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

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

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?