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# Self-Directed Psychiatric Rehabilitation Activities

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**Boston University Center for Psychiatric Rehabilitation**

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## Introduction

The *Self-Directed Psychiatric Rehabilitation Activities* are designed to be used by you, with or without support of another person. The activities are designed to help you to decide where you wish to live, learn, work, or socialize, and they will help you review and develop the skills and supports you want and need to be satisfied and successful.

The main principle guiding this process is:

Skills + Supports = Success + Satisfaction

In other words, it takes a combination of skills you can use and supports you can access in order to be successful and satisfied in your goal of where you choose to live, learn, work, or socialize.

The outlines and worksheets are written from a self-directed perspective. You are the driver in this process. You will be making decisions about your readiness to start the process; choosing a valued role for where you'd like to live, learn, work, or socialize; and reviewing and developing your skills and supports to be satisfied and successful in your chosen goal setting.

In the Table of Contents, the activities are organized with an:

- Overview of each activity
- Outline of the steps for completing the activity worksheets
- Example shaded in gray that goes through the entire process with one individual, named Mike Smith, and
- Blank worksheets to help guide you through your own process

This format of an Overview—Outline—Example—Worksheets is designed to help you walk through the parts of the process one step at a time.

The activities in this manual include:

1. Exploring My Readiness
2. Developing My Confidence and Readiness
3. Choosing a Valued Role
4. Assessing My Skills
5. Reviewing My Supports
6. Developing My Skills
7. Developing My Supports



The values inherent in various self-directed programs complement these psych rehab activities. The value of *freedom of choice* is central to these activities. Choosing which direction to proceed to after exploring your readiness; choosing a valued role and place where you want to live, learn, work, or socialize; choosing which skills and supports to assess and develop, and deciding how fast or slow to proceed with the activities is your choice, too. The value of *personal responsibility* is built into these self-directed activities as well as your accountability for your successful and unsuccessful experiences along the way. You will have the opportunity to learn from your experiences and make any adjustments needed to develop and improve so that you may feel satisfied and successful.

You may do these activities on your own, with others who might share similar goals, or with the assistance of a support person. You may want to share your completed worksheets with a service provider or other person helping you to show the progress you have made. The practitioner's role has changed from the traditional role in the psychiatric rehabilitation process. Your support staff, or other person supporting you, may provide directions, assistance, and support when you desire and need it; or if you get stuck or want some help. With these self-directed activities, you sit in the driver's seat and a support person sits in the passenger seat and, at times, may provide you with some directions to help navigate the route.

You may want to use these self-directed activities by yourself or with a small group of peers. Because of the personal nature of the content discussed with each part of the process, small groups of only a few people work best. It also works best when group members have similar areas they are working on together, such as all educational goals or all vocational goals, so that you and your peers can share related ideas and experiences with each other.

In summary, the *Self-Directed Psychiatric Rehabilitation Activities* is a new resource for you to use to make changes in your living, learning, working, and/or social settings. While there have been some changes in this psychiatric rehabilitation process over the years; the basic values, philosophy, and skills have remained the same. The process in this manual is to help you explore and develop your own readiness for rehabilitation; choose your own valued role in setting residential, educational, vocational, or social goals; and review and develop your own skills and supports in order to be satisfied and successful where you have chosen to live, learn, work, or socialize.

However you decide to use this guide, these activities are designed to help you make the journey towards where you want to live, learn, work, or socialize. Best wishes as you drive yourself through the rehabilitation process!

## 1. Exploring My Readiness for Rehabilitation

**READINESS:** Need, Commitment, Awareness about Options, Awareness about Myself, Support

### Outline of the Steps of Need for a Change

**Step 1:** *Which area in my life do I want to focus on at this time?*

- Pick one area of your life to explore first (living, learning, working, or socializing).
- Pick the area that you think you'd like to work on the most right now.
- Name the place that you are focusing on (living, learning, working, or socializing) and your role, such as resident, student, part-time cashier, or club member.

**Step 2:** *How happy am I with the people, the place, and the activities at my current place?*

- Answer the questions on the worksheet about how satisfied you are currently in the area in your life that you picked to explore first, using the scale.
- If you are not currently in the type of place you are focusing on, record how you feel about not being in that setting. For example, if you are unemployed, then how satisfied are you with having no job at this time?

**Step 3:** *How well do I think I'm doing here? How well do others think I am doing here?*

- Answer the questions on the worksheet about how successful you are currently in your focus area, using the scale provided.
- If you are not in the type of place you are focusing on, record your thoughts about your success. For example, if you are unemployed, then how successful do you feel?

