Psychiatric Rehabilitation Learning Collaborative

Session 2: Assessment Through a Psychiatric Rehabilitation Lens

Sarah Kimbrough, M.S.W.

& Tara Fischer, LICSW, M.S.W.

Advocates for Human Potential, Inc.

June 13, 2023

SAMHSA
Substance Abuse and Mental Health Services Administration

MHTTC
Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

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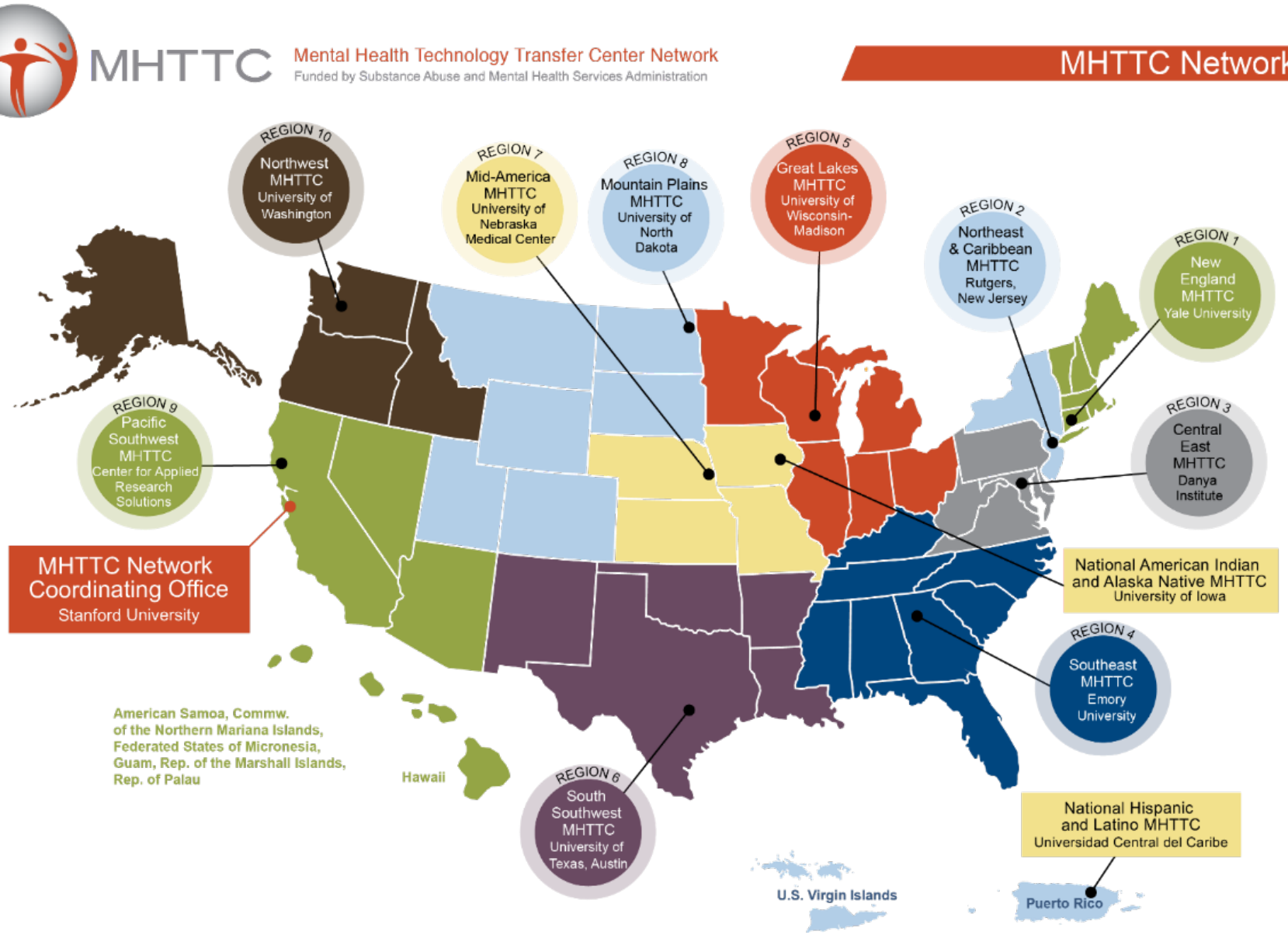
The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

