

## Home and Community-Based Services (HCBS) Rules CONCEPT FORM

Vendor number(s)	HQ 1349
Primary regional center	San Diego
Service type(s)	Community based Behavior Modification Day Program
Service code(s)	515
Number of consumers currently serving and current staff to consumer ratio.	7 (as of 01-02-19) with 3:1 client to staff ration
Have you or the organization you work with been a past recipient of HCBS Funding?	No
Please provide a brief description of the service/setting that includes what a typical day consists of and how services are currently provided; include barriers to compliance with the HCBS rules.	<p>Cool Options is a fully integrated community based behavioral day program. Currently, staff members pick up each client from their home and meet at a city park. Each day includes a prevocational skills (i.e. Conroy's Flower Shop, Grocery Outlet, Rubio's, Old Town State Park, etc.) activity and a leisure activity. Other daily living skills are integrated throughout the day (i.e., washing hands, counting money, budgeting for activities, community safety). A current barrier to compliance with HCBS rules is the small size of our program which limits the number of staff members and peers clients can currently choose to work with.</p> <p><b>PERSON CENTERED PLANNING</b></p> <p>This is a current area of need. Our concept involves giving our clients even more choices each day and more control over their schedule. To accomplish this goal, we would like a co-owner of the program to receive training in person centered planning (see below).</p>
Identify which HCBS federal requirements this concept addresses that are currently out of compliance.	<p>Federal requirement 5 "Facilitates individual choice regarding services and supports and who provides them." Since Cool Options is a new program (started October 2018) we have limited staff (4 total) and a small number of clients at present. However, clients have the opportunity to voice their concerns on a daily basis and are able to speak directly and confidentially with the directors of the program about their concerns.</p>
Narrative/description of the concept; include justification for the funding request and explain how the concept would achieve proposed	<p><b>MUSIC THERAPY and TRAINING:</b> Currently, we have a volunteer that comes twice a month and sings with the clients. The clients choose the songs and enjoy interacting with music. Music based therapy and other activities help our</p>

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outcomes.	<p>clients reach their IPP goals. Our program serves clients that have not benefitted from counseling. The music program enables our clients to be more fully integrated into the community. For example, the clients have the opportunity to sing in the community (i.e., in the park and at the beach) which provides increased community engagement. Presently, our clients will be singing Christmas carols at Denny's after eating breakfast. The manager of Denny's is looking forward to having our clients sing for customers and staff. This also builds our clients self esteem and sense of being part of the community. Some of the clients in our program have difficulty interacting with community members; singing allows the clients to interact with others in a safe environment. The music program also helps our clients reach their IPP goals. Our program serves clients who have not benefitted from office-based counseling. Some of our clients have severe anxiety disorders. For example, one of our clients has social anxiety and has found singing a way to be able to communicate his needs and wants (by referring to songs to help him articulate his feelings). Another client had been unable to easily access the community due to her fear of dogs. Cool Options would not be able to afford expansion of our music program without additional funding.</p> <p><b>PERSON CENTERED PLANNING</b> Cool Options would like training in person centered planning/thinking for one of the co-owners. This will ensure implementation of person centered principles throughout the program including orientation of new clients, staff training, program compliance and ongoing program development in all areas of operation. The person centered training will help ensure continuous identification of areas to strengthen our program.</p>
Please describe your person-centered approach <sup>1</sup> in the concept development process; how did you involve the individuals for whom you provide services?	Three of our clients have expressed to us that they would like to expand our current music program. One of our clients engages in echolalia and yet has initiated a request for music independently on several occasions without a verbal prompt. During person-centered discussions one of our clients expressed his enjoyment when singing. Another client expressed his interest in listening to music
Does the concept address	The concept addresses the unmet service need of our clients

<sup>1</sup>A person-centered approach emphasizes what is important to the individual who receives services and focuses on personal preferences, satisfaction, and choice of supports in accessing the full benefits of community living. For more information regarding person-centered practices, please visit [www.nasdds.org/resource-library/person-centered-practices](http://www.nasdds.org/resource-library/person-centered-practices).

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<p>unmet service needs or service disparities? If so, how?</p>	<p>who have limited ability to express themselves verbally yet have clearly indicated their interest in music as a means to meet their needs to communicate and to be integrated more fully in the community. Our clients enjoy singing in the community setting (at the beach, in the park, at Denny's). They get positive feedback from members of the community and the activity builds our clients self esteem. The activity allows the clients to interact with community members in a safe environment. Our music program also helps our clients reach their IPP goals. Our program serves clients who have not benefitted from office-based counseling. Some of our clients have anxiety disorders. For example, one of our clients has social anxiety and has found singing a way to be able to communicate his needs and wants (by referring to songs to help him articulate his feelings). Another client had been unable to easily access the community due to her fear of dogs. Cool Options would not be able to afford expansion of our music program without additional funding.</p>												
<p>Estimated budget and timeline; identify all major costs and benchmarks—attachments are acceptable.</p>	<p><b>PROPOSED BUDGET:</b></p> <table border="0"> <tr> <td>Music Therapist / Trainer (104 sessions)<sup>2</sup> (from Amplify Music Therapy)</td> <td style="text-align: right;">\$9360.00 (from Amplify Music Therapy)</td> </tr> <tr> <td>15 Piece Rhythm Sets (two sets) for (from Musiciansfriend.com)</td> <td style="text-align: right;">\$ 258.00</td> </tr> <tr> <td>Bose L1 Compact Portable Line System (from Amazon.com)</td> <td style="text-align: right;">\$ 878.95</td> </tr> <tr> <td>iTunes card (from iTunes, owned by Cool Options)</td> <td style="text-align: right;">\$ 500.00</td> </tr> <tr> <td>iPad Pro (owned by Cool Options to store music)</td> <td style="text-align: right;">\$ 902.72</td> </tr> <tr> <td>Person Centered Practice Training (from the Learning Community)</td> <td style="text-align: right;">\$ 2,000.00</td> </tr> </table>	Music Therapist / Trainer (104 sessions) <sup>2</sup> (from Amplify Music Therapy)	\$9360.00 (from Amplify Music Therapy)	15 Piece Rhythm Sets (two sets) for (from Musiciansfriend.com)	\$ 258.00	Bose L1 Compact Portable Line System (from Amazon.com)	\$ 878.95	iTunes card (from iTunes, owned by Cool Options)	\$ 500.00	iPad Pro (owned by Cool Options to store music)	\$ 902.72	Person Centered Practice Training (from the Learning Community)	\$ 2,000.00
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<p>Total requested amount.</p>	<p>\$13,899.67</p>												
<p>What is your plan for sustaining the benefits, value, and success of your project at the conclusion of 2018-19 HCBS Funding?</p>	<p>The above proposal is for a one-time investment. The program will continue to subsidize a QA Director and a Music Therapy program as clients and program needs change. The QA Director responsibility will be fulfilled by Dylan Luciano, the co-owner of the program, using the</p>												

<sup>2</sup> <https://www.amplifymusictherapy.com/>

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	<p>knowledge he gains from the Person-Centered training program. The investment will have long term benefits. The clients will utilize the iTunes card to choose songs that would individually benefit them.</p>
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