



Psychiatric Rehabilitation: Readiness Assessment

*Guiding Service Recipients in Developing
Rehabilitation Service Strategies Based on
Motivational Readiness*

Center for Rehabilitation and Recovery
Coalition of Voluntary Mental Health Agencies, Inc.

Website: www.cvmha.org





Workshop Objectives

Increased participant understanding of:

1. The principles and process of involving consumers in Rehabilitation Readiness Assessment.
2. The implications for program and practitioner practice changes needed to apply Rehabilitation Readiness Assessment.



Motivational Readiness vs. Functional Readiness

Ready to
Participate in the
Rehabilitation
Process?



Readiness Assessment

Ready to *Function* in a
living, learning,
working, or socializing
environment?



Skill and Resource Assessment



Readiness Assessment Process

Gather Information



Interpret Information



Rate the Degree of Readiness

Adapted from: Farkas, M., Cohen, M., McNamara, S., Nemec, P., & Cohen, B. (2000). Assessing readiness for rehabilitation: Training package. Boston, MA: Center for Psychiatric Rehabilitation.



Overall Psychiatric Rehabilitation Planning Process

1. Engage

2. *Assess Readiness*

3. Select a Rehabilitation Strategy

Engagement

*Readiness
Development*

*Choosing
Valued Roles*

*Achieving
Valued Roles*

4. Plan/Deliver Rehabilitation (& Other) Services



Example: Readiness Assessment

“Jim”

- Thirty year old man.
- Recently discharged from state hospital after stay of several months.
- Attending CDTP.
- Living with parents.
- Lived for brief time in apartment before 1st hospitalization ten years ago.
- Five admissions in last ten years.



Example: Readiness Assessment

Need – Jim is very unhappy about living at home because of the expectations his parent’s put on him and lack of privacy. His parents, however, are generally satisfied with Jim living at home for the time being but think he eventually needs to move out to “prepare for the day that we’re not here”.

Rating - 4



Example: Readiness Assessment

Commitment – Although Jim believes that he'd be happier living on his own, he doesn't have confidence that he'd be able to succeed. He remembers how stressful it was the only time he tried it, and it feels overwhelming to him. Also, despite not being happy with living with his parents, he doesn't believe that anyone would be as supportive as they are when support is really needed.

Rating - 2



Example: Readiness Assessment

Self-Awareness – Jim can't describe in detail what he'd like or dislike about a place to live. He's sure about what a couple of his personal values are; freedom and loyalty; but can't list or describe any beyond those two.

Rating - 2



Example: Readiness Assessment

Environmental-Awareness – Jim knows very little about potential places to live in the community. He knows the basics about the demands of living in an apartment, but can only name one other type of place to live in the community; “group home”. He’s never been to a group home and knows almost nothing about the services offered, other residents, expectations, the daily routine, etc. He has no experience with selecting a place to live.

