

Psychosocial Rehabilitation

A Working Definition

Psychosocial Rehabilitation is a community-based model to help persons with mental illness achieve self-determined goals by emphasizing individual strengths and providing a wide range of services to address the functional deficits and environmental barriers created by the illness.

Factors implied in this definition

Psychosocial rehabilitation is a community based....

- Focuses on re-integration into the community
- Skills taught must be practiced in the community
- Promotes peer support & family involvement

model....

- An approach or philosophy rather than a set a techniques
- Workers must believe in the model to be effective

to help persons with mental illness achieve self-determined goals....

- Respects the person
- Believes that all persons have the right and responsibility for self-determination
- Collaborates with the person
- Starts by asking for the person's goals
- Goes one small step at a time, expecting and assisting through setbacks

by emphasizing individual strengths...

- Focuses on strengths, not pathology
- Utilizes a strengths assessment in addition to the clinical assessment
- Builds hope, courage, and self-esteem

and providing a wide range of services....

- Goals are varied, services must be flexible enough to accommodate as much as possible
- Work is central to the process
- Services provided lifelong as necessary

to address the functional deficits....

- Views mental illness as biologically based brain illness which causes specific impairments
- Teaches skills to compensate for or cope with these deficits – using procedural learning, errorless learning, and reinforcement
- Focuses on the here and now (present) vs. the then and there (past)

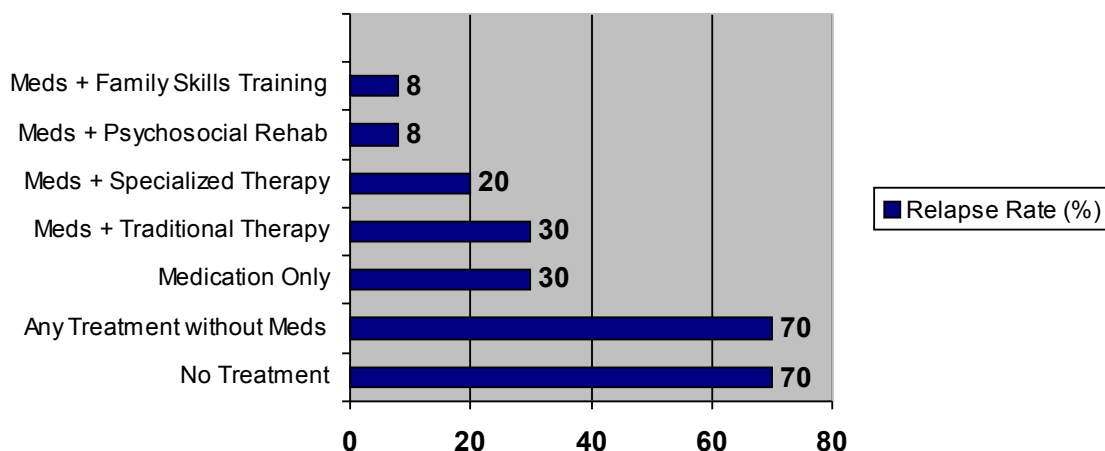
and environmental barriers created by the illness.

- Views barriers such as transportation, housing, social and leisure activities as equally important as symptom interference and medication management
- Provides pragmatic assistance

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Research Evidence

One study summarizing over 800 studies on the treatment of schizophrenia clearly demonstrated the importance of three main ingredients - medication, psychosocial rehabilitation, and family skills training.¹



One research study of VA Clinics asked the question, “What are the factors of successful programs for persons with mental illness?” Its findings underscore the effectiveness of the psychosocial rehabilitation model.²

<i>Good Outcome</i>	<i>Poor Outcome</i>
<i>Services provided by:</i> Paraprofessional Staff	Ph.D. & LCSW
<i>Services provided:</i> Social & Learning Activities	Individual & Group Psychotherapy
<i>Attitude of Program:</i> Non-threatening Acceptance	High Expectations
<i>Length of Treatment:</i> Lifelong as needed	Improve or Discharge

1. Lehman, A.F., Thompson, J.W., Dixon, L.B. & Scott, J.E. (1995). Schizophrenia: treatment outcomes research. *Schizophrenia Bulletin*, 21, 561-676.
2. Lambert, J.D. & Herz, M.I. (1995). Psychotherapy, social skills training, and vocational training in schizophrenia. In C.L. Shriqui H. & H.A. Nasrallah (Eds.) *Contemporary treatment of schizophrenia*. Washington, D.C.: American Psychiatric Press.

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Psychosocial Rehabilitation...

- Exists to meet each person's goals
- Invites and makes participation easy
- Offers a wide range of services
- Promotes peer support
- Works in the community
- Focuses on current functioning
- Goes one small step at a time
- Builds hope, courage and self esteem
- Expects and assists through setbacks
- Provides services for life

The Role of the Case Manager in the treatment team...

- Collaborate in setting goals
- Believe in and encourage person
- Find a good living situation
- Ensure continuing income
- Link to treatment and resources
- Monitor treatment
- Be a trusted rock of stability

The three research proven teaching methods...

- ***Procedural Learning***
Trial & error learning → "Watch me... now do this"
Contrasts with the more common verbal learning
- ***Errorless Learning***
 1. Simplify the task so that the person can do it 90% correct on the first attempt.
 2. Practice until she achieves 100% correct ten times in a row.
 3. Slightly increase the complexity of the task so that she can do 90% correct at first try.
 4. Repeat steps 2 and 3 until task is learned.
- ***Reinforcement***
If you want to see a behavior repeated, reinforce, reinforce, reinforce
Recognize any small gain, strength, action and praise it

The Bottom Line is developing a *Recovery Alliance* between person, family, and treatment team which consists of the following key points:

- Person, family and treatment team agree on the goals
- The person sees the relevance of treatment methods to achieving her goals
- This work is based on an interpersonal bond of mutual trust and acceptance