

Psychiatric Rehabilitation Services for Youth and Young Adults

**PAPRS Annual Conference:
Pathways to Recovery**

May 4, 2017

❖ Bill Boyer

Section Chief for Program Development, Office of Mental Health and Substance Abuse Services

❖ Elizabeth Ricker, CPRP, CFRP

Human Services Program Representative 2 for Community and Hospital Operations, Office of Mental Health and Substance Abuse Services

❖ Laurie Madera

Human Services Program Specialist, Office of Mental Health and Substance Abuse Services

❖ Sierra Bilous

Human Services Program Representative I for Community and Hospital Operations, Office of Mental Health and Substance Abuse Services

❖ Doris Arena

Human Services Program Representative I, Children's Bureau, Office of Mental Health and Substance Abuse Services

Key Learning Objectives



- ❖ Learn the key changes under the recommended revisions to Chapter 5230.
- ❖ Discuss opportunities for Psychiatric Rehabilitation Services (PRS) agencies to provide services to youth and young adults (YYA).
- ❖ Help PRS agencies interested in serving youth and young adults to make informed decisions about how to develop PRS according to the recommended revisions.

Background and Expansion of PRS



- ❖ Guidance OMHSAS received from the Centers for Medicare and Medicaid Services (CMS) in 2015 led to the opportunity for future expansion of age limits for PRS to serve youth under the age of 18
- ❖ OMHSAS conducted a literature search and examination of PRS practices in other states (ID, KS MD) that offer PRS for YYA
- ❖ A statewide workgroup (11/2015 to 1/2016) with a main goal to recommend to OMHSAS the redesign of standards for PRS in order to offer services for YYA

Workgroup recommended future changes to Chapter 5230 that included:

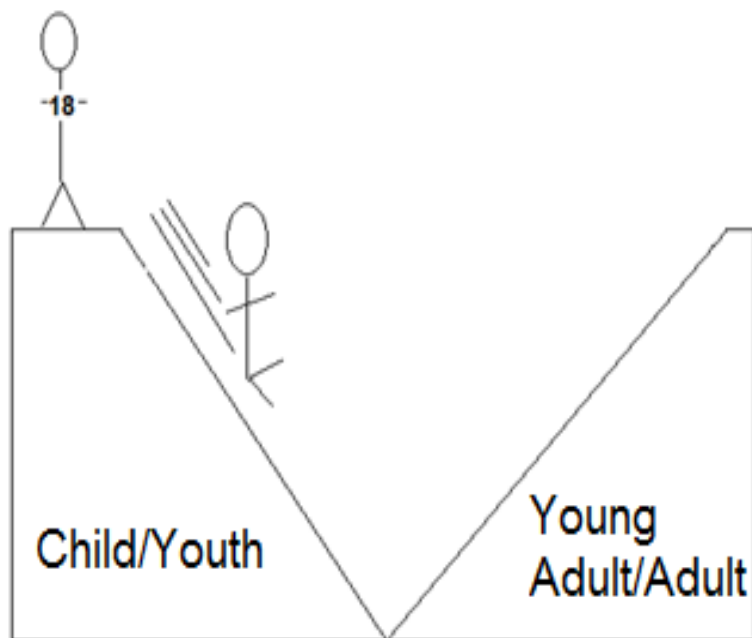
- ❖ Expanding PRS to include youth ages 14 to 17, in addition to the adult population 18 and older currently served.
- ❖ Adding youth and young adult outreach and engagement strategies to the service description.
- ❖ Adding age ranges and groupings to SD checklist requirements.
- ❖ Expanding diagnostic categories for SMI and adding SED.

Workgroup recommended future changes to Chapter 5230 that included (continued):

