



Patient Care Services
Department of Veterans Affairs

...A Continuum of Care



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PSYCHOSOCIAL REHABILITATION AND RECOVERY SERVICES SECTION

UNIFORM MENTAL HEALTH SERVICES HANDBOOK

- ✦ 5. b. (2) Mental health services must be recovery-oriented. According to the National Consensus Statement on Mental Health Recovery . . . : “Mental health recovery is a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of the person’s choice while striving to achieve . . . full potential.”



FUNDAMENTAL COMPONENTS OF RECOVERY

- × Self-direction
- × Individualized and person-centered
- × Empowerment
- × Holistic
- × Non-linear
- × Strengths-based
- × Peer support
- × Respect
- × Responsibility
- × Hope

IN VHA, RECOVERY ALSO INCLUDES:

- ✘ Privacy
- ✘ Security
- ✘ Honor
- ✘ Support for VA patient rights

RECOVERY TREATMENT PLANS

- ✘ Mental health treatment plans must be recovery oriented.
- ✘ Must reflect Veteran's values and preferences.
- ✘ Must be developed with input from Veteran and, with consent, with appropriate family members.

PSYCHOSOCIAL REHABILITATION AND RECOVERY SERVICES SECTION

- ✘ All Veterans challenged with serious mental illness can recover.
- ✘ Veterans challenged with serious mental illness can define, pursue, and achieve personal goals that support their personal identity, result in improved health and well-being, and that promote full participation in the communities of their choice.
- ✘ Mental illness must not be a barrier or a stigma against seeking mental health services or pursuing a meaningful and productive life.



PSR&RS SCOPE

- ✘ Initially, Veterans with serious mental illness
 - + Axis I disorder resulting in significant functional impairment and/or disruption in major activities of daily living (schizophrenia and other psychotic disorders, bipolar disorder, major depression, and severe PTSD).
 - + Veterans with other Axis I diagnoses in conjunction with a GAF of 50 or lower.
- ✘ Eventually, all mental health services must be recovery oriented wherever delivered.



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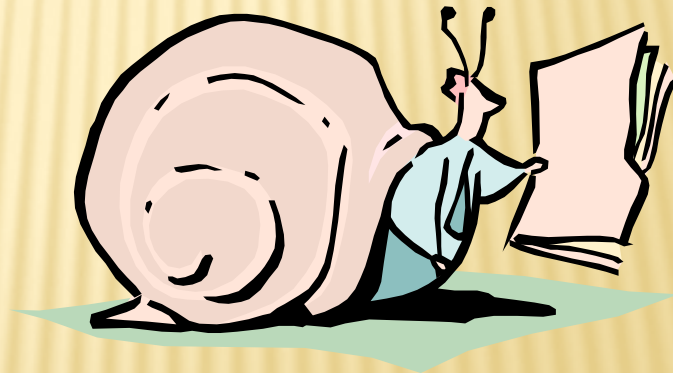
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PSR&RS ACTIVITIES

✘ Documents

- + Psychosocial Rehabilitation and Recovery Services Handbook: in concurrence.
- + Veterans Mental Health Council Guide: in concurrence.



LOCAL RECOVERY COORDINATORS

- ✘ Deployed at each medical center across country.
- ✘ National conferences.
- ✘ Report to mental health leader or equivalent.
- ✘ Lead recovery transformation for mental health through education and consultation.
- ✘ Provide recovery-oriented clinical duties up to 25% of time.



LOCAL RECOVERY COORDINATORS

- ✘ Developing 3-5 year strategic plan at VISN and facility level.
- ✘ Conducting a recovery assessment: in development.
- ✘ Promote recovery in development of treatment plans.
- ✘ Reduce stigma associated with mental illness.



CONSUMER AND LIAISON SERVICES

- ✘ Develop and maintain positive relationships with Veteran consumers, mental health-related organizations, Veteran Service Organizations.
- ✘ Facilitate communication and increase participation of Veteran consumers and, as appropriate, their family members in development and implementation of mental health services.



CONSUMER AND LIAISON SERVICES

- ✘ Veterans Mental Health Councils (a.k.a., Consumer-Advocate Liaison Councils) *strongly* encouraged at each facility
 - + Consumer developed and run.
 - + VA staff liaison.
 - + Input into operation of mental health services.
- ✘ National conference in June.

FAMILY SERVICES

- ✘ Involvement of family members, when appropriate and as directed by the Veteran, is important to recovery.
- ✘ At least annually and at discharge from inpatient unit, providers discuss family involvement with Veterans with SMI.
- ✘ Guidance to field on provision of family services: in development.



FAMILY SERVICES

- ✘ Family Psychoeducation underway; impart to families information about Veteran's mental illness, develop coping and problem-solving skills.
- ✘ MOU with NAMI to provide Family-to-Family Education Program in at least one VA facility per state.



PEER SUPPORT SERVICES

- ✘ Provide support to Veterans with mental illness through shared life challenges.
- ✘ Serve as role models; trained to assist with goal setting, problem solving, symptom management.
- ✘ Facilitate recovery by providing hope.

PEER SUPPORT SERVICES

- ✘ Peer counseling for Veterans with SMI must be provided at all medical centers and very large CBOCs when clinically indicated.
- ✘ Currently, approximately 120 Peer Support Technicians (Health Technicians) in 55 medical centers.
- ✘ HR developing Peer Support Specialist job series.



PEER SUPPORT SERVICES

- ✘ VA-developed competencies for Peer Support services: pilot testing.
- ✘ Directive to allow PSTs to document in CPRS: in development.
- ✘ Support for obtaining certification: in development.

PSYCHOSOCIAL REHABILITATION AND RECOVERY CENTERS

- ✘ Outpatient program to provide Veterans with SMI the skills needed to integrate into society.
- ✘ Transform Day Treatment/Day Hospital programs into recovery-oriented programs.
- ✘ Medical centers with > 1500 Veterans on National Psychosis Registry must establish PRRC. Medical centers with > 1000 Veterans on NPR *strongly encouraged* to have PRRC.



PSYCHOSOCIAL REHABILITATION AND RECOVERY CENTERS

- ✘ Currently, 26 existing PRRCs; 73 DTCs need to convert; 14 medical centers need to develop (total = 113).
- ✘ DTCs must convert to PRRC by end of FY 2009.
- ✘ PRRCs must be CARF-accredited by end of FY 2012.



THERAPEUTIC AND SUPPORTED EMPLOYMENT SERVICES

- ✘ Meaningful employment important part of recovery.
- ✘ TSES encompasses continuum of vocational services.
 - + Incentive Therapy
 - + CWT/Transitional Work Experience
 - + CWT/Supported Employment
- ✘ Consultations about need for vocational rehabilitation must be available to all veterans at all facilities.



THERAPEUTIC AND SUPPORTED EMPLOYMENT SERVICES

- ✘ CWT programs at almost all medical centers.
- ✘ FY 2008, over 8000 Veterans provided with IT services; over 20,000 Veterans provided with TWE services; and over 10,000 Veterans provided with SE services.
- ✘ MOU signed between VA and National Archives Records Administration to provide CWT opportunities.



PSR&RS: NEXT STEPS

- ✘ Continued roll-out and expansion of existing programs.
- ✘ Partnering with other OMHS sections (e.g., infusing recovery in RRTPs).
- ✘ Spreading like kudzu throughout all of mental health and elsewhere (e.g., Primary Care).



QUESTIONS?

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