

# **PSYCHOSOCIAL REHABILITATION (PSR)**

## **What is Psychosocial Rehabilitation (PSR)?**

Psychosocial Rehabilitation (PSR) is a set of activities including rehabilitation counseling, skill building, and psychoeducational interventions that are used to support attainment of person-centered recovery goals and valued life roles. Approaches are intended to develop skills to overcome barriers caused by a participant's behavioral health disorder and promote independence and full community participation.

## **Why is Psychosocial Rehabilitation useful?**

Psychosocial Rehabilitation (PSR) is designed to assist an individual in improving their functional abilities to the greatest degree possible in settings where they live, work, learn, and socialize.

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## CORE Essential Competencies

**Psychosocial Rehabilitation (PSR)** is a recovery-oriented treatment approach that empowers and supports individuals to overcome barriers caused by their behavioral health diagnosis and promote independence and full community participation.

**Person-Centered Planning** is a collaborative process where individuals participate in the development of goals and services that are provided to them. It is based on the strengths of the individual and focuses on individual capacities, preferences, and goals. Individuals and families are core participants in the development of plans and goals for treatment.

**Motivational Interviewing** is a person-centered counseling style that addresses the common feeling of ambivalence about change. It is a collaborative conversation style that helps strengthen an individual's own motivation and commitment to change.

**Shared Decision Making** is a collaborative process that allows individuals and their care teams to make treatment decisions together. It takes into account the best scientific evidence as well as individual values and preferences.

**Trauma Informed Approach:** According to SAMHSA, trauma-informed care is a strengths-based service delivery approach that is grounded in an understanding of and responsiveness to the impact of trauma. It emphasizes the physical, psychological, and emotional safety for both providers and survivors and creates opportunities for survivors to rebuild a sense of control and empowerment. It also involves anticipating and avoiding institutionalized processes and individual practices that are likely to re-traumatize individuals who already have histories of trauma, and it upholds the importance of consumer participation in the development, delivery, and evaluation of services.

**Wellness Self-Management (WSM)** is a curriculum-based clinical practice designed to assist adults to effectively manage health problems. WSM is important because it provides consumers with knowledge and tools to better manage mental and physical health problems. This enables individuals to spend less time managing illness and more time pursuing goals and enjoying life. WSM is also designed to reinforce principles of recovery including shared decision-making, informed choice, involvement, and hope.

### Additional Skill Sets Required of the Worker

- Assessment
- Engagement
- Health Literacy
- Goal Planning
  - Strategies and treatment options
- WRAP (Wellness Recovery Action Planning)
- Supporting Individuals in managing their behavioral health symptoms
- Skill Building (some examples below)
  - Financial management
  - Independent living skills
  - Social skills
  - Coping skills and stress reduction/management skills training
- Knowledge and Appropriate Diagnosis of Major Psychiatric Diagnoses
- Knowledge of community resources
  - Supporting active community engagement

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## When and how to use the CORE Essential Competencies and Additional skills

### Motivational Interviewing

- A **Motivational Interviewing (MI)** approach to **engagement** will be most helpful in overcoming an individual's ambivalence in the face of multiple unresolved ongoing issues.

### Person-Centered Planning

- A **person-centered approach to assessment** will help the PSR provider and individual identify their most pressing needs.
- **Goal Planning** that develops strategies and treatment options to address needs will require close attention to **Person-Centered Planning** – to ensure that the individual's strengths are identified, and they are fully involved.
- **Wellness Recovery Action Planning (WRAP)** is developed in collaboration with the individual to outline a plan that highlights steps to take during an emergency/crisis

### Trauma-informed Approach

- **Appropriate Diagnosis of Major Psychiatric Diagnosis** is especially critical when considering the complexity of the individuals likely health, mental health symptoms, trauma, substance use and social determinants. Throughout this initial and ongoing process, PSR staff must take a **Trauma-informed Approach** to ensure that the individual creates a sense of control over their healthcare and that the staff are vigilant in avoiding practices that are likely to re-traumatize the individual.

### Psychosocial Rehabilitation

- Providers can **assess** an individual's physical and social environment in order to collaboratively identify which skills they should improve in order to support their recovery.
- Providers can use a variety of **skill building** approaches to guide an individual toward independence. For example, providers may help an individual practice their **communication/social skills** in community settings or through role-play scenarios.
- Providers' **knowledge of community resources** will be important in identifying community resources (such as housing) and coordinating an individual's access to them.
- **Skill building and knowledge of community resources** improves an individual's **active community engagement** and will allow them to build a network of support.