The Ultimate Selfie: How do I measure up with providing rehabilitation and recovery services?
Introductions / Presenters

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Objectives for this Training

1. Understand the underlying values, principles, and required components of the psychiatric rehabilitation approach.
2. Understand the difference between psychiatric rehabilitation as an approach vs services named “Psychiatric Rehabilitation”.
3. Identify any challenges or barriers that inhibit full implementation of psychiatric rehabilitation approach.
4. Create a preliminary action plan to more fully implement the psychiatric rehabilitation approach into daily practice.
“THE BETTER YOU KNOW YOURSELF, THE BETTER YOUR RELATIONSHIP WITH THE REST OF THE WORLD.”

TONI COLLETTE
The Courage To Be Imperfect

be humble, be teachable and always keep learning
What is Psychiatric Rehabilitation?
Psychotherapeutic Approach  

Physical Rehab Approach  

Psych Rehab Approach
Mission

To increase the **functioning** of persons with psychiatric disabilities, so they can be **successful** and **satisfied** in their **environments of choice** with the **least amount of professional** intervention.
“The psychiatric rehabilitation process helps people to choose their goals and then get the necessary skills and supports they need to reach their goals.”

~ PRA Essential Guide

“Simple to describe, yet it does not mean the process is simple to implement.”

~ PRA Essential Guide
Psych Rehab Values
Psych Rehab Values

Person Orientation

Functioning

Support
Psych Rehab Values

Environment

Involvement

Individualization
Psych Rehab Values

- Outcome Orientation
- Comprehensiveness
- Growth Potential
- Self-Determination
Psych Rehab Principles
Involvement of the Individual is necessary in all phases of the process

Newly-learned skills are usually situation-specific

Each person must have individualized skill goals

Reducing an Individual’s personal or environmental discomfort doesn’t automatically lead to improved skills.
Example

What’s wrong with this objective?

“John will learn and implement 3-5 coping skills within the next three months.”

What about this one?

“Eighty percent of the time, John will state what he is feeling and why when experiencing negative feelings.”
Psych Rehab Principles

The restrictiveness of an environment is a function of both the characteristics of the place and person.

Increased dependency can produce improved functioning.

Hope is an essential ingredient in the practice of psychiatric rehabilitation.
Psychiatric Rehabilitation.

“…promotes recovery, full community integration, and improved quality of life for persons who have been diagnosed with any mental health condition that seriously impairs their ability to lead meaningful lives. Psychiatric rehabilitation services are collaborative, person-directed, and individualized. These services are an essential element of the health care and human services spectrum, and should be evidence-based. They focus on helping individuals develop skills and access resources needed to increase their capacity to be successful and satisfied in the living, working, learning, and social environments of their choice.” (PRA, 2011)
PRA Endorsed Approaches . . .

- Boston University’s Choose-Get-Keep approach
- Clubhouse approach
- Wellness Recovery Action Plan
- The CommonGround Approach
- Motivational Interviewing
- Illness Management & Recovery
PRA Endorsed Approaches . . .

- SE: Individual Placement & Support (IPS)
- Family Psychoeducation (FPE)
- Peer Support
- Wellness Coaching
- Cognitive Enhancement Therapy (CET)
- Social Skills Training
Approaches vs Programs

Psychosocial Rehabilitation Program
H2017 HQ

- “Choose-Get-Keep”
- “Clubhouse”
- “Motivational Interviewing”

Psychiatric Rehabilitation

- Person orientation
- Functioning
- Support
- Individualization, etc.

Framework or Program
Structured Models
Theories or Approaches
Underlying Core Values & Principles
“The psychiatric rehabilitation process can be implemented in any program model, any location or setting, or by any person, as long as the primary outcome is to help people become more ‘successful and satisfied in living, working, learning and social environments of their choice.’”

~ PR Essential Guide
Take that “Selfie”
“Selfies”

Do we declare a model or approach?

Do we use multiple models/approaches?

Can/Does each approach stand on its own? Integrity to each?
“Selfies”

Are staff properly credentialed/trained in declared approaches/model(s)?

Does our record keeping reflect our declared approach(es)?

Are Individuals involved in policy and planning?
Do our approaches promote self-efficacy and decision-making by Individuals served?

Do we use collaborative documentation as part of our intervention?

Do we develop positive, supportive, affirming relationships with those served?
“Selfies”

Do we teach specific, critical skills and measure their use in real-world environments?

Do we link people to critical community resources and measure their use?

Do we measure OUR success against the success of those served?
Self Assessment (Re-Take!)
What Are YOUR Barriers?

Lack of:
- Time?
- Money?
- Trained staff?
- Motivated Individuals?
- Community resources?
- ??
How Will You Get Through Your Barriers?
Identify Three Concrete Action Steps

Step One:

Step Two:

Step Three:
Helpful Resources

• Boston University Center for Psychiatric Rehabilitation
  “The Essential Guide to Psychiatric Rehabilitation Practice”
  William A. Anthony & Marianne D. Farkas

• Psychiatric Rehabilitation Association Resources
  “Core Principles & Values”
  “PRA Language Guidelines”
  “The Single Model Trap”
  . . . and many other helpful articles and links at:
  https://www.psychrehabassociation.org/knowledge-center/resources

• National Center for Biotechnology Information
  U.S. National Library of Medicine
  “Making sense of implementation theories, models and frameworks”
  https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4406164/
The Courage To Be Imperfect

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Questions and Feedback
Thank you

For Georgia Collaborative ASO general inquiry or questions please email: GACollaborativePR@beaconhealthoptions.com