

(**Note:** To be reimbursable, a service must be covered under Medi-Cal, SMHS and, except for Assessment and Crisis Intervention, must also meet Medical Necessity)

## Medi-Cal, SMHS (Specialty Mental Health Services) Rehabilitation Activity Examples

Activity that <b><u>IS</u></b> Rehabilitation	Activity that <b><u>IS NOT</u></b> Rehabilitation
Assisting client in classroom by cueing him to utilize calming techniques (e.g. using stress ball) to help with focusing on lesson.	Tutoring client to catch-up with classwork.
Teaching client who resides in a board and care money management skills to increase self-sufficiency.	Paying client's bills and balancing his checkbook.
Guiding client in practicing deep breathing exercises to stay calm while waiting for appointment with primary care doctor.	Accompanying client to his/her medical appointment.
Modeling communication skills for a client during an outing to the zoo.	Taking a group of clients to the zoo.
Role-playing with client on how to communicate assertively and manage her anxiety in expressing her needs.	Speaking with the neighbor for the client regarding noise levels during late hours.
Assisting client in rehearsing her responses to questions and coached her on how to manage her stress during the interview.	Sitting with client in the lobby while waiting for his/her job interview.
Assisting client with role-playing a conversation with the eligibility worker to practice their assertive communication skills.	Taking client to the DPSS office.
Teaching client steps to obtain groceries (to improve his/her independent living skills).	Going grocery shopping with the client.
Guiding client in practicing steps to perform daily grooming and personal hygiene to improve functioning.	Combing client's hair.
Discussing importance of self-care and brainstorming the activities that are relaxing for the client to engage in to be calm and less anxious.	Taking client to a nail salon for a spa day.
Discussing how angry verbal outbursts create barriers to learning new information and discussing ways to improve her ability to communicate and learn. Modeling effective communication skills.	Teaching client how to use the cash register.
Teaching client how to order and pay for food for them self.	Taking client out to eat.
Coaching clients to utilize deep breathing/relaxation techniques during rehabilitation group.	Making copies of relaxation technique handouts. (Clerical/Not reimbursable)