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# Psychosocial Rehabilitation Workshop

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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

Study	Sample Size	Length	Improved
Bleuler,1972	206	23	53-68%
Huber et al., 1972	502	22	57%
Ciampi & Muller, 1976	289	37	53%
Tusuang et al.,1979	186	35	46%
Harding et al, 1987	269	32	62-68%
Ogawa et al, 1987	140	22.5	57%
DeSisto et al, 1995	269	35	49%

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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.

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Adapted from Anthony, Cohen,  
Farkas & Gagne, 2002

# 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

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Adapted, Anthony et al., 2002



# 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

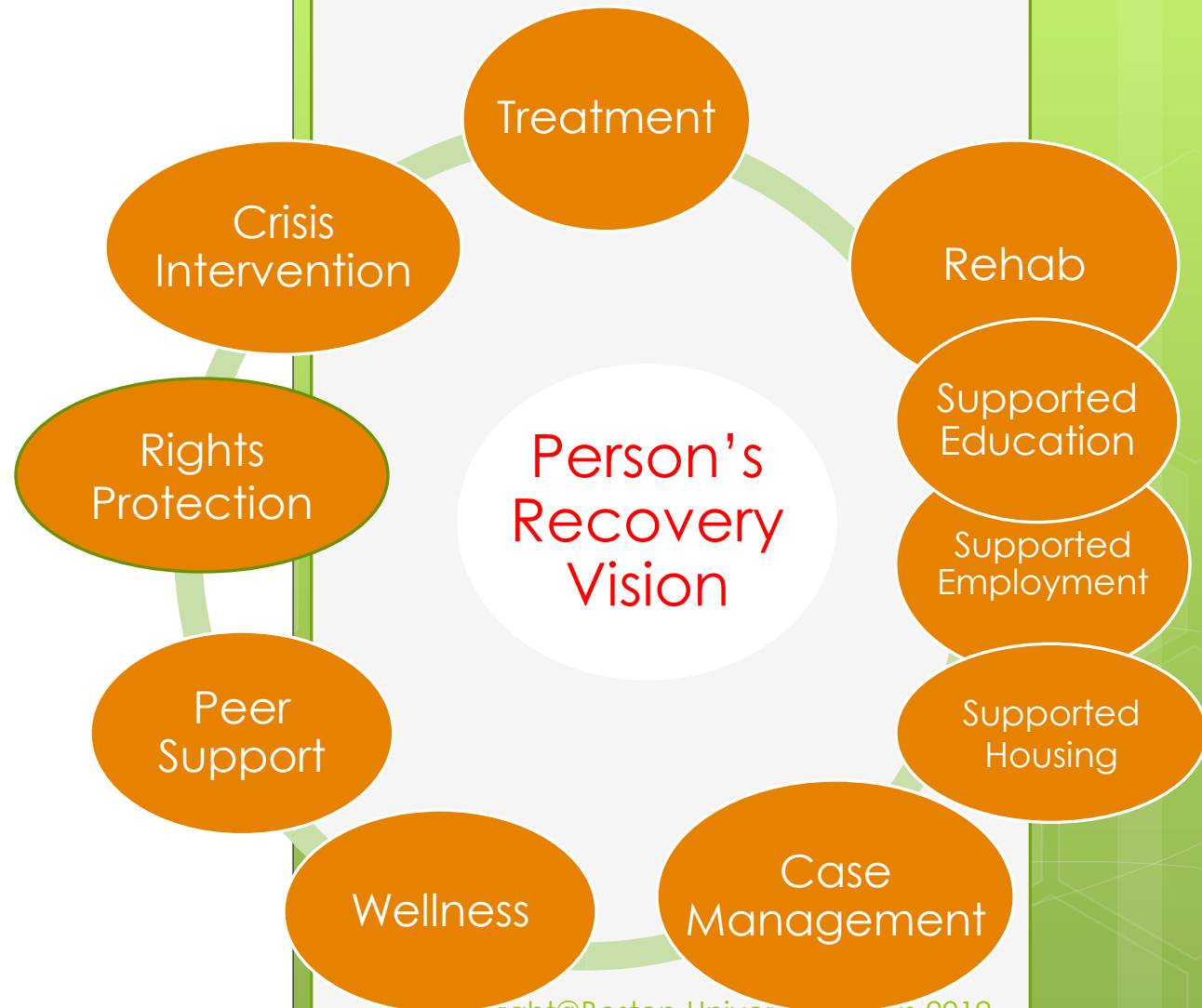
- Recovery is based on a set of values
- Recovery is multidimensional
- It is not just *what* you do that makes a difference—but *how* you do it (ie. practice with evidence + values = best practice)
- Recovery has to be the vision for many different kinds of services—crisis intervention, case management,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