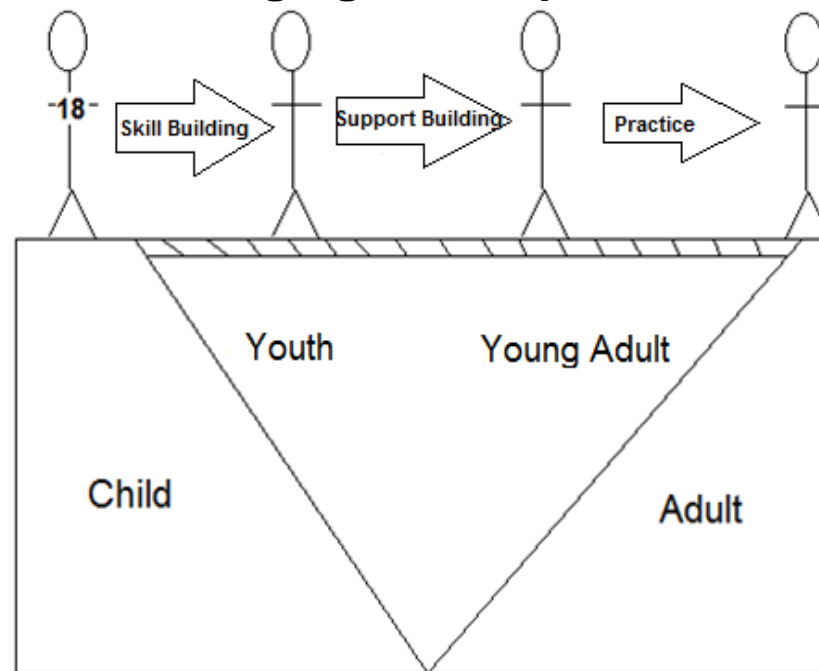
- ❖ The need for criminal history and child abuse clearances for staff working with youth and identifying mandated reporter requirements.
- ❖ CFRP training/certification requirement for PRS Directors and PRS Specialists.
- ❖ Language for involvement of families where consent is given.
- ❖ Including health management/wellness as an added domain.

Why develop PRS for YYA?

Gaps In Our System



Bridging The Gap



Benefits of Developing PRS for YYA



- ❖ Provides a unified set of standards in accordance with nationally-recognized practices for adults/young adults.
- ❖ Consistent with the principles established by PRA.
- ❖ Provides for a consistent level of quality PRS in PA.
- ❖ Provides for the development of a professionally qualified and credentialed PRS workforce.
- ❖ Protects the individual's health and safety while receiving PRS.

Behavioral science research has found that people are more apt to change positively:

- ❖ in the context of a positive relationship;
- ❖ when they set their own goals;
- ❖ when they are taught skills;
- ❖ when they receive support;
- ❖ when they have positive expectations or hope for the future;
- ❖ when they believe in their self efficacy.

Engaging

youth and young adults in the communication and referral process.

Respecting

the independence of young adults.

Addressing

all young life domains.

Reducing

mental health disparities.

Infusing

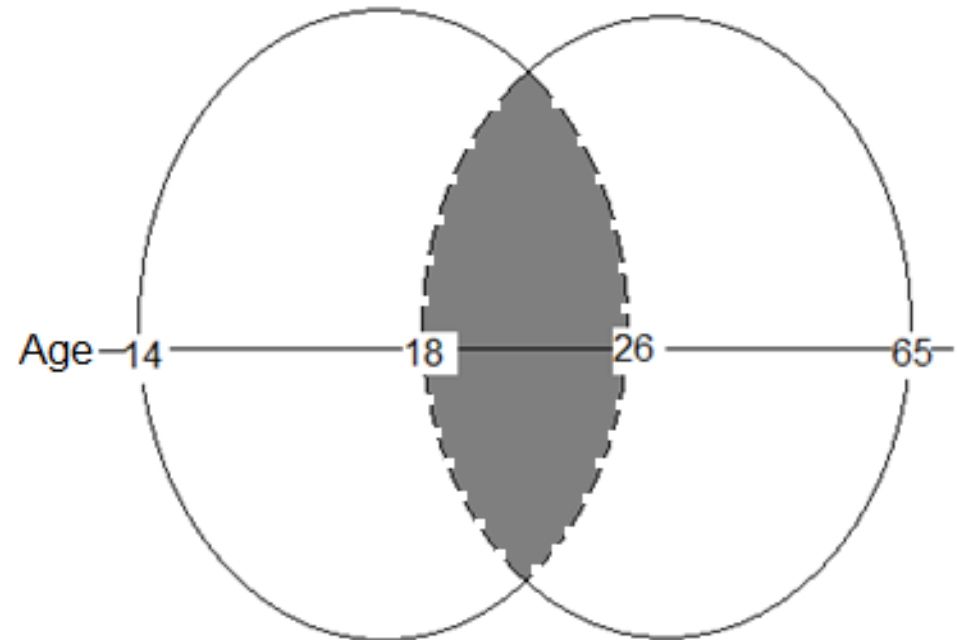
cultural and linguistic competencies.

