

**State Civil Money Penalty Reinvestment Projects Funded in Calendar Year (CY) 2023
Atlanta Long-Term Care Location**

North Carolina

NC CMP Funds Expended for Administrative Uses in CY 2023: \$124,061.84

NC CMP Funds Expended for Emergency Uses in CY 2023: \$0.00

NC Active CMP Funded Projects in CY 2023: 19

Project Title: Pride in Care NC: A LGBT Cultural Competency Training for Skilled Nursing Facilities for the North Carolina Culture Change Coalition Enhancement Grant

Unique Identifier: NC-0619-CCOG-317 / 2019-04-NC-0603

Project Duration: 11/1/2019 to 4/30/2023

Total Amount of CMP Funds Approved for this Project: \$509,800.24

Total Amount of CMP Funds Expended During CY 2023 for this Project: \$47,726.38

Project Summary (a. Purpose, b. Goals, c. Benefit to nursing homes, d. Target audience beyond nursing home residents, if applicable):

- a) The project aims to develop educational material specifically tailored to provide lesbian, gay, bisexual, and transgender (LGBT) cultural competency training for skilled nursing facility (SNF) staff and skilled nursing facility (SNF) resident advocates in North Carolina (NC) over three years. Due to the impacts of the COVID-19 pandemic, the project was granted a six-month no-cost extension through April 30, 2023.
- b) The program offers 16 in-person, three-hour *Pride in Care* training over the project term. 100% of all SNF staff member participants will score 70% or better on pre-tests and 80% or better on post-tests. The project aims to administer 8,400 online SAGE training vouchers over the entire period.
- c) Creating effective policies and procedures for a safe, respectful, and welcoming environment for LGBT SNF residents.
- d) Nursing home staff, caregivers, State Surveyors, and the Long-Term Care Ombudsman.

Funded Entity(ies):

Centralina Council of Governments

Results of the Project:

- Centralina hosted 17 *Pride in Care North Carolina* trainings during the grant performance period, including the in-person pilot.
- 167 individuals (SNF staff, surveyors, ombudsmen) were trained as *Pride in Care North Carolina* trainers during the grant performance period.

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- Evaluation results show that those trained in *Pride in Care* had a statistically significant improvement in their comfort level, creating inclusive skilled nursing environments and supporting LGBT+ residents. (average 0.421 improvement in evaluation facets, with the largest increase in awareness of resources for LGBT+ residents and an increase in knowledge and awareness of health disparities for LGBT+ residents).
- In addition, *Pride in Care* leaders shared their plans to implement best practices such as updating or emphasizing nondiscrimination policies, considering an anti-bullying policy, creating more inclusive marketing, using LGBT-friendly symbols on site to create a welcoming environment, incorporating sexual orientation and gender identity questions during the intake process, including LGBT topics and events in programming and developing a regular, ongoing, reoccurring schedule for *Pride in Care* training using *Pride in Care* materials.

Project Title: CAN-NC Elder Arts Initiative

Unique Identifier: NC-0819-CAN-389 / 2019-04-NC-0802

Project Duration: 4/4/2020 to 3/31/2023

Total Amount of CMP Funds Approved for this Project: \$463,250.00

Total Amount of CMP Funds Expended During CY 2023 for this Project: \$69,580.81

Project Summary (a. Purpose, b. Goals, c. Benefit to nursing homes, d. Target audience beyond nursing home residents, if applicable):

- a) The project will provide a multidisciplinary art program to residents in nursing homes located across North Carolina.
- b) Introduce a participatory, multidisciplinary arts program to approximately 400 residents at 18 participating nursing homes across North Carolina over three years—a 45% increase in resident activity participation (group and individual) over the project period. Increase participant access to the arts by 65% throughout the project.
- c) Create an environment conducive to personal self-expression, identity, and enhanced quality of life.
- d) Not applicable

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Funded Entity(ies):

Center for Creative Aging North Carolina

Results of the Project:

- The project provided multidisciplinary arts programming to residents in 18 nursing homes (nine in Guilford County and nine in other rural counties).
- In Year 1, five facilities had an average resident participation of 14-29%; in Year 2, 14 facilities had an average of four to twelve residents participating in each session; and in Year 3, 18 facilities participated with an average of four to twelve residents participating per session. Four facilities saw an increase in participation between Year 2 and Year 3, nine facilities remained unchanged, and four facilities joined the project in Year 3.
- Based on testimonials provided in each quarterly report, the project achieved its goal of creating an environment conducive to personal self-expression, identity, and enhanced quality of life.

