



N108 Care for Clients with Psychosocial Problems in Adaptation and Adjustment

Psychiatric Rehabilitation, Family, and Role of the Community

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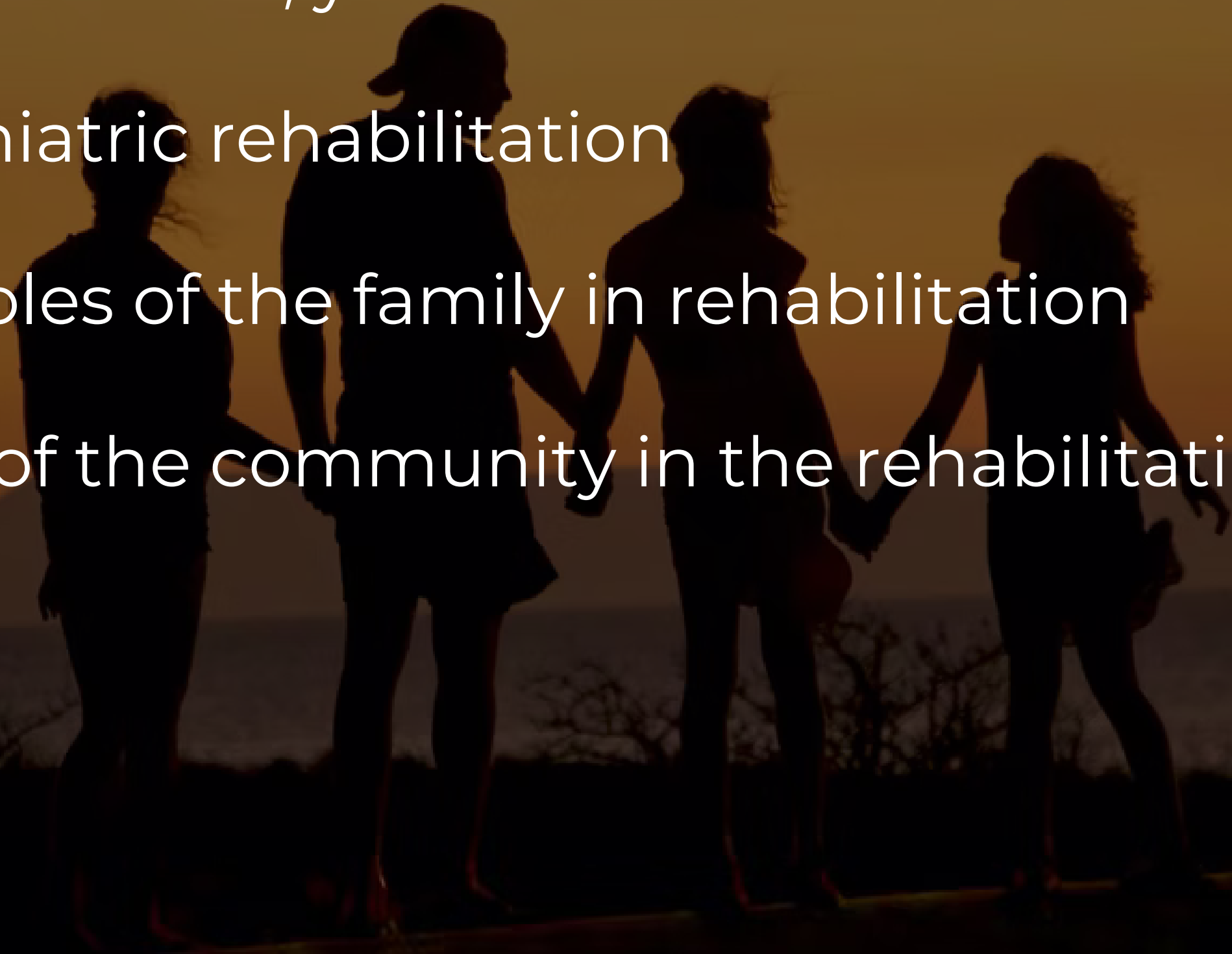
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Learning Objectives

At the end of this session, you should be able to:

