Recovery Promoting Competencies Toolkit

A preview of what’s inside the Toolkit.
Recovery Promoting Competencies Self-Assessment Tool

Recovery Promoting Competencies Self-Assessment Tool (RPCS)

This section includes a Self-Assessment Tool and a Scoring Guide to give you feedback about your level of recovery-promoting competencies, as you perceive it.

Take the Self-Assessment, which includes 24 items representing major components of recovery-promoting competencies. Then, use the scoring instructions to find out how recovery-oriented you view your current way of practicing.

It may be helpful to use the RPCS after taking the Online Course and using the Strategies that are provided in this Toolkit, to see how you feel you have improved.

Read more about the Self-Assessment Tool...

Take the Self-Assessment | Scoring Instructions

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The development of the Toolkit was supported by a grant from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR Grant #90F0033).
Strategies

Provider / Enhancing Empowerment

- Supporting Personal Decisions
- Participating in Community Advocacy Events
- Supporting Relationships with Pets
- Arranging for a Person to Share or Teach
- Accompany People to Their Appointments
- Support Opportunities to Take Responsibility
- Coaching People to Use Wellness Strategies

The development of the Toolkit was supported by a grant from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDRR Grant #10FR0033).
DEFINITION: Facilitating the development or the strengthening of a connection with domestic animals.

PURPOSE: Create opportunities for the person to experience the known benefits of having a pet (e.g. decrease anxiety, increase confidence and community integration).

SUGGESTED TOOLS: A worksheet to assist the person in weighing preferences, pro’s and con’s in order to make an informed choice regarding having a pet.

REFERENCES:


BEFORE Using This Strategy:

Background: Research has shown that having a relationship with a pet decreases anxiety and helps people to feel that they have something to offer others. This strategy is useful for people with mental health conditions who like animals but have not had the opportunity to care for a pet on their own.

The person may not have considered having a pet because they lack necessary knowledge, skills, supports, resources and/or confidence to own or care for a pet or, the person may be living in a residence or institution where pets are not allowed. Some may not be knowledgeable about options to pursue if they cannot afford to own a pet. Some may worry that they do not have the skills to be in charge of another living being.

 ✓ Become knowledgeable about the common costs, duties involved, likely community restrictions on pet ownership for different species of animals so that you can engage in the discussion.
 ✓ Explain the strategy and its purpose.
   o Discuss the possibility of either owning a pet or finding a pet owned by another person (e.g. dog walking; pet sitting; seeing a friend’s pet regularly; volunteering at an animal shelter).
   o Discuss past experiences with pets and the impact of those experiences on the person’s current perception of pets, to understand how appropriate this strategy might be for the him/her.
 ✓ Invite the person to use the strategy.

DURING the Use of This Strategy:

 ✓ Explore the person’s wishes and preferences with respect to being involved with a pet.
 ✓ Support the person with choosing the type of pet best suited to his/her personality, confidence issues; self-perceptions; likelihood of training (i.e. service dogs).
DURING the Use of This Strategy (continued):

- Discuss the person’s perceptions of the pros and cons of current pet ownership vs taking on a regular role with someone else’s pet (e.g. potential costs; desired degree of responsibility for pet/s; residential restrictions; lifestyle; access to other pets on a regular basis; flexibility of personal schedule).
- Together determine the next steps in establishing their preferred pet arrangement.
- While this strategy is mainly designed for those who do not have a pet to begin with, those who do also should be supported in their contact. Regularly discussing the pet as a significant other is equally, if not more important for those with long term connections.

AFTER the Use of This Strategy:

- Once the preferred pet arrangement has been established, regularly spend a few minutes during each session inquiring about the pet. Invite the person to share stories about the pet. Explore what they are enjoying about being involved with a pet, as well as any challenges they may be having.
- Discuss the overall experience with the person, including its impact on others involved in the experience. Explore whether or not additional strategies or supports would enhance the person’s pet experience.
- Discuss the impact of the experience on the person him/herself, including their sense of being able to initiate, commit and follow through on an action.
- Help the person identify steps s/he could do differently the next time they try to take responsibility for an action.

REMEMBER:

Experiencing relationship with a pet has many benefits but also includes a lot of responsibilities. It is a great opportunity for the person to explore the impact of the experience on him/her, including what it has been like for them to make a decision, take action and assume responsibility.
Online Course

To preview a lecture click the YouTube link below

https://www.youtube.com/watch?v=AxHd0tyHo6k
CEUs

Boston University College of Health & Rehabilitation Sciences: Sargent College

BU Center for Psychiatric Rehabilitation

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Want to Earn Continuing Education Credits (CEU's)?

This online course can be submitted for CEUs (Continuing Education Units). You are welcome to submit by Module or for the entire Course after taking the lessons and successfully passing the knowledge test for each one. Some disciplines require longer post-tests than the 10 items you will find in each module. In this section, you can find longer test versions. Please make sure you check with your professional organization about their requirements and take the test most relevant for you.

CEU's for Pre-Approved Disciplines

As of 2017, pre-approval has been granted for: Psychiatric Rehabilitation Association (CPRP), formerly RSVP, Commission on Rehabilitation Counseling (CRC), & Massachusetts Board of Registration of Social Work (CEC's for LICSW, LCSW, LSW and LSWA). Massachusetts has reciprocity with almost all the other states in the U.S. Please check with your state to verify that they accept Social Work CEU’s from Massachusetts.

