

Psychiatric Rehabilitation Learning Collaborative

Session 1: Fundamentals of Psychiatric Rehabilitation

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May 9, 2023

The purpose of the MHTTC Network is technology transfer - disseminating and implementing evidence-based practices for mental disorders into the field.

Funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), the MHTTC Network includes 10 Regional Centers, a National American Indian and Alaska Native Center, a National Hispanic and Latino Center, and a Network Coordinating Office.

Our collaborative network supports resource development and dissemination, training and technical assistance, and workforce development for the mental health field. We work with systems, organizations, and treatment practitioners involved in the delivery of mental health services to strengthen their capacity to deliver effective evidence-based practices to individuals. Our services cover the full continuum spanning mental illness prevention, treatment, and recovery support.

The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED AND
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

MHTTC Network

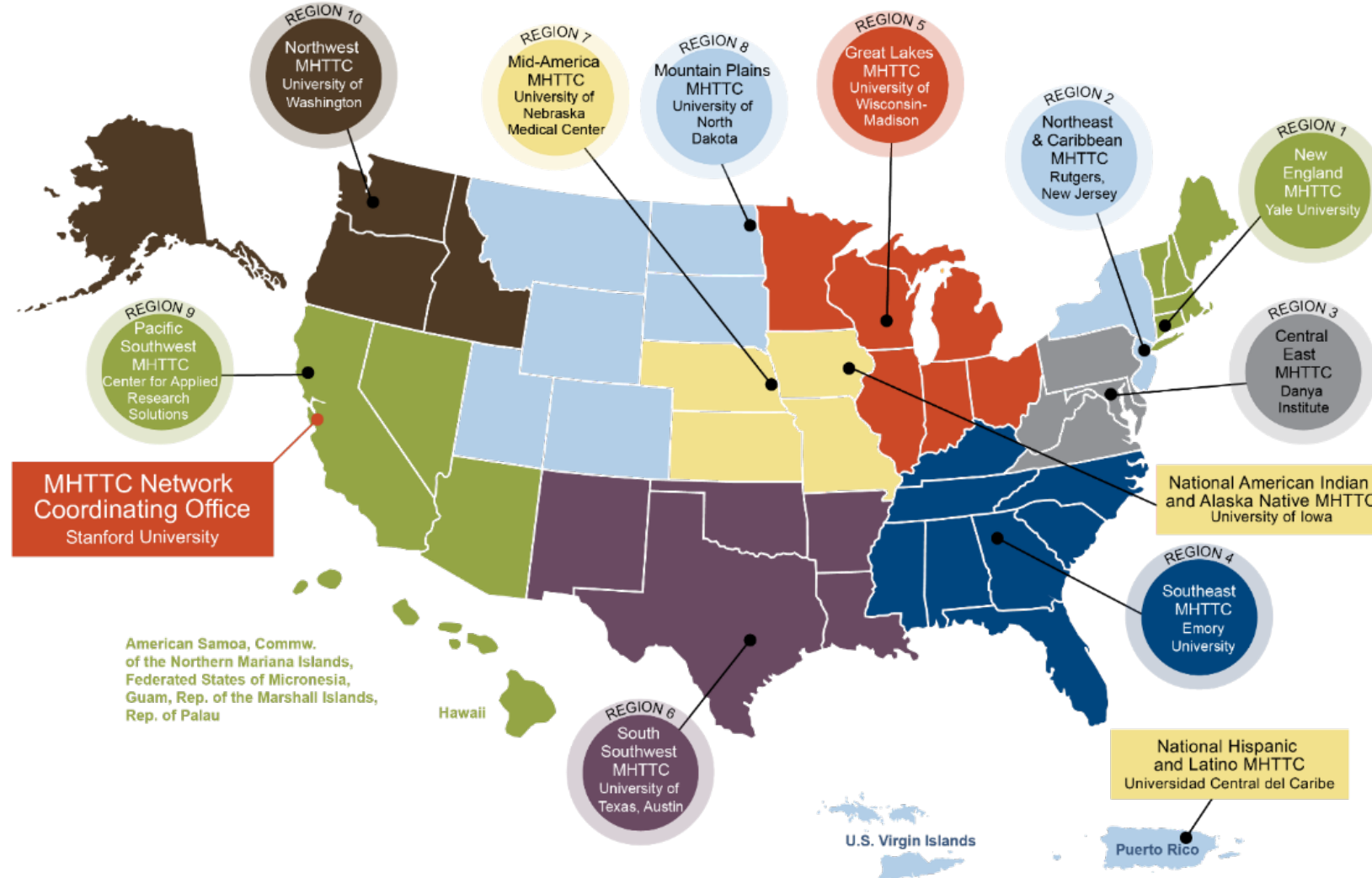


MHTTC

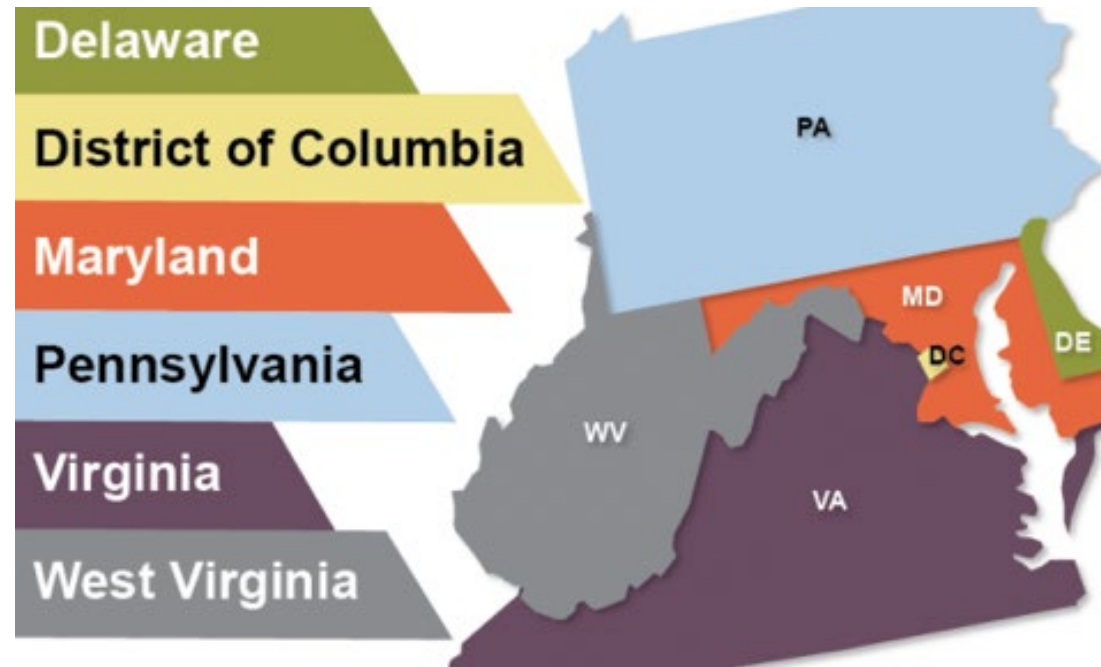
Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

MHTTC Network



Central East Region 3



Central East (HHS Region 3)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Acknowledgment

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At the time of this publication, Miriam E. Delphin-Rittmon, Ph.D, served as Assistant Secretary for Mental Health and Substance Use in the U.S. Department of Health and Human Services and the Administrator of the Substance Abuse and Mental Health Services Administration.

The opinions expressed herein are the views of the authors and do not reflect the official position of the Department of Health and Human Services (DHHS), SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this document is intended or should be inferred.

This work is supported by grant SM081785 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.

