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.

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).

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

Evidence-Based Interventions Services
• Assertive Community Treatment (ACT) • Integrated Treatment for Duel 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

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

Learn more at:
https://www.psychrehabassociation.org/