



Rehabilitation Readiness Development:

***Involving Service Recipients in Experiences
to Increase Motivational Readiness to
Participate in the Rehabilitation Process***

Center for Rehabilitation and Recovery
Coalition of Voluntary Mental Health Agencies

Website: www.cvmha.org





Workshop Objectives

Increased participant understanding of:

1. The principles and process of involving service recipients in Rehabilitation Readiness Development.
2. The implications for program and practitioner practice changes needed to apply Rehabilitation Readiness Development.



Motivational Readiness vs. Functional Readiness

**Increase hope,
confidence,
motivation to
Participate in
the
Rehabilitation
Process?**



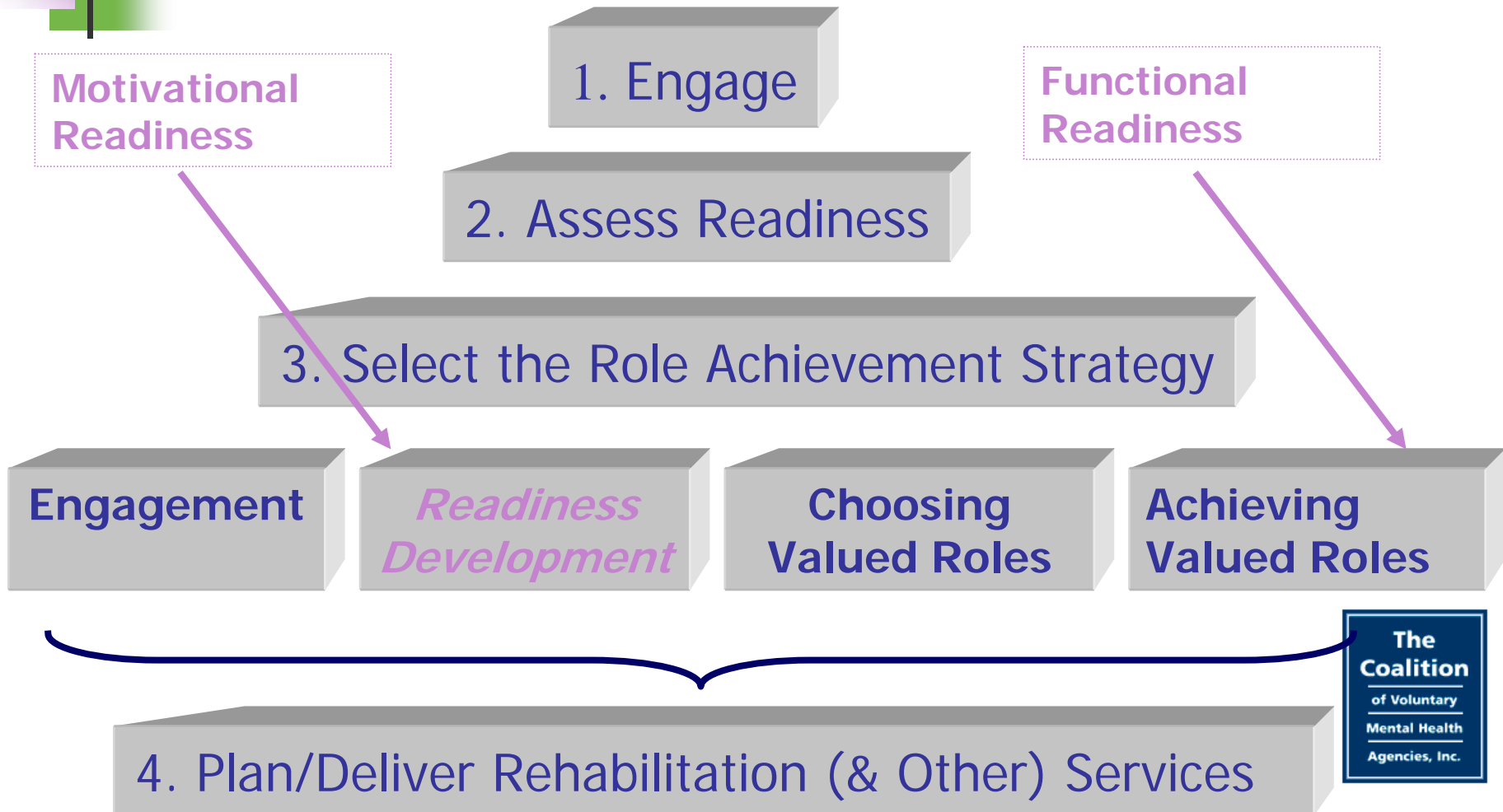
Readiness Development

**Develop skills &
supports needed
to *Function* in a
living, learning,
working, or
socializing
environment?**



Achieving Valued Role

Overall Psychiatric Rehabilitation Planning Process





Conditions for Readiness Development

- Readiness Assessment = Not Ready or Unsure.
- Person understands lack of Readiness.
- Person willing to participate in activities designed to increase Readiness.

