

Frequently Asked Questions: La Selva FND Track

The Functional Neurological Disorder (FND) Track at La Selva is a state-of-the-art treatment program designed for the unique needs of clients with FND. **There are three levels of care: 1) Residential, 2) Partial Hospitalization Program (PHP) and 3) Intensive Outpatient Program (IOP).** Residential clients reside at the La Selva house in Palo Alto while attending the program. PHP and IOP clients attend 5 and 3 days per week, respectively. The length of stay is re-evaluated each week and averages 6-8 weeks.

Q. What is Functional Neurological Disorder (FND)?

A. Also known as conversion disorder, FND is characterized by neurologic symptoms incompatible with an established neurologic or medical illness. Symptoms may include psychogenic non-epileptic seizures, abnormal movements, paralysis and speech changes. The diagnosis of FND is typically made by a neurologist by way of clinical exam, neuroimaging and/or neurophysiological testing.

Q. What services are available?

A. La Selva's specially trained multidisciplinary team collaborates with each client to design a tailored treatment plan. The program relies on evidence-based treatment, including cognitive and dialectical behavior therapy (CBT and DBT). Didactic and interactive-style groups address topics such as wellness recovery, anger management, codependency, effective communication, family dynamics and more. Clients participate in weekly one-on-one sessions with the FND Track director. **La Selva does not provide physical, occupational and/or speech therapy.** However, on a case-by-case basis, we may be able to integrate the FND-specialized services of the Stanford Outpatient Neurologic Rehabilitation Program (650-725-5106).

Q. What is the turnaround time for admission?

A. For residential, the turnaround time typically depends on how quickly the clinical paperwork is complete (including cleared TB and physician's report) and the census at the time of packet receipt. For PHP/IOP, we try to accommodate new clients within 3-5 days.

Q. Do clients need to be ambulatory?

A. For residential, clients must be ambulatory. La Selva house is not ADA accessible, so wheelchairs are not permitted. Walkers can be discussed with the director of residential admissions. The PHP/IOP facility is ADA accessible. Clients may have wheelchairs or walkers but must be independent without staff's help to walk or transfer.

Q. What types of insurance are accepted?

A. Residential contracts with Anthem Blue Cross, MHN, Magellan, Blue Shield, Value Options, Healthnet (single case agreement only), United Healthcare/Behavioral Health (Optum), Aetna, Cigna and Kaiser (if referred by Kaiser). The PHP/IOP program is unable to accommodate Kaiser. Private pay is available for both residential and PHP/IOP. Programs are unable to accommodate Medicare and Medicaid.

Q. How do we get started?

A. For residential admissions, clients and/or referring clinicians may contact Emily Gray at 650-323-1401. For PHP/IOP, contact Monika Arnold at MArnold@momentumMH.org (preferred) or call 650-617-8349. **All programs require prior Neurology evaluation with documentation of FND/conversion disorder.**