

PSYCHIATRIC REHABILITATION AND RECOVERY

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Why discuss Psychiatric rehabilitation?

- Mental health field has accepted PSR as a preferred method for helping individuals with serious psychiatric disabilities
- Less widely understood or effectively practiced

Who is the target population?

- Individuals who share a diagnosis of major mental illnesses
- 2 or more years duration
- Pronounced limitation in residential, vocational or educational role functioning .

Context

- Much service delivery influenced by mistaken assumption that people with serious mental illnesses deteriorate over time
- Research examining concepts of recovery and its outcomes have changed this notion
 - (eg. Davidson, Harding et al, 2005; Farkas 2007; Harding & Zhaniser, 1994; Liberman et al., 2002; Ridgway 2001; Silverstein & Bellack 2008)

Context: Longitudinal Studies

Study	Sample Size	Length	Outcomes
Bleuler, 1972	206	23	53-68%
Huber et al., 1972	502	22	57%
Ciampi & Muller, 1976	289	37	53%
Tusuang et al., 1979	186	35	46%
Harding et al, 1987	269	32	62- 68%
Ogawa et al, 1987	140	22.5	57%
DeSisto et al, 1995	269	35	49%

Context

- 1st person accounts have been published
(eg. Deegan 1990; 1993; Ridgway, 2001; Spaniol et al, 1999)
- Individuals such as Hanze's Professor Wilma Boevink have developed methods and processes that support recovery

Definition of Recovery

RECOVERY

- ▣ Development of new meaning and purpose as one grows beyond the catastrophic effects of a psychiatric history and experiences of mental illness.

▪ Anthony 1993

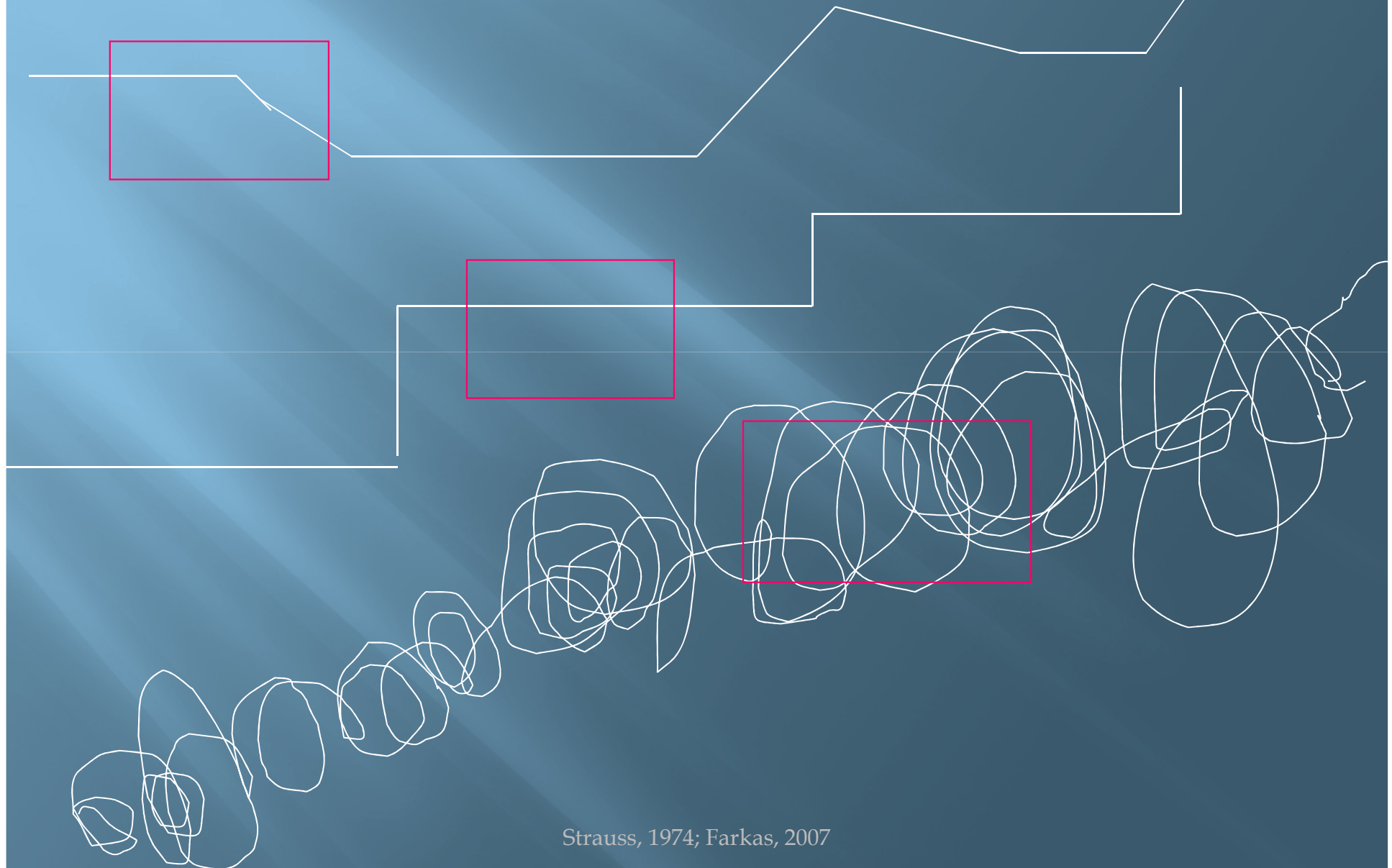
Examples of Recovery Outcomes

- Gaining/regaining a valued role, i.e. student, worker, family member, tenant
- Experiencing increased success and satisfaction in these roles
- Reducing/controlling symptoms
- Increased sense of self-efficacy
- Increased feelings of well being
- Increased number or quality of interpersonal connections
- Increased measures of physical health
- Increased sense of self-esteem

What is really recovered?

