

Training for Staff Working with Vet To Vet Facilitators

1. What are the values to Psych Social Rehabilitation

Choice
Dignity and Respect
Individuality
Community Integration
Hope
Comprehensiveness
Outcome
Functioning

2. Ways that staff can foster recovery

Support the development of supports, such as, membership in real community, centers of peer attention, wellness exploration, deeper friendships and a different view of "crisis."

Help build interpersonal skills to promote the development of new friendships

Honesty in interpreting "danger to oneself and others"

Defining clearly to a person what behaviors would indicate to staff that the person is unsafe and actions staff will take if these behaviors occur.

Find ways to deal with fears by encouraging self-expression

Develop creativity groups teaching both artistic skills and self expression

Promote positive events, surprises, accomplishments, joys, dreams

Hosting birthday parties

Help consumers develop real life skills

Making a meal, cleaning room, personal hygiene, riding a bus, managing money

Work with collaboratively with consumers to create new relationships, thoughts and behavior
Use ST to identify and develop personally relevant skills for each individual

Promote small successes
Celebrate each step achieved on the ST, not just major goals or objectives

Take a long term perspective, that is a five year plan, not a five minute plan

Remind each other in staff meetings that recovery is a process, sometimes a long process, and progress can seem slow. Then, remember to celebrate small success.

Encourage a holistic approach, such as, diet, exercise, reading, etc.)

Skills teaching and psych educational groups aimed at teaching relaxation, mind/ body connections, etc.

Help consumers recognize patterns of behavior, to help forestall crisis

If drug use is a problem, you can say something like, "John, I notice that when you smoke pot you experience an increase in paranoia. I think they are connected."

Recognize that all humans experience fear, confusion, and states they can not explain, not only people with a psychiatric condition.

Use staff time to review how staff are coping. Create an atmosphere where staff feels open to express their fears, doubts, etc. about their job.

Recognize the needs of person with a psychiatric condition are more similar than different

Identify similarities between yourself and consumers, how you think, feel, act and respond to situations and circumstances in your life

Articulate your fundamental attitude and approach toward the people you work with. An attitude of fundamental positive regard is especially enhancing to the recovery process.

Spend time in supervision reviewing how you personally can display a positive attitude. Seek feed back from consumers and peers about behavior.