

psychosocial rehabilitation

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today

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

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

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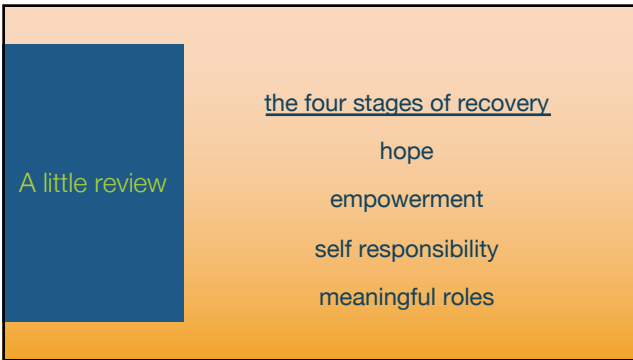


WHY?

people
deserve
opportunities
to create a life



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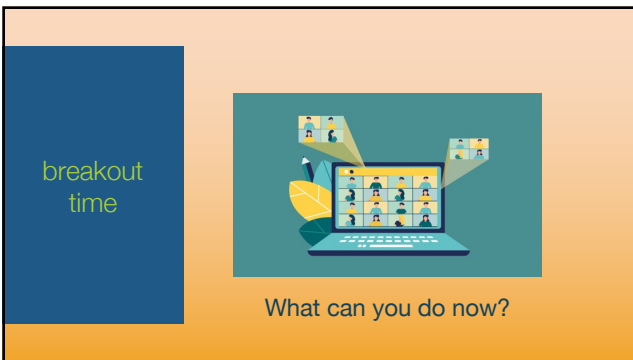


A little review


the four stages of recovery

hope
empowerment
self responsibility
meaningful roles

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breakout
time



What can you do now?

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a little review

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

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doing with
vs.
doing for

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

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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

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a few more necessary ingredients from Dr. Mark Ragins



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psychosocial rehabilitation
a definition

The philosophy and practice of psychosocial rehabilitation grows from our fundamental belief in the capacity of individuals to grow beyond the disabling effects of whatever disability or "disease" troubles them. The goal of psychosocial rehabilitation is to create opportunities where the natural human capacity for growth and healing can take place.

In psychosocial rehabilitation there is recognition that the individual with a psychiatric disability has a valuable and irreplaceable role in the delivery of mental health services. Staff who have had the experience of being consumers are powerful role models for hope and recovery.

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psychosocial rehabilitation
a definition

The psychosocial rehabilitation model is characterized by:

- Environments that are typical living and working situations like others in the community.
- Staff who are guides rather than directors.
- Staff recognition that our clients know more about themselves than we do. Belief that all persons have the potential for growth and change.
- Advocacy of interdependence with others rather than dependence on others.
- Encouragement of appropriate risk-taking by staff and clients.
- The understanding that true psychosocial rehabilitation involves addressing the barriers of stigma, discrimination, and economic injustice.
- The course and pace of services directed by the consumer.

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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


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psychosocial rehabilitation principles

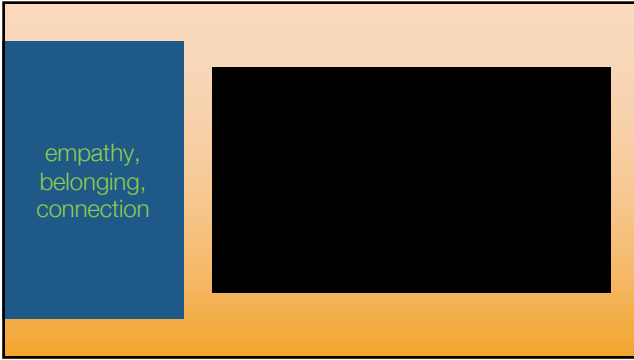
- early intervention
- individualization of all services
- work in the here and now
- maximum involvement of the individual, their preferences and choices
- focus on strengths
- assess individual in normalized settings
- integrated, holistic approach to treatment
- skills training
- ongoing, accessible, 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

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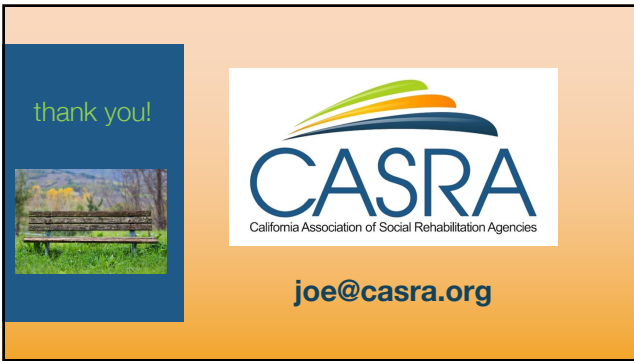
breakout activity



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