- ▣ A meaningful life

Qualitative studies: Examples of common recovery profiles



Strauss, 1974; Farkas, 2007

Major Themes in Recovery Research

- Recovery is a complex, non-linear and multi-dimensional process that can be described and researched
- Recovery is a highly individualized process with multiple explanatory models used that reflect that reflect the experience of the individual
- Recovery can occur with or without mental health interventions

Value characteristics of recovery oriented services

- ▣ Focus on people and full human experience
- ▣ Partnership
- ▣ Choice
- ▣ Hopefulness
- ▣ not cases
- ▣ not compliance
- ▣ not coercion
- ▣ not helplessness

Is Recovery culturally relevant ?

- ▣ In most regions of the world at this point, there is some notion of recovery as possible
- ▣ In most regions, there is some notion that people, other than professionals, should be involved (eg consumers, family members; neighbors) and that services provided in partnership with or by those with lived experience is a critical element of service systems
- ▣ In many regions, there is an increased understanding of the need to improve the system's capacity to facilitate recovery

What is psychiatric rehabilitation?

Rehabilitation is a systematic approach, based on recovery values, that contributes to overall recovery by :

- ▣ Developing relationships where the individual is the expert regarding his or her own recovery
- ▣ Facilitating the individual's success in choosing, getting and keeping his or her preferred role

What Psychiatric rehabilitation is not

- Not a specific technique
- Not one intervention
- It is a field and a type of service within a mental health system
- Not simply supporting adaptation or survival in the community

Characteristics

- Strong partnerships
- Involvement of individual in design, implementation and evaluation of own rehabilitation process as well as services
- Person as whole, with strengths, talents, interests
- Self determination and the value of choice
- Promotes hope
- Focuses on achieving success and satisfaction in a valued role
- Focus on skills plus supports

Research on Achieving a Valued Role

E.g. Supported Housing

- Supported housing can improve housing status, can lead to residential stability, and can increase the quality of life of residents who have psychiatric disabilities, are homeless, at risk of homelessness and/or may be substance abusing.
- Users frequently prefer independent housing rather than group/congregate living.
- Traditional case management is less effective in producing stable housing; intensive supports need to be available

Research on Achieving a Valued Role Eg. Supported Employment

- ▣ 55% in supported employment were competitively employed vs. 34% in traditional programs
- ▣ 51% were likely to work more than 40 hours/ month vs. 39%

Research on Achieving Valued Role

- ▣ Created a taxonomy of workplace discrimination based on sample of 234 who sustained employment
- ▣ Identified discrimination in terms of workplace performance and collegial relationships
- ▣ Qualitative studies on benefits and mechanisms of recovery among peer providers identified domains of recovery benefits

Research on Achieving a Valued Role Eg Supported Education

- Higher education has been identified as an important predictor of job retention (Salkever et al., 2003) and an important variable associated with success in professional jobs (Ellison et al., 2010)
- Students can be given support to complete their education
- Supported education models include mobile support teams, on site support and enclave or designated classes in educational institutions

Evidence Based Processes

- The evidence base for change processes is grounded in behavioral research and some mental health services research.

Evidence Based Processes

- ▣ Elements of the process that seem to be related to positive change:
 - People experiencing an understanding relationship
 - People setting their own goals
 - People being taught new skills
 - People feeling supported (people, places, things, activities)
 - People encouraged to have positive expectancies and hope for change
 - People developing insights about aspects of their own behavior

Can PSR be implemented effectively in large systems?

- ▣ Implementation is complex requiring intervention in culture, commitment, capacity (Farkas, Ashcraft, Anthony, 2008)
- ▣ In pre-post, participants as on controls, PSR was implemented in large scale MH system with demonstrated gains in rehabilitation outcomes (Ellison, Rogers, et al. 2011)

Summary

- ▣ Recovery is possible
- ▣ Requires full partnership, hope; self determination, orientation to talents, strengths, interests
- ▣ Psychiatric rehabilitation contributes to recovery by helping individuals choose-get-keep valued roles
- ▣ Research has corroborated basic change processes and ability to implement on wide scale level

Collaboration Examples with Research and Innovation Center for Rehabilitation

- ▣ Lectures for Bachelor students of Social Studies and Nursing
- ▣ Lectures for students of Masters program in Rehabilitation Counseling
- ▣ Liaising with a new International Masters in Psychiatric Rehabilitation at Hanze and other European Universities
- ▣ Consultation for researchers of the R&I Center
- ▣ International exchange of PSR and Recovery ideas and activities for researchers, lecturers, students and consumers
- ▣ Projects on supported education, recovery, experts by experience

Final Word...

▣ Zo Gezegd, Zo Gedaan