Self-Directed Psychiatric Rehabilitation Activities

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Welcome!

Our plan for this afternoon:

1. Overview of Self-Directed Psych Rehab
2. Product Overview
3. Exercise: Need for Change
4. Supporting Others
Quick Intros
Self-Directed Activities

Discussion...

What is Self-Direction?
Self-Directed

• Self-directed processes honor the person’s preferences, pace, and decisions.

• In this context, Self-Directed means that the person who benefits from the rehabilitation process is the **driver of the process**.

• Other people may come along for the ride, supporting the driver, or sitting alongside, learning with...
RECOVERY

SERVICES THAT FACILITATE RECOVERY:

- Basic Support
- Case Management
- Crisis Intervention
- Enrichment
- Health & Wellness
- Medical Care
- Rehabilitation
- Rights Protection
- Peer Support
- Treatment

We will focus on this service here!
Psychiatric Rehabilitation

Available since late 1970’s

Traditionally facilitated by service providers

Rooted in recovery principles

Relates specifically to success and satisfaction in roles and environments
Psychiatric Rehabilitation

Is helping people with psychiatric disabilities to:

- identify roles and environments in the living, learning, working, and social environments of their choice
- develop the skills and supports necessary for satisfaction and success.
Psychiatric Rehabilitation Process

- **Consider** (change)
- **Choose** (a role)
- **Get** (achieve the role)
- **Keep** (role retention)
History of Product

Books by Bill Anthony and others since 1972

Psych Rehab training packages since 1985

Practitioner Tools since 2001

Primer in Psych Rehab in 2009

All written from a service provider perspective

Until now! *Self-Directed Psych Rehab Activities*

Time to drive yourself through your own rehab journey!
Who are the Activities for?

- Individuals
- Peers
- Mental health and rehab service providers
- Family members

- May be used independently
- With a support person
- With a small group of peers
Format

- **Overview** of each activity
- **Examples** of one person’s experience with the entire process
- **Outline** of the steps for completing the activity worksheets
- **Worksheets** to help guide you through your own process

Boston University Center for Psychiatric Rehabilitation
Content

The Activities include:

• Exploring My Readiness
• Developing My Confidence and Readiness
• Choosing a Valued Role
• Assessing My Skills
• Reviewing My Supports
• Developing My Skills
• Developing My Supports
1. Exploring My Readiness

If not ready, go to
2. Developing my Confidence and Readiness

If ready, go to
3. Choosing a Valued Role

4. Assessing My Skills
5. Reviewing My Supports

6. Developing My Skills
7. Developing My Supports
Using the Product

- Activities written in .pdf files on a CD
- Flexibility to print out sections as you go along in the process
- Print out extra worksheets as needed
- Keep outlines, examples, and completed worksheets in a 3-ring binder
Let’s try a piece..
Intro to: Exploring My Readiness

Readiness

• Is deciding how ready I feel to choose a living, learning, working, or social role

Five Factors:

• Need for a Change, Commitment to Change, Awareness of Options, Awareness of Self, Support from Others
Need for a Change

• How do we know we need a change?

• Satisfaction, or the lack thereof!
Exploring Need

The big questions:

**Step 1:** Which area do I want to focus on?

**Step 2:** How happy am I with the people, place and activities there?

**Step 3:** How well do I, and other people, think I’m doing here?

**Step 4:** How would I rate my need to choose a valued role?
Need

Let’s take a look at Mike’s example together:

Mike’s Example of Need for a Change (page 1 of 2)

**Participant:** Mike Smith

**Step 1:** Which area in my life do I want to focus on at this time?
- [ ] Living
- [ ] Learning
- [ ] Working
- [ ] Social

**Name of My Current Place and Role in this Area:** Resident at 10th Street Group Home

**Step 2:** How happy am I with the people, the place, and the activities at my current place?

<table>
<thead>
<tr>
<th>Need</th>
<th>Very Dissatisfied</th>
<th>Mostly Dissatisfied</th>
<th>Mixed</th>
<th>Mostly Satisfied</th>
<th>Very Satisfied</th>
</tr>
</thead>
<tbody>
<tr>
<td>How satisfied am I with the people in my current place?</td>
<td></td>
<td>I don’t really like the other residents</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>How satisfied am I with the physical aspects of my current place?</td>
<td></td>
<td>Nice TV, but I have to share a bedroom</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>How satisfied am I with the activities in my current place?</td>
<td>I’m bored w/activities, and annoyed w/chores</td>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>
**Need Exercise**

Try this out for yourself:

Take a few minutes to explore your Need for Change in your own life!

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**Step 2:** How happy am I with the people, the place, and the activities at my current place?

**Instructions:** Write your comments on the rating that best matches your satisfaction level for each of the questions in the left-hand column. If you are not in the type of place you are focusing on, record how you feel about that lack of setting. For example, if you are unemployed, then how satisfied are you about having no job at this time?

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Gathering and Offering Support in Using these Activities
### Ways to Gather Support to share your work with someone

<table>
<thead>
<tr>
<th>Action</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Talk to others who have used these Activities</td>
<td></td>
</tr>
<tr>
<td>Ask for support from someone you trust</td>
<td></td>
</tr>
<tr>
<td>Share your completed worksheets with someone to show your progress</td>
<td></td>
</tr>
<tr>
<td>Form a small group of peers who have the same area of focus--all</td>
<td>Living, Learning, Working, or Social</td>
</tr>
</tbody>
</table>
Ways to Offer Support to people using the Self-Directed Activities

- Ask the person what support he/she needs
- Get familiar with the Activities, including working with the Activities yourself
- Orient the person as needed to the "big idea" as well as to each Activity
- "Hand over the pen"
- Work side-by-side, rather than across the table
More Ways to Offer Support

- Explore thoughts and feelings with the person, don’t just give the Activities as homework
- Suggest working with other peers who have had similar experiences
- Help the person access resources and experiences needed along the way
The Self-Directed Activities are now available!

Questions?

Contact us with any and all questions:

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Come see us at the BU exhibit table!