

Psycho-Social Rehabilitation Services and the Clubhouse Model

Joint Legislative Oversight Committee on
MH/DD/SAS

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Historical Context

- Idea of psychosocial rehabilitation (PSR) gained prominence through the deinstitutionalization movement of the last century
- Medication and therapeutic interventions allowed individuals to successfully leave facilities, but did not adequately prepare some for community living and social interaction.



PSR Programs Developed

- To address these issues, PSR programs focus on 5 main areas:
 - Psychiatric and physical healthcare symptom self-management
 - Socialization skills – family and community relationships, use of leisure time
 - Prevocational and educational skills
 - Basic living skills – personal care, meals, safety
 - Financial skills



Clubhouses

- The clubhouse movement began with the creation of Fountain House in New York in 1944
- Focused on the same goals and activities as “traditional” PSR programs, but stress consumer ownership of the program

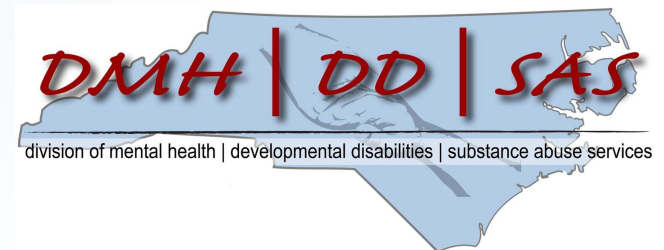
PSR in NC

- NC has covered PSR as a Medicaid-reimbursable service for over 20 years.
- Programs are licensed under rules promulgated by the Commission on MH/DD/SAS
- Must operate at least 5 hours/day, 5 days/week
- Current bundled rate is \$2.74/15 minute unit



Numbers

- Currently 85 licensed PSR programs in NC
 - Every LME has at least 1 program; average is approximately 4 per catchment area
- 44 programs, 52%, follow the clubhouse model
 - All but 4 LMEs have at least one program that follows the clubhouse model
- 8 NC clubhouses are member of the International Center for Clubhouse Development (ICCD)
- 2,300 consumers, on average, receive PSR/clubhouse services each month



Comparison

Component	NC Psychosocial Rehabilitation Service Definition (Approved by CMS)	“Generic” Clubhouse Model	ICCD Certification Requirements
Focus	Recovery	Same	Same
Goal	Community Integration	Same	Same
Eligibility Criteria	Specified Axis I or II diagnosis and impairment in level of functioning. Must meet medical necessity criteria	Open to anyone with a history of mental illness	Open to anyone with a history of mental illness
Clinical /treatment options	Designed to be a clinical intervention. Lead staff must meet Qualified Professional requirements. Licensed professional must attest to medical necessity	Philosophical basis that the program is not clinical; staff do not have to meet any professional credentials or experience.	Philosophical basis that the program is not clinical; staff do not have to meet any professional credentials or experience.
Activities interventions	Community living (housekeeping, shopping, cooking, transportation, money management)	Same	Same
	Personal care (health care, medication self-management, grooming)	Same	Same
	Social skills building	Same	Same
	Use of leisure time	Same	Same
	Educational activities	Same	Same
	Pre-vocational activities Supported/Transitional employment optional * Not Medicaid covered	Pre-vocational activities Transitional employment	Pre-vocational activities Tiered employment – transitional employment, supported employment, independent employment
	Housing support not mentioned	Housing support not mentioned	Housing support
Words for recipient	Client, consumer, patient	Participant, member	Participant, member, partner, colleague
Duration	Time-limited	No time limitation	No time limitation

Note: In order to receive Medicaid reimbursement, clubhouse models, including ICCD certified programs, must adhere to the components of the PSR service definition



Other States

- National Association of State Mental Health Program Directors conducted a survey of clubhouse programs earlier this year:
- 22 states responded, 20 had clubhouses
- Of those 20:
 - 4 receive no government funding
 - 6 receive state-funding only for unbundled services, i.e. WRAP, case management, Peer Support
 - 10, including NC, receive state grant funding or bundled state rate
 - 12 receive no Medicaid funding
 - 3 receive Medicaid funding only for unbundled services, i.e. case management and Peer Support
 - 5, including NC, receive a bundled Medicaid rate
 - 4 states require ICCD membership for reimbursement



Questions?

