

Short Report
Kristina Day
Stenberg College

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Psychosocial rehabilitation (PSR) is a collaboration of supports and services that are individualized and person directed. It is an essential part of the human services division ("PSR Canada," 2014). The goal of PSR is to focus on helping an individual access resources and develop skills needed in order to be satisfied and successful in the working, learning, living and social environments of their choice ("PSR Canada," 2014). The PSR model will show how, when applied to any situation, positive changes and outcomes will occur for the individual if they are dedicated to the plan, use their resources effectively and follow the model as laid out for them. The purpose of this essay is to show how versatile the PSR model can be when applied to a fictitious scenario involving a newly divorced single mom with minimal supports or training.

Anne is a 33 year old mother of 2 who is recently going through a divorce. Her husband worked all the time and paid the bills while she stayed home looking after the kids. Since the divorce she is on a limited income from spousal and child support and no longer has her husband to depend on financially. She must look to the community to help guide her in finding a job, dealing with stress, and finding new supports. She has a grade 12 education but no post-secondary, she has limited job experience or training however she is determined and a fast learner. Anne has a roof over her head, a car for transportation, clothing and some financial support from her ex-husband. She has a passion for food and is quite a good cook, she can clean and look after the basic needs of herself and her children, and her sister lives in town offering some emotional support. What she hopes to gain from psychosocial rehabilitation is empowerment and the ability to be financially independent while managing her stress and improving her coping skills. "Psychosocial rehabilitation 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” (“PSR Canada,” 2014).

After the initial assessment of Anne it’s time for the planning and implementation phase. “Psychosocial rehabilitation practices build on strengths and capacities of individuals receiving services and supports” (“PSR Canada,” 2014). Her initial strengths and limitations have been assessed and now it’s time to set up some goals for change. The first goal is to help Anne find a job that is both meaningful and works off her strengths. She has a limited past work history however her cooking skills and passion for food is what should be the focus when applying for jobs. Using the community resources available for finding a job such as local classifieds, online job postings and the Work BC employment center in her community. Anne will apply to the local retail cooking stores for open sales positions, as well as any restaurant, food service or catering positions that state no experience needed.

The next goal is for her to join a single mom’s support group to help her grow her support network beyond that of her sister and be around people who understand what she is going through. Using the local resources she will look up support groups available in her community and join one within the week. Part of joining the support group is to help her learn coping skills and handle the stress of being a single parent while hearing other mom’s stories empowering her to make changes. “Psychosocial rehabilitation practices facilitate the development of personal support networks by utilizing natural supports within communities, family members as defined by the individual, peer support initiatives, and self and mutual-help groups” (“PSR Canada,” 2014).

The last goal focuses on her personal wellness “Psychosocial rehabilitation practices promote health and wellness, encouraging individuals to develop and use individualized wellness plans” (“PSR Canada,” 2014). Divorce can be as stressful on the body as it is on the mind and emotions. Having an outlet to help release tension and relax should be implemented into her PRS model. Anne will join the local gym with her sister and will also attend a weekly yoga and relaxation class by herself. Anne’s sister is already a member and committed to a work out plan, she will help Anne get comfortable at the gym while supporting her in her workout regime. Anne will attend the weekly yoga and relaxation class alone in order to give herself time to reflect on and be at one with herself and her emotions.

The final phase of the PSR model is the evaluation phase. This phase would measure the services and support available to Anne and focus on the outcome of the intervention using the PSR model (Sundeen, 2013). collecting qualitative and quantitative measures from the last phase such as feedback from her new employer, her coworkers and her support system can help determine how well the model is working and what changes need to be made. Re-evaluating the assessment phase and determining any new strengths or limitations can also determine the outcome. “Psychosocial rehabilitation services and supports emphasize evidence-based, promising, and emerging best practices that produce outcomes congruent with personal recovery. Psychosocial rehabilitation programs include program evaluation and continuous quality improvement that actively involve persons receiving services and supports” (“PSR Canada,” 2014).

Psychosocial rehabilitation (PSR) is versatile and can be implemented in to any situation or case study. As you can see from the above use of the PSR model for Anne’s situation, PSR is

individualized and person directed. The goal is to help the person access the resources in their community and improve their skills to enhance their wellbeing and daily lives. Involving and identifying the social, economic, psychological and physical aspects of any environment or situation fitted to the PSR model can help outline the strengths and weaknesses promoting and addressing a formulated plan. By using the PSR model as indicated in this paper, one can see that the Psychosocial Rehabilitation model truly is universal in its use anywhere change is required.

References

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