



Innovative Canadian PSR Education and Practice

PSR/RPS Canada, 2014
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Learning Objectives

- Describe the history and current trends in PSR education in BC
- Outline the PSR post-degree Diploma Program at Douglas College
- Describe an innovative platform specifically designed to support learning and advance recovery-oriented PSR practice while building a strong learning community
- Identify future education, research and knowledge translation activities and encourage participation.

Agenda

- Outline the history of how we got here
- PSR Post-Degree Diploma
- Describe current resources and activities of PSR Advanced Practice website
- Outline the content of the forthcoming BC PSR Framework
- Announce new developments/opportunities

History

- Identifying the need for educational opportunities
- Advocating for, and developing a curriculum for the post-degree diploma
- Developing partnerships with Ministry of Health and local Health Authorities to articulate a recovery-oriented PSR framework
- Working with partners to develop and advance practice – developing a sustainability plan
- Next Steps

Post-Degree Program

- who we are and what we do

- Eligibility – degree with an Abnormal Psychology course
- Cohort – approx 25 students
- 5 courses – 4 of which are online
- 1 Practical course – 64 hours with a paper
- 99% of people finish and pass the course
- Student evaluations: mostly positive – need some improvements in communication and technology
- Outcome: helps people secure employment, refocuses a vision of recovery and some people have returned to school

(Matt will share his experience in the program after this section)

- 4th year in operation

PSR Diploma Program Courses & Instructors



Foundational Learning Theories

“**Transformative learning** refers to dramatic change, where the learner achieves a shift in perspective. This shift results from a critical examination of one’s own assumptions, values, and beliefs, and of the foundations and expectations of the system in which one operates” (Nemec, 2012, p. 478).

Nemec, P, B. (2012). Transformative learning.

Psychiatric Rehabilitation Journal, 35(6), 478-479. doi:[10.1037/h0094585](https://doi.org/10.1037/h0094585)

Foundational Learning Theories

- Moran and Nemas (2013) advocate for applying **positive psychology** (*concepts – i.e., complete mental health, well being, flourishing, positive emotions, flow, self-determination, posttraumatic growth, and resilience - and measures*) in education and training of service providers to promote a positive focus and support a culture of recovery

Moran G., S. & Nemas, P. B. (2013). Walking on the sunny side: What positive psychology can contribute to psychiatric rehabilitation concepts and practice. *Psychiatric Rehabilitation Journal*, 36 (3) 202-208).

PSY 5001: PSR History and Trends

Simon Davis, PhD. (Social Work)

- Manager in mental health & addictions at Vancouver Coastal Health Authority, also an instructor UBC (Social Work). He has also taught at Simon Fraser University, Fraser Valley University, Kwantlen University College and the Open University.

Simon is the author of the text *Community Mental Health in Canada* (2014), published by UBC Press. He is a member of PSR Canada and the B.C. Provincial PSR Advisory Committee. At VCH he is a member of the Regional Ethics Council, the Community Research Advisory Committee, and the Family Advisory Committee.

Self-regulation may hold promise

- Zimmerman (2013) proposes that students “who set superior goals proactively, monitor their learning intentionally, use strategies effectively, and respond to personal feedback adaptively not only attain mastery more quickly, but also are more motivated to sustain their efforts to learn” (p. 135)

Zimmerman, B. J. (2013). From cognitive modeling to self-regulation: A social cognitive career path. *Educational Psychologist*, 48(3), 135–147, DOI: 10.1080/00461520.2013.794676

PSY 5002: PSR and Recovery

Regina Casey, PhD (OT) Coordinator PSR Diploma Course & PSR Advanced Practice

Worked clinically for over 20 years and current co-chair of PSR BC. Her doctoral work (2013) provide a glimpse into the complex relationship between occupational participation, social justice and individuals search for meaning in life.

Current research interests include; understanding the experiences of people who attend hearing voices groups, articulating how receiving a bursary can contribute to self-directed care opportunities for persons with significant mental health issues, articulating how attending a leisure/volunteer program can contribute to the recovery journey for people living with mental illness. With 33 partners has applied for funding to investigate the application of recovery principles in 4 centers across Canada

PSY 5003: PSR Practitioner Competencies

Stephen Epp, MCISc OT, BHKin

- Occupational Therapy Practice Coordinator for MHA at VCH. He holds a Master's Degree of Clinical Science in OT from the UWO and an Undergraduate Degree in Human Kinetics from the UBC.

Stephen emphasizes the potential of partnerships and bringing together diverse people and concepts in order to improve the lives of people with lived experience. Stephen worked clinically for 10 years in Vancouver's Downtown Eastside (Canada's poorest postal code) where he developed a number of PSR programs and projects for people living with Mental Illness and Addictions. He is passionate about creating pathways for people to live beyond their illnesses and recover meaningful lives through individual, group, peer, and community based interventions and approaches, all foundational aspects of PSR.

PSY 5004: PSR Best and Promising Practices

Mary Jansen, PhD (Psychologist)

- Director of Bayview Behavioral Consulting, Inc. in Vancouver, advising agencies and health authorities about rehabilitation and recovery services for people with serious mental illnesses.