Rating - 2

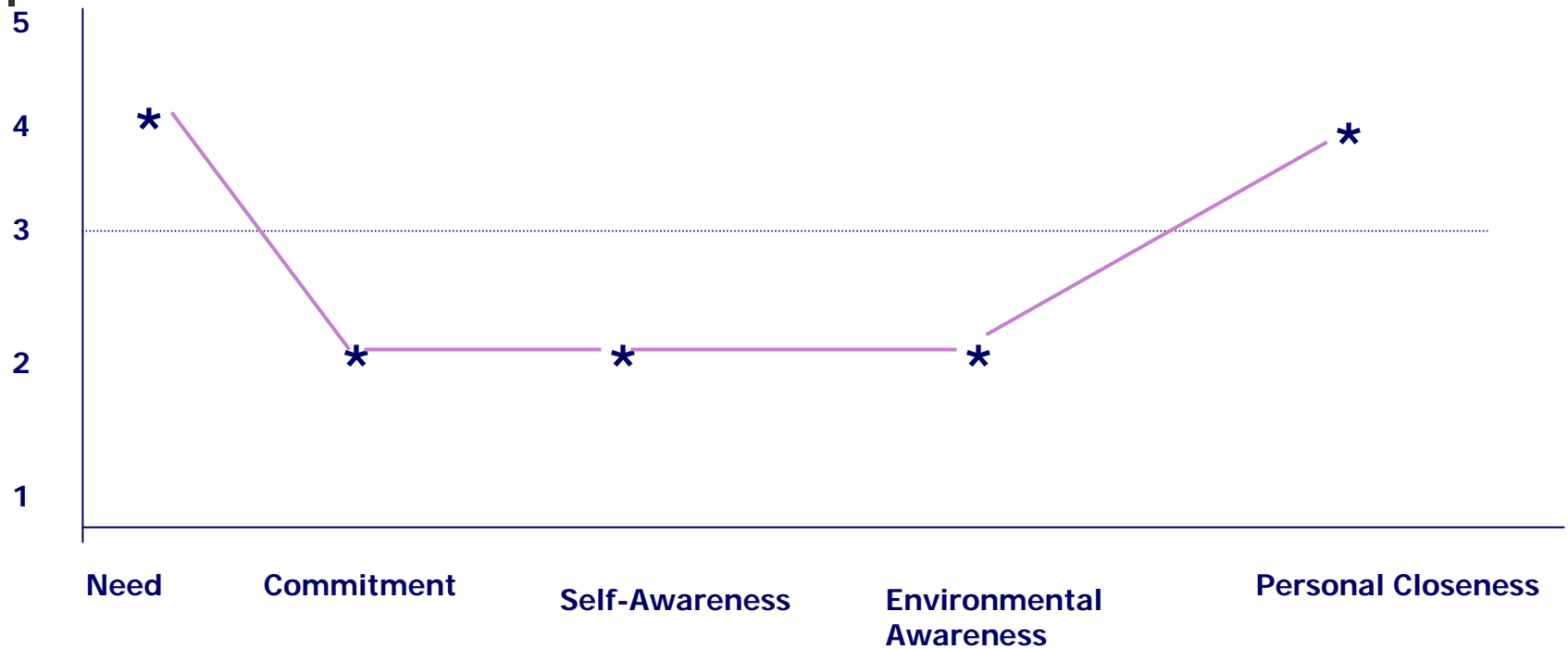


Example: Readiness Assessment

Personal Closeness – Jim feels very comfortable with most of the staff in the program, many of whom he's known for several years. He feels that the staff really care about him and over time has developed a high level of trust with one staff person in particular.

Rating - 4

Jim's Readiness Assessment Profile



Strategy: Develop Readiness



Need for Rehabilitation

Need
Commitment
Awareness
Personal Closeness

- ***Satisfaction & Success in current Living, Learning, Working, Socializing Role***
 - Do you like/dislike the people, physical characteristics/surroundings, and activities in the place you live? (learn, work, or socialize)
 - What are the reasons?

Adapted from: Farkas, M., Cohen, M., McNamara, S., Nemecek, P., & Cohen, B. (2000). Assessing readiness for rehabilitation: Training package. Boston, MA: Center for Psychiatric Rehabilitation.

Need
Commitment
Awareness
Personal Closeness



Need for Rehabilitation

- **Satisfaction & *Success* in current Living, Learning, Working, Socializing Role**
 - Do you think you are doing well in the place you live? (learn, work, or socialize)
 - What do others think about how the consumer is doing in the place s/he lives?
 - Is there pressure for the consumer to change her/himself or the environments?

Adapted from: Farkas, M., Cohen, M., McNamara, S., Nemec, P., & Cohen, B. (2000). Assessing readiness for rehabilitation: Training package. Boston, MA: Center for Psychiatric Rehabilitation.



Rating Need to Change



Adapted from: Farkas, M., Cohen, M., McNamara, S., Nemecek, P., & Cohen, B. (2000). Assessing readiness for rehabilitation: Training package. Boston, MA: Center for Psychiatric Rehabilitation.



Commitment to Change

Need
Commitment
Awareness
Personal Closeness

- **Beliefs about desirability, benefits, ability, & support**
 - How important is it to change either yourself or the place you live? (learn, work, or socialize)
 - If you changed yourself or the place you live, would you be better off?
 - Do you think you can change yourself or the place you live?
 - Do you think you'd have support or resistance to changing yourself or the place you live?

Adapted from: Farkas, M., Cohen, M., McNamara, S., Nemecek, P., & Cohen, B. (2000). Assessing readiness for rehabilitation: Training package. Boston, MA: Center for Psychiatric Rehabilitation.



Rating Commitment to Change

**Very Low
Commitment**

**Very High
Commitment**

Low					High
1	2	3	4	5	

Adapted from: Farkas, M., Cohen, M., McNamara, S., Nemeck, P., & Cohen, B. (2000). Assessing readiness for rehabilitation: Training package. Boston, MA: Center for Psychiatric Rehabilitation.

Need
Commitment
Awareness
Personal Closeness



Self-Awareness

- **Knowledge about self related to choosing a living, learning, working, or socializing environment**
 - What are your preferences and interests for the place you'd like to live? (learn, work, or socialize)
 - What are the personal values you use as a guide when making important decisions?