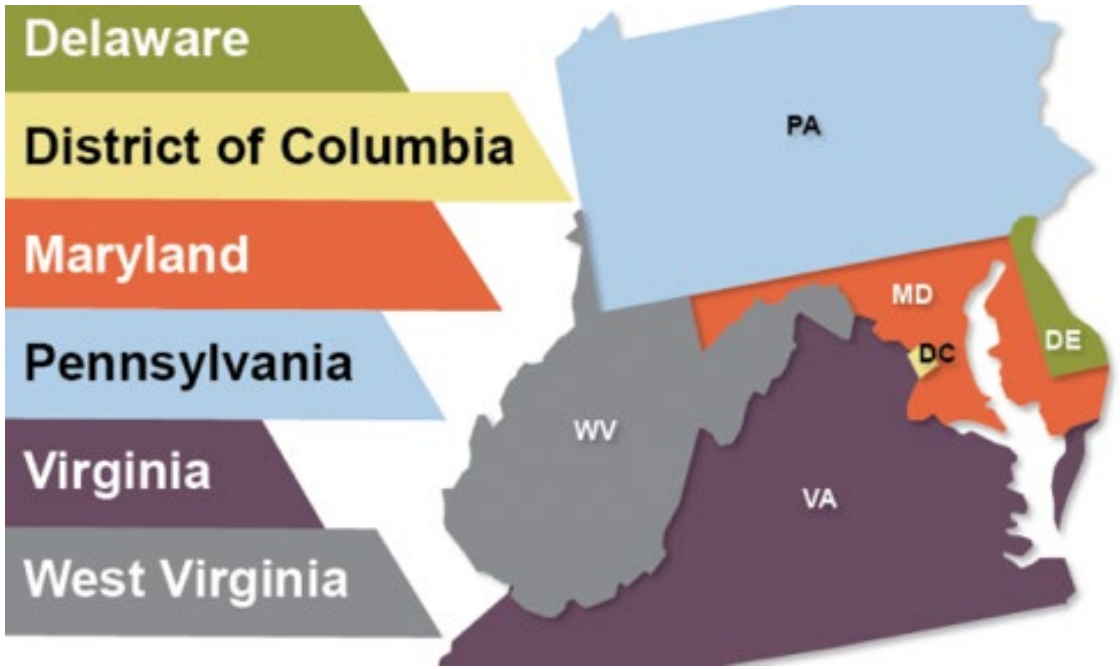
- Strengths-based and hopeful
- Inviting to individuals participating in their own journeys
- Person-first and free of labels
- Inclusive and accepting of diverse cultures, genders, perspectives, and experiences
- Non-judgmental and avoiding assumptions
- Respectful, clear and understandable
- Healing-centered and trauma-responsive
- Consistent with our actions, policies, and products

Adapted from: https://mhcc.org.au/wp-content/uploads/2019/08/Recovery-Oriented-Language-Guide_2019ed_v1_20190809-Web.pdf

MHTTC Network



Central East Region 3



Central East (HHS Region 3)

MHTTC Mental Health Technology Transfer Center Network

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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.

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Presented 2023

Evaluation Information

- The MHTTC Network is funded through SAMHSA to provide this training. As part of receiving this funding we are required to submit data related to the quality of this event.
- At the end of the fourth training (August 8, 2023) you will be asked to complete a **brief** survey about Sessions 1 through 4.

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Agenda

Time	Topic	Activities or Breakout Rooms
5 mins	Introductions and Warm-up	Jamboard
15 mins	Defining Assessment	Breakout Room
10 mins	Effective Assessment Approaches	Zoom Poll
15 mins	Reflecting on Challenges	Breakout Room
10 mins	Putting It into Practice	Jamboard
5 mins	Closing	

Introductions and Warm-up

Process of Delivering Services

ASSESSING

PLANNING

INTERVENTION

What Is Assessment?

- Determining a destination
- Seeing what tools we have
- Finding out what the terrain is like

Assessment—Breakout Room (5 mins)

Image: Canva

Each person pick a question below and respond:

1. What does your team currently do that makes assessment successful when working with a client?
2. What is one key thing you train new staff on when it comes to doing assessments with clients?
3. What change in assessment over the years do you find to be a great improvement?

Effective Assessment Approaches

Areas to Assess Independence

How would they define where they are CURRENTLY?
Where do they WANT to be?

