



102 N. Yates Street
Gastonia, NC 28054

Telephone 704-865-4308
Facsimile: 704-865-3575
Website: www.focuspointinc.org

Admission Paperwork Requirements

Please find below all the information for your Authorization, PCP and attached the Residential Application. Please be advised Focus Point, Inc. reserves the right to deny admission to any consumer bases of past behaviors, safety of other consumers and staff, and or past non-compliance of treatment.

Focus Point will need:

1. Signed/Updated PCP with residential information
 2. Signed Service Order
 3. Signed Attachment A -Discharge Plan
 4. Update Assessment
 5. Completed/Signed Residential Application
- **Gastonia Home-Pyler Lake-Provider # 6603799**
 - **Kings Mt.-Provider # 6604342**

Person Centered Planning

In order for your child to be admitted into Focus Point, Inc. residential treatment facility, he/she **must** have a valid PCP which includes goals and objectives specific to that level of care. Value Option or your managed care entity will routinely review the PCP to ensure appropriateness.

Incomplete or invalid PCP's may delay admission to Focus Point, Inc. Inclusion of these goals/objectives will improve our ability to provide meaningful documentation of active treatment, as required by Medicaid and our licensing and accrediting bodies. Your assistance in providing this information is essential.

Note: All PCP's are required to be reviewed during CFT and updated every 30 days during the time of consumer's placement in Residential Level III.

Section 1. At least one goal/objective must be included for every presenting problem/diagnosis



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identified for the consumer being referred for treatment:

Examples:

ADHD

- Sustain attention and concentration for consistently longer periods of time.
- Demonstrate marked improvement in impulse control.
- Increase the frequency of on-task behaviors.

Anger Management

- Express anger through appropriate verbalization and healthy physical outlets on a consistent basis.
- Interact consistently with adults and peers in a mutually respectful manner.
- Resolve the core conflicts that contribute to the emergence of anger-control problems.
- Reduce physical aggression to no more than ___ incidents per week/month/ reporting period.
- Reduce verbal aggression to no more than ____ incidents per week/month/ reporting period.
- Better manage his/her anger as evidenced by resolving conflicts appropriately, utilizing healthy coping skills, taking time-outs as necessary, and processing his/her feelings with others.
- Patient will develop at least three coping skills to help her manage her feelings and emotions appropriately on the milieu as evidenced by shift notes.

Anxiety

- Stabilize the anxiety level while increasing the ability to function on a daily basis.
- Reduce the overall frequency and intensity of the anxiety response so that daily



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functioning is not impaired.

ODD/Conduct Disorder

- Marked reduction in the intensity and frequency of hostile and defiant behaviors towards adults and peers.
- Bring hostile, defiant behaviors within socially acceptable standards.
- Reach a level of reduced tension, increased satisfaction, and improved communication with family and/or other authority figures.
- Demonstrate greater respect and compliance as evidenced by following directives, communicating in a calm tone, of voice, and having positive interactions with others.
- Will follow the program rules and the daily milieu schedule, reducing rule violations to one time per week, as evidenced by shift, activity, and educational documentation.
- Will follow the rules of the unit, demonstrate a respect for authority and respond appropriately to prompts
- Will engage in pro-social, appropriate behaviors with no physical or sexual aggression as evidenced by the daily point score and shift notes.
- Will receive guidance, redirection, psycho-educational reward and consequence for behaviors in order to facilitate the development of socially appropriate behaviors on a daily basis.

PTSD

- Display a full range of emotions without experiencing a loss of control.
- Develop and implement effective coping skills that allow for carrying out normal responsibilities and relationships.
- Recall the traumatic event without becoming overwhelmed with negative emotions.
- Patient will work to address the symptoms of her diagnosed disorders and actively work to identify underlying trauma related issues as evidenced by shift notes, group notes,



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therapist notes and medical notes.

Depression

- Reduce irritability and increase normal social interactions.
- Acknowledge the depression verbally and resolve its causes.
- Will increase his understanding of the symptoms of mood disorder/depression and demonstrate some ability to talk about his depressive feelings.

