

## Younger Adults in the Residential Care Setting

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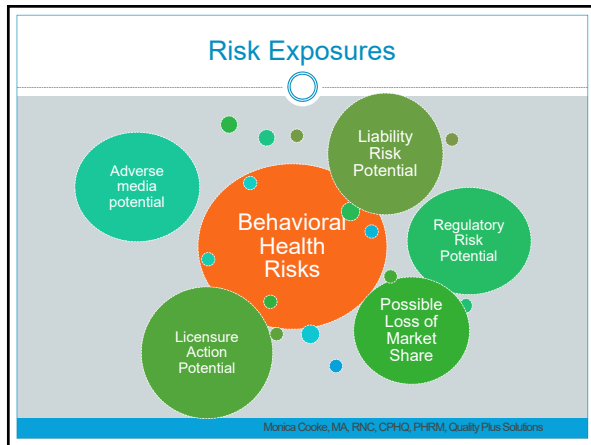
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### Other Risks

- Physical injury to staff, residents, and family members by aggressive residents
- Frightened residents and families who transfer out of communities
- Increased staff turnover

*I RESIGN!*

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### Types of Younger Residents

- Ill from birth
- Ill from capricious fate
- Ill through lifestyle choices
- Serious mental illness
- Comorbid substance abuse



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### Staff Support

- Impact of younger residents on staff
  - Transference/Countertransference
  - Ill from birth, capricious fate, lifestyle, SAMI
- Support and backup on handling situations
  - Splitting
  - Teachable moments
  - Aggressive residents
- System/Teamwork in place to communicate
  - Change of shift report, behavioral rounds
  - Staff retention



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### Staff training

- Training on:
  - Mental health basics
  - Working with families
  - Policies and procedures



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### Policies and Procedures

- Defense against splitting
- Policies on:
  - Smoking
  - Drinking
  - Acting out/behavior problems
  - Sexual activity
- Goal: Proactive rather than reactive responses



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### Engaging Mental Health Professionals

- Psychologists, psychiatrists, social workers
- Frequency of presence
- Communication
- Early referrals
- Critical period
- Psychiatric nurses/aides
- [pltcweb.org](http://pltcweb.org)



**PLTC** Psychologists in Long-Term Care

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### Therapeutic Milieu



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### Structuring Time

- Day: Productive engagement
- Evening: Winding down for the day
- Night: Sleep hygiene



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### Successful Therapeutic Recreation

- Create positive connections among residents
- Emphasize strengths and skills
- Address problems (such as substance abuse)
- Pro-social



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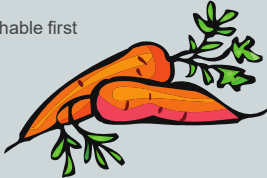
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### Troubleshooting

- “Negative” group of adults in residence
  - Enlist help of social worker and/or psychologist
  - Use both carrot and stick approaches
  - Find out what they want
  - Appeal to the most approachable first



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**Goals/Summary**

- Acknowledge challenges of younger residents
- Train staff on mental health basics
- Policies and procedures in place
- United team with good communication
- Refer early before problems arise
- Engage in positive activities



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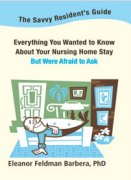
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