Adapted from: Farkas, M., Cohen, M., McNamara, S., Nemec, P., & Cohen, B. (2000). Assessing readiness for rehabilitation: Training package. Boston, MA: Center for Psychiatric Rehabilitation.



Rating Self-Awareness

**Very Low
Awareness**

**Very High
Awareness**

Low					High
1	2	3	4	5	

Adapted from: Farkas, M., Cohen, M., McNamara, S., Nemeck, P., & Cohen, B. (2000). Assessing readiness for rehabilitation: Training package. Boston, MA: Center for Psychiatric Rehabilitation.

Need
Commitment
Awareness
Personal Closeness



Environmental Awareness

- **Knowledge about potential places to live, learn, work, or socialize**
 - What are the types of places in the community to live? (learn, work, or socialize)
 - What are the people, physical characteristics, expectations, and activities in these places?

Adapted from: Farkas, M., Cohen, M., McNamara, S., Nemeck, P., & Cohen, B. (2000). Assessing readiness for rehabilitation: Training package. Boston, MA: Center for Psychiatric Rehabilitation.



Rating Environmental Awareness

**Very Low
Environmental
Awareness**

**Very High
Environmental
Awareness**

Low					High
1	2	3	4	5	

Adapted from: Farkas, M., Cohen, M., McNamara, S., Nemecek, P., & Cohen, B. (2000). Assessing readiness for rehabilitation: Training package. Boston, MA: Center for Psychiatric Rehabilitation.

Need
Commitment
Awareness
Personal Closeness



Personal Closeness

- **Perspective about the quantity and quality of interactions with staff**
 - Are you satisfied with the amount of time that staff spend interacting with you personally?
 - Are you satisfied with how the staff relate to you?

Adapted from: Farkas, M., Cohen, M., McNamara, S., Nemeč, P., & Cohen, B. (2000). Assessing readiness for rehabilitation: Training package. Boston, MA: Center for Psychiatric Rehabilitation.



Rating Personal Closeness

**Very Low
Satisfaction**

**Very High
Satisfaction**

Low					High
1	2	3	4	5	

Adapted from: Farkas, M., Cohen, M., McNamara, S., Nemecek, P., & Cohen, B. (2000). Assessing readiness for rehabilitation: Training package. Boston, MA: Center for Psychiatric Rehabilitation.



Overall Readiness

Considering all the readiness factors discussed so far, what is your overall level of confidence, hope, and motivation for choosing, getting, or keeping a place to live?

**Very Low
Readiness**

**Very High
Readiness**

Low					High
1	2	3	4	5	

Adapted from: Farkas, M., Cohen, M., McNamara, S., Nemecek, P., & Cohen, B. (2000). Assessing readiness for rehabilitation: Training package. Boston, MA: Center for Psychiatric Rehabilitation.



Readiness Assessment Profile



Overall Readiness:

Strategy: Develop Readiness – Choose – Get – Keep



Overall Readiness

What should we focus our services on first?

Increasing confidence, hope, and motivation: **Readiness Development**

Choosing a place to live, learn, work, or socialize within the next 6 months to 2 years: **Choosing a Valued Role**

Developing the skills and resources needed to be successful and satisfied in the place you have chosen to live, learn, work, or socialize: **Getting a Valued Role**
Keeping a Valued Role

Adapted from: Farkas, M., Cohen, M., McNamara, S., Nemec, P., & Cohen, B. (2000). Assessing readiness for rehabilitation: Training package. Boston, MA: Center for Psychiatric Rehabilitation.



Summary: Assessing Readiness

1. Orient the person to the purpose and process of Assessing Readiness.
2. Interview the person about the factors of need, commitment, environmental awareness, self-awareness, and personal closeness.
3. Assist the person in conducting a self-rating of each readiness factor and his/her overall readiness.
4. Explore the person's reasons for her/his ratings.
5. Rate each readiness factor as well as the overall readiness, and explain your ratings and the reasons for the ratings to the person.
6. Discuss the similarities and differences in the two ratings.
7. Change ratings as needed to reflect the service recipient's perspective.

If the service recipient is unable or unwilling to participate in the Assessing Readiness Process, identify an Engagement Role Recovery Goal.

Adapted from: Farkas, M., Cohen, M., McNamara, S., Nemeč, P., & Cohen, B. (2000). Assessing readiness for rehabilitation: Training package. Boston, MA: Center for Psychiatric Rehabilitation.