



BHA Practicum Requirements

Providing Life Skills and Resource Development with Appropriate Case Documentation

Hour Requirements 30

Life Skills and Resource Development Description

In behavioral health services, "functioning" means a client's ability to perform routine daily responsibilities. Life Skills and Resource Development are designed to improve client functioning in any area where distress or disturbance interferes with a client's ability to meet the ordinary demands of life. These one-on-one interventions help to develop skills and strategies the client can use to address any issues that interfere with healthy functioning. For example, these services could involve helping the client develop and follow a daily regimen to take their medications appropriately, a plan to quit smoking, or a strategy to be on time for work in the morning. The goal is client independence, so the provider does not help the client to perform a new behavior. Instead, the provider helps clients to help themselves perform a new healthier behavior.

Components of Life Skills and Resource Development

- Services are customized and uniquely designed to meet the needs of the client.
- Client's strengths and interests are used to engage their participation in service activities.
- The goal of treatment is to prepare clients to function independently in the least restrictive setting possible.
 - The community is the least restrictive service setting for the client.
 - Involuntary hospitalization is the most restrictive setting available.
- Services may be provided in any safe setting around the community, such as the client's home or school.
- Services may be provided individually or with a group of people with similar needs.

*** Continue to next page ***



BHA Practicum Requirements

Examples of Life Skills and Resource Development Activities

- Helping a client develop tools to take their medication regularly.
- Teaching a client how to make an appointment for a health care need.
- Helping a client create a budget to meet their needs.
- Devising a plan for safe and healthy social connections for a client.
- Modeling how to engage in appropriate activities, including the use of stores, restaurants, churches, recreational facilities, public transportation, and workplaces.
- Teaching life skills, such as self-care, communication, or social behavior skills, to restore client functioning.
- Providing encouragement and coaching to help a client make a desired change.
- Providing individual or group counseling focused on substance use recovery or relapse prevention.
- Providing an Anger Management group in the community
- Documenting any of the above services.

Evidence-Based Practices and Resources

- State of Alaska DHHS: Supports for Alaska's Children with Severe Emotional Disturbance
http://dhss.alaska.gov/dbh/Documents/PDF/200811_sed_%20brochure.pdf
- Psychiatric Rehabilitation Interventions: A Review:
<https://doi.org/10.3109/09540261003730372>
- SAMHSA Evidence-Based Practices Resource Center
<https://www.samhsa.gov/ebp-resource-center>