



Washington State
Department of Social
& Health Services

Transforming lives

Transforming Lives

Stabilization Services: Stabilization-Staff and Family Consultation Stabilization-Specialized Habilitation Stabilization- Crisis Diversion Bed

DSHS'
Developmental Disabilities Administration
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Washington State Department of Social and Health Services

Background

In October 2020, DDA introduced **Specialized Habilitation** as a new waiver service on the Basic Plus, Children's Intensive In-Home Behavioral Supports, Individual and Family Services and Core waivers.

- **Specialized Habilitation** services are available through waiver programs for people not receiving residential services.
(**Stabilization is available to all clients on all waivers.**)
- **Staff and Family Consultation** is available to clients on all waivers



What is Specialized Habilitation?

Policy 4.20



- **Self-Empowerment** is the first category we have in the service of Specialized Habilitation, and it means taking control of our own life, setting goals and making positive choices.
- **Safety Awareness and Self-Advocacy** includes recognizing, analyzing, and/or controlling hazards for an individual to make informed choices.
- **Interpersonal Effectiveness and Effective Social Communication** means the development of skills which help an individual attend to their relationships, balance priorities versus demands and build a sense of mastery and self-respect.
- **Coping Strategies Regarding Everyday Life Challenges.** This means the development of problem solving and other stress reduction strategies to deal with unexpected or unavoidable situations.
- **Managing Daily Task and Acquiring Adaptive Skills** means the development of skills necessary to reside successfully in the home and community.

Specialized Habilitation: Contractor Qualifications

- **Bachelor's, master's or doctoral degree** in any of the following:
 - Psychology, sociology, social work, education, child development, gerontology, recreational therapy, nursing or other related field.
- Be **enrolled in a university internship program** for Psychology, sociology, social work, education, child development, gerontology, recreational therapy, or nursing, and be supervised by the university's internship program.
- -OR-
- **Life Skills Coach** with current and valid certification (*standalone SH only- not for Stabilization*).

-AND-

- At least one year of experience in the field, working with individuals with I/DD.
- ****Demonstration of skills and abilities to support individuals who are experiencing a period of behavioral escalation- (Requirement for Stabilization)**.

Specialized Habilitation: *Examples*

Specialized Habilitation as a **standalone** service requires a prior approval.

Brief Description	Specialized Habilitation Category
James lives with his parents and his mom works as a nurse in the ER. Her hours have recently shifted to night, and he is having a hard time adjusting. He would like to learn how handle his nightly tasks with different strategies.	Coping Strategies for Everyday Life Skills
Mark would like to learn how to initiate and continue conversations online with others and people he meets when out in the community	Interpersonal Effectiveness and Social Communication
Amy wants to buy her first smartphone and learn how to use it appropriately and effectively.	Self Empowerment

Specialized Habilitation: *Initial Plan*

- Specialized Habilitation service and subcategory need to be targeted, including the proposed frequency and duration of service and methods to be used.
- The SH plan should be a description of how a client progresses toward goals.
- The provider will submit the initial Specialized Habilitation Plan to the DDA case resource manager within **30 days** of the service being authorized by DDA.
- The goals that the provider and client develop must be SMART goals, or:
 - Specific,
 - Measurable,
 - Achievable,
 - Relevant, and
 - Time-bound



FORM: [10-657](#) Specialized Habilitation initial plan

What is Staff and Family Consultation?

Policy 4.19

- **Staff and Family Consultation** is a support for direct social service providers and/or family members working with a client on areas such as daily tasks, various support needs or behavioral interventions.
- This is **NOT** a direct service to a client.
- **Staff and Family Consultation** can be a helpful additional support when a treatment plan is in place for a client through another treating individual and there may be additional support needed for the plan to be successful.



Staff and Family Consultation: Contractor Qualifications

Audiologist	Licensed Practical Nurse (LPN)
Marriage and Family Therapist	Mental Health Counselor
Occupational Therapist	Physical Therapist
Registered Nurse	Sex Offender Treatment Professional (SOTP)
Speech/Language Pathologist	Social Worker
Psychologist	Certified American Sign Language Instructor
Certified Counselors	Nutritionist
Professional Advocacy Organizations	Recreation Therapist
Educator/Teacher	Specialized Habilitation Provider

Staff and Family Consultation: *Areas of Focus*

Positioning and transfer	Health and medication monitoring to report to the healthcare provider
Basic and advanced instructional techniques	Residential Habilitation Positive Behavior Support Implementation training
Augmentative communication systems	Consultation with potential referral resources (Mental Health Crisis Line, End-harm line, etc.)
Diet and nutritional guidance	Disability information and education
Consultation to existing plan of care	Strategies for effectively interacting with the participant
Environmental consultation	Assistive Technology
Individual and family counseling only for clients on the Basic Plus, IFS and CIIBS waivers	

Staff and Family Consultation: *Initial Plan*

- Specialized Habilitation service and subcategory need to be targeted, including the proposed frequency and duration of service and methods to be used.
- The SH plan should be a description of how a client progresses toward goals.
- The provider will submit the initial Specialized Habilitation Plan to the DDA case resource manager within **30 days** of the service being authorized by DDA.
- The goals that the provider and client develop must be SMART goals, or:
 - Specific,
 - Measurable,
 - Achievable,
 - Relevant, and
 - Time-bound



FORM: [10-655 Staff and Family Consultation initial plan](#)

