

Basic Skills Training (BST) & Psychosocial Rehabilitative (PSR) Contract

To increase your understanding of Basic Skills Training, this contract will explain the scope of practice of our BST/PSR providers (they are services provided by one provider) and your and/or your child's attendance to receiving services with the BST/PSR provider (weekly sessions) and the clinical therapist (once a month sessions).

The Basic Skills Training approach provides services using rehabilitative mental health (RMH) interventions. These interventions are designed to reduce cognitive and behavioral concerns and restore the individual to their highest level of functioning. BST services help individuals learn constructive cognitive (thinking) and behavioral skills through positive reinforcement, modeling, and other training techniques. BST services teach individuals a variety of life and coping skills.

BST services may include the following:

1. Basic living and self-care skills: Individuals learn how to manage their daily lives and learn safe and appropriate behaviors.
2. Social skills: Individuals learn how to identify and comprehend the physical, emotional, and interpersonal (relationships) needs of others, learning how to interact with others.
3. Communication skills: Individuals learn how to communicate their physical, emotional, and interpersonal needs to others, learning how to listen and identify the needs of others.
4. Parental training: Parental training teaches the individuals' parent(s) and/or legal guardian(s) BST strategies. The goal is to help parents continue the individuals' RMH care in home and community-based settings. Parental training must target the restoration of the individual's cognitive (thought) and behavioral mental health concern needs. Parent training must be centered around the individual receiving services.
5. Organization and time management skills: Individuals learn how to manage and prioritize their daily activities
6. Transitional living skills: Individuals learn the necessary skills to begin partial-independent and/or fully independent lives.

The Psychosocial Rehabilitative approach provides services using rehabilitative mental health (RMH) interventions. These interventions are designed to reduce psychosocial dysfunction (i.e., interpersonal cognitive, behavioral development, etc.) and restore the individual to their highest level of functioning. PSR services target psychological functioning within a variety of social settings, including:

1. Behavior management: Individuals learn how to manage their interpersonal (relationships), emotional, cognitive (thinking), and behavioral responses to various situations. They learn how to positively reflect anger, manage conflicts, and express their frustrations verbally. They learn the dynamic relationship between actions and consequences.
2. Social competency: Individuals learn interpersonal-social boundaries and gain confidence in their interpersonal-social skills.
3. Effective communication: Individuals learn how to genuinely listen to others and make their personal, interpersonal, emotional, and physical needs known.

4. Moral reasoning: Individuals learn culturally relevant moral guidelines and judgment.
5. Identity and emotional intimacy: Individuals learn personal and interpersonal acceptance. They learn healthy (culturally/socially appropriate) strategies to become emotionally and interpersonally intimate with others.
6. Self-sufficiency: Individuals learn to build safe trust, self-confidence, and/or self-reliance.
7. Life goals: Individuals learn how to set and achieve SMART (Specific, Measurable, Achievable, Relevant, and Time-limited) goals.
8. Sense of humor: Individuals develop humorous perspectives regarding life's challenges.

Individuals assigned to a BST/PSR provider will complete the intake appointment (first appointment) with the clinical therapist. Individuals will attend weekly follow-up appointments with the BST/PSR. They will meet with the clinical therapist once every two to three months to assess progress and update/modify the treatment plan as necessary.

***Please note that the BST and PSR are skills-focused services whereby you will be learning about strategies to challenge problematic thoughts and/or behaviors.**

****This contract goes into effect immediately**

By signing this document, you are agreeing for yourself and/or your child to move forward with the outline of these services.

Client Printed Name

Client/Parent Guardian Signature

Date