

## Subject: Psychiatric Rehabilitation Services

### Requirements

<b>Bulletin Number:</b> DY-1/Clinical -24-7	<b>CCBHC Implementation Bulletin</b>	<b>Effective Date:</b> September 1, 2024
<b>Bulletin Status:</b> New	<b>Subject: Psychiatric Rehabilitation Services</b>	<b>Number of Pages:</b> 2

1. **Programs Affected:** All CCBHC Demonstration participants.
2. **Background and Purpose:** Community Mental Health Centers (CMHCs) designated by the Alabama Department of Mental Health (ADMH) as Certified Community Behavioral Health Clinics (CCBHCs) are responsible for providing outpatient mental health and substance use services in accordance with the Substance Abuse and Mental Health Services Administration (SAMHSA) CCBHC Certification Criteria, either directly or via a Designated Collaborating Organization (DCO) partnership.<sup>1</sup> CCBHC services in Alabama are focused on ensuring that the holistic and multifaceted needs of the clients served are considered and addressed throughout treatment. Psychiatric Rehabilitation Services (PRS) promote recovery for anyone with a mental health issue that has hindered them from completing tasks to achieve their self-defined goals. ***This bulletin describes how psychiatric rehabilitation services are defined for all CCBHCs.***
3. **SAMHSA CCBHC Criteria Authority**
  - 3.1. SAMHSA CCBHC certification criterion 4.I.1: The CCBHC is responsible for providing directly, or through a DCO, evidence-based rehabilitation services for both mental health and substance use disorders. Rehabilitative services include services and recovery supports that help individuals develop skills and functioning to:
    - Facilitate community living
    - Support positive social, emotional, and educational development
    - Facilitate inclusion and integration
    - Support pursuit of their goals in the community.
  - 3.2. These skills are important to addressing social determinants of health and navigating the complexity of:
    - Finding housing or employment
    - Filling out paperwork
    - Securing identification documents
    - Developing social networks
    - Negotiating with property owners or property managers
    - Paying bills
    - Interacting with neighbors or co-workers.<sup>2</sup>

<sup>1</sup> <https://www.samhsa.gov/sites/default/files/ccbhc-criteria-2023.pdf>

<sup>2</sup> [Social Determinants of Health \(SDOH\) State Health Official \(SHO\) Letter \(medicaid.gov\)](#)

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- 3.3. Psychiatric rehabilitation services *must include* supported employment programs designed to provide those receiving services with ongoing support to obtain and maintain competitive, integrated employment. Examples include:
- Evidence-based supported employment
  - Customized employment programs
  - Employment supports run in coordination with Vocational Rehabilitation or Career One-Stop services
- 3.4. Psychiatric rehabilitation services must also support people receiving services to:
- Participate in supported education and other educational services
  - Achieve social inclusion and community connectedness
  - Participate in medication education, self-management, and/or individual and family/caregiver psycho-education
  - Find and maintain safe and stable housing
- 3.5. Other psychiatric rehabilitation services that might be considered include:
- Training in personal care skills
  - Community integration services
  - Cognitive remediation
  - Facilitated engagement in substance use disorder mutual help groups and community supports
  - Assistance for navigating healthcare systems
  - Other recovery support services including:
    - Illness Management & Recovery
    - Financial management
    - Dietary and wellness education

These services may be provided or enhanced by peer providers.

- 3.6. Coordination of services and inclusion of psychiatric rehabilitation in treatment planning is also required per SAMHSA CCBHC Program Requirement 3.

#### 4. ADMH Requirements

- 4.1. CCBHCs are required to provide the following services:
- 4.1.1. Individualized Placement Support -Supported Employment Program
  - 4.1.2. Supportive Housing Program

*Disclaimer: The information contained in this implementation bulletin is for general information purposes only. For more details on the specific subject area covered in this bulletin, please refer to the Certified Community Behavioral Health Clinic (CCBHC) Certification Updated March 2023.*

<sup>1</sup> <https://www.samhsa.gov/sites/default/files/ccbhc-criteria-2023.pdf>