Project Title: iN2L (It's Never Too Late) Mobility Project

Unique Identifier: NC-0919-NCDVA-406 / 2019-04-NC-0909

Project Duration: 4/1/2020 to 3/31/2023

Total Amount of CMP Funds Approved for this Project: \$82,407.00

Total Amount of CMP Funds Expended During CY 2023 for this Project: \$0.00

Project Summary (a. Purpose, b. Goals, c. Benefit to nursing homes, d. Target audience beyond nursing home residents, if applicable):

- a) The *iN2L (It's Never Too Late) Mobility Project* offers personalized, life-enriching, re-engaging, and redirecting activities to its residents, thereby improving participants' overall quality of life.
- b) The program aims to increase resident participation in individual and group activities by 10% each quarter and achieve an overall participation rate of 70% among residents, either in groups or as individuals, by the end of the project term. Thirty resident My Story, My Page digital biographies will be developed. The project also aims to achieve an overall improvement in resident satisfaction of 90% by the end of the project. Eligible nursing home staff will receive continuing education units (CEUs) for all iN2L onsite training.

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c) The project benefits residents by widening the individualized programming options available.

d) Not applicable

Funded Entity(ies):

North Carolina State Veterans Home - Black Mountain

Results of the Project:

There was a 6% increase in resident group and/or individual participation each quarter and an 85% overall improvement in resident satisfaction. 30 My Story/My Page digital biographies were developed, and four eligible staff gained continuing education units for onsite It's Never Too Late (iN2L) training.

Project Title: Caregivers NC

Unique Identifier: NC-1019-FCNC-453 / 2019-04-NC-1019

Project Duration: 3/1/2021 to 3/31/2024

Total Amount of CMP Funds Approved for this Project: \$2,484,130.00

Total Amount of CMP Funds Expended During CY 2023 for this Project: \$617,577.15

Project Summary (a. Purpose, b. Goals, c. Benefit to nursing homes, d. Target audience beyond nursing home residents, if applicable):

The *Caregivers NC* project aims to implement a multipronged marketing effort to recruit prospective nurse aides to work in skilled nursing facilities. With the expected addition of 4,000 new nurse aides into the North Carolina (NC) long-term care workforce, the project will help remedy a state-wide staffing shortage impacting skilled nursing facilities, directly improving the quality of care delivered to nursing home residents.

Funded Entity(ies):

FutureCare of North Carolina, Inc.

Results of the Project:

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The *Caregivers NC* project registered 3,140 individuals. Of those registered, 768 completed the Nursing Assistant I program, and those who completed the program had an 86.4% success rate. During the 36-month project, 246 skilled nursing facilities (SNFs) registered to participate in the program. Additionally, 57 community colleges and 14 proprietary schools participated in *Caregivers NC*. The project completed 15 virtual webinars, which were housed on the *FutureCare NC* website.

Project Title: Virtual Valley It's Never Too Late (iN2L) Project

Unique Identifier: NC-1119-VVC-466 / 2019-04-NC-1104

Project Duration: 2/1/2020 to 1/31/2023

Total Amount of CMP Funds Approved for this Project: \$50,348.00

Total Amount of CMP Funds Expended During CY 2023 for this Project: \$11,312.00

Project Summary (a. Purpose, b. Goals, c. Benefit to nursing homes, d. Target audience beyond nursing home residents, if applicable):