To apply to CEU’s for these professions contact us.

Non Pre-Approved Disciplines

If you are interested in any other CEU’s, you can submit the materials provided here. These materials include the elements most frequently required by professional organizations for CEU’s (Presenter bio; learning objectives; references; number of contact hours). In order to download or print the relevant materials and to request a certificate of completion, enter the modules you want to submit an application for in the list of modules below.

List of modules for CEU application materials

- Course Overview
- Introductory Module
- Partnering Module
- Inspiring Module
- Facilitating Choice Module
- Teaching Module

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Homepage in Spanish
Fomentar el empoderamiento

Proveedores
- Fomentar el empoderamiento
- Aumentar la esperanza
- Aumentar la autoaceptación

Gerentes de Programas
- Apoyar decisiones personales
- Participar juntos en eventos comunitarios

Directores Ejecutivos
- Apoyar oportunidades para asumir responsabilidades
- Acompañar a las personas a sus citas
- Apoyar oportunidades para demostrar sus destrezas

Apoyar la relación con una mascota

Apoyar la implementación de una vida saludable

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**ESTRATEGIAS PARA AUMENTAR EL EMPoderAMIENTO**

**Definición:** Facilitar el desarrollo o fortalecimiento de la relación del individuo con una mascota o varias mascotas.

**Propósito:** El propósito de esta estrategia es ayudar al individuo a entablar una relación estrecha a través del contacto regular con una mascota, lo cual ha sido demostrado que reduce la ansiedad, aumenta la confianza y la integración en la comunidad.

**Sugerencias de recursos:**

**Fuentes:**


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**Antes de usar esta estrategia:**

- Investigaciones han demostrado que establecer una relación con una mascota disminuye la ansiedad y ayuda a las personas a sentir que tienen algo que ofrecer a los demás.
- Aunque con frecuencia sucede que las personas que les gustan las mascotas ya tienen una, esta estrategia es útil para aquellas que han estado viviendo en residencias donde no las permiten o han estado recluidos en instituciones, y pensaban que no eran lo suficientemente fuertes como para tener mascotas o tener contacto con ellas.
- Puede que algunos individuos no estén informados acerca de qué opciones seguir si no pueden pagar para tener una mascota.
- Puede que algunos se preocupen por no tener las destrezas que se necesitan para estar a cargo de otro ser vivo.
- Esta estrategia es útil para aquellos a quienes es posible que les guste tener una relación con una mascota y no han tenido la oportunidad de considerar cómo hacer para establecerla o tuvieron una relación y la perdieron (como p. ej. tuvo una mascota cuando era niño; tuvo un compañero de cuarto que tenía una mascota) o tuvo un cambio en los requisitos de la vivienda, en otras palabras, no aceptan mascotas, o estaba tan enfermo como para cuidar a una mascota o cualquier otra circunstancia de la vida que se haya presentado.
- En términos generales hágase conocedor acerca de los gastos cotidianos, deberes que implica, probables restricciones de la comunidad para tener mascotas de diferentes especies de animales, de manera que usted pueda participar en la discusión.
- Explique la estrategia y su propósito.
  - Hable de experiencias en el pasado con mascotas y el impacto de esas experiencias en la percepción actual sobre ellas, para entender cuán apropiada podría ser esta estrategia para la persona.
  - Invite a la persona a usar la estrategia.
**Durante la utilización de la estrategia:**

- Ayude a la persona a escoger el tipo de mascota más apropiada para su personalidad, confianza en sí mismo, autopercepción; probabilidad de entrenamiento (p. ej. perros de asistencia).

- Hable con la persona acerca de los pros y contras de ser dueño de una mascota en el presente versus a tener una labor con la mascota de otra persona (p. ej. costos potenciales; grado deseado de responsabilidad por la mascota(s); restricciones en la residencia; estilo de vida; acceso a otras mascotas a intervalos regulares; flexibilidad del horario personal).

- A menudo pase unos pocos minutos durante la sesión hablando sobre la mascota, historias acerca de la vida y sobre qué hace o qué no hace la mascota, preocupaciones que la persona podría tener y pasos para vencer esas preocupaciones para animar a la persona en su relación.

- A pesar de que esta estrategia está principalmente diseñada para aquellos individuos que no tienen una mascota, aquéllos que sí tienen una también deberían recibir apoyo en su relación. Al hablar regularmente de la mascota como una pareja es igualmente, si no más importante, para aquéllos con relaciones de larga duración.

**Después de usar la estrategia:**

- Hable con la persona de la experiencia en general, incluyendo el impacto que tuvo en otros que participaron en la experiencia.

- Hable sobre el impacto que tuvo la experiencia sobre la persona, incluyendo el sentido de haber podido iniciarla, llevarla a cabo y seguir la acción hasta el final.

- Ayudar a la persona a identificar los pasos que podría hacer de una manera diferente la próxima vez que trate de hacerse responsable de una acción.
Introducción a la recuperación

Kit de herramientas de recuperación
Farkas, Hutchínson, Forbess, Restrepo -Toro, Russinova, 2016
Presentado por María E. Restrepo-Toro, MS, CPRP.

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