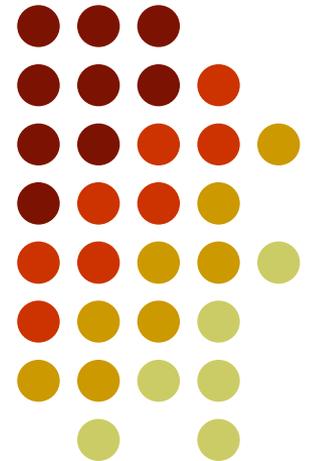


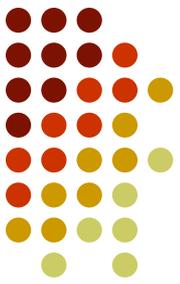
Creating an Effective & Financially Viable Group Schedule

Kate Lewis, LCSW

Allegany Rehabilitation Associates, Inc.



The only thing stopping us.....



Deadlines

Assessments

IRP Reviews

Crisis Situations



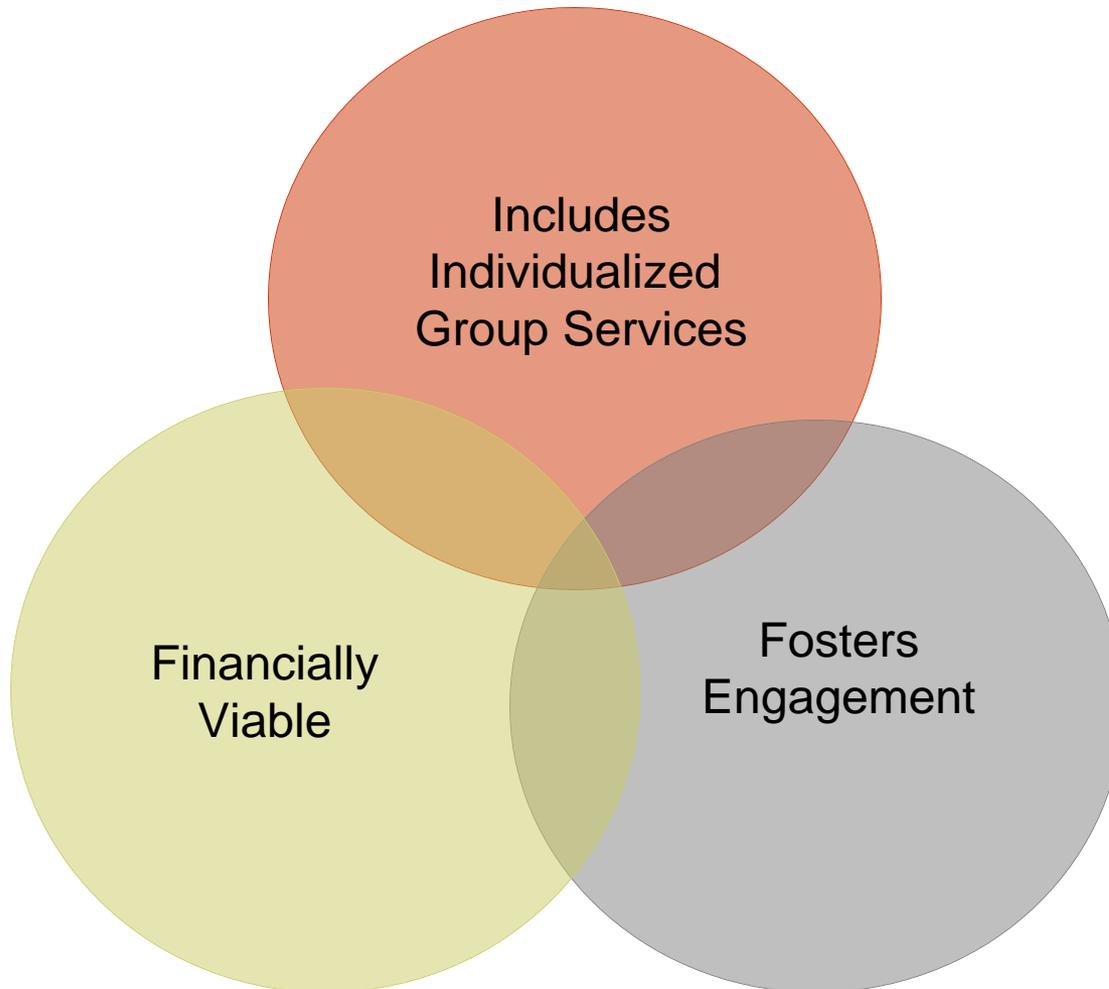
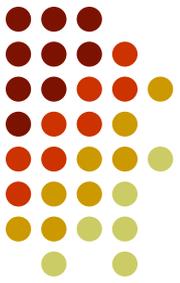
Medical Necessity