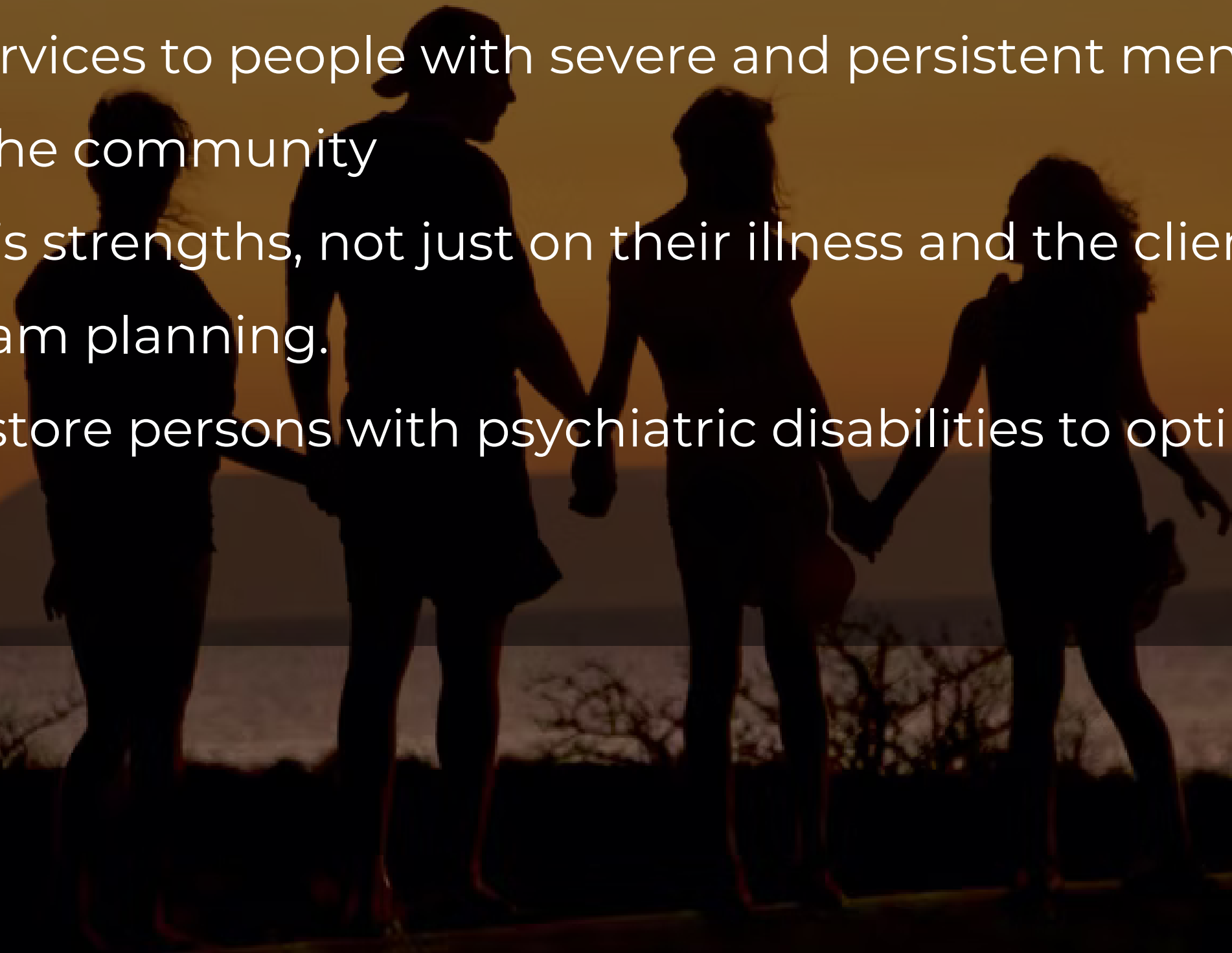
- Discuss psychiatric rehabilitation
- Identify the roles of the family in rehabilitation
- List the roles of the community in the rehabilitation process





