

THERAPEUTIC REHABILITATION PROGRAM

- I. Philosophy. Therapeutic Rehabilitation Program (TRP) is a goal-oriented program for adults with serious mental illness (SMI). The program is client centered and assists individuals living with SMI to gain and maintain skills necessary to live, learn, and work in the community living setting. The focus is on developing necessary healthy coping skills, teaching activities of daily living and instrumental activities of daily living. TRP strives to provide education regarding diagnosis so that clients understand their diagnosis and learn to manage symptoms. Healthy communication is a big part of the program as communication and healthy interactions with others is critical to long-term success in the independent living setting.
- II: Mission Statement. The mission of the TRP is to provide a safe atmosphere conducive to learning necessary skills to obtain and maintain independent living. Within this environment, members are encouraged to gain the fullest possible control of their own lives, to participate in setting their own individual goals and to participate in decisions that will affect their future. The clients are assisted to view themselves in a healthy role, rather than that of a "patient." The goal is to give the clients skills that will allow them to function in the least restrictive environment possible.
- III. Goals.
 - A. Teach skills of independent living to those who have experienced long-term placement in personal care homes (PCHs).
 - B. Teach skills to clients that will assist with developing and maintaining an independent living status for SMI clients.
 - C. Decrease the rate of hospitalization at WSH
 - D. Provide support and link resources to SMI clients to improve overall level of functioning.
- IV. Target Populations. TRP serves adults (18 years or older) with severe mental illness (SMI).
- V. Program Description. TRP is a program serving adults with a severe mental illness. TRP works alongside other SMI programs to assist with the development of independent living skills necessary to maintain independent living. A focus of TRP services is to serve those desiring to move out of PCHs and maintain independent living as well as others living independently that are struggling to maintain this status and are at risk of being placed in a PCH.
- VI. Referral. A person can be referred for TRP services by using the Pennyroyal Center TRP Referral Form (PC-439). The referral may be submitted to the TRP Program Manager for review. Each referral source will be contacted within approximately 48 hours to acknowledge the referral. A chart review will then take place to gather information prior to speaking with the client. A client will be contacted and scheduled a visiting day to ensure the program is a good fit for the client.

- VII. Procedure. After a client is deemed a candidate for the TRP program, TRP Coordinator will interview the client and complete a person centered treatment plan. The TRP coordinator will also ensure that authorizations are completed through a managed care organization. The TRP coordinator will ensure that the chart is ready for billing after the client has decided to attend the program. Treatment Planning will be person centered and will be updated every three months.
- VIII. Services. TRP services include participation in individual service plans/goal planning, group therapy and daily progress summaries. Services are designed for the development, acquisition, enhancement, and maintenance of social, personal adjustment, and daily living skills. Each member has his or her own treatment goals based on individual needs and level of functioning. Members work together and support each other in achieving these goals. Therapeutic Rehabilitation programs are aimed at developing the following:
1. Safe, supportive atmosphere.
 2. Alternative to hospitalization.
 3. Independent thought and action/empowerment.
 4. Community living skills/daily living skills.
 5. Agency and service information.
 6. Emotional coping skills.
 7. Improved social interaction/communication skills.
 8. Leisure time development.
 9. Vocational/job motivation and direction.
 10. Time management skills.
 11. Symptom/treatment management.
 12. Leadership opportunities.
- IX. Documentation: TRP staff complete daily group notes each day after a client attends TRP. Notes are to be completed according to agency documentation standards.

The following service codes will be utilized:

- H2019 - Therapeutic Behavioral Services – per unit – to be used if service duration is three hours or less.
- H2020 - Therapeutic Behavioral Services – per diem – to be used if service duration is more than three hours.
- 420 - Intercurrent note to indicate no show or non-billable contact.

Program Code: 2210

Chart will be opened upon admission to TRP. A chart review will be completed to ensure that all forms are up to date.

- X. Discharge Criteria: The TRP program is voluntary and a client will be discharged when all treatment goals have been met. If a client stops attending, TRP staff will reach out to the client to explore the reason for ceasing the service. Should client want to stop, a program termination will be completed. Upon the client meeting their goals and being discharged, the TRP coordinator will ensure that all appropriate referrals are completed.

- XI. Billing: Upon admission to TRP, a financial screening will be completed to identify guarantors. Medicaid will be billed for TRP as per unit or a per diem service according to the duration of visit. No copays will be billed. Prior authorizations will be completed by the TRP Program Coordinator. If the client's guarantor does not reimburse for services, funding provided by the Kentucky Department for Behavioral Health and Intellectual Disabilities will be utilized to cover the costs of these services. No client, regardless of guarantor, will be disqualified from services due to the inability to pay.
- XII. Quality Assurance of Services: Documentation reviews will be completed by the Intensive Services Program Manager on a monthly basis to ensure that the TRP program maintains a level of quality that meets all recommended guidelines.