RETURN!
Brain Injury Community Re-entry Program
2018 Annual Summary

RETURN! Community Re-entry Program is a day treatment program that serves adults (18+) who have sustained an acquired brain injury and require intensive neurorehabilitation. Clients in the program attend sessions from 10 am to 3 pm on weekdays for up to 12 weeks. The goal of the program is to help individuals to regain independence in daily functioning and to return to work, school or primary responsibilities at home (e.g., cooking, household management, finances). RETURN! offers a structured and consistent weekly schedule of group and individual therapies that have been developed to improve mobility, cognition, self-care, and home/community living skills. RETURN!’s intensive, structured approach to rehabilitation is designed to promote recovery of function and reinforce strategies to compensate for lingering impairments.

Communication between the family, client, and staff is essential to client success in RETURN!. A family meeting is typically scheduled 4-6 weeks after admission. This facilitates input from the family and client in decision making, goal-setting, and discharge planning and allows communication from the team regarding progress and challenges observed for the client. RETURN! communicates with referral/funding sources via in-services, face-to-face meetings, and soliciting feedback through phone contacts.

Twenty-three (23) clients were admitted to the RETURN! Program in 2018. While outcome data was collected for all clients, the data was analyzed for only those who attended the program for greater than 10 days (20 clients). Of the 20 patients discharged from RETURN! in 2018, seven (35%) were diagnosed with a traumatic brain injury (TBI), seven (35%) had a CVA, four (20%) had a hypoxic/anoxic event, and two (10%) had other neurological diagnoses (i.e., encephalitis, hydrocephalus).

In 2018, the average age of successfully discharged RETURN! clients was 40 years. For those with TBI, the average age was 30 and for those with CVA, 51. Of these clients, 13 were male and 7, female. Clients in the program attended from 3-5 days per week, 5-hours per day. The average number of treatment days for RETURN! program clients was 37. Of the 75% of RETURN! graduates having successful vocational outcomes, 20% of them entered vocational rehabilitation, 40% returned to work and 7% returned to school. The remaining 33% of graduates resumed their primary or supporting role in the home.

In 2017, RETURN! revised its previous client outcome goal from a static 7-point gain on the Mayo-Portland Adaptability Inventory (MPAI) from admission to discharge to a graduated goal. The revised goal reflects an expectation that more significant recovery, represented by an increase in MPAI scores, is a function of a longer length of stay (LOS). The new targets are below:

- 10-19 day LOS = MPAI ≥ 2 pts
- 20-39 day LOS = MPAI ≥ 4 pts
- 40+ day LOS = MPAI ≥ 6 pts

The program sets a goal of 75% of clients achieving these totals. For 2018, 70% of clients in RETURN! achieved these targeting gains on the MPAI. Of the 6 clients who did not achieve the targeted goal, 4 had a significant pre-injury psychiatric history and were either discharged directly to acute psychiatric care or entered such care within weeks of discharge. Two of these discharges were unplanned. Satisfaction surveys completed by families and clients at graduation reflect a 95% response of “very satisfied” or greater. Please see our treatment outcome information for more detailed information.

We welcome additional inquiries regarding our processes and outcomes and will forward any additional information that could assist in better understanding the RETURN! Program.