**Step 4:** *Given both my satisfaction and my success in my current place, how would I rate my need to choose a valued role now?*

- Summarize your Need for a Change using the scale on the worksheet.
- If the rating for your Need for a Change is "Very Low," which means that you are very satisfied and very successful there, then pick a different area of your life that you'd like to explore and start the steps of Need for a Change again.
- Sometimes after you explore the other parts of readiness, you will discover that your Need for a Change fluctuates. An original "Very Low" rating can change when you learn more information and discover other options are possible for you.

**READINESS:** Need, Commitment, Awareness about Options, Awareness about Myself, Support

**Mike’s Example of Need for a Change** (page 1 of 2)

Participant: *Mike Smith*

**Step 1:** Which area in my life do I want to focus on at this time?

Living     Learning     Working     Social

Name of My Current Place and Role in this Area: *Resident at 10<sup>th</sup> Street Group Home*

**Step 2:** How happy am I with the people, the place, and the activities at my current place?

Need	Very Dissatisfied	Mostly Dissatisfied	Mixed	Mostly Satisfied	Very Satisfied
How satisfied am I with the people in my current place?		<i>I don't really like the other residents</i>			
How satisfied am I with the physical aspects of my current place?			<i>Nice TV, but I have to share a bedroom</i>		
How satisfied am I with the activities in my current place?	<i>I'm bored w/activities, and annoyed w/chores</i>				

**READINESS: Need, Commitment, Awareness about Options, Awareness about Myself, Support**

**Mike’s Example of Need for a Change** (page 2 of 2)

**Step 3:** *How well do I think I’m doing here? How well do others think I am doing here?*

Need	Very Unsuccessful	Mostly Unsuccessful	Mixed	Mostly Successful	Very Successful
How successful do I think I am in my current place?			<i>I think I’m doing OK</i>		
How successful do others think I am in my current place and role?			<i>Some +/- mixed reviews from others</i>		

**Step 4:** *Given both my satisfaction and my success in my current place, how would I rate my need to choose a valued role now?*

<b>Need for a Change Rating</b>	Very High	<u>High</u>	Moderate	Low	Very Low
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**READINESS:** Need, Commitment, Awareness about Options, Awareness about Myself, Support

## My Worksheets for My Need for a Change (page 1 of 4)

My Name:

**Step 1:** Which area in my life do I want to focus on at this time?

Living    Learning    Working    Social



**Instructions:** Write down the name of where you are living, learning, working, or socializing. Write down your role there, such as resident, student, part-time cashier, or club member.

Name of my Current Place in my Area of Focus:

What is my Current Role here?

**READINESS:** Need, Commitment, Awareness about Options, Awareness about Myself, Support

### My Worksheets for My Need for a Change (page 2 of 4)

**Step 2:** *How happy am I with the people, the place, and the activities at my current place?*



**Instructions:** Write your comments on the rating that best matches your satisfaction level for each of the questions in the left-hand column. If you are not in the type of place you are focusing on, record how you feel about that lack of setting. For example, if you are unemployed, then how satisfied are you about having no job at this time?

Need	Very Dissatisfied	Mostly Dissatisfied	Mixed	Mostly Satisfied	Very Satisfied
How satisfied am I with the people in my current place?					
How satisfied am I with the physical aspects in my current place?					
How satisfied am I with the activities in my current place?					

**READINESS:** Need, Commitment, Awareness about Options, Awareness about Myself, Support

### My Worksheets for My Need for a Change (page 3 of 4)

**Step 3:** *How well do I think I'm doing here? How well do others think I am doing here?*



**Instructions:** Write your comments in the box that best matches your success level for each of the questions in the left-hand column.

Need	Very Unsuccessful	Mostly Unsuccessful	Mixed	Mostly Successful	Very Successful
How successful do I think I am in my current place?					
How successful do others think I am in my current place and role?					
<b>Comments:</b>					

**READINESS:** Need, Commitment, Awareness about Options, Awareness about Myself, Support

### My Worksheets for My Need for a Change (page 4 of 4)

**Step 4:** *Given both my satisfaction and my success in my current place and role, how would I rate my need to choose a valued role now?*



**Instructions:** Highlight or circle the rating that best describes your Need for a change now based on your exploration of your satisfaction and your success.

For example, a “Very High” Need for Change rating means that you were very dissatisfied and very unsuccessful in your current place, and a “Very Low” rating means that you were very satisfied and very successful in your current place.

<b>My Need for a Change Rating</b>	Very High	High	Moderate	Low	Very Low
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