- a) The *Virtual Valley' It's Never Too Late' (iN2L) Project* aimed to improve residents' interactions with each other, with the outside world, and enhance functional safety, cognition, and exercise.
- b) The program also proposed increasing resident participation in group activities by 30% to 40% and participation in individualized activities by 30% to 40% over 36 months, resulting in increased positive emotions and overall satisfaction after 36 months.
- c) The applicant also sought to help residents rebuild their social networks to stay in touch with current events and their loved ones outside the facility through applications associated with the iN2L system.
- d) Not applicable

Funded Entity(ies):

Valley View Care and Rehabilitation

Results of the Project:

All project goals were met: 33% participation increase in resident involvement in group activities over the entire project period; 38% participation of resident involvement in individualized activities over the entire project period; 22% increase in positive emotion and overall satisfaction over the entire project period.

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Project Title: Cultural Change Transformation to Neighborhood and Household Model Project

Unique Identifier: NC-1119-GEHC-471 / 2019-04-NC-1108

Project Duration: 4/1/2022 to 3/31/2024

Total Amount of CMP Funds Approved for this Project: \$122,138.00

Total Amount of CMP Funds Expended During CY 2023 for this Project: \$122,138.00

Project Summary (a. Purpose, b. Goals, c. Benefit to nursing homes, d. Target audience beyond nursing home residents, if applicable):

- a) The project will implement the neighborhood and household models to improve residents' overall quality of care.
- b) Increase resident satisfaction by 70% over a two-year project period. Increase staff retention by 35% and reduce the use of antianxiety and antidepressant drugs by 30% over a two-year project period.
- c) Enhance the normalcy of the home to improve privacy and foster stronger relationships among fellow residents, caregivers, and the community.
- d) Not applicable

Funded Entity(ies):

Givens Health Center

Results of the Project:

The average turnover in the last two quarterly reports has increased by 6.2% (project ends March 31, 2024). The use of antidepressant medication has decreased from 31% to 23%, and the use of anti-anxiety medication has fluctuated throughout the 24-month project period but stabilized at 9%. Overall resident satisfaction scores at the last assessment were 3.65% to 3.77% on a 5-point scale on all metrics.

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Project Title: Technology for Smoky Project

Unique Identifier: NC-1119-SRHR-478 / 2019-04-NC-1115

Project Duration: 9/1/2020 to 8/31/2023

Total Amount of CMP Funds Approved for this Project: \$60,064.65

Total Amount of CMP Funds Expended During CY 2023 for this Project: \$0

Project Summary (a. Purpose, b. Goals, c. Benefit to nursing homes, d. Target audience beyond nursing home residents, if applicable):

- a) The *Technology for Smoky Project* proposes creating a person-centered environment using the It's Never Too Late (iN2L) technology and creating a cybercafe.
- b) The project aims to increase resident activity participation by 5% per quarter, for a total increase of 60% over three years.
- c) Achieve a 5% increase in *Technology for Smoky Project* satisfaction per quarter for a 60% total increase over three years.
- d) Nursing home staff and family members of residents.

Funded Entity(ies):

Smoky Ridge Health and Rehabilitation

Results of the Project:

It was discovered in May 2023 that the project had a 7-month gap between the implementation of the Year 1 and Year 2 contracts and a one-month gap between the implementation of the Year 2 and Year 3 contracts. The final report provided did not indicate any conclusive results of the project and only provided the following information: 1) The COVID-19 pandemic and staff turnover significantly contributed to the delay in program implementation. 2) The larger smart TVs have been more well-received by residents than the smaller tablets, probably due to the "learning curve". 3) The facility changed ownership halfway through the project, and 4) the facility has switched Wi-Fi providers, making the iN2L devices easier to use. It's Never Too Late (iN2L) staff were helpful with training new staff during turnover and providing technical assistance.

