



Choosing Valued Roles

Assisting Service Recipients to Make Informed Goal Choices about Community Roles

Center for Rehabilitation and Recovery,
Coalition of Voluntary Mental Health Agencies

Website: www.cvmha.org



**The
Coalition**
of Voluntary
Mental Health
Agencies, Inc.



Workshop Objectives

Increased participant understanding of:

1. The principles and process of involving service recipients in Choosing Valued Roles.
2. The implications for program and practitioner practice changes needed to apply Choosing Valued Roles.



Overall Psychiatric Rehabilitation Planning Process

1. Engage

2. Assess Readiness

3. Select a Rehabilitation Strategy

Engagement

*Readiness
Development*

*Choosing
Valued Roles*

*Achieving
Valued Roles*

4. Plan/Deliver Rehabilitation (& Other) Services



Choosing Valued Roles: Key Concepts

- Process compensates for lack of experience, knowledge, & skills.
- Process can be recovery enhancing.
- Choice of a valued role is a consumer goal, not a program or practitioner guarantee.
- Choice of a valued role is the focus of the person's Achieving strategy.

Adapted from: Cohen, M., Farkas, M., Cohen, B., & Unger, K. (1991). Training Technology: Setting an Overall Rehabilitation Goal. Boston, MA: Center for Psychiatric Rehabilitation.



Examples: Valued Role Goal Statements

- Lois will move into the Zane Park Supervised Apartments with a roommate by January 1, 200_.
- Ramon intends to remain as a full-time student at NYU until graduation in May 200_.
- Maria will get a part-time receptionist position at the Rose Agency by the end of March 200_.
- Michael plans to become a member of a bowling team at the Wonderland Bowling Lanes by November 200_.

Adapted from: Cohen, M., Farkas, M., Cohen, B., & Unger, K. (1991). Training Technology: Setting an Overall Rehabilitation Goal. Boston, MA: Center for Psychiatric Rehabilitation.



Choosing Process

Identify Personal Criteria



Describe Alternative Environments



Choose the Goal

Adapted from: Cohen, M., Farkas, M., McNamara, & Cohen, B., Unger, K (1991). Setting an Overall Rehabilitation Goal: Training package. Boston, MA: Center for Psychiatric Rehabilitation.



Introduction to Jim

"Jim"

- 30 years old.
- Living with his parents and younger sister.
- Lived for brief time in apartment before 1st hospitalization ten years ago.
- Recently discharged from state hospital after stay of several months.
- Five admissions in last ten years.
- Willingly takes prescribed medication, but requires prompting from his mother.
- Attends CDTF regularly and has made a few friends there.
- Over the last several months he has grown increasingly motivated to live outside his mother's home.
- He began the process knowing little about what is available or what he wants in a place other than he'd like to "start off living with other people for a while."



Jim's Personal Criteria

- Affordable Rent
- Convenient Location
- Responsive Support
- Similar Aged Residents
- Self-Developed Schedule
- Minimal Rules
- Safe Neighborhood

Description of Alternative Environments for Jim

	Parent's Home	Pathways Residence	Fresh Start Apartments
People	<ul style="list-style-type: none"> ■ Parents and Sister 	<ul style="list-style-type: none"> ■ 14 residents ■ 6 females ■ Age range 21-36 ■ No staff living on site 	<ul style="list-style-type: none"> ■ 7 residents ■ 2 females ■ Age range 28-55 ■ 1 staff person on site 8 hrs. / day
Place	<ul style="list-style-type: none"> ■ Share room with sister ■ Residential neighborhood ■ No rent 	<ul style="list-style-type: none"> ■ Share room with 1-2 others ■ Mid-town ■ \$450/month room & board 	<ul style="list-style-type: none"> ■ Share room with 1 person ■ Near Financial District ■ \$535/month rent
Activities	<ul style="list-style-type: none"> ■ Watch TV ■ Help with cooking and housework 	<ul style="list-style-type: none"> ■ 6 hrs. / Week of "therapeutic" activities ■ Share all household tasks ■ 20 hrs./week productive activity in community 	<ul style="list-style-type: none"> ■ 2hr./week community meeting ■ Share household tasks ■ Individual counseling if requested

