

# CBRS

(Community Based Rehabilitative Services)

## Job Description

### CBRS Definition:

*CBRS is A home or community-based program available to children, adolescents and adults who are recovering from a Severe and Persistent Mental Illness or Serious Emotional Disturbance which promotes recovery, assists the client to integrate with his/her community, and provides services aimed at helping the client improve his/her quality of life.*

### Provider Qualifications

CBRS workers must hold at least a bachelor's degree and have a current Psychiatric Rehabilitation Association (PRA) certification or be in pursuit of a PRA credential (see below) and be practicing under Optum supervisory protocol. Or hold a current LSW license.

A worker in pursuit of a PRA credential must:

- Be working in the role of a Skills Building/CBRS professional while working toward their PRA credential for a period not to exceed thirty (30) months from the initial date of hire. *Note, This thirty (30) month period does not restart with new employment as a Skills Building/CBRS specialist when transferring to a new agency.*
- Show documentation that they are working towards obtaining the required PRA credential.
- In order to continue providing Skills Building /CBRS as a Skills Building/CBRS specialist beyond a total of thirty (30) months, the individual must have obtained the required current PRA credential. The provider must be practicing under Optum supervisory protocol.

***ALERT:*** *The requirement that a provider delivering the Skills Building/CBRS service in the IBHP network hold a current certification from the PRA was identified by IDHW as a rule to suspend during the COVID pandemic crisis. **As of April 1, 2020,** and until further notice, Skills Building/CBRS providers can provide services to*

*Medicaid clients in the IBHP without a current PRA certification. It is important to note that while the certification requirement is currently waived; all other requirements for Skills Building/CBRS providers (ex. bachelor's degree, supervision requirements) remain in place. Providers will receive written notice, via a provider alert, when the rule suspension has ended.*

## Job Responsibilities

As a CBRS worker with Hope Tree, your job responsibilities include:

- Helping clients develop skills and access resources needed to increase their capacity to thrive in their home, employment, school or social environments.
- Helping adult clients learn skills that have been lost due to the symptoms of the client's mental illness.
- Helping children or adolescent clients to learn skills that they would have appropriately developed for his/her developmental stage had the client not developed symptoms of the client's mental illness.
- Working with the client to develop a skills building portion of the client's treatment plan with the client and client's treatment team based on skills agreed upon with the treating clinician during the teaming process.
  - Skills to consider should address behavioral, social, communication, rehabilitation, and/or basic living skills training that will build a client's competency and confidence while increasing functioning and decreasing mental health and/or behavioral symptoms.
  - While planning treatment plan, CBRS should coordinate with other providers, agencies, systems or organizations serving the client and family to support the client's recovery and avoid duplication of services.
- If working with youth, CBRS should participate in the Child and Family Team (CFT) at the request of the youth and family who give consent.
- Working with the client to complete a 90 day treatment plan review and update the plan as needed.
  - Review must assess the goals listed in the treatment plan.
  - Identify If goals are or are not met and if progress has not been made, then it is appropriate to document setbacks that the client experiences.
  - If goals are not met or progress is not made, providers should consider different interventions and/or modifying the goals/objectives.
- Ensuring that that CBRS services are provided in a manner that is strengths-based, culturally competent and responsive to each individual's psychosocial, developmental and treatment care needs.

## Authorization Type

CBRS services are allotted 3 hours of services per week per client, per calendar year. Additional services must be prior authorized by submitting a request.

## Scope of Practice

CBRS Workers are to keep provided services within the scope of practice of their services as listed in the job description and definitions above. CBRS is **NOT**:

- Billable when or if the service is duplicative of any services or activities that the client is already getting.
- Provision of Transportation, Respite, Case Management, or any other support or treatment service.
- Daycare or a substitute for supervision.

## In Summary:

A CBRS Worker **CAN**:

- Help clients develop skills needed to increase their capacity to thrive in their home, employment, school or social environments.
  - Skills may include communication skills, social skills, coping skills, anger management, behavior management, basic living skills and other skills not listed that will build a client's competency and confidence while increasing functioning and decreasing mental health and/or behavioral symptoms.
- Help clients access resources needed to increase their capacity to thrive in their home, employment, school or social environments as long as this does not interfere with a client's case management services or duplicate case management services.
- Help clients learn skills that have been lost due to the symptoms of the client's mental illness. OR Help clients to learn skills that they would have appropriately developed for his/her developmental stage had the client not developed symptoms of the client's mental illness.
- Attend treatment and planning meetings with client.
- Attend appointments with the client if the CBRS role is working with the client on skills development or participating in treatment planning.

A CBRS Worker **CANNOT**:

- Provide non CBRS services (e.g., transportation in lieu of medicaid transportation, substitute for supervision or daycare, vocational rehabilitation training)

- Duplicate any services or activities that the client is already getting from another provider.