Presented 2023

Welcome to the Learning Collaborative

Session 1: Fundamentals of psychiatric rehabilitation

Session 2: Assessment through a psychiatric rehabilitation lens

Session 3: Person-centered planning

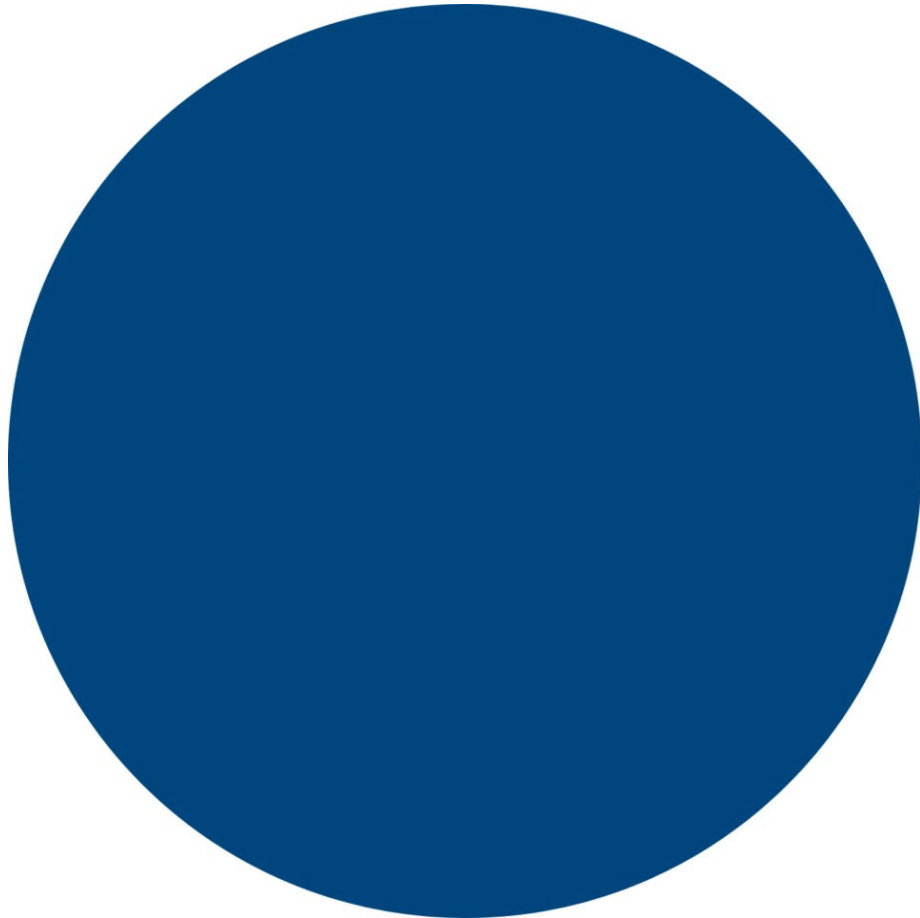
Session 4: Housing and employment through a psychiatric rehabilitation lens

Bonus Session: Psychiatric rehabilitation with youth: special considerations

Today's Agenda


Time	Topic	Any Activities or Breakout Rooms
10 mins	Warm-up & Introductions	Jamboard
10 mins	Definition of Psychiatric Rehabilitation & Examples	Volunteer Participation / Chat
10 mins	Principles of Psychiatric Rehabilitation	Breakout Room
10 mins	Defining Recovery	Jamboard
5 mins	Defining Improved Quality of Life	Volunteer Participation / Chat
10 mins	Active Listening	Breakout Room
5 mins	Closing	

What Is 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**.... 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.”

—Board of Directors of United States Psychiatric Rehabilitation Association (USPRA)

A woman with short, wavy white hair is sitting in a meditative lotus position on a light-colored floor. She is wearing a light blue long-sleeved shirt and light-colored pants. She is smiling and looking towards the right side of the frame. The background is a bright, out-of-focus interior space with large windows and a grid-like structure, possibly a modern building or a studio. The overall atmosphere is peaceful and serene.

“If de-institutionalization was to give freedom to people with psychiatric disabilities, psychiatric rehabilitation would create the space and structure for a meaningful life within that freedom.”

—Bill Anthony, Founder of Center for Psychiatric Rehabilitation

Examples of Psychiatric Rehabilitation



“The [PsychoSocial Rehabilitation Practitioner] fosters **mutually interdependent relationships** which promote wellness, harmony, and a culturally-congruent sense of self beyond the disabling effects of the condition known as mental illness.” (CASRA, n.d.)

