 2 Shah West (**Secure**) 11 Beds
- 1 Shah West 29 Beds

“Who”

1 & 2 Shah West – We do not admit individuals who pose an imminent threat of harm to self/others.

2Shah West Open - Resident Population
(2) Groups

Long Term MI: fixed delusions, ongoing paranoid ideations,
reduced safety awareness.

Need monitoring of medications/symptoms; staff
cues/supervision of daily activities.

Long Term MI: no insight, limited judgment, poor decision
making, decreased safety awareness.

Need administration/supervision of medications;
monitoring of symptoms ongoing staff cues/
supervision/monitoring of self care tasks/daily
activities.

Rocky Knoll Health Care Center
Shah West - Behavioral Health Units

“Who” (Continued)

2Shah West Secure - Resident Population

(2) Groups

Young, Chronically MI: experiencing acute episode.

3 – 6 months for stabilization then return to community.

Need administration/supervision of medications, ongoing monitoring of symptoms, supervision for **safety**.

Long Term Chronically MI: with no insight, no awareness of the nature of own MI, seriously limited judgment, poor decision making.

Need ongoing administration/supervision of medications, ongoing monitoring of symptoms, supervision for **safety**.

Rocky Knoll Health Care Center
Shah West - Behavioral Health Units

“Who” (Continued)

1 Shah West - Resident Population

1 Group

Long Term MI, Cognitively impaired (older adults with schizophrenia, dementia, post stroke, Alzheimer's), with no insight into own status, limited **safety** awareness, and limited judgment.

Need ongoing supervision, monitoring for **safety**, and assistance meeting daily needs.

Length of stay

2Shah West Open -

Resident Length of Stay: 6 Months – 5 years due to: lack of ability to initiate and carry out self care skills, inability to structure own daily routine, lack of awareness of own needs. (e.g., needs supervision/reminders to get up, attend meals, shower, take medications).

Length of stay

2Shah West Secure – (2) Groups

Group 1

Resident Length of Stay: 2-3 Months until current acute episode in their chronic illness, resolves.

Group 2

Resident Length of Stay: Long term due to chronic nature of mental illness, lack of safety awareness, **potential** for danger to self and/or others however, are able to “contract for safety.”

Length of stay

1Shah West

Resident Length of Stay: Long term placement until behavior problems related to illness are resolved, (e.g., aggression during cares).

Programming

Specialized Psychiatric Rehabilitative Services (SPRS).

SPRS is a program for people with a mental illness, that focuses on symptom reduction and a return to the community.

2Shah West Open - Generally all of the residents on this unit receive (SPRS).

2Shah West Secure - Generally all of the residents on this unit receive (SPRS).

1Shah West - 35% of the residents on the this unit receive (SPRS).

Programming

Specialized Psychiatric Rehabilitative Services (SPRS).

- SPRS is federally funded program.
- Administered by the State of Wisconsin
- To provide care for persons with a mental illness following a brief hospitalization, or in some cases, as an alternative to a hospitalization.
- SPRS is specifically for individuals whose MI symptoms warrant the need for continued treatment in a nursing home that can provide supervision, structure and monitoring for safety.
- A person who qualifies for SPRS does not need to remain in a hospital setting, they can move to a nursing home which is considered a less restrictive setting

Programming

Specialized Psychiatric Rehabilitative Services (SPRS).

I Goal: The goal of Rocky Knoll (SPRS) program is the reduction of symptoms of mental illness and promotion of return to the community.

Program: The Rocky Knoll (SPRS) Program includes:

- 1) An Individualized plan of care directed at symptom reduction.
- 2) Treatment directed at increasing life skills to allow for reintegration into society.

Programming

Specialized Psychiatric Rehabilitative Services (SPRS).

Additional Programming Areas:

- Social Skills training

- Interpersonal relationships/friendships,

- Individual/group social skills

- Personal skills development,

- Stress management

- Relaxation techniques

- Coping skills development

- Problem solving skills

- Communication skills

- Promote Personal expression of ideas, needs, feelings

- Leisure skills

- Current events

- Fitness

Rocky Knoll Health Care Center
Shah West - Behavioral Health Units
Specialized Psychiatric Rehabilitative Services (SPRS).

Programming under Development:

Work related skills development

Voucher program to promote/reinforce positive behaviors

Room Care

Attendance at groups

Independent Completion of Personal self care tasks

Involvement in walking program/physical activity program

Physical activity programs

Nutrition training/cooking groups

Addictions groups from community

Illness education/management

Leisure skill development

Art Therapy