Jim's Evaluation of Alternative Environments

	Parent's Home	Pathways Residence	Fresh Start Apartments *
Affordable Rent	H	L	L
Self-Developed Schedule	H	L	H
Convenient Location	H	H	H
Responsive Support	M	H	H
Similar Aged Residents	L	H	M
Minimal Rules	L	L	L
Safe Neighborhood	M	H	H

Initial Choice: Fresh Start Apartments by May 1, 2006

Jim's Consideration of Significant Others' Perspectives & Goal Choice

	Level of Support
Parents	High (Believes Jim can make it with support and needs to learn to be on his own.)
Fresh Start Program Manager	Medium (Believes Jim needs time in group residence first.)
CDTP Staff Person	High (Believes Jim is motivated and capable of learning skills required by December 2005.)
Psychiatrist	Low (Believes the target date should be 1 year later.)

Goal: Fresh Start Apartments by July 1, 2006



Identifying Personal Criteria

Analyze Current Experience + **Specify Future Preferences** = ***Personal Criteria***

Adapted from: Cohen, M., Farkas, M., McNamara, & Cohen, B., Unger, K (1991). Setting an Overall Rehabilitation Goal: Training package. Boston, MA: Center for Psychiatric Rehabilitation.

Example: Identifying Personal Criteria

Current Environment:

Doesn't like:

Nosy roommate (*People*)

Bedroom too small for a chest of drawers (*Place*)

Having to participate in groups (*Activity*)

Does like:

Counselor who is encouraging (*People*)

Quiet park across the street (*Place*)

Chance to get out of the house on shopping trips (*Activity*)

Personal Criteria:

▪ *Respectful Roommate*

▪ *Large Bedroom*

▪ *Optional Group Participation*

▪ *Encouraging Staff*

▪ *Relaxing Outside Space*

▪ *Frequent Community Trips*



Worksheet: Identifying Personal Criteria

Current likes and dislikes

Personal Criteria

People:

Place:

Activities:



Describing Alternative Environments

**Specify
Alternative
Environments** + **Research
Alternative
Environments** = ***Environmental
Descriptions***

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Jim's Alternative Environments

Search Guidelines:

Living with others, No more than 2 roommates, Close to grocery stores, Maximum \$450 rent, Safe Neighborhoods, Help with cooking and cleaning if needed

Alternative Environments:

Pathways Residence

Fresh Start Apartments

Adapted from: Cohen, M., Farkas, M., McNamara, & Cohen, B., Unger, K (1991). Setting an Overall Rehabilitation Goal: Training package. Boston, MA: Center for Psychiatric Rehabilitation.



Worksheet: Specifying Alternative Environments

Search Guidelines

Alternative Environments



Jim's Research Plan

Characteristics	Questions	Method	Who asks/Who is asked	When
Staff Presence	How many staff are on site between 8:00 AM & 6:00 PM? 6:00 PM & 12:00 AM?, 12:00 AM & 8:00 AM?	On-site interview	Jim & Counselor – Residential Mgr.	July 15th
Required Scheduled Activities	On what days are there required scheduled activities? How many hrs. per week? Type of activity?	On-site interview Program brochure	Jim & Counselor – Residential Mgr.	July 15th
Help with household tasks	What are the tasks I must do on my own? What are the tasks I get help with?	On-site interview	Jim & Counselor – Residential Mgr.	July 15th

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Worksheet: Developing a Research Plan

Characteristics	Questions	Who asks / Who is asked	Method	When



Choosing the Goal

**Evaluate
Alternative
Environments** + **Weigh
Significant
Others'
Perspectives** = ***Informed Goal
Choice***

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Safe Neighborhood	M	H	H

Initial Choice: Fresh Start Apartments by May 1, 2006



Written Exercise: Evaluating Alternative Environments

Personal Criteria			
Total			

Jim's Consideration of Significant Others' Perspectives & Goal Choice

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Goal: Fresh Start Apartments by July 1, 2006



Worksheet: Considering Perspectives of Significant Others and Choosing the Goal

Recipient's Initial Choice:

Significant Other	Perspective on Environment	Perspective on Date	Level of Support
Practitioner			

Recipient's Goal: