Psychosocial Rehabilitation Workshop

Marianne Farkas
Professor, Boston University
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What will we do today?

- What is already clear to you about PSR and Recovery?
- What is the contemporary vision of mental health, mental health care?
- What is PSR? What are the PSR approaches used in the field? How are they related/different?
- How can the delivery of PSR be integrated into a system of mental health care?
What is PSR from your point of view?

What is Recovery from your point of view?

Are they the same? Different?
Summarizing where we are now: Contemporary vision of mental health care

**Historical Service Vision**
- Deinstitutionalization
- Community Living
- Community Integration

**Service Vision of today**
- Recovery from serious mental illnesses
Understanding recovery

- So.. what is recovered?
  - A meaningful life
Contemporary vision: Is Recovery just For Select Few?

#### Longitudinal Studies

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<tr>
<th>Study</th>
<th>Sample Size</th>
<th>Length</th>
<th>Improved</th>
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Major Themes in Recovery Research

- Recovery is possible and has been documented for over 40 years

- Recovery can occur with or without professional intervention

- Recovery is multidimensional: involves resumption of valued roles, well being, physical health, reduction of symptoms, self esteem, interpersonal connections, etc.
Major Themes in Recovery Research

- Recovery is a complex, non-linear process that can be described
- Recovery is a highly individualized process with multiple explanatory models used
- Recovery is often dependent upon a fragmented, distracted and often unavailable series of services
Some Implications for mental health care

- Recovery is possible
- Recovery can occur with/without professional intervention
- Recovery is multidimensional
- Simple maintenance is no longer acceptable
- Leaving care may be a sign of health
- People have a level of expertise themselves
- Recovery has to be the vision for many different kinds of services—crisis intervention, case management, PSR, treatment etc.
- Reducing symptoms is not enough
Some Implications for mental health care

- Recovery is based on a set of values
- Recovery is multidimensional
- It is not just *what* you do that makes a difference—but *how* you do it (ie. practice with evidence + values = best practice)
- Recovery has to be the vision for many different kinds of services—crisis intervention, case management, PSR, treatment etc.
- Reducing symptoms is not enough
Value characteristics of recovery oriented services

- Focus on people and full human experience
- Partnership
- Choice
- Hopefulness

- not cases
- not compliance
- not coercion
- not helplessness

Adapted from Farkas, Gaane, Anthony, Chamberlin 2005
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Role of Services

• All should focus on one Recovery vision or goal

• Believe in person no matter what

Person’s Recovery Vision

- Treatment
- Rehab
- Supported Education
- Supported Employment
- Supported Housing
- Case Management
- Wellness
- Peer Support
- Rights Protection
- Crisis Intervention

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Farkas 2011
Role of Family, Friends, and Community

- Believe in person & possibilities even when person does not

- Educate oneself

- Role model, mentor, support as wanted & needed
**Overwhelmed By Disability**
Stabilize symptoms and reduce distress.
Engage in services to determine if ready to consider future

**Struggling with Disability**
Engage or re-engage in meaningful roles; build confidence, hope, motivation for recovery.

**Living Beyond Disability**
Support feelings of connection to self, to others, to living, learning, working roles; sense of meaning, purpose in life.

**Living with Disability**
Facilitate role keeping; development of secondary roles.

Adapted from Spaniol, Wewiorski, Gagne, 2002
What is the implication of this view of mental health for PSR?

- Recovery is the overall goal
- Person can achieve it with/without prof.
- Long term process
- Services need to organize around person’s recovery goal
- Families, neighbors etc can play a role

- To be relevant, PSR must focus on the long term recovery goal,
- must organize a flexible process recognizing the person’s expertise and
- also must include the natural community
What is the relationship of recovery and rehabilitation?

