



Indiana State
Department of Health

LONG TERM CARE NEWSLETTER

ISDH Long Term Care Newsletter
Issue 2020-36
May 19, 2020

Today's Issue:

- **CMS Update – QSO-20-30-NH – Nursing Home Reopening Recommendations for State and Local Officials**
- **Be Well Indiana Resources**

QSO-20-30-NH – Nursing Home Reopening Recommendations for State and Local Officials

CMS is committed to taking critical steps to ensure America's nursing homes are prepared to respond to the Coronavirus Disease 2019 (COVID-19) Public Health Emergency (PHE). CMS is providing recommendations to help determine the level of mitigation needed to prevent the transmission of COVID-19 in nursing homes. The recommendations cover the following items:

- **Criteria for relaxing certain restrictions and mitigating the risk of resurgence:** Factors to inform decisions for relaxing nursing home restrictions through a phased approach.
- **Visitation and Service Considerations:** Considerations allowing visitation and services in each phase.
- **Restoration of Survey Activities:** Recommendations for restarting certain surveys in each phase.

QSO-20-30-NH provides recommendations for State and local officials to help determine the level of mitigation needed for communities' Medicare/Medicaid certified long term care facilities (nursing homes) to prevent the transmission of COVID-19.

Complete Information: [QSO-20-30-NH Nursing Home Reopening Recommendations for State and Local Officials](#)

Be Well Indiana Resources

Managing mental health is essential for the well-being of Hoosiers across the state and

communities around the world. Most people are experiencing some amount of grief, stress, depression and worry. For some, these feelings are becoming overwhelming. The good news is there are steps you can take, resources you can discover and people you can reach out to who can help you feel better. Throughout the [Be Well Indiana](#) website, you'll find information and resources compiled by the Indiana Division of Mental Health and Addiction designed to help Hoosiers stay connected and maintain their well-being. Resources include:

- COVID-19 Resources
- Assistance for Hoosiers
 - SNAP, Cash Assistance, Health Coverage
 - Federal Health Insurance
 - Covering Kids & Families of Indiana
 - State Health Insurance Program (SHIP)
 - Indiana Unemployment Resources
 - Child Care Resources
- Mental Health Self-Assessment
- Mental Health & Wellness Resources
 - Take Care of Your Emotional Health
 - Stress Education
 - Get Moving for Heart Health
 - Helping Children Cope
 - Resources for Teens
 - Tools for Constructive Conversation about COVID-19
 - Resources for Domestic Violence
 - Tips for Talking with Children
- Substance Use Disorder & Recovery Resources
 - Next Level Recovery
 - Online Alcoholics Anonymous Meeting
 - Find a Recovery Meeting
- Get the Support You Need
 - Call 2-1-1
 - Crisis Text Line
 - Indiana State Department of Health
 - The Disaster Distress Helpline 24/7
 - National Domestic Violence Hotline
 - National Addiction & Recovery Helpline
 - Suicide Prevention Lifeline
 - Veterans Crisis Line

Consider sharing this information with co-workers, families and friends.