Psychiatric Rehabilitation

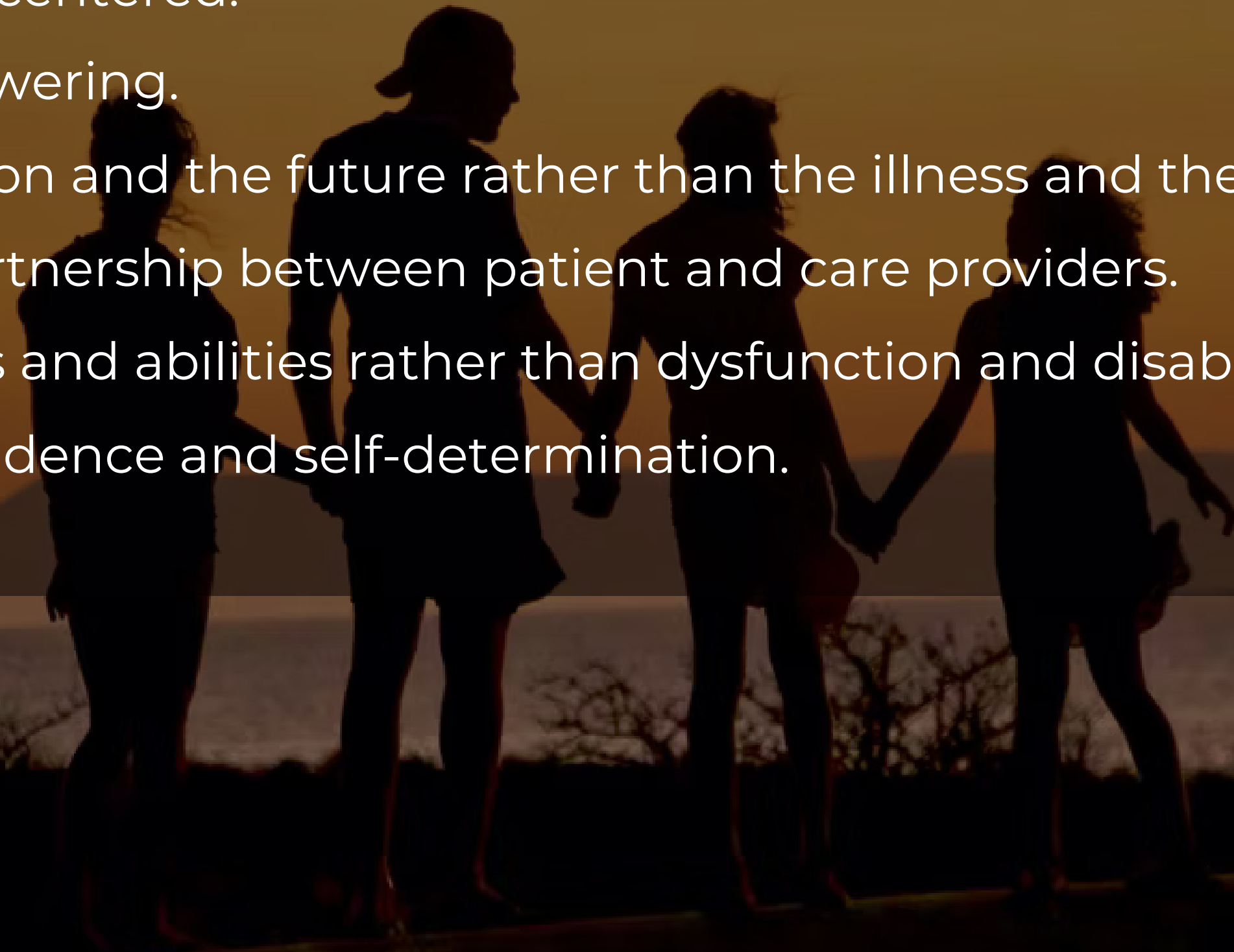
- involves providing services to people with severe and persistent mental illness to help them to live in the community
- focuses on the client's strengths, not just on their illness and the client actively participates in program planning.
- refers to efforts to restore persons with psychiatric disabilities to optimal states of constructive activity





National Alliance on Mental Illness (NAMI) Recovery Model

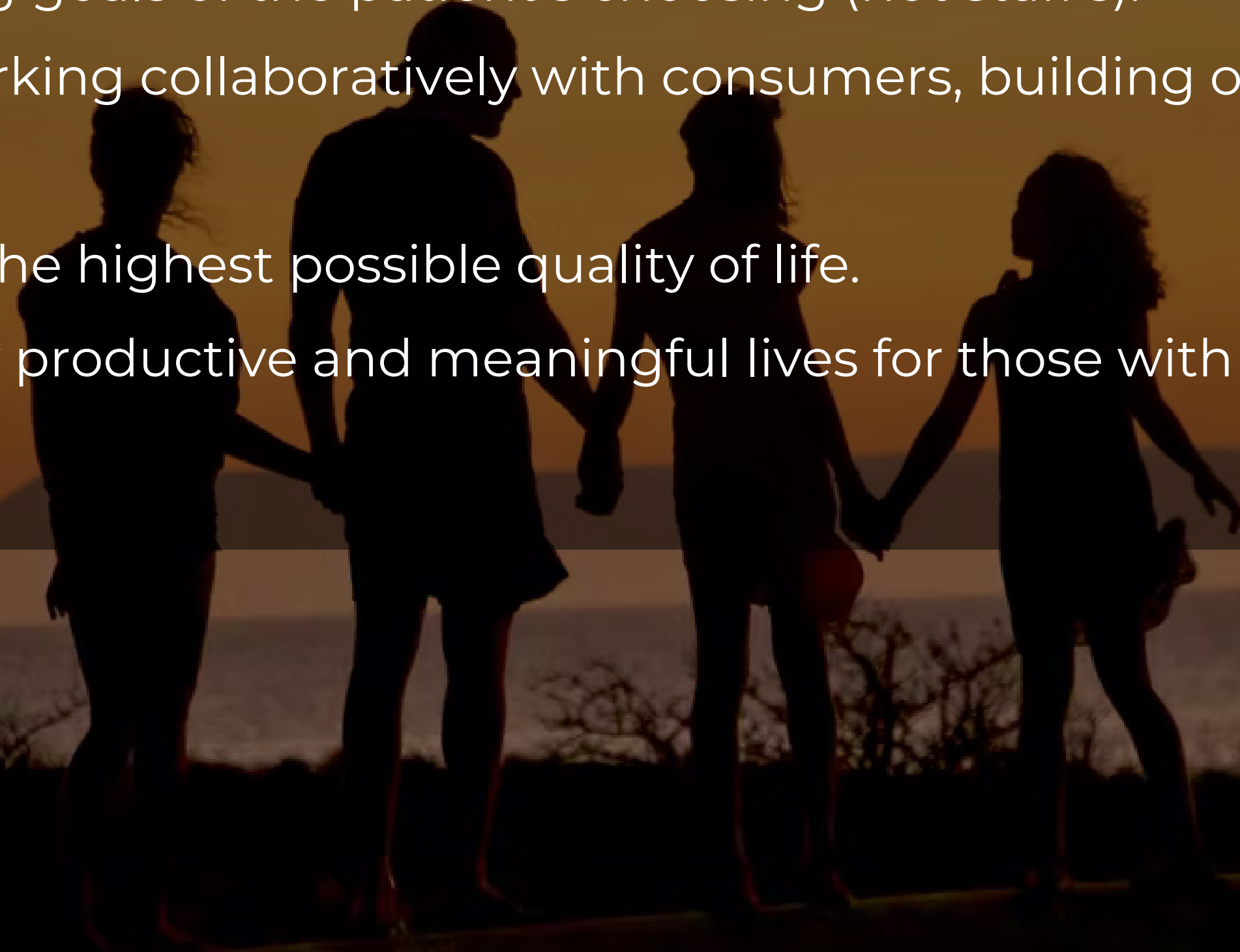
- Is patient/consumer-centered.
- Is hopeful and empowering.
- Emphasizes the person and the future rather than the illness and the present.
- Involves an active partnership between patient and care providers.
- Focuses on strengths and abilities rather than dysfunction and disability.
- Encourages independence and self-determination.





National Alliance on Mental Illness (NAMI) Recovery Model

- Focuses on achieving goals of the patient's choosing (not staff's).
- Emphasizes staff working collaboratively with consumers, building on strengths to help
- consumers achieve the highest possible quality of life.
- Aims for increasingly productive and meaningful lives for those with serious mental illness.





Family





Three Levels of Family (or Significant Other) Involvement

1. First tier role of principal caregiver- Often (but not always) this is a woman: the mother, wife, sister, or daughter of the person with mental illness. Much of her daily life becomes a series of illness-related occupations and preoccupations
2. Second-tier relatives/persons- may live with or near the person with mental illness, but are less intimately exposed to the “ups” and “downs” of the client's life
3. Third-tier relatives/persons- are not in the immediate household but still share a common interest in the well-being of the client.



