



Bachelor's Level Employment Opportunities in Psychiatric Rehabilitation

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Agenda

- What is Psychiatric Rehabilitation?
- Current models of treatment
- Benefits and challenges
- Impact of Covid-19
- Employment opportunities

What is Psychiatric Rehabilitation?

"Helping individuals to live successful, integrated lives in the communities of their choice with the least amount of professional intervention necessary"

- Started in the 1970s as individuals were leaving State Hospitals
- Developed to address the negative symptoms of severe mental illness
- Coincided with the recovery movement
- Successful in reducing hospital stays and length, improving quality of life, and stability in the community
- Success with adult services led to recent introduction of Child and Adolescent psychiatric rehabilitation programs

What is Psychiatric Rehabilitation?

- Skills Training
 - Independent living skills
 - Social Skills
 - Self-care Skills
 - Wellness management
- Support
- Case Management

Current Models of Treatment

- Onsite and offsite Psychiatric Rehabilitation Program (PRP)
 - Groups, individual support, transportation and access to community resources
 - Adult programs and Child and Adolescent programs
 - Child services also offer support to parents, families, and care givers
- Residential Rehabilitation Program (RRP)
 - Provide stable housing , medication monitoring, medical coordination
 - Groups and 24 hr individual support offered in home and in the community

Benefits and Challenges - Adults

Benefits

- Help individuals stay out of the hospital, in the home of their choice
- Provide structured daily activity to prevent symptom increase and isolation
- Develop skill sets needed to reduce or manage symptoms
- Support achievement of goals such as: GED, return to school, employment, living independently

Benefits and Challenges - Adults

Challenges

- Extremely limited resources. SSI = \$794, Food stamps = \$195
- Progress can be slow working with individuals with severe mental illness
- Maintaining healthy boundaries

Benefits and Challenges – Child and Adolescent

Benefits

- giving tools and resources to navigate life and deal with stressors (anger, frustration)
- teach children at a young age coping skills
- Collaborating with a large treatment team to meet the needs of the client

Benefits and Challenges – Child and Adolescent

Challenges

- Service is provided for the child, but the parents/caregivers play an enormous role
- Parents/Caregivers are responsible for showing for appointments, reinforcing tools/skills, following through with treatment plan

Impact of Covid -19

- In person services moved to telehealth only
- Lost social support, group opportunities, difficult to access resources
- Adults: increase in symptoms, isolation, increased drop out rates
- Children: difficult to engage, school based behavior issues removed resulting in parents discontinuing services
- Vaccine efforts

Employment Opportunities

- Rehabilitation Aide/Support staff
- Rehabilitation Counselor
- Case manager
- Rehabilitation Specialist/Program Manager
- Program Director

Employment Opportunities

Rehabilitation Aide/Support staff

- provide transportation and participate in community activities
- teach groups, document client participation in groups
- in home support in the residential programs
- Positions can be day time, evening, weekend, overnight, PRN
- \$13.50-\$15.50 per hour

Employment Opportunities

Rehabilitation Counselor

- teach groups, individual meetings with client
- home visits, support to appointments as needed
- maintain documentation: monthly progress notes, treatment plans, assessments
- coordinate with treatment team
- assist with case management
- \$14.50-\$16.75 per hour

Employment Opportunities

Case manager

- Coordinates with Social Security Administration, local social services department, and housing services to meet client needs
- Serves as a resource for staff to facilitate benefits and entitlements applications
- Completes authorizations for services, assists with chart audits
- \$17.00-\$19.00 per hour

Employment Opportunities

Rehabilitation Specialist/Program Manager

- Maryland requires either a license (PC or SW) or CPRP/CFRP (Certified Psychiatric Rehabilitation Practitioner/Child and Family Resiliency Practitioner)
- Assist with hiring and staffing
- Ensures program requirements are met
- Reviews all chart documentation, authorizations for services
- Facilitates referrals and intakes
- \$22-24/hour

Employment Opportunities

Program Director

- Ensures compliance in regulations including: staffing, services, documentation, HIPAA, and accreditation standards
- Reviews financial statements, creates program budgets, facilities program changes
- Reviews chart documentation for accuracy
- Involved in policy changes and implementation
- Often lead agency wide trainings

Conclusion

- Q & A
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