Recovery & Psychiatric Rehabilitation

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A quick overview....

- Of the concepts of rehabilitation vs. recovery, with a brief list of the psychiatric rehabilitation (PsyR is the abbreviation often used) values that will be covered in detail in Module 3.

- A sample question is included at the end to introduce you to how CPRP exam items are structured to assess your knowledge.
The process of Recovery

- Recovery refers to the process in which people are able to live, work, learn and participate fully in their communities. For some...recovery is the ability to live a full and productive life despite a disability. For others, it implies the reduction or remission of symptoms.... We envision a future when everyone with a mental illness will recover..., and a future when everyone with a mental illness at any stage of life has access to effective treatment and supports - essentials for living, working, learning, and participating fully in the community....

-Excerpts from the President’s New Freedom Commission
Recovery Definitions

- Ongoing journey of self-healing and transformation (Deegan)
- Reclaiming a positive sense of self despite the challenge of psychiatric disability (Legere)
- Actively managing one’s life and mental health to create a positive lifestyle
- Reclaiming roles and a life beyond being a “consumer” of mental health services
Recovery vs. Rehabilitation

“Recovery is what people with disabilities do. Treatment, case management, and rehabilitation are what helpers do to facilitate recovery.”

William Anthony
Recovery Oriented Services

- Grounded in *positive expectations for peoples’ growth*
- Focus on peoples’ *strengths and abilities*
- Teach people *skills for self-determination*
- Allow people the dignity of *learning through trial and error (risk).*
Goals of Recovery Oriented Services

- Enhance Recovery
- Facilitate Community Integration
- Improve Quality of Life
Recovery Oriented Services

- The orientation, not the *service*
- The principle or focus underpinning all services
- Practices that specifically promote and facilitate hope, self-determination, empowerment, and other recovery factors
Psychiatric Rehabilitation

- PsyR promotes recovery, full community integration, and improved quality of life for persons who have been diagnosed with serious psychiatric illnesses. As such, it is an essential element of the human services spectrum. Psychiatric rehabilitation services are person centered, person directed, and individualized to meet the specific needs of service users. 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.

(USPRA, 2007)
Goals of Psychiatric Rehabilitation

- Recovery
- Community integration
- Quality of life
Recovery

“Recovery” is the person’s experience. Environments and program design can hinder or help in igniting the “fragile flicker of hope” (Deegan) that often initiates or drives the recovery journey.
Guiding principles and values of Psychiatric Rehabilitation

- Individualization of all services
- Maximum client involvement, preference, and choice
- Normalized and community based services
- Strengths focused
- Situational assessment
- Treatment/Rehabilitation integration, holistic approach
Guiding principles of Psychiatric Rehabilitation

- Ongoing, accessible, coordinated services
- Vocational focus
- Skills training
- Environmental modifications and supports
- Partnership with the family
- Evaluative, Assessment, Outcome-oriented focus
Work

“Most consumers are motivated to work, provided they perceive that the professionals helping them also embrace the belief in the importance of work and genuinely believe that they can work”
Rogers, Walsh, Masotta and Danley, 1991
A local family group that have loved ones with a serious psychiatric disability are advocating to their state legislators. They would like to see 24-hour supervision mandated in any residence that the state license to serve people with mental illnesses. What psychiatric rehabilitation principles are at stake?

A. Involvement of family members, and coordination of services.
B. The capacity to learn and grow, and recovery as the ultimate goal.
C. Individualization of all services, client choice, and normalization.
D. Efforts to eliminate labeling, discrimination, and disempowerment.

*Psychiatric Rehabilitation*, p. 104.
Answer is....C.

- While all principles seem to be at risk of potential violation, the best answer is C because each principle in the answer refers back to a specific item in the original question.