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Project Title: To Know Me - A Method to Enhance Person-Centered Care

Unique Identifier: NC-1219-2NOMI-492 / 2019-04-NC-1207

Project Duration: 5/1/2020 to 4/30/2023

Total Amount of CMP Funds Approved for this Project: \$1,455,556.00

Total Amount of CMP Funds Expended During CY 2023 for this Project: \$299,192.18

Project Summary (a. Purpose, b. Goals, c. Benefit to nursing homes, d. Target audience beyond nursing home residents, if applicable):

- a) The "To Know Me" project will provide residents and their families a platform to create life storybooks. The storybooks will help staff better relate to and understand the residents, improving person-centered care techniques.
- b) The project aims to increase resident and family satisfaction by 30% over three years by providing 60 North Carolina-certified nursing homes with life storybooks for 6,000 nursing home residents and their families. Understanding the residents' life stories will also enhance staff competence in person-centered care practices by 30%.
- c) Life storybooks will help nursing homes develop comprehensive care plans and assessments based on residents' histories and experiences.
- d) Nursing home staff and family members.

Funded Entity(ies):

2Nomi

Results of the Project:

The project achieved an overall 19% increase in resident satisfaction with person-centered care in the following areas:

- An increase in staff willingness to learn about the resident's individual psychosocial needs/preferences and past experiences.
- Staff engage residents in meaningful conversations based on a deeper understanding of the residents' histories, beliefs, and achievements.

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- Staff greet residents by name of choice and respect other personal preferences.
- Residents have opportunities for self-expression, intellectual activities, and favorite hobbies. Staff satisfaction with training and their perceived benefit of the project to the residents:
- Extent of personalizing care to residents – 12% increase in satisfaction.
- Organizational support – 14% increase in satisfaction.
- Environmental accessibility – 12.5% increase in satisfaction.

Project Title: Improving Resident Care, Quality of Life, and Staff Retention Through the Implementation of SERVICE: An Organization-Wide Culture Change Model Project

Unique Identifier: NC-0120-GG-520 / 2020-04-NC-0102

Project Duration: 5/1/2020 to 2/28/2023

Total Amount of CMP Funds Approved for this Project: \$1,059,332.75

Total Amount of CMP Funds Expended During CY 2023 for this Project: \$40,388.24

Project Summary (a. Purpose, b. Goals, c. Benefit to nursing homes, d. Target audience beyond nursing home residents, if applicable):

- a) The Gilster Group will implement the *Improving Resident Care, Quality of Life, and Staff Retention Through the Implementation of Service: An Organization-Wide Culture Change Model Project* in 15 nursing homes over three years to create culture change focused on management programs, processes, and systems through the implementation of the *SERVICE (Service, Education, Respect, Vision, Inclusion, Communication, and Enrichment)* model.
- b) The project aims to increase residents' quality of care and life by achieving a 10% decrease in the citations of F-tags F656, F675, F684, and F67918, increasing resident and family quality of care and life satisfaction survey ratings by 20%, increasing staff satisfaction by 20%, and decreasing staff turnover by 20%.
- c) This project promotes the inclusion and participation of all residents, families, and staff, which will generate a sense of ownership and loyalty, enhance organizational performance and success, and improve the quality of life for those who live and work in long-term care. The resulting increase in stakeholder satisfaction and decreased staff turnover will enable a better understanding of resident

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needs, consistent person-centered care, and enhanced relationships among staff, residents, and their families.

d) Family members and nursing home staff.

Funded Entity(ies):

The Gilster Group

Results of the Project:

The project implemented the *SERVICE Model* in 15 skilled nursing facilities over a 36-month project period. Final results: 3.8% total decrease in staff turnover; 29% decrease in state investigated complaints; resident satisfaction decreased by 0.05%, and family satisfaction decreased by 0.11%; staff satisfaction decreased by 0.19%; increase in F-tag citations from baseline to endpoint.

Project Title: North Carolina Long-Term Care Emergency Preparedness Project

Unique Identifier: NC-0220-ULRF-547 / 2020-04-NC-0204

Project Duration: 5/1/2021 to 4/30/2024

Total Amount of CMP Funds Approved for this Project: \$2,072,301.00

Total Amount of CMP Funds Expended During CY 2023 for this Project: \$753,670.15

Project Summary (a. Purpose, b. Goals, c. Benefit to nursing homes, d. Target audience beyond nursing home residents, if applicable):

The project aims to develop and deliver a comprehensive training program on catastrophic disaster planning and structural mitigation for approximately 1,800 direct care staff and managers in long-term care facilities across North Carolina, covering a range of hazards.

