Specialized Therapies: Art Therapy

Through the use of art media, the creative process, and the resulting artwork, art therapy assists the participant in exploring feelings, reconciling emotional conflicts, fostering self-awareness, managing behavior, developing social skills, improving reality orientation, reducing anxiety, and increasing self-esteem.

An art therapy provider must be:

1. A licensed professional with documented training and experience relative to the specialized therapy being provided. This may include a: clinical social worker; professional counselor; marriage and family therapist; registered nurse; vocational nurse; physical therapist; occupational therapist; or dietitian; or

2. Certified by the Art Therapy Credentials Board (AT-BC).

The Wraparound Plan must describe:

1. The skills training that will be provided to participant, as they relate to achieving the participant’s identified goal(s);

2. The strategies and/or action steps that will be used to assist the participant in achieving the identified goal(s); and

3. The type, scope, and duration of the service.

Progress notes are required for the provision of art therapy and must include:

1. Participant name;

2. Date of contact with the participant;

3. Start and stop time of contact with the participant;

4. Service name and description;

5. Service location;

6. Wraparound plan objective(s) that was the focus of the service;

7. Participant response to art therapy being provided;

8. Progress or lack of progress in achieving Wraparound Plan goals; and

9. Direct service provider’s signature and credentials.
<table>
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<tr>
<th>Category</th>
<th>Description</th>
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<tr>
<td><strong>PROVISION OF SERVICE</strong></td>
<td>The provider must document the provision of art therapy services by maintaining up-to-date progress notes, which will be reviewed by the Department of State Health Services.</td>
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<td><strong>DOCUMENTATION</strong></td>
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<td><strong>PROGRAM TRAINING</strong></td>
<td>Prior to providing Waiver services and/or participating on a Child and Family Team, an art therapy provider must receive program training in accordance with PROGRAM TRAINING REQUIREMENTS, policy 2200.2 or 2300.2 of this manual, as applicable.</td>
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<td><strong>BILLING</strong></td>
<td>Information regarding unit designation, payment rate, and required documentation for submitting a claim for art therapy is detailed in BILLING, SPECIALIZED THERAPIES, policy 2600.20 of this manual.</td>
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