# **PSYCHOSOCIAL REHABILITATION COMMUNITY PSYCHIATRY**

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# VALUES

- Human rights of patients
- Personal dignity
- Information and competent decisions: concordance, not compliance
- (Re)integration into the community full life
- Low stigma

# PSYCHIATRIST OUT OF HER OFFICE: SCREENING, LOWERING STIGMA



#### WHAT DOES IT MEAN FOR US IN THERAPY?

• We have to:

- Reinforcement
- Empowerment
- providing information
- improving decision-making and responsibility of patients
- accepting them as partners in therapy and in professional decision-making

• Values of recovery

# THE WORLD OF ASYLUM



### THE WORLD OF RECOVERY



#### THE WORLD OF RECOVERY: CONCORDANCE

• 'I could hardly find a psychiatrist who is compliance with my needs...'

• 'Doctor is interested in my illness, but I am interested in my health...'

• Karinthy Frigyes



# CONCORDANCE

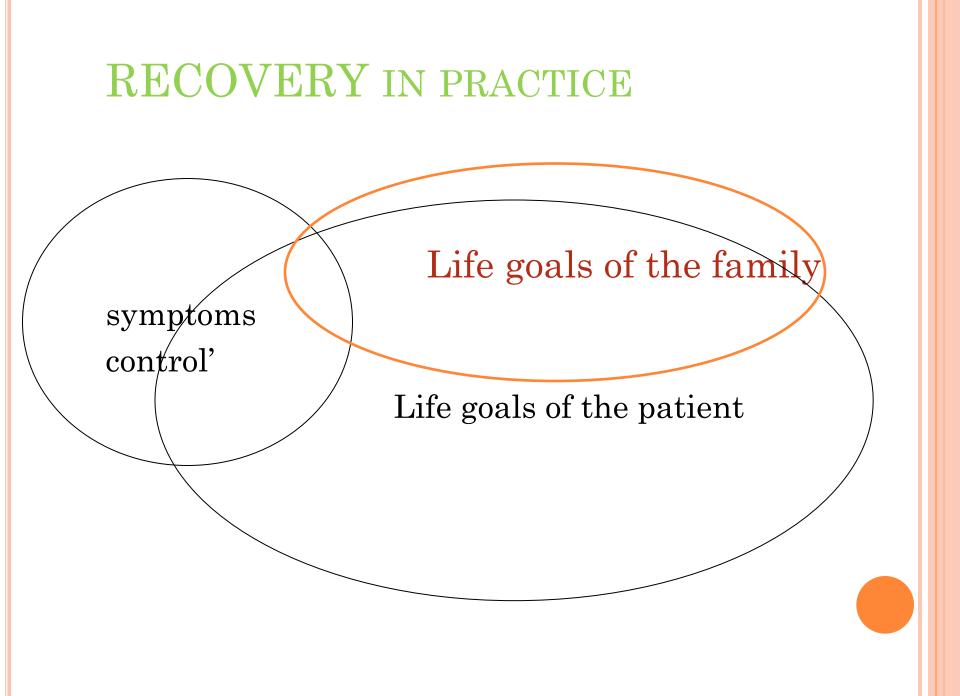
"Concordance does not refer to a patient's medicine-taking behaviour, but rather the nature of the interaction between clinician and patient. It is based on the notion that consultations between clinicians and patients are a negotiation between equals."

> J Simon Bell, Marja S Airaksinen, Alan Lyles, Timothy F Chen, Parisa Aslani<sup>:</sup> Br J Clin Pharmacol. 2007 November; 64(5): 710– 711.



## CONTEXT

- Team-work
- Family based
- Community based
  - (intensive) home care, follow-up
  - crisis services
  - case management: continous, available
  - day clubs
  - residential and vocational facilities
  - natural community resources



# PLAN FOR REHABILITATION STEPS

• To assess personal goals and problems of clients and family members

• Long term and short term goals/problems

# STEPS...

- Setting up goals
- Problem analysis
- Assess skills
- Rehab plan:
  - to reach personal goals
  - small steps
  - cause pleasure
  - with the family

### INTERVENTIONS

- Long term "optimal" drug treatment
- Psychoeducation
- Stress management
  - communication
  - problem solving
  - crisis management
- Living skills training
- Other cognitive behavioral interventions

# SKILLS TRAINING





VOCATIONAL REHABILITATION

- Supported employment on an individual basis
  - Needs, goals, skills: assessment
  - The optimal job(s)
  - The good job(s)
  - Finding the best one
  - Skills training
  - Long-term support

### SUPPORTED EMPLOYMENT...



RS9 Színház kávézója, VII. ker. Rumbach Sebestyén u. 9.



## **REHAB FACILITIES**

- Day clubs
- Self-help groups
  - AA groups, Hearing voices groups, etc.
- Residential facilities
- Community care
- Supported employment
- Day hospitals
- Rehab wards- therapeutic communities









# THERAPEUTIC COMMUNITY IN SZIGETVÁR

- A community of patients and staff based on the values of recovery
  - Listening and improving human dignity and hope for recovery
  - Fighting against stigma
  - Frequent contacts with the local community
  - Art
  - Life skills
  - Individual rehab program towards personal goals
  - Reaching family
  - Inviting recovered users