Funded Entity(ies):

University of Louisville

Results of the Project:

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Interim results: The project has completed nine emergency preparedness training sessions, both virtually and in person. Six thousand seven hundred thirty-four (6,734) users have access to the web, which requires registration for the conferences. The project concludes on 4/30/2024.

Project Title: Restore and Engage for an Active Life (R.E.A.L.)

Unique Identifier: NC-0620-PB-626 / 2020-04-NC-0615

Project Duration: 8/1/2021 to 7/31/2024

Total Amount of CMP Funds Approved for this Project: \$134,957.00

Total Amount of CMP Funds Expended During CY 2023 for this Project: \$0

Project Summary (a. Purpose, b. Goals, c. Benefit to nursing homes, d. Target audience beyond nursing home residents, if applicable):

- a) The applicant, Pennybyrn at Maryfield, will use It's Never Too Late (iN2L) technology to connect residents physically, virtually, and socially.
- b) The project will create individual content pages and buttons for at least one-third of the residents identified to participate in the project over a three-year term. The project aims to achieve a 20% increase in overall resident satisfaction over a 36-month period.
- c) Nursing home residents will benefit from the project, which will enhance resident-family interactions and support therapeutic sessions by encouraging movement and activity beyond traditional sessions.
- d) Family members.

Funded Entity(ies):

Pennybyrn at Mayfield

Results of the Project:

Interim results:

- 1) The project created individual content pages and buttons for 80% of the residents who were identified to participate in the project.

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2) 12% increase in overall resident satisfaction.

Project Title: Improving the Quality of Care While Reducing the Spread of COVID-19 to Residents and Staff of Skilled Nursing Facilities Through the Effective Use of Telemedicine

Unique Identifier: NC-0720-TRECS-636 / 2020-04-NC-0716

Project Duration: 4/1/2021 to 8/1/2023

Total Amount of CMP Funds Approved for this Project: \$196,159.00

Total Amount of CMP Funds Expended During CY 2023 for this Project: \$11,717.25

Project Summary (a. Purpose, b. Goals, c. Benefit to nursing homes, d. Target audience beyond nursing home residents, if applicable):

- a) The Trece Institute's project will provide telemedicine carts in 10 skilled nursing facilities (SNFs) in North Carolina, enabling physicians to conduct virtual bedside visits.
- b) The project aims to increase the quality of care for residents by 60%, decrease unnecessary hospital admissions of SNF residents by 40%, and show a 40% increase in financial impact for the participating SNFs over the 27-month project term.
- c) The nursing home resident will benefit from the reduced number of residents requiring hospital admission.
- d) Nursing home staff.

Funded Entity(ies):

The TRECS Institute

Results of the Project:

- 1) The project provided telemedicine services in 10 participating skilled nursing facilities in North Carolina.
- 2) 28.4% of telemedicine calls may have prevented hospitalization.

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- 3) Avoided hospitalizations potentially generated a \$5.6 million savings for Medicare and a cost savings for some facilities that was large enough to continue telemedicine services after program funding ended.

Project Title: Java Project

Unique Identifier: NC-0720-CHRC-642 / 2020-04-NC-0724CC

Project Duration: 4/1/2021 to 3/31/2023

Total Amount of CMP Funds Approved for this Project: \$9,800.00

Total Amount of CMP Funds Expended During CY 2023 for this Project: \$0

Project Summary (a. Purpose, b. Goals, c. Benefit to nursing homes, d. Target audience beyond nursing home residents, if applicable):

- a) Over two years, the *Java Project* will implement three evidence-based peer support and mentoring programs (Java Music, Java Memory Care, and Java Mentorship) at Cary Health and Rehabilitation Center.
- b) The project will introduce peer-centered mentoring and inclusiveness activities to the participating facility, aiming to reduce social isolation and loneliness by 40% over the two-year project period.
- c) The peer support and mentoring model will help reduce loneliness and social isolation, while providing residents with a renewed sense of purpose and increased engagement.
- d) Recreation staff, volunteers, and family members.

