Agenda

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

“What 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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