Cohen, M., Forbess, R., & Farkas, M. (2000). *Psychiatric Rehabilitation Training Technology: Developing Readiness for Rehabilitation*. (Trainer Package). Boston: Boston University, Center for Psychiatric Rehabilitation, Trustees of Boston University.





Readiness Development Methods

Develop Insights

- Self
- Environments
- Recovery
- Psychiatric Rehabilitation
- MH Services/Supports

Develop Supports

- Credible
- Committed



Increase Hope, Confidence, Motivation

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Developing Insights

About.....

- Self
- Environments
- Recovery
- Psychiatric
Rehabilitation
- MH Services/Supports

To Increase...

- Hope
- Confidence
- Motivation

Utilizing...

- Motivational
Activities

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Example: Motivational Activities

Self-Awareness

- Recording insights from significant experiences in a personal journal.
- Clarifying personal values with a group of consumers.
- Analyzing past environmental experiences with a practitioner.

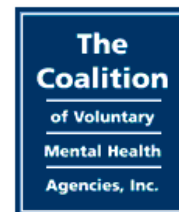
Recovery Awareness

- Viewing videotapes about recovery.
- Participating in a series of practitioner facilitated small group discussions about recovery.
- Attending a presentation by a consumer describing her/his recovery experience.

Environmental Awareness

- Looking at picture albums or videotapes of different environments.
- Job shadowing or brief trial in different jobs.
- Visiting different environments.

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Characteristics of Credible Supports

Credible Supports are People..

- The consumer respects
- From whom the consumer wants support
- Who want to support the consumer
- Who have the capacity to support the consumer

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Example: Specific Commitments of Support

Suzanne (a neighbor) will accompany Ron (the consumer) to his volunteer position at Riverside Retirement Home on Tuesday and Thursday from 12:00 PM to 3:00 PM.

Mike's mother will visit him at the group residence at least twice a week after he returns from CDTP to talk about his experiences that day.

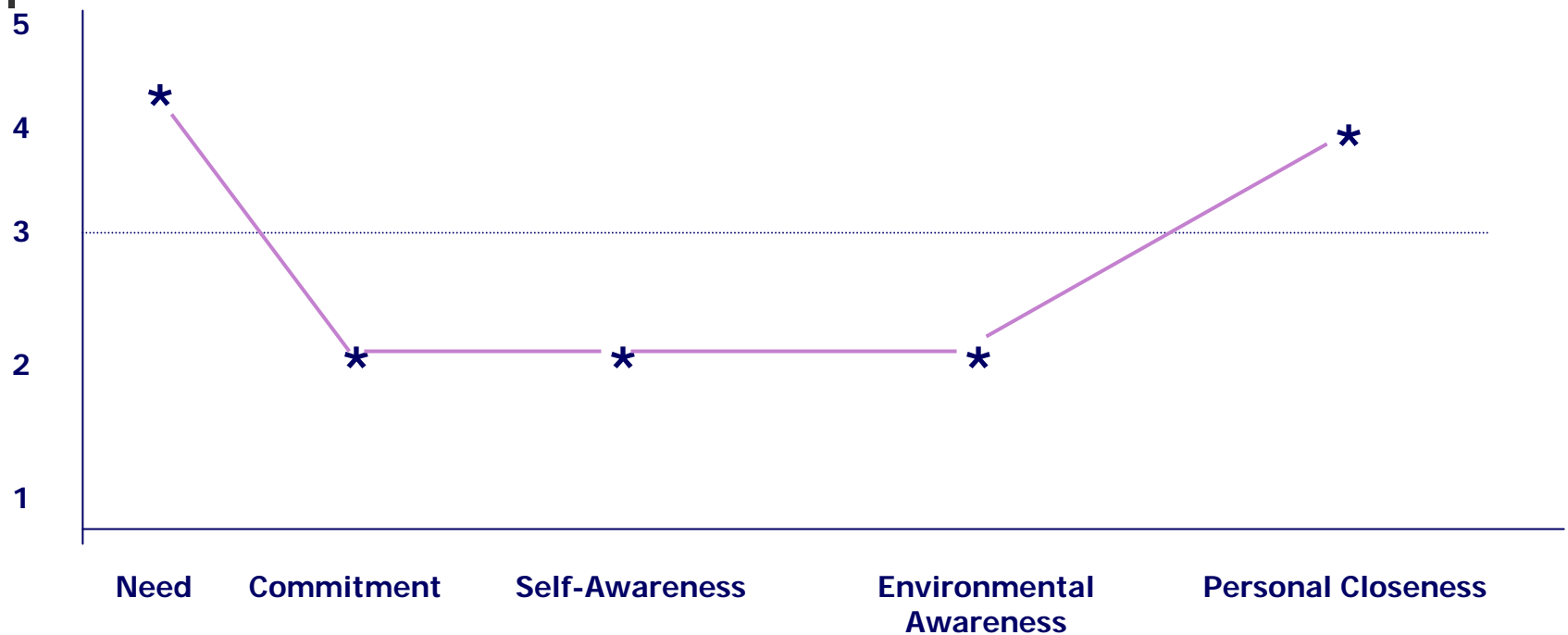
Levi's rabbi will arrange for transportation to and from the vocational program when he has no ride and calls the rabbi at least 24 hours in advance.