Funded Entity(ies):

Cary Health and Rehabilitation Center

Results of the Project:

The project implemented the *Java Group* programs: music, memory, and mentorship. *The Java Music* improvement score averages 47% for isolation, loneliness, and happiness; the *Java Memory* improvement score averages 35% for isolation, loneliness, and happiness; and the *Java Mentorship* improvement score averages 40% for isolation, 45% for loneliness, and 50% for happiness.

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Project Title: Befriending Project

Unique Identifier: NC-1120-JSI-695 / 2020-04-NC-1130

Project Duration: 5/1/2021 to 4/30/2024

Total Amount of CMP Funds Approved for this Project: \$332,923.02

Total Amount of CMP Funds Expended During CY 2023 for this Project: \$110,000.04

Project Summary (a. Purpose, b. Goals, c. Benefit to nursing homes, d. Target audience beyond nursing home residents, if applicable):

- a) The project aims to develop, implement, and package a program for " Befrienders " volunteers committed to regularly visiting nursing home residents.
- b) The program will make at least 30 suitable matches between Befriender volunteers and residents at each participating facility over the three-year project period. A 35% increase in resident group and individual activity participation is expected due to interaction with Befriender volunteers over the three-year project term. Also anticipated is a 50% increase in the residents' psychological well-being resulting from interaction with Befriender volunteers over a three-year project period.
- c) The project will benefit the nursing home residents by reducing loneliness and increasing meaningful social interaction between volunteers and residents.
- d) Nursing home staff, Befriender volunteers, and family members.

Funded Entity(ies):

Joyful Seniors, Inc.

Results of the Project:

The project did not achieve all stated measures and goals. This project was terminated, and no additional payments were made after October 2023. Findings include:

- 1) There is no indication that a preliminary program manual was started at the project's beginning.
- 2) There is no indication that the resident-to-volunteer matches that were made continued beyond the initial meeting.
- 3) No data from satisfaction surveys was provided during the project.

On 9/25/2023, CMS announced revisions to the Civil Money Penalty Reinvestment Program (CMPPR) in memorandum QSO-23-23-NHs. CMS has restructured the CMPPR program and updated the criteria for allowable and non-allowable uses of CMP funds. Please review CMS memorandum QSO-23-23-NHs before submitting a future CMP application to ensure all project criteria are met.

**State Civil Money Penalty Reinvestment Projects Funded in Calendar Year (CY) 2023
Atlanta Long-Term Care Location**

North Carolina

NC CMP Funds Expended for Administrative Uses in CY 2023: \$124,061.84

NC CMP Funds Expended for Emergency Uses in CY 2023: \$0.00

NC Active CMP Funded Projects in CY 2023: 19

- 4) The volunteer training (PowerPoint) was not developed until the second year of the project, even though volunteers were being matched with residents in the first year.
- 5) There is no evidence that volunteers were being monitored to address adherence to project expectations and address questions/concerns.
- 6) No project deliverables or data were provided during the project.
- 7) Quarterly reports did not indicate the following:
 - Total number of volunteers recruited/trained.
 - Total number of residents identified for the program.
 - Total number of matches made.

Project Title: Promoting Resident Well-being in North Carolina Nursing Home Resident Councils

Unique Identifier: NC-1220-NCSU-696 / 2020-04-NC-1201

Project Duration: 5/1/2021 to 4/30/2024

Total Amount of CMP Funds Approved for this Project: \$350,432.00

Total Amount of CMP Funds Expended During CY 2023 for this Project: \$112,812.11

Project Summary (a. Purpose, b. Goals, c. Benefit to nursing homes, d. Target audience beyond nursing home residents, if applicable):

- a) The project aims to develop, pilot, and evaluate a training curriculum for over 400 North Carolina nursing home Resident Councils. The training consists of a series of video modules and accompanying print materials.
- b) The applicant will develop a collection of six video modules, along with accompanying supplementary documents.
- c) The project directly benefits nursing home residents by contributing to skill sets that increase their ability to take control over aspects of their lives. In supporting resident council functioning, the project contributes to improving residents' levels of interaction and activity.

