

What is a Rehabilitative Service?

Rehabilitative services are defined as: "Medical and remedial services recommended by a physician or other Licensed Practitioner of the Healing Arts, within this scope of their practice under state law, for maximum reduction of physical or mental disability and restoration of a recipient to his best possible functional level." (Title XIX, Social Security Act). Simply put, it encompasses most, if not all, of the treatment that is provided in any of the ICS services.

For a service to be considered Rehabilitation it must:

- Be identified as a goal in the youth's treatment plan and be related to the assessed needs.
- Have measurable and achievable goals based on assessed needs and with clear time anticipated for progress.

Examples of Services provided under Rehabilitation Include:

Behavioral and Feelings Management

- Crisis support to aid the child/young adult in managing a crisis, and intensive short-term interventions to stabilize behavior.
- Develop coping skills strategies to manage stress, anger and/or anxiety and build resilience and hopefulness.
- Develop behavioral, social and recreational skills which foster appropriate behavior management and coping strategies.
- Develop therapeutic recreation for observing or reinforcing interpersonal skills, anger management, conflict resolution, etc.
- Supportive Counseling

Symptom Management

- Medication self-administration training, support and supervision which focuses on educating the youth about the role and effects of medication.
- Symptom management or supportive counseling (i.e. ongoing monitoring of the youth's symptoms and response to treatment, interventions designed to help the youth manage symptoms, development of behavioral symptom management techniques using a host of treatment strategies including medication when necessary).

Independent Living Skills

- Learn and maintain social and interpersonal skills
- Learn and maintain skills needed to successfully live in the community
- Learn and maintain self-preservation skills (i.e. prevocational services, self-care, money management, physical health maintenance, transportation use, supportive counseling)

Treatment Planning and Documentation

- Attending to the Treatment Plan and related care coordination activities associated with the youth's treatment/rehabilitation (i.e. assessment, development, advocating, implementation, documentation.)
- Documentation of service interventions directly related to the youth's treatment plan

Collateral Activities

- Participation in case conferences
- Providing family consultations
- Functioning as a liaison with community resources
- Developing Treatment Plan

DMH monitors the following Medical Record Standards for Rehab Option Certification (see Rehab Option Review tool):

- Medical Records
- Assessments
- Determination of Need for Rehabilitative Services (Clinical Formulation-Interpretive Summary)
- Treatment Plans
- Service Notes
- Quarterly Reviews
- Discharge Summaries