Physical/emotional abuse

- Rebuild sense of self-worth and resolve feelings of fear, shame, and sadness.
- Reduce displays of aggression that reflect abuse and keep others at an emotional distance.
- Achieve healing within the family system as evidenced by verbal expression and willingness to move on.

Sexual abuse

- Work successfully through the issue of sexual abuse with consequent understanding and control of feelings and behavior.
- Resolve the issues surrounding the sexual abuse, resulting in an ability to establish and maintain relationships.
- Achieve healing within the family system as evidenced by verbal expression and willingness to move on.

Sexually aggressive and/or compulsive behaviors

- Better manage his sexually offensive behaviors as evidenced by completing clinical assignments.
- Will increase appropriate interactions with others.
- Will actively participate in individual therapy while completing clinical assignments in



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the sex offender specific phase system.

- Will learn about healthy sexual relationships as well as appropriate social behavior through milieu, individual and group therapy activities.
- Will address issues related to learned maladaptive behaviors and will actively learn the importance of following society's rules and laws as well as practice this lifestyle, as evidenced by milieu, individual and group therapy documentation.

Section 2. The following areas **must** also be included in the development of goals for any consumer in a Residential Level III.

Select at least one goal/objective for **each** of the following 5 areas:

1. School

- Attend school on a daily basis and maintain or achieve current grade level.
- Achieve goals of current IEP.
- Complete ____% of assignments.

2. Medication Management

- Attend monthly medication management appointments and be aware of side effects and diagnosis.
- Participate in monthly psychiatric appointments as evidenced by sharing side effects or concerns with doctor, expressing current symptoms and needs, and discussing progress in program.
- Patient will remain medication compliant and appropriately seek medical care when necessary as evidenced by shift notes and medical notes.

3. Independent living

- Participate in activities on a daily basis specific to maintaining a healthy lifestyle and learn about skills necessary to function independently in the community.
- Practice daily living skills as evidenced by completing a unit chore each day, identifying



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skills he/she wants to learn, maintaining a clean bedroom, and contributing to a tidy unit.

- Will participate in independent living skills activities to ensure new adaptive skills are learned in an effort to prepare him/her for his future more effectively, as evidenced by activity, milieu and educational documentation.

4. Recreational therapy

- Demonstrate good sportsmanship as evidenced by accepting defeat, handling his/her emotions appropriately in winning and losing, not quitting when frustrated, and enjoying the activity regardless of the outcome.
- Will participate in activity therapy activities to learn improved social behavior, team building, hygiene, independent living skills, and sportsmanship with his same age peers, as evidenced by activity therapy and milieu documentation.
- Will cooperate with RT staff by completing self assessment and attending all scheduled recreation groups.

5. Sleep

- Will get a healthy amount of sleep and rest each night as evidenced by going to bed on time, being quiet after lights out, and going to sleep or resting quietly throughout the night.
- Will not exhibit any incidents of inappropriate behavior as evidenced by shift note documentation and staff report after bedtime.

If applicable:

Family

- Will actively participate in family therapy with his guardian once a month which will be ongoing throughout his treatment, to encourage an improved relationship with his family as evidenced by individual/family therapy documentation.
- **Note: If at any time there is any plan or intention for the consumer to leave the facility for a therapeutic pass, this planned intervention must be documented in the**



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PCP.

Weight Management

- Will follow dietitian recommendations regarding healthy diet.

Section 3. Your child is being admitted to a Residential Level III due to the severity of their behaviors. The following statements should be included in the "Strategies for crisis response" section:

- In order to ensure the safety of the consumer and others, NCI physical restraint may be used as a planned restrictive intervention; as ordered/prescribed by the treating physician. Physical restraint will be utilized whenever the consumer presents an imminent danger to themselves and/or others, and less restrictive behavioral interventions have failed or are not appropriate. Consumer understands and agrees to follow AWOL policy of Level 4 placement having to do with consequence and intervention to prevent AWOL incidents. If consumer attempts to go AWOL, Residential Level 4 -NCI interventions to be used to keep consumer from leaving placement.