Introduction to Jim

- Thirty year old man.
- Recently discharged from state hospital after stay of several months.
- Attending CDTP.
- Living with parents & sister.
- Lived for brief time in apartment before 1st hospitalization ten years ago.
- Five admissions in last ten years.

Jim's Readiness Assessment Profile



Overall Readiness: 2.5

Strategy: Develop Readiness



Jim's Readiness Development Strategy

Low Commitment

- Lack of Confidence
- Lack of Belief in Support



- Involve in "Personal Accomplishments" group
- Secure commitment from brother to accompany him on recreational/leisure activity ½ day per month

Low Self-Awareness

- About preferences
- About values



- Involve in "Learning about Personal Preferences" group

Low Environmental Awareness

- About types of places
- About characteristics of places



- Involve in "Learning about Residential Options" group



Jim's Readiness Insights

Readiness Activity

Personal Learning

Impact on Readiness

"Personal Accomplishments" group

- Has the ability to be in public places with strangers even if nervous (Self)

I can probably handle shopping and going to the park alone. *More Ready*

Brother's monthly outings

- Can count on brother to follow through (Support)

I won't need to rely on my parents for support in the future as much as I thought. *More Ready*

"Learning about Personal Preferences Group"

- Two most important preferences for a place to live are "close to parents" & "private outside space" (Self)

If I don't live in a place that's close to parents and having some private space outside, I probably won't like it. *Less Ready*

"Learning about Living Options" group

Some affordable places to live have private outside space

- I might be able to get a place with private outside space. *More Ready*



Readiness Development Exercise: Factors Contributing to Lack of Readiness

Need:

Lack of satisfaction with current environment. ____

Lack of success in current environment. __

Commitment:

Lack of belief that change is needed, ability to change, benefits of change, and/or support for change. __

Self-Awareness:

Lack of awareness of personal values, preferences, and interests. __

Environmental Awareness:

Lack of awareness about types & characteristics of potential environments. __

Personal Closeness:

Lack of satisfaction with quality and/or quantity of interactions with practitioners. __

Readiness Development Exercise:

Types of Readiness Development Motivational Activities

Develop Insights About:

- Self (Values, Preferences, Interests, Abilities, Talents, Accomplishments, etc.) ____
- Environments (Availability of Desirable, Affordable, Supportive, etc.) ____
- Recovery (Positive personal experiences of others, How others facilitate, What others did on their own, etc.) ____
- Psychiatric Rehabilitation (Positive personal experiences of others, Focus on person's goals and preferences, etc.) ____
- MH Services/Supports (Effective services & supports exist, Positive personal experiences, etc.) ____

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Readiness Development Exercise:

Selecting Activities to Match Personal Preference

Verbal__ Experiential__?

1:1 __ or Group __?

Peer Lead __ Self Lead __ Staff Lead __?

Reading or Writing Required __ or Not Required __?

Male Leader__or Female Leader__?

Other Preferences__?

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Readiness Development Exercise:

Designated Readiness Development Motivational Activities

- Self-Awareness:
- Environmental Awareness:
- Recovery Awareness:
- Psychiatric Rehabilitation Awareness:
- MH Services/Supports Awareness:



Exercise: Demonstrating Credible Support

Support Person: _____

- Respected by the consumer.
- Consumer wants support from this person.
- Wants to support the consumer.
- Has the capacity to support the consumer.

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Exercise: Demonstrating Credible Support (Continued)

Eliciting Support:

- Describe the consumer's readiness for rehabilitation.

- Reason(s) the particular person has been selected.

- Specific type of support being requested.

- Benefits for the significant other as well as for the consumer.

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