Understanding the Comprehensive Needs:

- ❖ Risks and challenges youth and young adults face in their transition to adulthood.
- ❖ How to access information and service and referral pathways.
- ❖ Understand the role of families in youth-driven services.
- ❖ Identify the tools, resources, and strategies that can assist providers, youth, and their families in promoting engaged and respectful communication.

Program Design

- ❖ Provider opportunity
- ❖ Considerations and recommendations:
 - The goal is to design age appropriate services that meet the needs of the youth.
 - Provide seamless progression towards resiliency and recovery.



Assessing Local Needs



- ❖ Age group(s) to serve:
 - Talk with constituents: Potential service participants, family groups, schools (HS and post secondary), churches, employers.
 - Consider potential age group breaks. Examples: 14-16; 16-18; 18-22; 22-26.

- ❖ Have you documented needs in all these groups? If not which groups have documented needs in your community?
 - Understand local preferences. Set priorities. Can you serve all, or do you need to single out one or two age groups?
 - What is relevant for a 14 year old most likely is not relevant for a 24 year old.

Hours of Operation

- ❖ For school aged students this must be outside of school time. Consider late afternoon, early evening, and weekends.
- ❖ For young adults, this may be days, evenings, or a mix.
- ❖ Consider available means of transportation to facility based programs.

PRS for YYA Location and Approach

- ❖ Location: facility based, community based or both?

- ❖ Approach
 - UCLA also known as Liberman Social Skills
 - Boston U – Choose, Get, Keep - skills development
 - Psychoeducation
 - IMR Toolkit
 - Clubhouse

