



The Recovery Institute For Mind / Body / Spirit

Home and Community Based Services (HCBS) Overview

Provided by TRI Center Inc.*
The Recovery Institute

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Home and Community Based Services (HCBS)

TRI Center's new Home and Community Based Services (HCBS) program was established to provide people with Serious Mental Illness (SMI), Substance Use Disorder (SUD), or both with access to services that will optimize their quality of life and reduce symptoms of mental illness and substance use disorders. The overall goal of the program is to reduce hospitalizations and institution visits.

Our HCBS programs' approach to recovery is person-centered, evidence-based and focused on personal empowerment. Patients will receive services at TRI Center and/or their own community, with the overall goal of developing productive lives.

TRI Center will be providing five different HCBS services:

Psychosocial rehabilitation (PSR):

PSR services will be delivered via individual and group counseling in order to help individuals address or eliminate functional deficits as well as social or environmental functioning barriers due to their SMI and/or SUD. The overall goal is to increase the individual functioning level in order to foster integration into the community, family and/or desired culture. Patients will learn coping skills, social skills and daily living skills that will support their employment, family, social and mental health goals. Patients will work on skills that will allow them to develop community supports, live independently, set and pursue goals, and identify resources to improve overall wellness, self-management, and promote personal autonomy.

Family Support and Training:

Family support and training will be provided via either group or individual counseling with the goals of reinforcing tools taught in the treatment process and supporting implementation of these tools outside of treatment. Families will also receive education about recovery support and resources that can help them support the recovery of the family member with mental illness or substance use diagnosis. Patients and family members involved in the process will also have access to family mediation or conflict resolution services. Family services will focus on developing problem-solving skills, family coping skills and strategies to maintain the participants' progress and strengthen family relationships. Families will receive psycho education on issues that may affect the family unit, including self-care, communication skills, boundary setting and relapse prevention.

Empowerment services:

Empowerment services are peer delivered, non-clinical services focused on recovery and rehabilitation. Peer services are intended to use recovery principles such as hope and self-efficacy to progress long-term recovery from mental illness or substance use diagnosis. Participants will develop specific goals that use community support to initiate, maintain and sustain long-term recovery while improving the participant's quality of life with a

focus on long-term recovery. Participants will be able to engage with peers who have personal experiences of recovery to foster motivation for long term recovery efforts. Peer supports will use six service components; advocacy, outreach and engagement, self-help tools, recovery supports, transitional supports, and pre-crisis and crisis supports. Peer support services will be provided both in-house and off site in order to help participants' full integration into the community.

Pre-vocational services:

Pre-vocational services are community based face-to-face services in either a group or individual setting that are centered on soft skill development. Participants will be educated on the soft skills needed to obtain employment, such as attendance, interacting with co-workers without the use of substances, and obtaining paperwork necessary for employment. Participants work to obtain stress management skills, time management skills, problem solving tools and daily living skills via group therapy. Participants also develop individualized pre-vocational plans with counselors through treatment planning, monthly goal setting and contingency management in order to learn the tasks needed to obtain and maintain paid or unpaid employment. Participants are empowered to explore and develop individualized vocational goals with the assurance that they have the community-based support that they need to progress successfully towards employment or employment based activities.

Ongoing supported employment:

Participants in the program are provided with ongoing individualized employment support in order to assist them in developing individualized goals to maintain their competitive paid employment. Participants enrolled in the program are provided with the opportunity to process their barriers to employment, i.e. mental health symptoms or substance use symptoms which led to suspension, via individual and group therapy. Participants are encouraged to develop skills both job related and non-work related that may assist them in maintaining their competitive employment. Participants work with counselors on developing skills, such as assertive communication skills and establishing positive relationships with supervisors and co-workers. Task oriented time management skills are also developed in order to eliminate substance use disorder and mental health symptoms that may act as barriers to maintaining employment. Participants are provided peer support through a weekly small group treatment modality in which participants are able to explore the skills needed to sustain their employment, including accessing community based or work place support for long-term employment retention.