The Core Principles of Psychiatric Rehabilitation

Interventions that Drive the Outcome
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Learning Objectives

- To understand how the core principles integrate hope, skill building and outcomes
- To understand how PSR interventions based on the principles produce preferred outcomes
- To discuss various strategies & interventions using real examples
- To understand that the principles apply equally to practitioners, services & systems.

Psychiatric Rehabilitation - PSR

Goals

- Recovery
- Community Integration
- Quality of Life
**Psychiatric Rehabilitation - PSR**

**Values**
- Self-determination
- Dignity & worth of every individual
- Optimism
- Capacity of every individual to learn and grow
- Cultural sensitivity

**The Recovery Concept**

- Hope
- Skills
- Action
- Confidence
- Empowerment
- Change/Outcomes

**Core Principles**

**Principle #1:**
Psychiatric rehabilitation practitioners convey hope & respect & believe that all individuals have the capacity for learning & growth.

**Principle #2:**
Psychiatric rehabilitation practitioners recognize that culture is central to recovery and strive to ensure that all services are culturally relevant to individuals receiving services.
Core Principles

- Principle #3: Psychiatric rehabilitation practitioners engage in the processes of informed and shared decision-making & facilitate partnerships with other persons identified by the individual receiving services.

- Principle #4: Psychiatric rehabilitation practices build on the strengths & capabilities of individuals.

Core Principles

**Principle #5:** Psychiatric rehabilitation practices are person-centered; they are designed to address the unique needs of individuals, consistent with their values, hopes and aspirations.

**Principle #7:** Psychiatric rehabilitation practices promote self-determination and empowerment. All individuals have the right to make their own decisions, including decisions about the types of services & supports they receive.

The DPI Process of Psychiatric Rehabilitation

- Diagnosing (Assessing)
- Planning
- Intervening

The process requires continuous assessment throughout the rehabilitation effort. Steps may be skipped, omitted or repeated. (Anthony & Farkas, 2009)
Practitioner Competencies

- Believe in the Recovery Process.
- Convey Hope
- Establish a Partnership
- Build on Successes
- Individualize Interventions
- Identify Interim & Intermediate Objectives
- Failure is OK
- Keep it Real

Implementing the Plan – Interventions

The interventions used may combine any or all of these activities.

- Change the person by developing skills
- Direct Skills Teaching
- Skill Use Programming
- Change the environment
- Resource Coordination
- Resource Modification

Hope:
Let’s look at a real life example.

- How would you instill hope?
- What techniques can you use to help a person feel more hopeful?
Build on Strengths

- Let’s talk about you & your goal....
- What does that look like for you?
- What is it going to take for you to get there?
- Function, resources and past history
- Time frames
- Strategies?
- Intermediate Objectives

Person-centered, Value Driven Informed Decision-making

- What is important to the person?
- Strength in knowledge
- Explore their world view and values
- Reframing – how is this an asset/ how is this a strength

Self-determination

- Being in charge of all aspects of your life: where you live, where you work, who you spend time with, what you do, etc.
- “Nothing about us without us.”
  - Relates to civil rights movement
  - Laws enacted that set stage:
    - 1990 IDEA
    - 1990 ADA
    - 1999 TTWWIIA
- Choosing where, when and how to get help with challenges.
- Also includes the right to fail.
  - “Nothing about us without us.”
  - Relates to civil rights movement
  - Laws enacted that set stage:
    - 1990 IDEA
    - 1990 ADA
    - 1999 TTWWIIA
Cultural Relevancy

- Race, ethnicity, and culture play essential roles in psychiatric rehabilitation and recovery.
- A person’s strengths are rooted in his or her cultural background.
- Expression of distress and help-seeking behaviors are based on racial, ethnic and cultural factors

The following are needed for cultural competence:
- Ensure inclusion of diverse participants
- Examine personal bias to reduce impact
- Assess cultural factors for relevancy
- Use preferred communication style
- Remove barriers that support racism
- Teach skills to overcome cultural barriers
- Exchange information from diverse communities
- Ensure consistency of services

The Recovery Concept

Hope + Skills + Action = Confidence + Empowerment + Change/Outcomes + Recovery

Final Thoughts

- The core principles do not predetermine the intervention, the course nor direction of the person’s recovery process
- Interventions are based on a strength-based assessment of the person
- The person receiving the services/interventions is the “driver” of the intervention strategy. Practitioners partner to develop & plan interventions & outcomes.
- Services are most effective when delivery occurs within the person’s community of choice & cultural preferences
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References/Resources

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  http://www.psych.uic.edu/UICNRTC/sdconfdoc17.pdf
- A Primer on the Psychiatric Rehabilitation Process by Anthony & Farkas, 2009, Boston University Center for Psychiatric Rehabilitation:  
Thank You!