

Goals, Values, Principles and Practice of Psychosocial Rehabilitation

GOALS

The goal of all PSR is to restore each person's ability for independent living, socialization, and effective life management. It is a holistic approach that places the person at the center of all interventions.

Effective rehabilitation builds on a person's strengths and helps the individual to compensate for the negative effects of the psychiatric disability.

VALUES

- Self determination
- Dignity and worth of every individual
- Optimism
- Capacity of every individual to learn and grow
- Cultural sensitivity

PRINCIPLES

- Hope is an essential ingredient in psychosocial rehabilitation. All people have an underutilized capacity to learn and grow that should be developed.
- All people should be treated with respect and dignity.
- PSR focuses on "real world" everyday activities and facilitates the development of skills and supports for people to participate as fully as possible in normal roles within family and community settings.
- Multicultural diversity among PSR program staff, participants and the community at large is appreciated as a source of strength and program enrichment. Programs take active measures to respond in ways that are considerate and respectful.
- PSR is premised on self-determination and empowerment.
- An individualized approach to the development and provision of PSR services best meets the needs of people who choose to use these services.
- PSR practitioner role is intentionally informal and participatory in activities that are designed to engage the person with mental illness and cognitive disabilities in the real world.
- The prevention of unnecessary hospitalizations and the stabilization of community tenure are primary goals of PSR.

PRACTICE

- Social rehabilitation
- Vocational rehabilitation
- Residential and housing services
- Educational supports
- Education about mental illnesses and medications
- Physical health
- Intensive case management
- Supportive counseling
- Family support