Professional Interventions: Family Psychoeducation

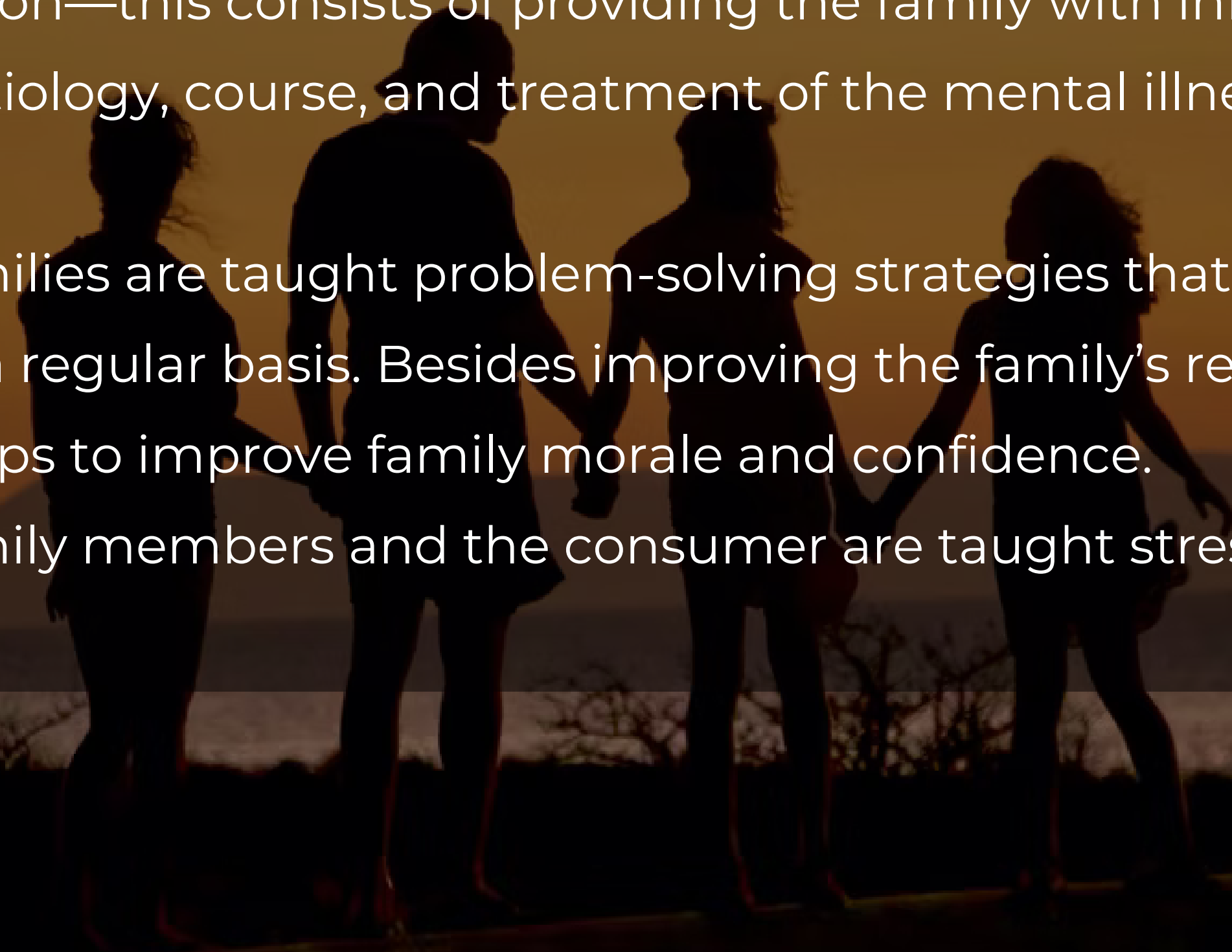
- Family psychoeducation approaches are among the best methods of promoting better outcomes among people with severe and persistent mental illness





Critical Ingredients of Family Psychoeducation

- Mental illness education—this consists of providing the family with information about the probable etiology, course, and treatment of the mental illness in question
- Problem solving—families are taught problem-solving strategies that they role-play and practice on a regular basis. Besides improving the family's response to crisis, this training helps to improve family morale and confidence.
- Stress reduction—family members and the consumer are taught stress reduction techniques





Critical Ingredients of Family Psychoeducation

- Long-term duration—supports are provided as long as they are needed.
- Family and consumer involvement—family psychoeducation training is conducted with the consumer present as an integrated member of the family.





Role of the Community in Psychiatric Rehabilitation Process





The incidence, prevalence, and prognosis of mental disorders is strongly linked to community level factors

availability and integration of mental health services into communities can promote accessibility, acceptability, affordability, and scalability of services, as well as promote adherence to treatment and increase the likelihood of positive clinical outcomes



Components of Community Mental Health Care

- **Partnerships and collaboration with service users, families, and other organizations**
 - example: Integration of stress reduction and substance use risk reduction into the workplace
- **Mental health literacy and attitudes**
 - example: Conducting individual, family, and community psychoeducation and mental health literacy programs
- **Mental health promotion and mental illness prevention**
 - example: Manualized interventions such as Life-training Skills, Good Behavior Game, and Classroom Based Intervention



Domains of Community Mental Health Care

- Identification of and service engagement for persons with mental illness
 - example: Community Informant Detection Tools (CIDT) for pro-active case finding
- Treatment of persons with mental illness
 - example: Counseling for Alcohol Problems, Friendship Bench
- Psychosocial rehabilitation and livelihood promotion
 - example: Engagement of family in supporting recovery





References

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THANK YOU!!!