Rehabilitation is a systematic approach, based on recovery values, that contributes to overall recovery by:

- Developing relationships where the individual is the expert regarding his or her own recovery
- Facilitating the individual’s success in choosing, getting and keeping his or her preferred role
- Involving both the person and the environment

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Farkas 2006; Farkas & Anthony 1989
Recovery oriented Psychiatric Rehabilitation

- Based in recovery values

- Contributing to recovery outcomes

- Based on principles and techniques of rehabilitation and client centered psychotherapies; developmental psychology; cognitive/behavioral interventions, educational psychology
Basic principle of Psychiatric Rehabilitation

**Success** and **satisfaction** in a **preferred valued role** depends on **skills** and **supports**
Models/PSR interventions

- Approaches/Models by domain
- Specific interventions
- Overall framework with interventions
How do we know if something **is** PSR?

- Are they focused on achieving a valued role?
- Can they be?
- Do they improve skills or supports to achieve success AND satisfaction?
- Do they involve the person in the process? (is the practice congruent with by the values?)
Examples: Approaches/Models by domain

- Living Domain:
  - Supported Housing

- Working Domain:
  - Individualized Placement & Support (IPS); Clubhouses

- Education Domain
  - Mobile Education Teams; Supported education

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Examples: Interventions/Techniques

- **Skills Techniques**
  - Cognitive Remediation
  - Social Skills Training
  - Motivational Interviewing
  - Family Psycho-education

- **Support Techniques**
  - Family-to-Family; Self Help
  - ACT; CM
  - Stigma Reduction
Example: Overall Framework

- Psychiatric Rehabilitation approach
  - aka “Choose-Get-Keep”;
  - “Boston Approach”;
  - IRB (in Holland)
Describing the Psych Rehab Process

Choose Valued roles

Get/keep valued roles

Engagement, Readiness Assessment/Dev.

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How has the “Boston” approach been used?

- Integrated into domain models—
  - Eg. Clubhouses; IPS; Supported Ed; Supported Housing

- Integrated into support intervention models
  - Eg. ACT

- With other interventions added:
  - Eg Cognitive Remediation
Describing the Psych Rehab Process

Choose Valued roles

Engagement, Readiness Assessment/Dev.

Get/keep valued roles

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Choosing:
Where do I want to LLW/S? In what role?

- Am I ready to really choose? If not, how do I become ready?
- What are my personal criteria? If I don’t know, how will I learn what they are?
- What are my options? If I don’t really know these types of settings or roles, how will I learn about they are/mean to me?
- How will I put my criteria together with my options in a structured problem solving way?
Getting

- What can I do to reduce discrimination against me? How do I cope with it?
- How do I “sell” myself?
- Can anyone help me create more options?
Keeping: How do I stay successful & satisfied in the role I have chosen?

- What critical skills and supports do I have/not have to be successful and satisfied there?
- How will I learn to do what I absolutely cannot do to be successful and satisfied in the chosen role-setting?
- How will I overcome the barriers to using what I know but can’t do well enough?
- How will I get the specific support I need to be successful and satisfied there?
Organizationally—

- how do you integrate PSR with other services?
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<th>Recovery as mission</th>
<th>overall</th>
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<td>Health <em>Thoughts, Feelings, &amp; Behavior</em></td>
<td>Activity <em>Role Performance</em></td>
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<td>Treatment [Symptom Relief]</td>
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<td>Rehabilitation [Role Functioning]</td>
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<td>Enrichment [Self-Development]</td>
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<td>Rights Protection [Equal Protection]</td>
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<tr>
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(Adapted from Anthony, Cohen, Farkas et al., 2002)
What does it take to deliver PSR?

- **Culture** of recovery

- **Commitment** across all levels
  (eg administrators, managers, supervisors, providers; resource partners, funders etc.)

- **Capacity** (ie knowledge, attitudes, skills)
Brief Summary

- What is recovery?
- What is PSR?
- What 2 areas does PSR focus on?
- What framework can you put PSR models/interventions in?

- Reclaiming a meaningful life
- Promotes recovery by facilitating gaining/regaining their chosen valued roles
- Skills & supports for success & satisfaction
- Is this technique helping the person choose-get-keep a valued role, congruent with the values?