

Exploring the Field

Strengthening Psychiatric Rehabilitation Nursing Practice With New Information and Ideas

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The field of rehabilitation nursing practice and the application of rehabilitation principles are familiar to nurses in medical-surgical and long-term care settings.

Nurses working in traditional psychiatric inpatient settings also are becoming more aware of rehabilitation as it applies to people who experience long term mental illness (Moller, Palmer-Erbs, & Murphy, 1996; Palmer-Erbs, 1996; Palmer-Erbs & Anthony, 1995).

Underwood, Chafetz, Coppola, & McEnany (1993) emphasize that historically, nurses are part of a multidisciplinary team in inpatient settings and are responsible for maintaining a therapeutic environment and managing patient symptoms 24 hours a day. With the advent of managed care models, a large percentage of nursing staff will shift from traditional inpatient care to

work with consumer-survivors in alternative, rehabilitation-oriented, community-based settings. This shift in the location of services and the type of services offered will create new opportunities for nurses. The priority work will continue to be with individuals experiencing serious mental illness and psychiatric disability; the nature of the intervention strategies will change.

Nurses will provide psychiatric rehabilitation interventions, collaborating with consumers to acquire new knowledge and skills for basic living, learning, and working in the community and in developing new resources for success.

As nurses increase involvement in assessing and providing psychiatric rehabilitation interventions, questions may arise about how to access information on psychiatric rehabilitation nursing practice, program models, service system issues, research outcomes, and training opportunities. In response to these and other questions, and to increase interest in psychiatric rehabilitation philosophy and practice, this article highlights information sources focused on psychiatric rehabilitation for persons with serious mental illness.

National Research and Training Centers in Mental Health

For the past 20 years, two national centers have been developing the

knowledge, resources, and skills necessary to help consumers, survivors, family members, providers, policy makers, researchers, and educators create opportunities for people with psychiatric disabilities. These are Boston University's Center for Psychiatric Rehabilitation and the National Research and Training Center on Psychiatric Disability at the University of Illinois at Chicago.

Both organizations, jointly funded by the National Institute on Disability and Rehabilitation Research (NIDRR) and the Center for Mental Health Services (CMHS), are excellent sources of information, consultation, technical assistance, and training on psychiatric rehabilitation practice, program development, and the creation of community support systems for individuals with psychiatric disabilities.

As independent rehabilitation research and training centers (RTCs) focusing on issues related to psychiatric disability, each organization currently is involved with research and training projects designed to promote the growth, development, and education of persons with mental illness. To invite reader participation and encourage the use of these information and materials sources, their dissemination, training, and technical assistance efforts are outlined.

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RESOURCES IN PSYCHIATRIC REHABILITATION

The following organizations can assist you in your search for information related to psychiatric rehabilitation.

Each organization maintains databases, publishes resource materials, and provides services to help people with serious mental illness.

The Center for Psychiatric Rehabilitation, 930 Commonwealth Ave., Boston, MA 02215; 617-353-3549; fax 617-353-7700. Contact Kathy Furlong-Norman, Director, Resource Information Service.

The *Community Support Network News* and the *Psychiatric Rehabilitation Journal* are publications produced and disseminated through the Center. Subscription information is available upon request.

Boston University, Sargent College of Allied Health Professions, Department of Rehabilitation Counseling, 635 Commonwealth Ave., Boston, MA 02115.

On-campus and off-campus masters programs in rehabilitation counseling and a specialization in psychiatric rehabilitation are available. Contact Dr. Patricia Nemecek at 617-353-7487.

The National Research and Training Center on Psychiatric Disability, 104 South Michigan Ave., Suite 900, Chicago, IL 60603-5901; 312-422-8180; fax 312-422-0740. Contact Jessica Jonikas, Director of Training.

The International Association of Psychosocial Rehabilitation (IAPSR), 10025 Governor Warfield Parkway #301, Columbia, MD 21044-3357; 410-730-7190; fax 410-730-5965.

This non-profit organization of approximately 450 agencies and 1100 practitioners serves people with serious mental illness.

The Center for Psychiatric Rehabilitation

Since 1979, The Center for Psychiatric Rehabilitation has conducted research, provided training to mental health and vocational rehabilitation professionals, and consulted with mental health systems and agencies integrating principles of psychiatric rehabilitation into existing programs and service systems. The Center provides services to people with mental illness. Multimedia materials developed at The Center are used worldwide, including skills-based training to practitioners of psychiatric rehabilitation.

Advanced degree programs

Through the Department of Rehabilitation Counseling at Boston University's Sargent College of Allied Health Professions, The Center offers a psychiatric rehabilitation curriculum that leads

to certificates of advanced graduate studies, master's and doctoral degrees, and most recently, post-doctoral research fellowships. The Center hosts national and international visitors interested in replicating psychiatric rehabilitation programs in their home states or countries.

The Center provides a Resource Information Service (RIS) for community support and rehabilitation designed to disseminate and support the use of new rehabilitation knowledge by consumers, survivors, family members, and rehabilitation and mental health service providers, including personnel employed in nursing, vocational rehabilitation, education, and research settings.