Health

Home

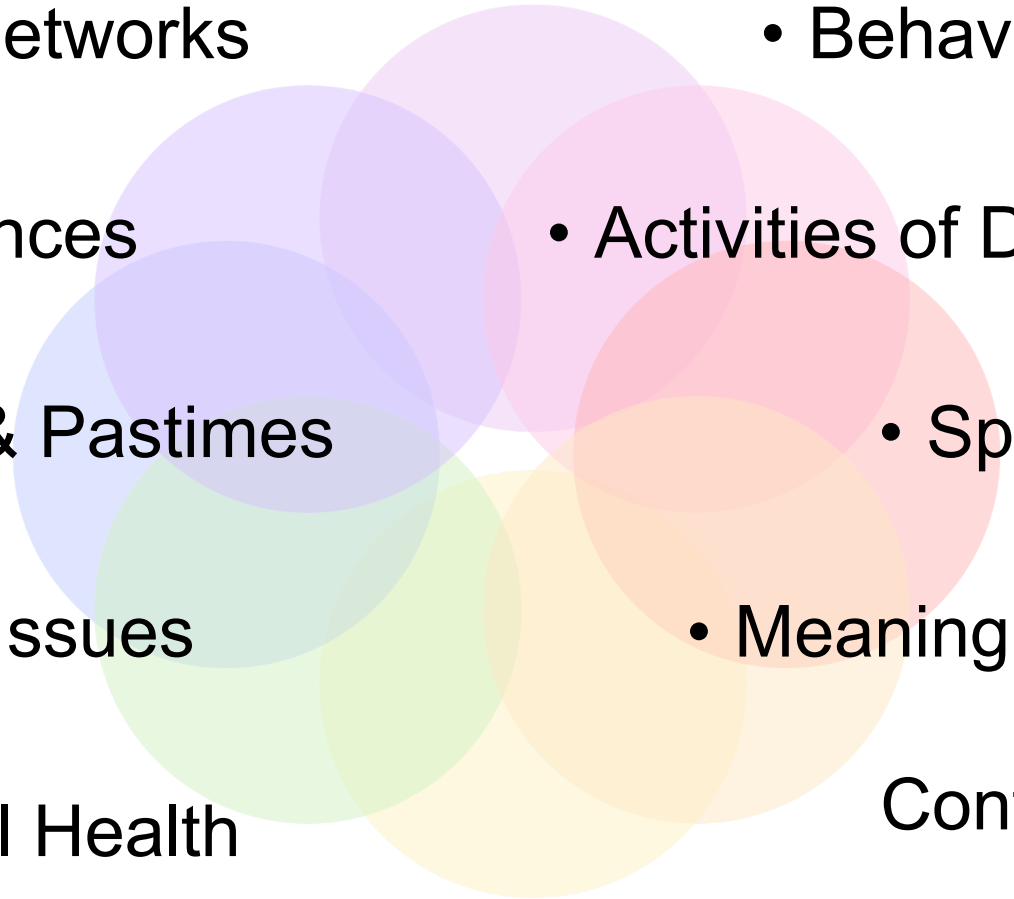
Purpose

Vocation

Community

Understanding the Whole Person

- Social Networks
- Finances
- Creativity & Pastimes
- Legal Issues
- Physical Health
- Behavioral Health
- Activities of Daily Living (ADLs)
- Spirituality
- Meaning & Meaningful Contributions



Anthony, W. A., & Farkas, M. D. (2009).
Clemons, J. W. (2014, November).

Poll—What Types of Questions?

Image: Canva

What Types of Questions?

The balance of **open-ended** and **closed-ended** questions makes the difference.

"Do you have a savings account?"

"Are you safe?"

"When did you last see your doctor?"

"Tell me about the last time you saved for something."

"What does safety look like to you?"

"How would you describe the relationship you have with your doctor?"

Image: Canva

Reflecting on Challenges

Challenges—Breakout Room (5 mins)

Image: Canva

Each person pick a topic below and share:

1. **Barriers:** What can be a barrier to the success of assessment?
2. **Improved Process:** What could be changed or developed in the assessment process?
3. **Staff Learning:** What might you want to train your staff on about improving the assessment phase?

Creating Safety During Assessment

How do we help clients feel safe to be open and honest?

Being genuine

Understanding cultural factors

Acknowledging power dynamics

Reminding them they can take breaks or say no

Creating safety and transparency during the assessment phase will create a solid foundation and set the partnership up for long-term success.

What Is Strengths-Based Assessment?

- Finding out what you already have to get you through the journey

Image: Canva

Examples

"Describe a day when the issues/effects of your SMI are not occurring—what is noticeably different?"

"How have you overcome this issue in the past?"

"What are your hopes, visions, and aspirations?"

"What have you learned about yourself during your most difficult times?"

"What organizations or groups have been especially helpful to you in the past?"

"When people say good things about you, what are they likely to say?"

Saleebey, D. (2000).

Let’s Practice

Group Brainstorms

Pick five closed-ended questions from your current assessment form and convert them into open-ended questions.

Pick five questions from the list provided that you would like to add to your assessments and explain why.

Pick five questions from your current assessment form and convert them into strengths-based questions.

References

- Anthony, W. A., & Farkas, M. D. (2009). *A primer on the Psychiatric Rehabilitation Process*. Center for Psychiatric Rehabilitation. https://cpr.bu.edu/wp-content/uploads/2013/12/prprimer.pdf
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Appreciation

Contact Us

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a program managed by

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Let's connect:

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