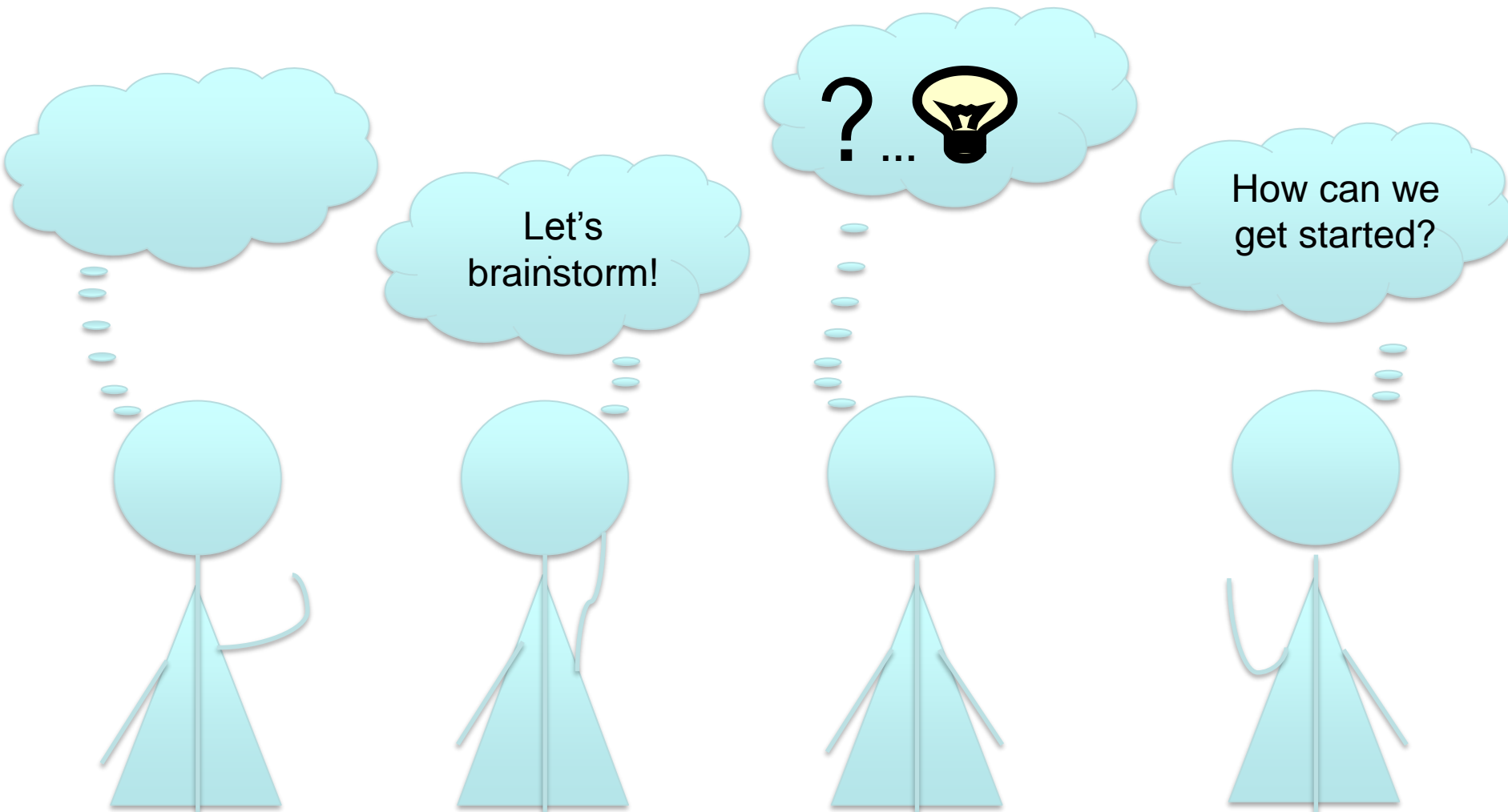
Facility Considerations

- ❖ Something new?
- ❖ A new program sharing space with an existing program at a different time of day?
- ❖ Finding unique space and time for the younger participants.
- ❖ Relevance of the environment to the age group served.
- ❖ Scheduling that does not conflict with school day.

Mobile Considerations

- ❖ Relevance of the environment to the age group served.
- ❖ Relevance of the environment as it relates to the rehab goal.
- ❖ Scheduling that does not conflict with school day.
- ❖ Identify group vs. individual service needs.

Discussion



- ❖ Developing a PRS for YYA using the waiver process:
 - Age group to be served
 - Individual eligibility criteria
 - Locale of service delivery (facility or community)
 - PRS Approach (Clubhouse, Psychoeducation, Boston University, Liberman Social Skills, IMR, etc.)
 - Plan for involving families and other natural supports
 - Requirements for staff credentials and clearances
 - Staff Training Plan
- ❖ Need to have a letter of support from County MH/ID.
- ❖ Submit waiver request package along with new or updated service description.

CFRP: A minimum of 25 percent of the full time equivalent staff complement shall have CFRP certification, and CFRP certification if applicable under § 5230.51, within two years of initial licensing.

Child abuse mandated reporter training shall be completed in accordance with 23 Pa.C.S. § § 6301—6385 (relating to the Child Protective Services Law) and Chapter 3490 (relating to protective services).

- ❖ Requirement: orientation to PRS (two day course).
- ❖ The current recommendation for PRS for YYA includes:
 - 18 hours of continuing education per year.
 - 12 hours shall be specifically focused on psychiatric rehabilitation, resiliency, recovery practices, or all three.
 - If the PRS agency serves youth and young adults, a minimum of 6 of the 12 hours shall be specific to youth and young adults.

