

## Clinical Services – Therapy

Reference Previous CLDS Policy or Circular (if applicable)?	
CLDS Policy:	N/A

### Service Definition

Clinical Services - Therapy provides time limited treatment services (up to 6 sessions totaling up to 6 hours), therapy, consultation, training, and support to individuals with intellectual disabilities. Interventions are founded on a philosophy of respect to the rights of each individual, honour of their strengths, and efforts to meet their emotional, spiritual, physical, intellectual, environmental, and cultural needs.

Ongoing Clinical Services – Therapy that is intended to provide ongoing clinical consultation, staff supervision and programming support within an agency may be available and negotiated on a case-by-case basis based on the needs of the individuals receiving services.

Treatment and therapy services aim to:

1. Deliver services focused on achieving harm reduction and reducing recidivism for individuals who have engaged in acting out and problematic behaviour;
2. Reduce the need for institutionalization and provide opportunities for treatment in the least restrictive environment possible while attending to maintaining community safety;
3. Provide specialized community based treatment services utilizing a program design that is comprehensive, holistic, multi-dimensional and multi-modal, and individualized to meet each individual's:
  - learning style;
  - level of cognitive functioning;
  - adaptive functioning;
  - level of need; and
  - level of risk; and
4. Assist individuals understand the factors that contributed to their acting out or problematic behaviours, address and resolve issues contributing to these risk factors, develop a host of skills to assist them avoid and/or manage risky situations. To support the development of healthy coping skills and identity development that will support pro-social functioning.
5. Enhance quality of life;
6. Increase opportunity for community participation;
7. Reduce risk for any offending or problematic behaviour;
8. Increase Engagement and investment in the therapeutic process;
9. Increase Commitment to manage acting out behaviours;
10. Increase self-disclosure and accountability;

11. Increase insight into acting out or problematic behaviours and awareness of risk factors;
12. Increase Understanding of the consequences of acting out behaviour (on self, victims, others;
13. Develop and use coping skills to better manage risk factors.

### Provider Qualifications Eligibility Criteria

- Must be a qualified clinician. CLDS considers a qualified clinician to be a person who is authorized to provide psychological services pursuant to their particular governing body (*The Psychologists Registration Act* (Manitoba) and/or other Manitoba legislation regulating the profession of psychology. CLDS will consider on an exceptional basis, based on the availability of regional resources, a clinician with a MSW registered with the Manitoba College of Social Workers.
- The service provider must have a Service Purchase Agreement (SPA) in place with the Department or a current Fee for Service Agreement with the Department.

### Parameters/Exclusions allowed Mode(s) of Delivery

- The unit of service is one hour. Therapy services are approved on a time limited basis. Requests for ongoing treatment services are reviewed on a case by case basis and based on individuals presenting with exceptional needs and risk factors.

### Parameters/Exclusions allowed Mode(s) of Delivery

#### Service Parameters:

- Eligible for CLDS participants prioritized for Clinical Services.

#### Funding Parameters:

- Funding has been exhausted through other funding sources (Regional Health Authority, Manitoba Justice, Victim Services, private insurance coverage, etc.).
- Clinical Services shall be time limited (up to 6 sessions totalling up 6 hours) and further sessions will not be approved without a written report articulating the need for additional clinical sessions.
- Clinical Services should not exceed rates established by the Manitoba Psychological Society.

### Mode of Delivery Parameters

- Individual or Group