

REFERRING IS *easy!*

We will handle the authorizations process from start to finish!

Just send us:

1 NCFRP pre-filled request for authorization (RFA)

2 Supporting Documentation:

- Demographics/Face sheet
- Initial Consult
- Two most recent follow up visit notes*
- Any pertinent reports such as diagnostics, psychological evaluations or supplemental reports

**IMPORTANT: Please indicate referral to Northern California Functional Restoration Program in most recent visit note.*

And our authorizations team will handle the rest.

 FAX: (510) 985-1191  EMAIL: referrals@ncfrp.com

 ONLINE FORM: www.ncfrp.com/referralfom.php

 or CALL NCFRP at (510) 985-1199 ext. 155 for assistance



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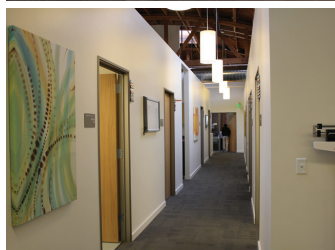


Kathie Kimsey,
EdD, LMFT,
Clinical Manager



Neil Kamdar,
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3 LOCATIONS TO SERVE YOU



EAST BAY PROGRAM

1335 Stanford Avenue
Emeryville, CA 94608
510.985.1199 office
510.985.1191 fax

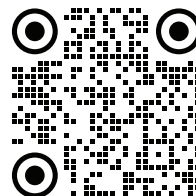
NORTH BAY PROGRAM

5789 State Farm Drive,
Suite 195
Rohnert Park, CA 94928
510.985.1199 office
510.985.1191 fax

CENTRAL VALLEY PROGRAM

1640 W. Yosemite Avenue,
Suite 2
Manteca, CA 95337
510.985.1199 office
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For more information:



www.ncfrp.com

REBUILD RECONNECT RESTORE



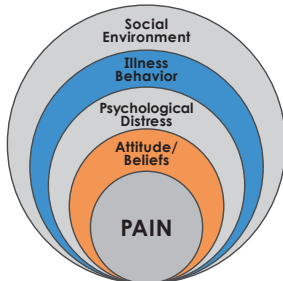
NORTHERN CALIFORNIA
FUNCTIONAL
RESTORATION
PROGRAM

A DIVISION OF PRCMG



A DIFFERENT APPROACH TO CHRONIC PAIN

An injury and the resulting pain can have a ripple effect upon the lives and bodies of an injured worker. The CARF-Accredited Northern California Functional Restoration Program addresses the complex nature of chronic pain through comprehensive and individualized multidisciplinary treatment.



SERVICES

During the 6 week outpatient program, patients will receive:

Physical treatments — Group and individual sessions focused on strength and conditioning, proper body mechanics, ergonomics, functional movement, posture and balance, yoga, nutrition, and biofeedback.

Medical care and supervision — Weekly individual appointments with a physician, as well as physician lectures on medication management and the medical bases of chronic pain and its treatments.

Psychological and behavioral care — Group and individual intensive training in wellness-focused skills for managing stress and pain; communication skills for fostering healthy social support; relaxation and meditation training; education on mindfulness for attentional retention and autonomic nervous system arousal and specific tools for coping with anxiety, depression, and grief. Patients are also supported in weekly individual psychological appointments, vocational rehabilitation and training through career planning, skills training aimed at return to work, as well as receiving guidance regarding the workers' compensation system.

REBUILD

your body's physical capacity with traditional and holistic pain medicine and therapies, physical therapy and ergonomic training.

RECONNECT

your body and mind with psychological counseling, social connections, relaxation, body awareness, movement therapies and mindfulness.

RESTORE *your self!*



ACCOMMODATIONS

Only a small percentage of injured workers have access to a **CARF-Accredited Functional Restoration Program**. Our vision is to make quality functional restoration accessible to all who need and wish to attend an FRP. Where necessary, we can arrange accommodations for:

- **Transportation** to and/or **lodging** near one of our three FRP locations.
- **Flexible options** for those balancing responsibilities of work and childcare.
- **Interpretation** for all non-English language speakers and a fully Spanish speaking program.

Each location has at least 4,000 feet dedicated to FRP with an ADA accessible gym, kitchen, break area, classroom, exam and psychotherapy rooms, administrative offices and dedicated parking.

DRIVEN BY OUTCOMES

NCFRP is the only California outpatient Functional Restoration Program that can claim the highest level of CARF accreditation at all locations, demonstrating our commitment to offering programs and services that are measurable, accountable and of the highest quality

Summary Highlights for Post Program Success:

- 96% of participants are Permanent & Stationary post-NCFRP
- 24% average reduction in opioid medication dosage post-NCFRP
- 71% of those seeking to return to work were successful post-NCFRP