Social Rehabilitation
California



“**Community interventions** mean working with an agency, institution, employer, landlord or the person’s family to allow the person to function more independently.” (Minnesota Department of Human Services, n.d.)

Adult Rehabilitative Mental Health
Services
Minnesota



“Work is the best treatment we have for serious mental illness (i.e., people with schizophrenia spectrum disorder, bipolar, or depression). Two-thirds of people with serious mental illness want to work but **only 15% are employed.**” (IPS Employment Center)

Individual Placement & Support
Model of Supported Employment
New Hampshire

Process of Delivering Services



DIAGNOSIS/
ASSESSING

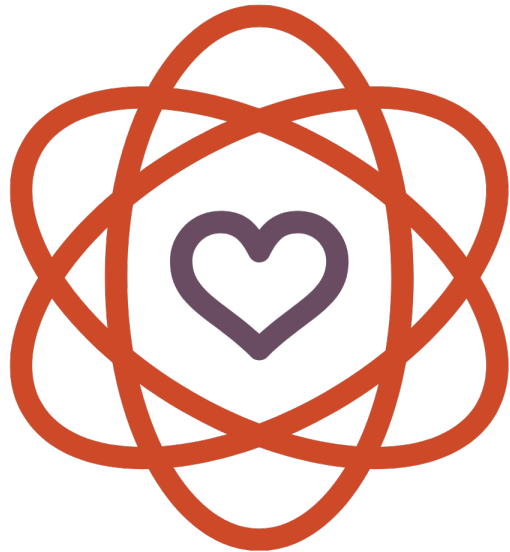


PLANNING



INTERVENTION

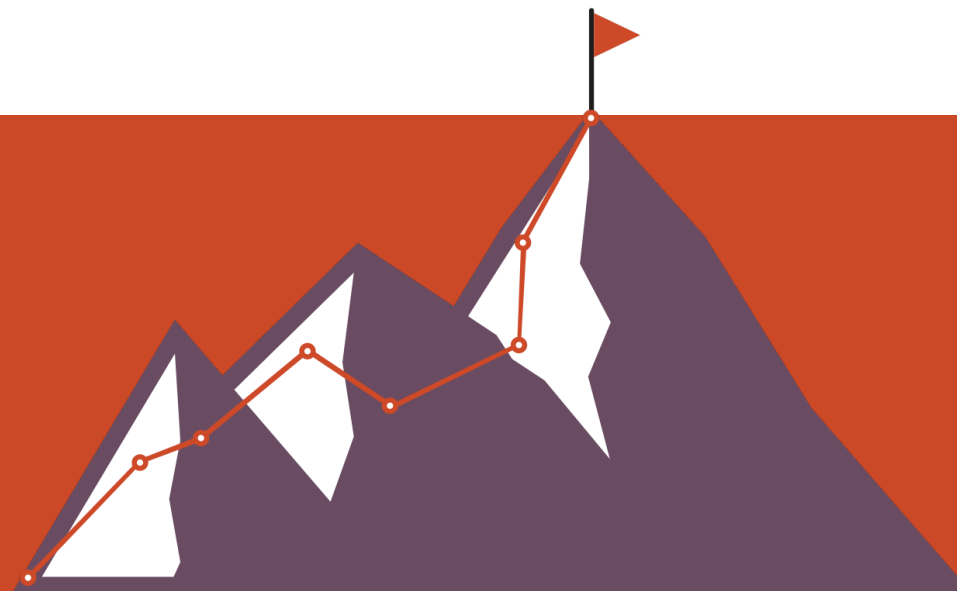
Principles of Psychiatric Rehabilitation



- 1 - All people have potential that can be developed.
- 2 - People have a right to self-determination.
- 3 - The emphasis is on the individual's strengths rather than their symptoms.
- 4 - Each person's needs are different.
- 5 - Professional services should be committed and take place in as normalized an environment as possible.
- 6 - There is a focus on a social model of care (as opposed to a medical model).
- 7 - It is centered on the present rather than fixated on the past.
- 8 - Culture is a central part to recovery, and practicing cultural humility and relevance is essential.

