

psychosocial rehabilitation

joe ruiz
director of learning and communication
casra




1

today


- review
- doing with vs. doing for
- psychosocial rehabilitation
- values
- principles
- practices



2



**people
who live with
behavioral health conditions
can and do recover,
and deserve opportunities
to build a life
not defined
by those conditions**



3



**people
deserve
opportunities
to build a life**




4

A little review

the four stages of recovery

- hope
- empowerment
- self responsibility
- meaningful roles




CASRA
California Association of Social Rehabilitation Agencies

5

A little review

three core practices

- treat people as people
- focus on the relationship
- dwell in possibility




CASRA
California Association of Social Rehabilitation Agencies

6

**doing with
vs.
doing for**

**TELL ME AND
I FORGET.
TEACH ME AND
I REMEMBER.
INVOLVE ME
AND I LEARN.
-BENJAMIN FRANKLIN**




7

**doing with
vs.
doing for**

**key
ingredients**

- Having a trusting relationship
- Knowing the starting point
- Educating and providing connection and access to resources
- Providing options and choices
- Strengthening capacity and skill
- Taking risks is required for growth
- Understanding that there will be setbacks
- Looking for teachable moments
- Focus on building hope
- Stir the pot
- Exposure is the key
- Motivated and excited vs. prepared and likely to succeed
- Stagnation is not your friend
- Their goals, shared decision making, person driven services
- Incorporate meaning in roles



8

breakout time



what would you do?



9

psychosocial rehabilitation a definition

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.



10

psychosocial
rehabilitation
a definition

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.



CASRA
California Association of Social Rehabilitation Agencies

11

psychosocial
rehabilitation
values

empowerment of the individual
self-determination
dignity and worth of each individual
focus on individual's strengths
all people have an underused capacity that should be developed
cultural sensitivity
optimism



CASRA
California Association of Social Rehabilitation Agencies

12

psychosocial rehabilitation principles

- early intervention
- individualization of all services
- work in the here and now
- maximum involvement of the individual, their preferences and choices
- focus on strengths
- assess individual in normalized settings
- integrated, holistic approach to treatment
- skills training
- ongoing, accessible, coordinated services
- informal relationships between staff and those they serve
- maximum commitment from staff
- focus on work and vocational rehabilitation
- environmental modifications and supports
- recruitment of outside agencies and forces to provide services
- multicultural diversity among staff
- partnership with the family



13

breakout time (the last one)



skills?



14

Thank you!



joe@casra.org