Intakes

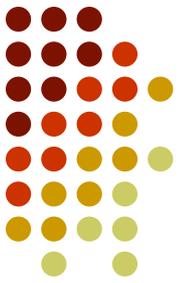
Staff Meetings

Monthly Progress Notes...again?!

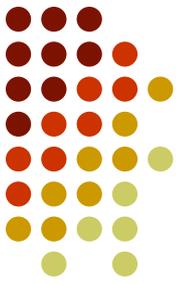
Elements of an Effective Group Schedule



Overview of ARA PROS



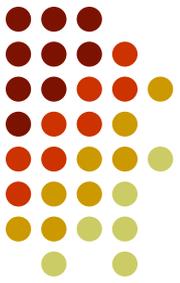
- Rural Location: Limited public transportation
- Average Census: 80 participants
- Average Daily Attendance: 32
- Participants are scheduled an average of 2-3 days per week
- 10-15% of census enrolled 4+ days per week on a short term basis (IR Relapse Prevention)
- Approximately 70 group services offered weekly
- In operation for almost 2.5 years



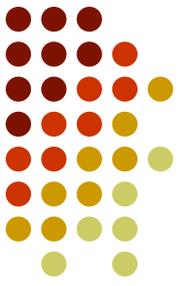
Do Your Homework First

- SWOT Analysis
 - Public Transportation Routes & Times
 - Average daily attendance
 - Attendance trends in current group schedule
 - Quarterly Surveys
 - Monthly progress note data and feedback
 - Seasonal Trends
 - Summer
 - Holidays

Laying the Foundation

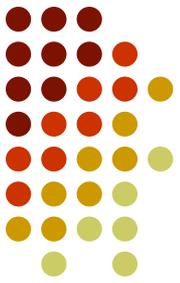


- 12-15 Week Rotation with built in reviews
- Team Project
 - Weekly Team Meetings
 - Rolling with resistance
 - Staff competencies
 - Person centered supervision
 - Motivational interviewing
- Stages of Treatment



Integrating the IRP

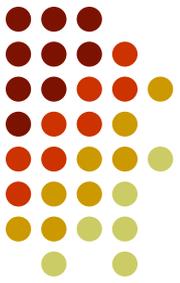
- Know your PROS participant's goals, strengths & barriers (even if they aren't on your caseload)
- Weekly Team Meetings
- IRP Planning Sessions
- Monthly progress note meetings
- Build a solid curriculum base with a golden thread
- Daily Peer Support Group/Activities



Financial Viability

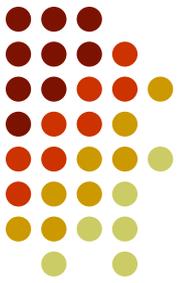
- Provide at least 3-4 choices per block
- Provide all stages of treatment per block
- IR Relapse Prevention Groups (5x per week)
- IR IDDT Groups (7x per week)
- Track service utilization weekly
- Overbook your groups and re-evaluate often
- Staffing Plan-Are you overstaffed or underutilizing resources?
- Communication with billing office

Does the Schedule Support Component Enrollment?



Component	Average Enrollment Rate
CRS	98%
Clinic	90%
IR	46%
ORS	12%

Engagement



- Staffing Plan
 - Creating your “dream team”
 - Performance based interviewing
 - Person centered supervision
- Barriers to Treatment Group (Engagement)
 - Pay attention to no show rates and cancels
 - Phone outreach mid-morning
- Individual Sessions