Licensed Psychiatric Rehabilitation Facilities

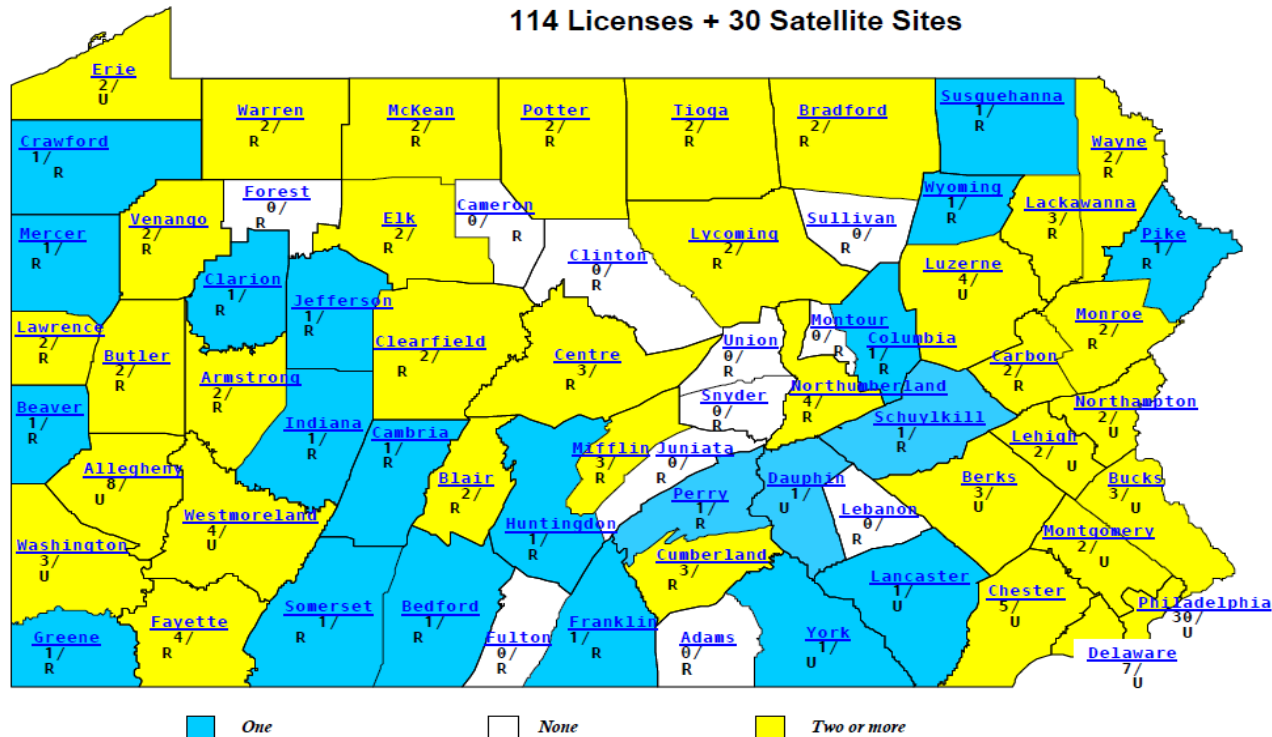


pennsylvania
DEPARTMENT OF HUMAN SERVICES

Department of Human Services
Office of Mental Health and Substance Abuse Services
February 1, 2017

Psychiatric Rehabilitation Services in Pennsylvania as of 2/1/2017

144 Licensed Adult PRS Facilities
114 Licenses + 30 Satellite Sites



Rural/Urban designations as of 10/12/2006,
based on 2000 census data
Population density \geq 250,000 = urban
Key: U-urban; R-rural

Licensing PRS for YYA



- ❖ Will ultimately follow the same process used now under § 5230.
- ❖ License for PRS for YYA will be issued according to an approved service description.
- ❖ Tools under development:
 - Service Description Checklist
 - Annual Licensing Checklist
- ❖ Resources and samples for Adult PRS: www.parecovery.org

