

## OUR STAFF

Because of the diverse needs of the persons we serve, the staff of Community Skills Program are selected from a variety of human service and allied health disciplines; they use a transdisciplinary, person-centered approach when assisting our clients to achieve their goals. Although most of our services are provided in the homes and communities of our clients, the services are rehabilitation-focused and goal-oriented. A rehabilitation service plan is developed for each individual and typically includes cognitive rehabilitation therapy and community integration. Most of our neurorehabilitation specialists have a master's degree in a discipline relevant to the individual's needs; a minimum of a bachelor's degree is required. The neurorehabilitation specialists are certified brain injury specialists and, in Pennsylvania, most are certified employment support professionals as well.

The director of the program, Sally Kneipp, Ph.D., CRC, is a licensed psychologist and certified rehabilitation counselor. In addition, she is a licensed professional counselor and licensed rehabilitation counselor in New Jersey.

## ADMISSION CRITERIA

Adolescents and adults may receive services through Community Skills Program. To be considered for Community Skills Program, an individual must meet the following criteria:

- Be 14 years of age or older
- Be medically stable
- Have functional mobility skills, with or without assistive devices
- Not be physically assaultive or abusive
- Not be abusing drugs or alcohol
- Be willing to participate in Community Skills Program

## ADMISSIONS PROCEDURE

Community Skills Program, operated by Counseling and Rehabilitation, Inc., offers home- and community-based services to persons throughout New Jersey and in south central and eastern Pennsylvania. The mailing addresses for the corporate offices of Counseling and Rehabilitation, Inc. in New Jersey and Pennsylvania are, respectively:

P.O. Box 9056  
Turnersville, NJ 08012-9056  
and  
1150 Berkshire Boulevard, Suite 210  
Wyomissing, PA 19610

In 2020, we centralized our telephone system to increase our efficiency in returning voicemail messages. Because we are a non-residential, community-based program, we are often with our clients in their homes or communities and do not answer calls then. We will call you back as soon as possible. No matter what state you live in, please call, fax, or e-mail us at the following:

Phone #: (610) 376-3380  
Fax #: (610) 376-3392  
E-mail: CSPNJPA@aol.com

Although referrals to Community Skills Program are typically initiated by physicians, insurance representatives, state agency personnel, or case managers, anyone can make a referral. To make a referral or for more information about Community Skills Program, please call Dr. Sally Kneipp.

The specific pre-admission/pre-enrollment procedures may vary somewhat, depending on the funding source; assistance to the applicant will be provided as needed to complete the process. The pre-admission evaluation is typically conducted at the individual's home; if the individual has a legal guardian or power of attorney, that person must be present during the evaluation. Following the evaluation, a comprehensive report is prepared, specifying the recommended services, the goals and objectives, and the plan to achieve them.

SINCE 1981...



*Specializing in home-  
and community-based  
services designed  
to assist individuals  
with brain injuries  
to reach their potential*

[WWW.COMMUNITYSKILLSPROGRAM.COM](http://WWW.COMMUNITYSKILLSPROGRAM.COM)

## **COMMUNITY SKILLS PROGRAM®**

Community Skills Program, a private non-residential rehabilitation program of Counseling and Rehabilitation, Inc., has been serving individuals in New Jersey and Pennsylvania since 1981. Community Skills Program was designed to assist individuals with traumatic brain injuries to make the transition from hospital-based programs to community living. Even after excellent hospital or facility-based treatment, additional intervention is often needed to address persistent cognitive, communication, psychosocial, behavioral, and emotional difficulties. In particular, individuals with brain injuries frequently have difficulty with carryover of knowledge and skills from one setting to another. The likelihood of successful rehabilitation outcomes is greater when these individuals have opportunities to relearn skills where they will apply them.

Although at the outset Community Skills Program primarily served persons with moderate to severe closed head injuries, the benefits of its treatment model led to referrals of persons with mild to severe traumatic brain injuries and non-traumatic, acquired brain injuries (such as brain tumors, strokes, aneurysms, anoxia, infections of the brain, electric shock, and toxic exposure), learning disabilities, attention deficit disorders, autism spectrum disorders, and mental health issues.

Since the thrust of Community Skills Program is community integration, our staff work one-on-one with their clients in the clients' homes and communities, to enable them to maximize self-directed, responsible behavior, live as independently as possible in the community, and achieve a satisfactory or better quality of life. Our staff also facilitate group activities in various locations.

## **OUR SERVICES**

The first step is a comprehensive pre-admission evaluation/assessment. Then, recognizing that every person is a unique individual with specific needs, a person-centered rehabilitation service plan is developed. The person may receive some or all of the following services:

- Assistive community integration
- Cognitive rehabilitation therapy
- Individual counseling
- Group counseling/activities
- Family education and involvement
- Life skills training
- Social skills training
- Socialization/leisure time activities
- Transportation training
- Tutoring/remedial education
- Vocational/psychological testing
- Job shadowing
- Community-based work assessments
- Work-based learning experiences
- Job development/placement and job coaching
- Follow-up/follow-along
- Case management

The effectiveness of our services is measured by consumer satisfaction, the individual's functional outcomes, and quality of life of the individual and his/her family members or significant other.

## **PROGRAM FORMAT**

Community Skills Program of Counseling and Rehabilitation, Inc. is a non-residential, post-acute rehabilitation program focused on community integration and quality of life. Services take place after discharge from emergency, inpatient, day hospital, or outpatient services, or in conjunction with day hospital or outpatient services. The number of days of an individual's participation is variable, and the program may be full- or part-time. This permits scheduling around outpatient therapies and the family's schedule. In addition to individual services, the person served may participate in group activities. Each individualized rehabilitation service plan is based on input from many sources:

- The referral source
- The person being served and his/her family members
- Medical personnel and treatment team members who have knowledge of the individual's needs
- Psychological and/or neuropsychological testing results
- Measures of functional status in major life domains
- Clinical observations of the individual during real-life activities

The written rehabilitation service plan identifies target behaviors and problems to be addressed, the goals and objectives, and the methods or approaches to attain the goals. As individuals make progress and establish their own support systems in the community, their involvement with Community Skills Program is gradually and systematically reduced. This carefully designed process fosters increasing independence and maximizes the individual's potential for successful community living. Following completion of the rehabilitation service plan, follow-up is provided to assure progress is maintained.