

So, You Learned Psychiatric Rehabilitation, Now What?



**The Alliance
for Rights
and Recovery**
formerly NYAPRS



**Phoenix
House**
NEW YORK



McSILVER INSTITUTE
FOR POVERTY POLICY AND RESEARCH
NEW YORK UNIVERSITY

About Us

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Housekeeping

- PPTs will be posted on The Alliance for Rights and Recovery Website www.rightsandrecovery.org
- We are offering 1 CE for today's workshop for LMSW, LCSW, CPRP, LMHC and NYCPR

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Our Agenda

- Overview
- Providers share their implementation stories
- Strategy discussion
- Questions



Training to Practice

How do we take concepts and tools we learn in training and put them into practice?

No, really!



November 2023



NYPRTA as an Example

Training across NYS to Rehab Providers in a stepwise approach to psychiatric rehabilitation.

- ✓ Webinars and Office Hours
- ✓ Learning Modules
- ✓ In-Person Training
- ✓ Communities of Practice
- ✓ Worksheets and Summary Documents



Sharing Stories of Implementation: Practitioner Perspectives





*Ways to incorporate Psych
rehab academy lessons into
daily practice*

ANTHONY MORANO

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MAINTAIN AN OPEN-NESS
TO LEARN
A NEW WAY

1. *We don't have to do this perfectly to learn it.*
2. *We can enfold it into our daily practice over time.*

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Take the handouts with us

- Take the handouts with us on our appointments with individuals.
- Peruse them ahead of time.
- Look at them during the visit.
- Where does that individual fall into the Choose-Get-Keep framework?
- Where do they fall into a particular part of that framework (Pre-readiness; Levels and areas of dissatisfaction; Considering various environments; Personal Criteria; Needing skills and supports, etc)
- Use the handouts to guide our conception of the framework and to begin to see our clients' current processes through that lens.



Stay in communication with and seek continual feed-back from the psych rehab academy community, as well as those involved in the Psych Rehab process at our agencies.

NYPRTA in PROS

Zach Johnson, LCSW

Director of Mental Health Services of Phoenix House
Long Island/NY

1. Staff Buy-in

- Initiative Fatigue (™)
- Leadership Cheerleading vs. Obligation Framework
- What's in it for me?: Improvement of skills (for free!), certification, transferable skills, improved outcomes for clients!
- Philosophical agreement as a foundation

2. Client Assessment

- Phoenix House PROS placement in the helping professions system on LI
- Goal orientation: Stasis as a goal vs. Motivation/Readiness
- Individual implementation of PR model

3. Implementation

- Synthesis of PROS processes and PR model
- Starting conceptual
- Planning for the long-term

Thank you!

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Large Group Discussion Questions

- What has been your experience when trying to implement something you have learned in training?
- What have you heard that you can bring back to your agency/program and start doing easily?
- What would you need more support for? Perhaps from agency administration?



Large Group Discussion Questions

- How can you foster change based on what you've learned today?
- What does implementation look like? Who is involved?
- What do you need from us to support implementation?



Questions



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