Progress Reports: Specialized Habilitation and Staff and Family Consultation



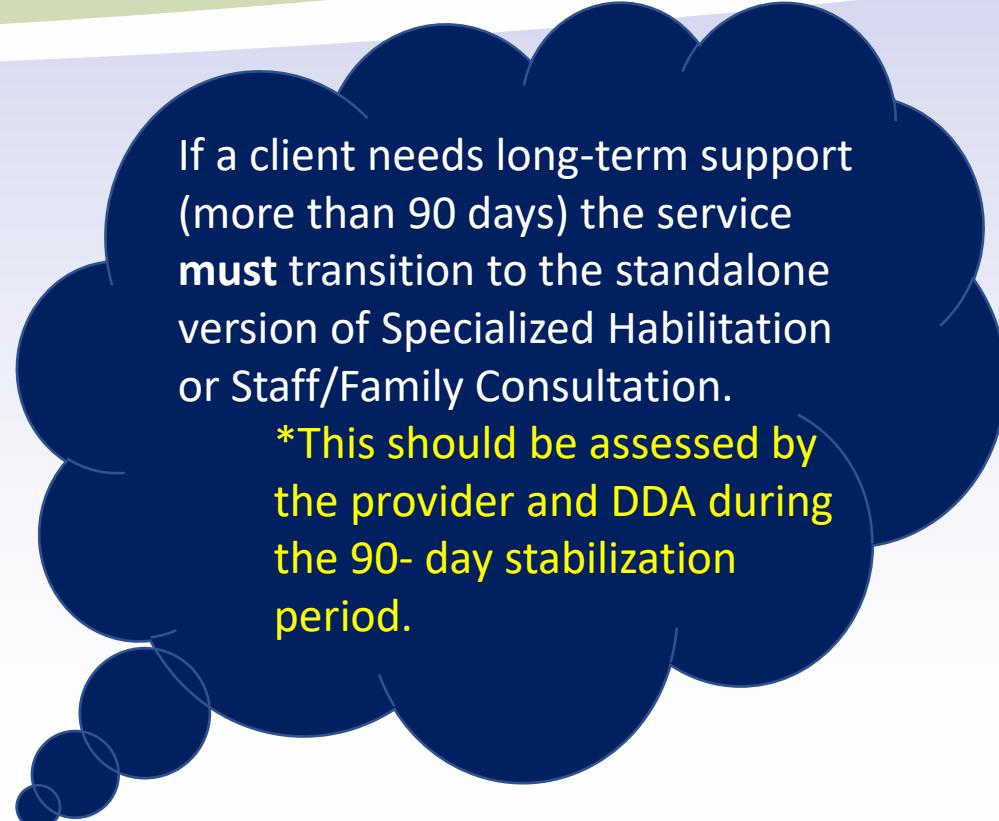
- Specialized Habilitation Plan quarterly reports shall be submitted every 90 days.
 - FORM: [10-658](#)
- SFC quarterly reports shall be submitted every 90-days.
 - FORM: [10-656](#)
- ****For stabilization** that resolves within 90 days, progress reports are not required. If services have been extended, this report **is required**, as a revision to the *Initial Plan*.

Stabilization Services: Waiver and State Plan

Stabilization: Specialized Habilitation	Stabilization: Staff/Family Consultation	Stabilization: Crisis Diversion Bed	Medicaid State Plan
Support directly to the client regarding goals within the five SH Categories	Support for direct social service providers and family working with a client on certain tasks/behavioral interventions, etc.	Short-term residential habilitation supports provided by trained specialists and include direct care, supervision, or monitoring, habilitative supports, referrals, and consultation.	Requires a mental health diagnosis and stabilization to that need.

What are Waiver Stabilization Services?

- Short term supports(90-day maximum).
- Support for individuals who are experiencing a significant change in behavior.
- Is **NOT** a replacement for Medicaid-covered crisis services.
- Waiver Stabilization allows DDA to authorize supports quickly.
- **Specialized Habilitation, Staff & Family Consultation, and Crisis Diversion Bed** are all services that can be authorized under the stabilization category when indicated.



If a client needs long-term support (more than 90 days) the service **must** transition to the standalone version of Specialized Habilitation or Staff/Family Consultation.

***This should be assessed by the provider and DDA during the 90- day stabilization period.**

Stabilization extension

- Stabilization services are expected to last no longer than 90 days.
- If there is a situation which warrants additional stabilization, providers need to communicate that to DDA **30 days** in advance of the service authorization ending.
- DDA **has a process** for approving/authorizing additional stabilization
- Without approval for a service extension, services will either end, or continue as the standalone service (with additional steps required by DDA)

Questions and Answers

Where do we get copies of these DDA forms?

The forms for Specialized Habilitation and Staff/Family Consultation are linked here:

- [Initial Specialized Habilitation Plan \(wa.gov\)](#)
- [10-658 Specialized Habilitation 90-Day \(Quarterly\) Report \(wa.gov\)](#)
- [Initial Staff and Family Consultation Plan \(wa.gov\)](#)
- [DDA Staff and Family Consultation \(SFC\) 90-Day \(Quarterly\) Progress Report \(wa.gov\)](#)

You can also find these forms by following these steps:

1. Go to [Developmental Disabilities Administration \(DDA\) | DSHS \(wa.gov\)](#) → Click on “*Publications and Forms*” on the left side column → Click on “*Forms*”.
 - a. You can search the form you are looking for by the form number or name.

Transforming Lives

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