

## What is Psychiatric Rehabilitation?

Mental Health Services that specifically improve an individual's role (family members, students, worker) and functioning in an environment (home, school, work, community) so that they thrive and recover.

The psychiatric rehabilitation mission is to assist individuals with serious mental health conditions across their lifespan to improve their functional and satisfaction in environments of their choice.



Psychiatric  
Rehabilitation  
Association

*Growing and Training the Recovery Workforce*

**Learn more at:**

<https://www.psychrehabassociation.org/>

## Who Works in Psychiatric Rehabilitation?

Our workforce is eclectic and inclusive: Psychologists, Psychiatrists, Nurses, Occupational Therapists, Mental Health Counselors, Certified Peer Specialists (CPS), Educators, Certified Psychiatric Rehabilitation Practitioners (CPRP) and Certified Child Family Resiliency Practitioners (CFRP).

## Evidence-Based Interventions Services

- Assertive Community Treatment (ACT)
- Integrated Treatment for Dual Diagnosis (IDDT)
- Peer Support & Mentoring
- Cognitive Behavioral Rehabilitation & Remediation: Thinking Skills For Work
- Illness Management & Recovery (IMR): Self Directed Care - Shared Decision Making - Person Centered Planning
- CBT for Psychosis
- Vocational Illness Management & Recovery (VIMR)
- Wellness Recovery Action Planning (WRAP)
- Whole Health Action Management (WHAM)
- Supported Employment (SE) - Individual Placement & Support (IPS)
- Supported Education (SED)
- The Clubhouse Model (ICCD)
- First Episode Psychosis
- Coordinated Specialty Care

## Primary Psychiatric Rehabilitation Techniques

Connecting & Inspiring • Case Management • Assessing & Developing Readiness for Change • Setting Rehab Goals • Assessing Functioning and Resources • Physical Wellness & Prevention • Crisis Intervention • Skills Teaching • Skills Programming • Resource Coordination and Modification

## Essential Services Outcomes

Alleviates Symptoms & Distress • Develops Individuals Skills • Supports to Improve Functioning • Promotes Personal Safety • Services Engagement • Empowerment & Recovery • Improved Health Status • Enhances Personal Survival • Supports Equal opportunities for Community Integration

