Overview of Psychiatric Rehabilitation

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Please Tolerate My Imperfections

- Keep me on track

- Ask me questions if I start losing folks

- Save complex questions and insights for the end

My Profession and Personal Context

- Living with Mental Health Issues, as does my wife
- MS in PsyR, PhD in progress, UMDNJ
- Recovery Programs Coordinator for NAMI NEW JERSEY. www.naminj.org.
- Wellness and Recovery Educator at the Collaborative Support Programs of NJ Institute for Wellness and Recovery Initiatives. www.welltacc.org.
- Research Adjunct Instructor with UMDNJ Department of Psychiatric Rehabilitation and Counseling Professions http://shrp.umdnj.edu/dept/psyr/index.html.

Disclaimers

- No "financial interests" – not tryign to sell

- 90 minutes $\neq$ 3+ semester hours

- Talk is based on knowledge of the field, but is not a research talk

- YMMV

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Audience Expectations & Background

A Formal Definition of PsyR

A practice of rehabilitation science, applied psychology, and human services designed to assist adults people with psychiatric disabilities to live, learn, work, socialize, and maximize their recoveries in integrated community settings.

Jay's Most Important Correlate

Historical Notes

- PsyR has a long and honorable history of giving voice to people pursuing recoveries, and creating jobs for peer providers.
  - This may be one of the reasons why NJ's peer workforce is more PsyR oriented than in some states, and CPRP is a recognized peer provider credential in new NJ regs.
- PsyR has a lot in common with Occ Therapy
- Clubhouse Movement & PsyR have a historical alignment which has diverged

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PsyR is Evolving

- Kids

- More emphasis on physical wellness

- Natural alliance with coaching models
  - Coaches, PsyR Practitioners, and others use MI/ME

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EMOTIONAL
Coping effectively with life and creating satisfying relationships.

FINANCIAL
Satisfaction with current and future financial situations.

ENVIRONMENTAL
Good health by occupying pleasant, stimulating environments that support well-being.

SOCIAL
Developing a sense of connection, belonging, and a well-developed support system.

INTELLECTUAL
Recognizing creative abilities and finding ways to expand knowledge and skills.

WELLNESS

SPIRITUAL
Expanding our sense of purpose and meaning in life.

PHYSICAL
Recognizing the need for physical activity, diet, sleep, and nutrition.

OCCUPATIONAL
Personal satisfaction and enrichment derived from one's work.

You Can Expect a PsyR Practitioner to Focus On:

- Helping you use and understand the system

- Careful, collaborative assessment

- Helping you set and achieve valued goals Living, Learning, Working, & Socializing

- Strengths basis

- Teaching skills

- Empowerment & risk taking

A PsyR Practitioner is Rarely a Psychotherapist

- He or she is likely to understand and apply the basics of cognitive-behavioral models

- A more senior PsyR Practitioner is likely to understand and apply the basics of cognitive remediation, skills programming, development of skill/task guides, applied behavioral analysis

PsyR Practitioners Work With A Variety of People

- Community & institution

- Clear or impaired cognition or functioning

- Differing perspectives on illness model/causality

- Differing perspectives on use of treatment/services

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Why Focus on Employment?

If Work Makes People with Mental Illness Sick, What Do Unemployment, Poverty, and Social Isolation Cause?

- Marrone & Golowka, 2000
- http://digitalcommons.ilr.cornell.edu/cgi/viewcontent.cgi?article=1374&context=gladnetcollect

PsyR for Working

<u>Supported Employment</u> is the prototypical PsyR EBP. Helping PWPD to choose, get, and keep competitive jobs in the community

- Zero Exclusion Policy

- Wrap-around service

- Place-then-train (Pre-voc=No voc)

- Rapid Placement & Support

- Partnering with natural and professional supports

www.dartmouth.edu/~ips

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PsyR for Living

- Housing

- Family Integration...CPSN

- Financial Skills and Empowerment

- Transportation

PsyR for Learning

- Supported Education is the fastest changing and often fastest growing PsyR modality

- Local LEARN programs, on-campus supports...

PsyR for Socializing

- Integrated recreational activities regardless of extent of disability

- The goal for many is natural personal/intimate relationships

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More Things a PsyR Practitioner Might Do

- Systems advocacy

- Research

- Stigma fighting

- Helping to keep people out of the deep end of the system

Integrating PsyR in Your Groups

- Help members set SMART goals (Specific, Measurable, Attainable, Realistic, Timely)

- Dispense information about accessing community supports

- Invite PsyR Practitioners and those with related knowledge to present in their areas of expertise

- Partner in areas such as systems advocacy and stigma fighting

- Others (group)
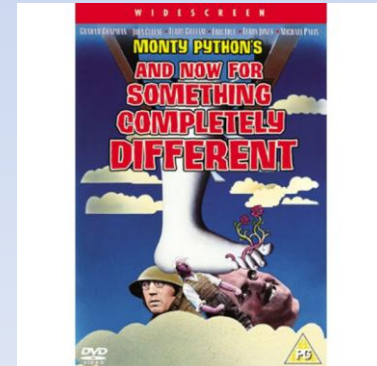
Consider a Career in PsyR

- Undergraduate and graduate certificate programs

- Degrees programs from AAS through PhD

- People in recovery well represented on the faculty and student body

http://shrp.umdnj.edu/dept/psyr/index.html

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Spotting Agencies with PsyR Focus

- Membership in NJPRA – www.njpra.org

- Fraction of staff have CPRP

- Staff with coaching, supported employment, similar job titles, and seem to be following EBPs and PsyR flavor

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NJPRA Member Provider Agencies

- Advance Housing
- Atlanticare
- Bridgeway
- CareLink
- Collaborative Support Programs of NJ
- Greater Trenton Behavioral Healthcare
- Northwest Essex Community Healthcare Network
- Project Live, Inc.
- Prospect House - MHA Essex
- SERV Behavioral Health System
- Triple C Housing
- Volunteers of America - Greater New York

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Learn More About PsyR

- Our EBPs are described at www.nrepp.samhsa.gov

- Peer and professionally focused resoruces at the UIC NRTC, www.cmhsrp.uic.edu/nrtc, the Temple Collaborative www.tucollaborative.org

- PsyR infuses the many wellness and Recovery tools at WellTACC, www.welltacc.org

Questions / Action Steps