



## **Pioneers in Pakistan: Leadership Strategies for Psychiatric Rehabilitation**



**Barbara Granger, PhD, CPRP**

Dr. Granger has conducted various training, technical assistance, and program evaluation services concerning the promotion and development of psychiatric rehabilitation services. The first 20+ years of this work was with Matrix Research Institute and The Matrix Center at Horizon House. More recently the focus of most of this PR work has been in Pennsylvania. A few projects have been with individual PR organizations, while most of the work has been with the PRA Pennsylvania Chapter (PAPRS) – first as a Board Member, then staff, and now as an Advisory Board member. There were many opportunities to work with PR programs and PR workforce in start-up activities and specialty developments with existing PR programs. Currently, my PR focus is with The Recovery House in

Karachi Pakistan providing program assessment and technical assistance onsite and via electronic communications.



**Shaheen Ahmed**

Shaheen S. Ahmed is the Founding President of Caravan of Life USA & the Founder of Caravan of Life Pakistan Trust. The focus of both of these organizations is to bring psychiatric rehabilitation services to Pakistan, Karachi in particular. She is a member of Bergen County Boards of The National Alliance of the Mentally Ill (NAMI) & Mental Health. She is certified as a trainer for the Bergen County NAMI “Family to Family” program. In New Jersey, she is also on the Advisory Board of Consumer Connection

Employment Resource Institute of Mental Health Association, New Jersey. She has spent time and energy in Mental Health Advocacy with special emphasis on promoting employment and related support for people living with mental illnesses. She has worked passionately, as an advocate and mentor for persons diagnosed with mental disorders, both in the United States and in her native Pakistan.



**Veronica Carey, PhD, CPRP**

Dr. Carey has over 23 years of experience in behavioral health program planning and management, continuing education training, and policy development. Dr. Carey is the Chair of the Academy for Psychiatric Rehabilitation and Recovery. She is also a member of the United States Psychiatric Rehabilitation Certification Commission, the International Committee for Psychiatric Rehabilitation Inclusion, and is the current Chair of the Test Oversight Committee for PRA. Dr. Carey has been a consultant to Pennsylvania's Office of Mental Health and Substance Abuse for the implementation of psych. rehab. in Pennsylvania. As a frequent guest lecturer and workshop presenter, Dr. Carey has addressed evidence-based best practices in recovery-oriented services, treatment planning, behavioral health care system practices, program planning, and implementation of psychiatric rehabilitation services. She recently returned from Milan, Italy and Karachi, Pakistan for supporting both education and implementation of psychiatric rehabilitation services.