

WHAT ARE PSYCHOSOCIAL REHABILITATION SERVICES?

“Working with persons with serious mental illnesses in a manner consistent with psychosocial rehabilitation principles.

This includes programs that provide case management, supported housing, day programs vocational rehabilitation, site based and community based psychosocial rehabilitation (all models), residential services social rehabilitation, peer support etc.” www.uspra.org

WHAT ELSE SHOULD I KNOW?

“Psychosocial Rehabilitation promotes recovery, full community integration and improved quality of life for persons diagnosed with any mental health condition that seriously impairs judgment.

Members promote the core Principles and values and are guided by USPR A’s code of ethics and reflect Multicultural principles.” www.uspra.org

WHAT IS A CERTIFIED PSYCHOSOCIAL REHABILITATION PRACTITIONER (CPRP)

The CPRP Program Mission: *“The Certified Psychiatric Rehabilitation Practitioner credential (CPRP) is a test-based certification that fosters the growth of a qualified, ethical, and culturally diverse psychiatric rehabilitation workforce through enforcement of a practitioner code of ethics.”*
www.uspra.org- certification home page

TRAINING OPPORTUNITIES

PLEASE CONTACT

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for training opportunities.

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*New Mexico Chapter of United States
Psychiatric Rehabilitation Association
www.uspra.org*

PSYCHOSOCIAL
REHABILITATION
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MEXICO

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PRINCIPLES OF RECOVERY:

- 1 . PSR practitioners convey hope and respect, and believe that all individuals have the capacity to learn and grow.
- 2 . PSR practitioners recognize that culture is central to recovery, and strive to ensure that all services are culturally relevant to individuals receiving services.
- 3 . PSR practitioners engage in the processes of informed and shared decision-making and facilitate partnerships with other persons identified by the individual receiving services.
- 4 . PSR practices build on the strengths and capabilities of individuals.
- 5 . PSR practices are person-centered; they are designed to address the unique needs of individuals, consistent with their values, hopes and aspirations.
- 6 . PSR practices support full integration of people in recovery into their communities where they can exercise their rights of citizenship, as well as to accept the responsibilities and explore the opportunities that come with being a member of a community and larger society.
- 7 . PSR practices promote self-determination and empowerment. All individuals have the right to make their

own decisions, including decisions about the types of services and supports they receive.

- 8 . PSR practices facilitate the development of personal support networks by utilizing natural supports within communities, peer support initiatives, and self-and mutual-help groups.
- 9 . PSR practices strive to help individuals improve the quality of all aspects of their lives; including social, occupational, educational, residential, intellectual, spiritual and financial.
- 10 . PSR practices promote health and wellness, encouraging individuals to develop and pursue individualized wellness plans.
- 11 . PSR services emphasize evidence-based, promising and emerging best practices that produce outcomes congruent with personal recovery. Programs include structured program evaluation and quality improvement mechanisms that actively involve persons receiving services.
- 12 . PSR services must be readily accessible to all individuals whenever they need them. These services also should be well coordinated and integrated with other psychiatric, medical and holistic treatments and practices.

Call 575-649-8518

We believe that People *can and do* recover from even the most serious and persistent mental illnesses, such as schizophrenia, major depression or bipolar disorder. Studies suggest that individuals recover or significantly improve when provided the appropriate treatments and support systems. Over the last 30 years, an unwavering effort to use more effective and lower cost alternatives to long-term institutionalization led to psychiatric rehabilitation services.

Psychiatric rehabilitation promotes recovery, full community integration and improved quality of life for persons who have been diagnosed with any mental health condition that seriously impairs functioning. Psychiatric rehabilitation services are collaborative, person directed, and individualized, and an essential element of the human services spectrum, and should be evidence-based. They focus on helping individuals re-discover skills and access resources needed to increase their capacity to be successful and satisfied in the living, working, learning and social environments of their choice.

www.uspra.org