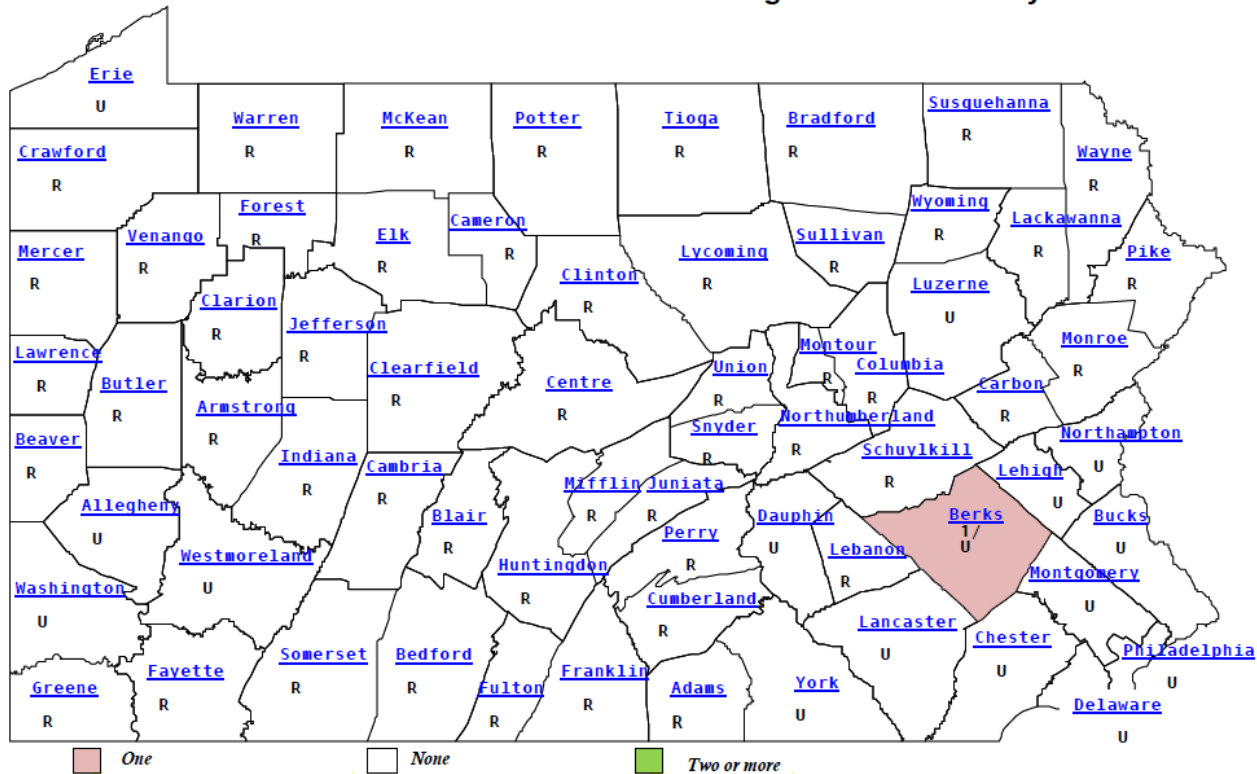
Enrollment

- ❖ Adult PRS is enrolled as an MA funded Supplemental Service in HealthChoices. MCO support is necessary to add YYA services to an existing supplemental service.
- ❖ Adult PRS is available as a County base-funded service in some Counties.
- ❖ County support is necessary to add YYA services to an existing supplemental service.
- ❖ As a supplemental service under HC Access Standards, there is no requirement for “choice of two” providers.
- ❖ Chapter 5230 requires a provider of PRS to be licensed.



Department of Human Services
Office of Mental Health and Substance Abuse Services
February 1, 2017

Psychiatric Rehabilitation Services in Pennsylvania as of 2/1/2017 1 Licensed Youth & Young Adult PRS Facility



Rural/Urban designations as of 10/12/2006,
based on 2000 census data
Population density $\geq 250,000$ = urban
Key: U-urban; R-rural



QUESTIONS?

Chapter 5230 Psychiatric Rehabilitation Services:

<http://www.pacode.com/secure/data/055/chapter5230/chap5230toc.html>

Pennsylvania Recovery and Resiliency:

<http://www.parecovery.org/>

Transition Service Provider Competency Scale and Starting Points for Communities Developing New Transition Programs for Young People with Mental Health Difficulties:

<https://www.pathwaysrtc.pdx.edu/>

Resources (continued)



SAMHSA Illness Management and Recovery Toolkit:

<http://store.samhsa.gov/product/Illness-Management-and-Recovery-Evidence-Based-Practices-EBP-KIT/SMA09-4463>

SAMHSA Now is the Time Technical Assistance Center (NITT-TA):

www.SAMHSA.gov/NITT-TA

Communication and Referral Pathways: A Toolkit for the Continuum of Care for Seamless Transition: <https://cars.bitrix24.com/~n4aLc>

Contact Information



Regional Field Office PRS Leads

- Southeast: Scott Ashenfelter sashenfelt@pa.gov
- Northeast: Ginny Dikeman vdikeman@pa.gov
- Central: Beth Ricker ericker@pa.gov
- West: Phyllis Knott pknott@pa.gov or Lee Ann Kohler lkohler@pa.gov

Statewide Lead Licensing Contact

- Angela Douglas andouglas@pa.gov

Policy

- Bill Boyer wboyer@pa.gov
- Laurie Madera lmadera@pa.gov

Bureau of Children's Behavioral Health Services

- Doris Arena darena@pa.gov