psychosocial rehabilitation

joe ruiz director of learning and communication casra

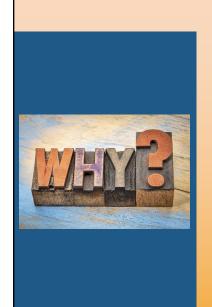


1

today

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

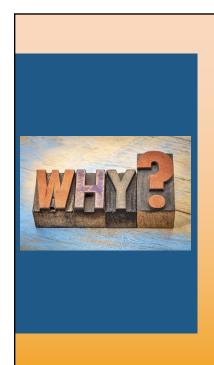




people
who live with
behavioral health conditions
can and do recover,
and deserve opportunities
to build a life
not defined
by those conditions



3



people deserve opportunities to build a life



Δ

A little review

hope
empowerment
self responsibility
meaningful roles

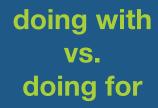


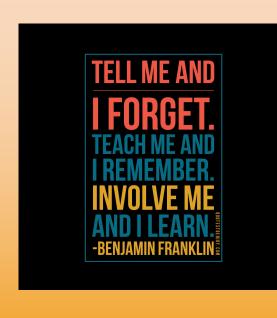
5

A little review

three core practices
treat people as people
focus on the relationship
dwell in possibility









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



Ջ



_

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.

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.



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



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