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Atlanta Long-Term Care Location**

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d) Resident councils and nursing home staff were the target audience.

Funded Entity(ies):

North Carolina State University

Results of the Project:

Interim results:

- During the project, training curricula and manuals were developed and distributed to North Carolina skilled nursing facility Resident Councils.
- Video modules one through three have been shown to partnering facilities, with plans to show modules four and five. Project leads are gathering feedback from participating resident councils from partnering pilot facilities.
- Friends of Residents in Long-Term Care (FORLTC) and community partners will receive a final report, and videos will be available on the FORLTC website.

Project Title: Live Music Virtually or In-person

Unique Identifier: NC-0321-TMCC-759 / 2021-04-NC-0312

Project Duration: 10/1/2021 to 9/30/2024

Total Amount of CMP Funds Approved for this Project: \$440,080.00

Total Amount of CMP Funds Expended During CY 2023 for this Project: \$91,961.64

Project Summary (a. Purpose, b. Goals, c. Benefit to nursing homes, d. Target audience beyond nursing home residents, if applicable):

- a) The *Live Music Virtually or In-person* project will provide therapeutic music services to residents in 12 skilled nursing facilities across Pender, Brunswick, and New Hanover counties in North Carolina.
- b) The program aims to reduce falls, medications, and behaviors and stabilize weight in at least half of the residents participating in the program over a three-year project period. At least 75% of the observations related to changes in condition to a resident's breathing rhythm, effort, and depth of respiration following the music session will demonstrate a shift by at least one lower number to a

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**State Civil Money Penalty Reinvestment Projects Funded in Calendar Year (CY) 2023
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higher number over the entire project period. Decrease by at least one number in the six survey categories of reduction in anxiety, pain, mood, breathing, loneliness, and sleep issues on at least 75% of the therapeutic session resident surveys over the three-year project period.

- c) Bedside live music can support a steady heart rhythm, distract the mind from anxious thoughts, counteract throbbing pain, promote deeper breathing, provide access to good thoughts associated with familiar songs, and support the dying process.
- d) Not applicable

Funded Entity(ies):

Therapeutic Musicians of Coastal Carolina

Results of the Project:

Interim results:

- The project provided therapeutic bedside music in 12 skilled nursing facilities in three counties.
- Changes in breathing depth have been measured at 89% (no change), 1.2% decrease in breathing depth, and 9.8% increase in breathing depth; changes in breathing rhythm - 89.4% showed no change in rhythm post-session, 1 % did not maintain steady rhythm and 9.4% experienced a steadier rhythm during the session; scores for "helping with feeling calm/less anxious" increased by 4.8%, "help with pain relief " increased by 3.25%, "helped me feel happier" increased by 4.3%, "helped me breathe easier" increased by 3.8%, "helped me cope with loneliness" increased by 4.1%, and "helped me sleep or rest better" increased by 4.1%.

Project Title: Tsali Cares

Unique Identifier: NC-0321-CIHA-764 / 2021-04-NC-0331

Project Duration: 9/1/2021 to 8/31/2024

Total Amount of CMP Funds Approved for this Project: \$71,035.00

Total Amount of CMP Funds Expended During CY 2023 for this Project: \$10,852.00

Project Summary (a. Purpose, b. Goals, c. Benefit to nursing homes, d. Target audience beyond nursing home residents, if applicable):

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**State Civil Money Penalty Reinvestment Projects Funded in Calendar Year (CY) 2023
Atlanta Long-Term Care Location**

North Carolina

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NC Active CMP Funded Projects in CY 2023: 19

- a) The project aims to combat the isolation of the Native American population served at Tsali Care Center through the It's Never Too Late (iN2L) computer technology system.
- b) The project will create individual content pages for at least 50 residents on My Page. The program hopes to increase participation of residents' involvement in group activities by 50% from 15% over the project term, increase the participation of residents' involvement in individualized activities by eight percent for bedbound residents and 50% for mobile residents from 15% and 45%, respectively, over the entire project period. The applicant also aims to decrease negative feelings of isolation by 20% from an average baseline score of 3.3 and increase feelings of quality of life from an average baseline score of 2.9 over the project period.
- c) The project will expand residents' social networks by providing them with companionship and enhancing their relationships with caregivers.
- d) Nursing home staff and family members.