# Role of Services

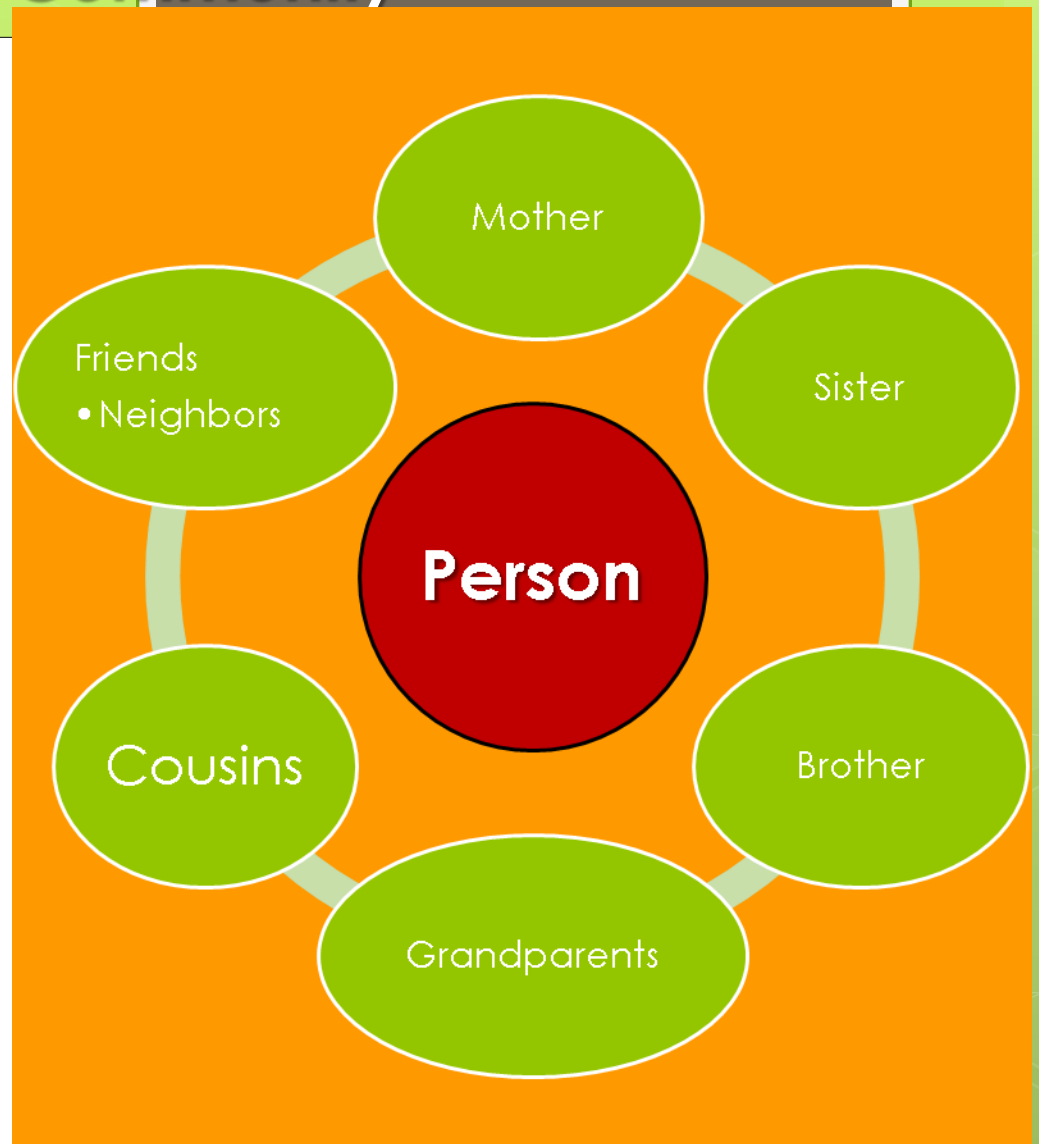
- All should focus on one Recovery vision or goal
- Believe in person no matter what



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# Role of Family, Friends, Community

- **Believe in person & possibilities even when person does not**
- **Educate oneself**
- **Role model, mentor, support as wanted & needed**



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**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*

**EXPERIENCES/HELPING TASKS FOR  
RECOVERY**

# 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:
  - Housing First; Supported Housing
- Working Domain:
  - Individualized Placement & Support (IPS); Clubhouses
- Education Domain
  - Mobile Education Teams; Supported education

# 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





# 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



# 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

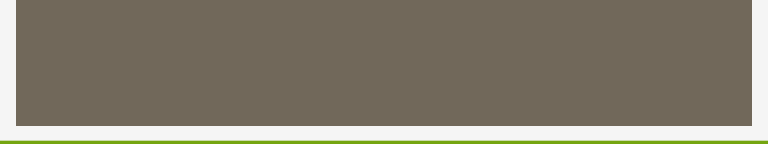
- What can I do to reduce discrimination against me? How do I cope with it?
- How do I “sell” myself?
- Can anyone help me create more options?

## 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?



<b>Services and [Outcomes]</b>	<b>Recovery as overall</b>		
(Adapted from Anthony, Cohen, Farkas et al., 2002)	<b>mission</b>		
	<b>Health Thoughts, Feelings, &amp; Behavior</b>	<b>Activity Role Performance</b>	<b>Participation Opportunities</b>
<b>Treatment [Symptom Relief]</b>	X		
<b>Crisis Intervention [Safety]</b>	X		
<b>Case Management [Access]</b>	X	X	X
<b>Rehabilitation [Role Functioning]</b>		X	X
<b>Enrichment [Self-Development]</b>		X	X
<b>Rights Protection [Equal Protection]</b>			X
<b>Basic Support [Survival]</b>			X
<b>Peer-Peer Services [Empowerment, Support]</b>		X	X

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# 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 ?