



**Office of
Mental Health**

Psychosocial Rehabilitation

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Learning Objectives

- Understand the principles that serve as the foundation of psychosocial rehabilitation
- Identify the key psychosocial rehabilitation practices, with an emphasis on assessing and developing readiness
- Recognize how in NYS, psychosocial rehabilitation can serve as a foundation for our work in PROS and HCBS





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Discussion Question

What is recovery and why is it important?



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Discussion Question

What is person-centered practice and why is it important?



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Discussion Question

Have you heard the term “psychosocial rehabilitation”? What does it mean to you?



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What is psychosocial rehabilitation?

Background

Practitioner Testimonial

As practitioners, the psychosocial rehabilitation model affords us the opportunity to support individuals as they move forward in their lives. It helps shift the focus from deficiencies to strengths, to move from their histories to their present opportunities.

Psychosocial rehabilitation embeds the idea of hope within individuals who were unaware or skeptical of their potential, as they take control of their quality of life. It has been a great resource as people learn the skills they want to have so that they can create a sense of pride and purpose in a way that may have alluded them for decades.



Participant Testimonial

I just didn't know all the things that you need to do to live on your own. I haven't lived on my own in so long, and I am tired of people taking care of me.

I learned in the housing group that even though it can be a lot of work, it's not too bad to take care of everything on my own. I have a plan now and know what to do about cooking and cleaning and having a roommate.

I am just excited to finally get the shot.



Defining Psychosocial Rehabilitation

- Rehabilitation is a **systematic approach**, based on recovery values, that contributes to the individual's vision of recovery
- **Partnership is the cornerstone of the rehabilitation process** where the **leader is the individual served** and the **facilitator is the practitioner**
- Evidence-based
- ***Involves strategies helping the person or the environment/or both to make changes that result in the person's choosing, getting, and keeping meaningful valued roles in society***
- Complimentary to treatment

Life Role Domains



Living



Learning



Working



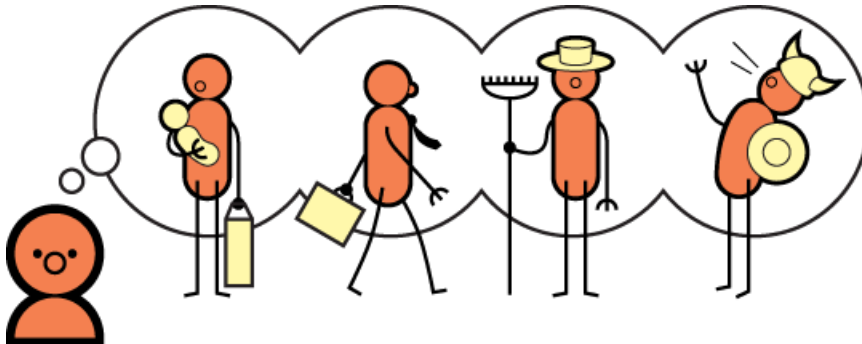
Relationships/Social



Community
Participation/Leisure

Psychosocial Rehabilitation Goals

- Increase ability to function successfully
- Become successful & satisfied in the environments (**roles**) of one's choice
- Increase independence
- Decrease amount of direct practitioner interventions & involvement



Choose, Get, Keep (CGK) Process



*Primary outcome is to help people become more **successful and satisfied** in living, working, learning, and social environments of their choice.*



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What is psychosocial rehabilitation?

Principles

Psychosocial Rehabilitation Principles

- Self-determination
- Attention to participants' personal goals & preferences
- Real world focus
- Focus on strengths
- Skills training
- Environmental modifications & supports
- Integration of rehabilitation & treatment
- Multidisciplinary team
- Continuity of services
- Community integration
- Recovery orientation



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What is psychosocial rehabilitation?

Key Practices

Key Practices

- Assessing readiness
- Developing readiness
- Setting an Overall Rehabilitation Goal
- Direct Skills Teaching & Skill Use
- Providing supports (resource coordination, modification, etc.)

- **Use of interpersonal skills**



Exercise



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Taking a closer look at Rehabilitation Readiness: Assessment & Development

IMPORTANT POINTS

- Being unhappy doesn't necessarily mean that a person is ready to make a change -- there are other considerations beyond dissatisfaction
- If a person isn't interested in, or ready to set goals, this can change over time
- There are things that we can do to help people develop their readiness for change



Dimensions of Readiness

- Need for change
- Commitment to change
- Environmental awareness
- Self-awareness
- Personal closeness



Need for change

- **External** – due to changes in the person's world

- **Internal** – due to the person's dissatisfaction

Commitment to change

- Necessary
- Possible
- Positive
- Supported



Environmental Awareness

- **Knowing the possible options**



Self-awareness

- **Personal criteria and values for making a choice among options**



Personal closeness

- **Comfort in working with practitioner and other supports**



Exercise



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Readiness Development



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Choose a Direction

- With the person choose an overall strategy that will help with the desired change
- Identify the person's strengths and challenges related to the goal
- Identify your capacity in supporting the individual
- Select the best path that matches the person's strengths and challenges and your capacity



Develop Awareness

- Help the person expand their understanding of themselves, their strengths, challenges and all of their options
 - Values clarification
 - Connecting
 - Journaling
- Plan awareness activities
- Trips, videos, research, speakers, observation
- Identify personal criteria



Mobilize Environmental Supports

- Enlist the support of others in the person's circle of support or the environment to help stimulate interest in the change
- With the person, identify who could be in this circle of support
- Help contact them and elicit commitments to assist



Personalize Accomplishments

- Help the person to recognize what their accomplishment really means to them
- Summarize the positive impact of the change
- An accomplishment represents overcoming a challenge
- Celebrate accomplishments



Psychosocial Rehabilitation in PROS & HCBS



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Summary

*“Action without vision
is only passing time,
vision without action
is merely day dreaming,
but vision with action
can change the world.”*

- Nelson Mandela



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Summary

- What are the most important points that we covered today?
- What did you learn that might be helpful for your work?

The
TAKEAWAY



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Psychosocial Rehabilitation Module- Now Available on CPI's Learning Community!

- Using video, interactive exercises and a case vignette, this module consists of nine sections.
- Log into the Learning Community using your username and password at: <https://rfmh.csod.com/client/rfmh/default.aspx>
 - Click on "Browse For Training"
 - Click on "Psychosocial Rehabilitation"
 - Click on "Launch"



Contact Information

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