Funded Entity(ies):

Cherokee Indian Hospital Authority

Results of the Project:

Interim results:

- The project has increased resident participation in group activities by 50%.
- The project reports a 95% completion rate for creating My Page individual resident content pages.
- Based on quality of life (QOL) surveys, the project reports a 100% decrease in negative feelings of isolation.

Project Title: LifeBridge Behavioral Program

Unique Identifier: NC-1021-TBA-863 / 2021-04-NC-0309

Project Duration: 3/1/2022 to 2/28/2025

Total Amount of CMP Funds Approved for this Project: \$396,000.00

Total Amount of CMP Funds Expended During CY 2023 for this Project: \$100,075.00

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North Carolina

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NC CMP Funds Expended for Emergency Uses in CY 2023: \$0.00

NC Active CMP Funded Projects in CY 2023: 19

Project Summary (a. Purpose, b. Goals, c. Benefit to nursing homes, d. Target audience beyond nursing home residents, if applicable):

- a) The project aims to develop and implement a facility-specific individualized resident program to provide staff training and support, concentrating on behavioral problem-solving, prevention, and response.
- b) Over three years in approximately 36 North Carolina nursing homes, the project will achieve a five percent (5%) reduction in the aggregate score for minimum data set (MDS) item N0410A and a 20% reduction in the aggregate score for MDS E0200A, E0200B, and E0200C.
- c) The program aims to enhance resident safety by reducing challenging behaviors that have been demonstrated.
- d) Nursing home staff.

Funded Entity(ies):

Tobin and Associates, Inc.

Results of the Project:

Interim results:

- Fourteen of 36 targeted skilled nursing facilities have been onboarded.
- There has been a 23% reduction in antipsychotic medication usage.
- All reporting facilities report reduced physical aggression, verbal aggression, and other behaviors.

Project Title: Bingocize: An Evidence-based Health Promotion Program to Improve the Quality of Life of North Carolina Certified Nursing Home Facility Residents

Unique Identifier: NC-0322-WCU-917 / 2022-04-NC-0228

Project Duration: 2/1/2023 to 1/31/2026

Total Amount of CMP Funds Approved for this Project: \$1,165,955.00

Total Amount of CMP Funds Expended During CY 2023 for this Project: \$300,821.72

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State Civil Money Penalty Reinvestment Projects Funded in Calendar Year (CY) 2023
Atlanta Long-Term Care Location

North Carolina

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NC CMP Funds Expended for Emergency Uses in CY 2023: \$0.00

NC Active CMP Funded Projects in CY 2023: 19

Project Summary (a. Purpose, b. Goals, c. Benefit to nursing homes, d. Target audience beyond nursing home residents, if applicable):

- a) One hundred eighty (180) certified nursing facility (CNF) staff from forty-five. CNFs will demonstrate the skill and knowledge to lead the *Bingocize* program over three years.
- b) Seven faculty members and 600 students from three North Carolina universities will partner with certified nursing facility (CNF) staff to demonstrate their skills and knowledge and lead the *Bingocize* program.
- c) Over three years, activities of daily living (ADLs), falls, and social engagement will be evaluated for two thousand twenty-five (2,025) CNF residents from forty-five CNFs participating in the *Bingocize* program.
- d) Not applicable

Funded Entity(ies):

Western Carolina University

Results of the Project:

Interim results: 26 facilities have completed onboarding for the *Bingocize* program; eight (8) of those facilities have not yet begun offering sessions as of January 31, 2024; 63 of 180 (35%) targeted staff members have completed training in Year 1; 12 faculty were trained in Year 1; 66 students were trained in Year 1, and 48 of those students were participating in *Bingocize* programs by the end of Year 1.

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