Based on the values and principles of psychiatric rehabilitation, the Self-Directed Psychiatric Rehabilitation Activities is a product designed to facilitate a personal exploration, either independently or with support, through the process of considering, choosing, getting, and keeping a preferred living, learning, working, or social role. The individual is the driver in this process, while others sit in the passenger seat helping to navigate the route, as needed and wanted.

Activity outlines, examples, and worksheets are written to help individuals learn about the processes through the experience of direct application. The process in this manual is designed to assist a person to explore and learn about how to develop readiness for rehabilitation; to choose a valued role in residential, educational, vocational, and social settings; and to review and develop skills and supports that may be needed for success and satisfaction within a chosen role. These Self-Directed Activities may be used independently, with a support person, or with a group of peers.

The Self-Directed Activities are organized with:
1. An overview of each activity
2. An outline of the steps for completing the activity worksheets
3. Examples from one person's experience with the entire process
4. Blank worksheets to help guide individuals through the process

This format of an Overview--Outline--Examples--Worksheets is designed to help people walk through the process one step at a time. The activities are written in pdf files on a CD, which allows the flexibility of printing out the sections as individuals go along in the process as well as the ability to print out extra worksheets as needed.

A valuable resource for individuals, peers, mental health and rehabilitation service providers, family members, and others, who will find the Self-Directed Psychiatric Rehabilitation Activities to be user-friendly in helping to make important life decisions.

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Self-Directed Psychiatric Rehabilitation Activities

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