Information is available in a variety of formats, including books, articles, newsletters, journals, training manuals and training packages, monographs, audio tapes, and video tapes.

Staff available for consultation

Staff are available to respond to information requests, assist with consultation and information referral, and conduct information searches upon request.

Databases of "key contacts" (people and organizations) in the field of psychiatric rehabilitation, training and technical assistance documents, and workshops and conference information also are available upon request.

A home page on the World Wide Web links users to national organizations and projects.

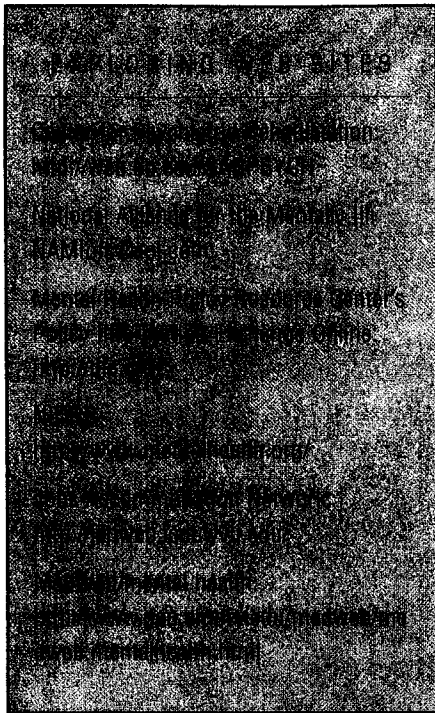
The National RTC

The National RTC on Psychiatric Disability at the University of Illinois at Chicago provides dissemination, training, and technical assistance services to a variety of individuals concerned with mental health services and rehabilitation, such as providers, employers, and coworkers.

The RTC's overall purpose is to conduct rehabilitation research and training that enhance service delivery while advancing knowledge and understanding about psychiatric disability, rehabilitation, and peer support. Its mission includes integrating individuals with psychiatric disabilities into all levels of mental health service delivery and helping consumers of mental health services engage in their own research and training activities.

Particular focus is given to crisis management and prevention of hospitalization; facilitating employment, housing, and education for consumers; the development of consumer-created and delivered services; the unique needs of special populations, such as women and those from diverse cultural backgrounds; familial experiences with serious mental illness; and systems integration of rehabilitation principles into practice.

Information and resources provided by the RTC include curricular and training materials, book chapters, scholarly publications, monographs and reports, a *photo novella* (a picture book on mental



illness for Spanish-speaking audiences), annotated bibliographies, and interactive statistical software.

The RTC staff is committed to creating educational products that are user-friendly, inexpensive, and easily replicated without purchasing expensive technical assistance. The development of these user-friendly product materials occurred largely because the RTC was located for 5 years at Thresholds, a large psychiatric rehabilitation agency in Chicago.

While there, RTC staff worked directly with providers, consumers, and family members in identifying ways to integrate research findings, appropriate educational techniques, and necessary clinical approaches into all training materials. As a result of these collaborative efforts, RTC materials are pragmatic and practical in focus.

The goal for materials development included materials readily adaptable for use in a variety of service delivery settings. Staff are committed to maintaining this practical approach to informa-

Psychiatric Rehab Nursing	KEYPOINTS
	<i>Exploring the Field: Strengthening Psychiatric Rehabilitation Nursing Practice With New Information and Ideas.</i> Furlong-Norman, K., Palmer-Erbs, V.K., Jonikas, J. <i>Journal of Psychosocial Nursing and Mental Health Services</i> 1997;35(1):35-37.
1	Nurses working in traditional psychiatric inpatient settings are becoming more aware of rehabilitation as it applies to people who experience long term mental illness.
2	With the advent of managed care models, a large percentage of nursing staff will shift from traditional inpatient care to work with consumer-survivors in rehabilitation-oriented, community-based settings.
3	As nurses increase involvement in assessing and providing psychiatric rehabilitation interventions, they will need information sources focused on psychiatric rehabilitation for persons with serious mental illness.

tion development and dissemination in their new locations at the UIC.

RTC staff persons are available to supply information, provide technical assistance and consultation, make referrals, and facilitate special workshops and training to a variety of stakeholder audiences.

Individualized technical support provides assistance with issues in research, training, outcomes management, funding, program development, and improving mental health services.

Upon request, staff will fax research findings and rehabilitation information.

RTC sponsors visits by providers, researchers, trainers, consumers, family members, and other visiting scholars from around the world who wish to come to Chicago to learn more about psychiatric rehabilitation, mental health services research, and peer support.

The research, training, and services undertaken by each organization highlight accomplishments in the field of psychiatric rehabilitation. Each organization welcomes requests for information and encourages readers to call or

write for assistance.

As readers of this special issue, you may find that you are some of the first team members in your setting to raise questions and consider the adaptation of psychiatric rehabilitation materials in your clinical settings. Do not hesitate to call or write for assistance from any of the resources listed in this article.

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