

A Curriculum in
Psychosocial
Rehabilitation: A
Competency-based
Approach to Recovery-
oriented Practice

CASRA
California Association of Social
Rehabilitation Agencies
2006

Curriculum
Development

- Funded through UCSF Center for the Health Professions Allied Health Workforce – Innovations for the 21st Century
- DACUM
- Curriculum Advisory Committee
- Curriculum Development Committee
- Team of Reviewers
 - Cultural Competence


Who's It For?

- Staff working in the field who have no degree background.
- Staff with degrees and no training in PSR.
- Consumers who want to be providers.
- General student body



Staff Training Tool

- Easy to use
- 1.5 hour segments
- Topic-focused
- Exercise ideas





Five Core Courses

- Introduction to Psychosocial Rehabilitation
- The Helping Relationship
- Rehabilitation and Recovery
- Community Integration
- Fieldwork Seminar in Psychosocial Rehabilitation


Course Content


- Focus on entry-level skills
- Practical application
- Steeped in PSR values and recovery-oriented
- Gives a solid base of knowledge




 **Course components**

- Basic Class Description
- Learning Objectives
- Table of Contents
- Lecture Outline
- Homework
- Resource Book

 **Intro to PSR**



- Tour through the field
- Focus on different styles of learning
 - Experiential component
- Discussion

 **The Helping Relationship**

- Relationship-building skills
 - Listening
 - Developing trust
 - Meeting the person where he/she is
- Cultural issues




Rehabilitation and Recovery




- Looking at the recovery journey
- Development of self-awareness
- Use of plain language
- Ethics and boundaries

Community Integration




- Resource development
- Case management activities
- Vocational skills and coordination
- Judicial system
- ADA

Fieldwork Seminar




- Practical application
- Seminar
- Topics include
 - Supervision
 - Professional role
 - Overview of the mental health system




Core Texts

- **Best Practices in Psychosocial Rehabilitation**
R. Hughes & D. Weinstein
- **Psychological and Social Aspects of Psychiatric Disabilities**
Spaniol, Gagne, Koehler
- **Psychiatric Rehabilitation**
Pratt, Gill, Barrett, and Roberts
- **Mental Health: Culture, Race and Ethnicity**
Supplement to Surgeon General's Report



American River College Experience

- 35 students for the first Introduction to Psychosocial Rehabilitation
- 25% consumers
- Very enthusiastic reception




Plans for Dissemination


- Available to all CASRA members
- Available for purchase
- County mental health system training program
- Community Colleges
- Sampler available

Ideas!

- Development of Distance Learning Program
- Development of Intro class for use in high school academies
- Continue to develop BA, MA, PhD levels




Train the trainer



- Developing an intensive train-the-trainer program
- Provides overview of content
- Provides a grounding in PSR philosophy

Thank you!





Cultural Competency

- "I want to commend all of you on your work. It looks like a great curriculum. You were able to integrate the issue of culture and Cultural Competency at most appropriate levels of the curriculum."

Josie Romero, MSW