(Cherry, 2022)

Improved Quality of Life & Recovery



“...Consistent with this progress in psychiatric rehabilitation, recovery from severe mental illnesses became a fact – not a hope.”

-Primer on the Psychiatric Rehabilitation Process



What Can Get in the Way?



- Blind spots
- Pre-determined definitions of recovery
- Strong caring feelings
- Social expectations of success

In the chat –
What other things can get in the way of letting a client determine their own goals?
How can these things also be a strength?

How Do We Get Out of the Way?

Cultural Humility & Relevance

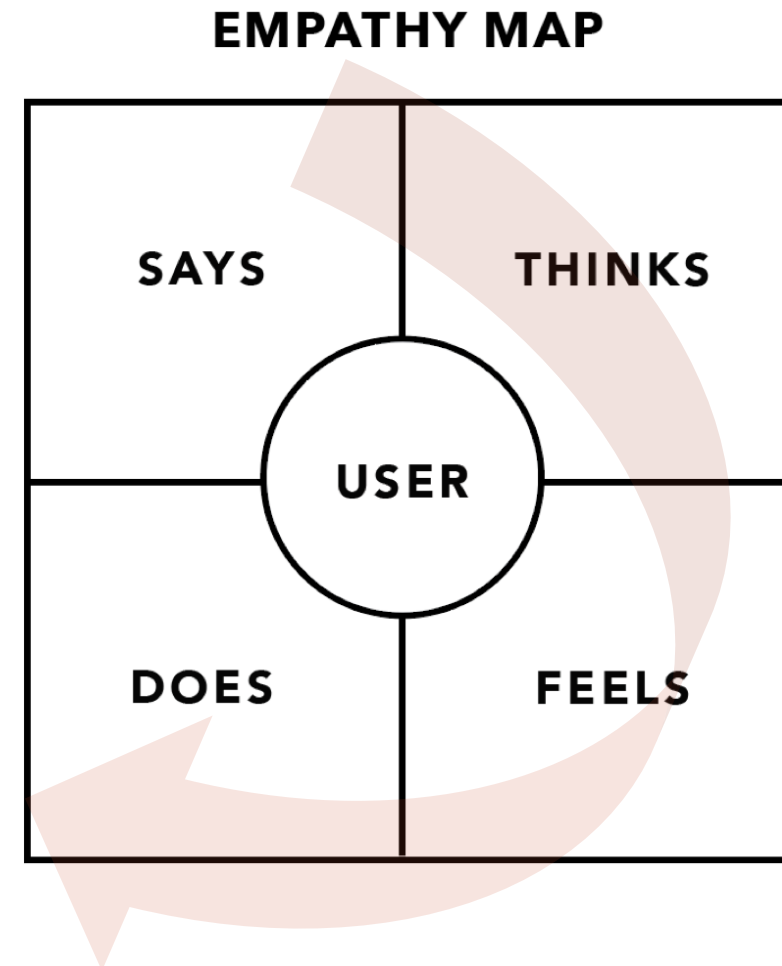
Remember, **culture** can include:

- Gender
 - Neighborhood
 - Generation
 - Career
 - Ability
- and more...



How Do We Get Out of the Way?

In general, practicing moments of **empathy** helps align us to the other person



How Do We Get Out of the Way?

Active Listening:

Restating their points/opinions

Validating their experience

Speaking to their perspective



References

- California Association of Social Rehabilitation Agencies (CASRA). (n.d.). [About social rehabilitation](#).
- Minnesota Department of Human Services. (n.d.). [Adult rehabilitative mental health services](#).
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- [Boston University College of Health & Rehabilitation Sciences: Sargent College: Center for Psychiatric Rehabilitation/](#) Retrieved May 8, 2023.
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- K. Cherry. May 12, 2022 [“What is Psychosocial Rehabilitation?”](#)

Appreciation



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Let's connect:

