

From Admission to Discharge: The Social Services Playbook

Are you ready to strengthen your role and elevate your impact as a social worker or social service designee in the nursing home setting? This intensive training series is designed to equip participants with the essential tools, knowledge, and confidence needed to excel in today's regulatory and person-centered care environment. From developing comprehensive social assessments to crafting meaningful person-centered care plans, this session will walk you through the core responsibilities of social services professionals in long-term care. You'll gain practical strategies for identifying and delivering medically-related social services, meeting documentation standards, and ensuring compliance with federal and state regulations. Special emphasis will also be placed on trauma-informed care practices, an increasingly vital component of quality resident care. Whether you are new to the field or looking to refresh and expand your expertise, the Social Services Bootcamp will provide you with clear guidance, practical tools, and regulatory insight to enhance your effectiveness and help your facility shine during surveys.

Learner Objectives:

By the end of this session, participants will be able to:

1. Complete and defend a comprehensive social services assessment by accurately identifying psychosocial needs, trauma history, and medically-related social service requirements, and translating those findings into compliant, person-centered care plans.
2. Apply federal regulatory requirements to daily social services practice by meeting documentation standards, supporting interdisciplinary care planning, and demonstrating survey readiness through clear, defensible records and processes.
3. Integrate trauma-informed, person-centered care principles into resident and family interactions by using practical strategies that support resident rights, dignity, emotional well-being, and quality of life across the continuum of care.

Presenter:

Catherine R. "Cat" Selman, BS delivers education that is as engaging as it is practical - connecting regulatory requirements to real-world application in a way that resonates with today's aging services professionals. As President and Co- Owner of The Cat Selman Company, Ms. Selman brings more than five decades of hands-on leadership, management, and consulting experience to the stage. She has

Program Details

Date

April 28-30, 2026

Location

Virtual Training (by Zoom)

Time

10:00 AM – 12:00 PM

Fee

MHCA Member: \$198

Non-Member: \$297

Total Contact Hours

6

Registration

To participate, please [click here](#) to register.

Job Code

W26042

*This program is approved for CEUs by the Maine Nursing Home Administrators Licensure Board



Maine Health Care Association

Virtual Training

trained healthcare providers and surveyors in all 50 states, consulted with over 100 nursing homes across nine states, and has been repeatedly selected by CMS to serve on national expert panels shaping surveyor guidance and compliance expectations - some of which are embedded in today's CMS Requirements of Participation. Known for her clarity, credibility, and common-sense approach, Cat Selman doesn't just explain the regulations - she makes them understandable, actionable, and relevant. In demand and always on point, she is a trusted authority and a favorite among conference audiences nationwide.

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