Psychiatric Rehabilitation

The Foundation of ARMHS

Presented by Tracy Perkins and Sharon Witt

Psychiatric Rehabilitation

- What Does it Mean?
- Benefits for the Practitioner and the Participant
- The Importance of Hope
- Recovery – the Ultimate Goal
- Phases of Recovery
- Services and Focus of Psychiatric Rehabilitation

Benefits to Practitioner and Participant

- Emphasis is on Recovery
- Provides a Framework
- Builds on Strengths
- Gives Clarity

Psychiatric Rehabilitation: A Working Definition

- Promotes
  - Recovery
  - Full community integration
  - Improved quality of live
A Working Definition continued…

- Psychiatric Rehabilitation Services
  - Collaborative
  - Person-directed
  - Individualized
  - Essential element of health care
  - Evidence-based

A Working Definition continued…

- Psychiatric Rehabilitation Services are Focused
  - Develop skills & Access Resources
  - Success and Satisfaction
  - Environments of Choice

Phases of Recovery

- Overwhelmed by the Disability
- Struggling with the Disability
- Living Well with the Disability
- Living Beyond the Disability

Dory Hutchinson, Center for Psychiatric Rehabilitation

Phase One: Overwhelmed

- Feelings of Hopelessness
- Disconnected
- Survival

- Look for…
  - Good Treatment
  - Meeting basic needs
  - Working with someone who is competent
Phase Two: Struggling
- “How can I live with this disability?”
- Learn active coping skills
- Rebuild sense of self
- Look for…
  - People who will accept me
  - Learning relapse prevention
  - Connecting to work, people, activities
  - A willingness to try

Phase Three: Living Well With
- Increased confidence
- Strengthened sense of self
- Connected to people, work, activities
- Found a niche
- Look for…
  - Help finding satisfying work
  - Having multiple roles
  - Spiritual connections
  - Achieving financial security

Phase Four: Living Beyond
- Life no longer = illness
- Well connected to others and community
- Tests capabilities
- New meaning and purpose in live
- Look for…
  - Help in choosing, getting and keeping meaningful work
  - Positive relationships
  - Spiritual connections

Psychiatric Rehabilitation Services
- Collaborative
  - We each have our expertise
- Person-Centered
  - Aren’t we all?
- Individualized
  - What works for me – it’s unique
Focus of Psychiatric Rehabilitation

- Develop Skills and Access Resources
- Success and Satisfaction? What’s the difference?
- Environments of Choice
  - Living
  - Learning
  - Working
  - Socializing

Summary

- Psychiatric Rehabilitation as the Foundation for ARMHS
- Benefits to the Practitioner and the Participant
- The Importance of Hope
- Phases of Recovery
- Services and Focus of Psychiatric Rehabilitation

“Tell me, I’ll forget. Show me, I may remember. But involve me and I’ll understand.”

Chinese Proverb