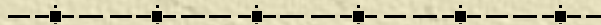


*Self- Help, Psychiatric
Rehabilitation, and
Treatment are Effective*

Meeting and Learning from People
with Serious Mental Illness

UMDNJ - CSPNJ



Self-Help Centers

✦ What is a Self-Help Center?

Self-Help Centers

- ✦ Wellness and recovery
- ✦ Socialization and recreation
- ✦ Mutual aid/self-help
- ✦ Advocacy
- ✦ Training/education
- ✦ Community outreach
- ✦ Business/operational meetings

What's different about a Self- Help Center?

- ✦ Consumer run
- ✦ Self- help experience enhances other aspects of treatment and/or wellness
- ✦ Open door policy
- ✦ Semi-structured, relaxed environment

Psychiatric Rehabilitation

✦ Based on the Concept of Recovery

- Consumers educating the field by their own course of illness and recovery
- Stems through Wellness and Recovery Initiatives
- An attitude, a mind set, an outlook that fosters the steps of recovery
- Where can it be practiced?
 - Partial Hospitals, Out Patient Clinics, Day Programs, Self Help Centers, Supported Employment, Supported Housing, Supported Education, etc.

Psychiatric Rehabilitation Goals

- ✦ To help persons with serve mental illness:
 - Achieve Recovery
 - Re-establish Meaningful Roles
 - Maximum Community Integration
 - Enhance Quality of Life

Psychiatric Rehabilitation Values

1. Right to self-determination
2. Empowerment
3. Dignity
4. Optimism
5. Capacity to learn and grow
6. Respectful and sensitive to differences
(individual, cultural and ethnic)

Psychiatric Rehabilitation Principles

1. Individualization of all services
2. Maximum client involvement and choice
3. Normalized/ community based services
4. Strength focus
5. Integrated, holistic treatment approach
6. On-going, accessible, coordinated services
7. Vocational focus/ skills based learning

What is Evidence- Based Practice?

✦ Psychiatric Rehabilitation practices that have been shown through research to promote:

- Recovery
- Empowerment
- Increase consumer satisfaction
- Positive therapeutic outcomes

Evidenced Based Practices

- ✦ Medication
- ✦ Assertive Community Treatment
- ✦ Family Psycho-education
- ✦ Supported Employment
- ✦ Illness Self-management and Recovery training
- ✦ Integrated MICA services

Treatment

usually involves...

- ✦ Medication
- ✦ Individual therapy
- ✦ Group therapy
- ✦ Peer support
- ✦ Holistic approaches
- ✦ Occasional hospitalizations

Wellness

can include...

- ✦ Exercise
- ✦ Close contact with friends
- ✦ Diet
- ✦ Significant relationships
- ✦ Getting adequate rest
- ✦ Meditation/ stress reduction activities
- ✦ Working
- ✦ Keeping a routine/ schedule
- ✦ Maintaining treatment

Please keep in mind that...

- ✦ Mental illness is episodic not chronic
- ✦ Type of treatment is a personal choice
- ✦ Treatment can significantly reduce the impairments associated with mental illness

People with Mental Illness can Work and Manage their Households

- ✦ Pay their own bills
- ✦ Rent, share, or own their own homes
- ✦ Participate in community activities, such as Tenant Associations, Rotary Clubs, or Recreation.

*If you know someone with
mental illness
(or if you suspect you have a problem)*

- There is hope and resources to help.

Please reach out and find a local resource:

<http://www.njgroups.org/>

or

Your community mental health center