Mary was the Deputy Chief Consultant for Mental Health and Chief Consultant for Psychology in the U.S. Department of Veterans Affairs and established the Interdisciplinary Fellows Program in Psychosocial Rehabilitation. Mary also worked at the World Health Organization (WHO) and in 2005, was appointed to the American Psychological Association's (APA) task force on Serious Mental Illness and Severe Emotional Disorders. As a member of the Task Force APA Advisory Committee for the Recovery to Practice initiative Dr. Jansen prepared the curriculum materials (released 2014) for the discipline of psychology.

PSY 5005: Program Practicum

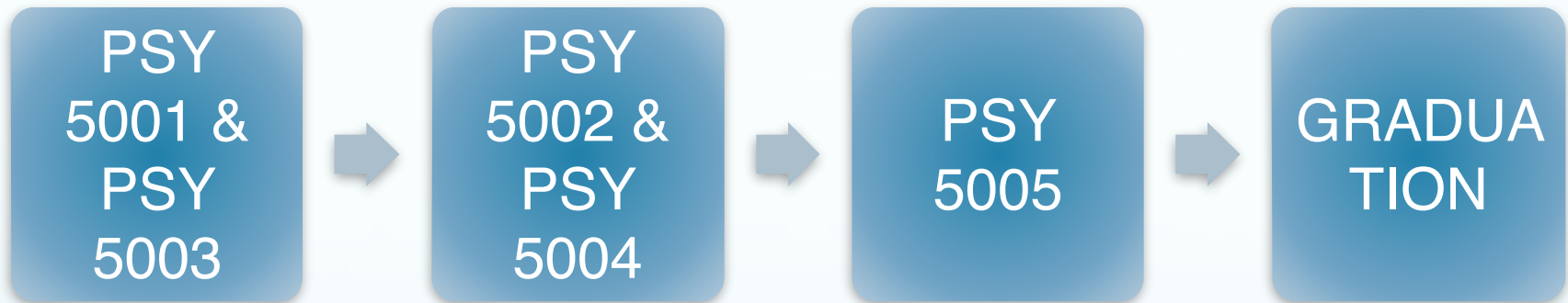
Supervisors - Beata Zaleska, MSc and Tracy Schonfeld, MSW

Both have Masters degrees and have worked at Coast Mental Health Foundation (NGO) for over twenty years each.

Both these partners helped to develop programs and services at Coast. Beata is a nurse and Tracy is a Social Worker. Tracy managed the downtown Clubhouse on Seymour Street in Vancouver and Beata has recently also been involved in developing programs at the cottages in Riverview Hospital.

These instructors provide practicum support for students.

Course Development Theory to Practice



A peek at the platforms

1. Blackboard

<https://learn.douglas.bc.ca/webapps/portal/frameset.jsp>

and

2. Collaborate

<https://learn.douglas.bc.ca/webapps/bb-collaborate-BBLEARN/external.guest.session.launch.event?uid=6aede5bd-41be-446c-87cc-b44b39795edf>

Matt

- Thank you Matt for sharing your experience with the program

BC PSR Service Framework & Advanced Practice

The British Columbia Recovery-Oriented PSR Framework

- Forthcoming December 2014
- In collaboration with MOH and Local Health Authorities
- Please see PsyRehab.ca website for Jan 24th 2014 webinar <http://www.psyrehab.ca/documents/embed/a2517>

Framework Domains

- Employment (pre-voc, transitional, supported)
- Education
- Leisure
- Wellness
- Basic Living Skills
- The framework reviews the evidence and makes recommendations for the development of services in these life domains

Additional Aspects

Also considers recovery-oriented PSR services in combination with other clinical approaches:

- Cognitive Remediation and Training
- Cognitive Behavior Therapies
- Motivational Interviewing
- Family Involvement and Support
- Peer Support and Peer Delivered Approaches

Advancing BC Recovery-Oriented PSR Best Practices

- Establishment of a PSR provincial hub that ensures coordination across services and providers, standard education and training in PSR, and linkages to ongoing research and clinical expertise....

Please see PsyRehab.ca

Funding and a committed Steering Committee enabled the AP pilot project to develop

AP Purpose: Knowledge Transfer, Coordination & Community of Practice

- Publication of the *British Columbia Psychosocial Rehabilitation Service Framework* (ETA December 2014).
- Design and deliver website/resources (launched July, 2013) offering training and education events via webinars
- Offer expert clinical consultation
- Provide project management services such as secretariat support for the PSR Provincial Advisory Committee (PAC) and the community of PSR practice.
- Support and disseminate findings from high quality relevant research initiatives

The Now of AP in BC

- Work continues on the forthcoming BC RO-PSR framework – extensive collaboration and support by Advisory Committee
- 5 Educational offerings were developed and delivered by the AP in the pilot period (7 more in planning phase)
- Rich feedback from webinar series has initiated our *in vivo* evaluative capacity.
- Development of the BC PSR AP Implementation and Sustainability Plan Proposal

Some Feedback

- “As a peer support worker, I really loved the opportunity to be amongst the “professionals” and learning amongst them and representing this very important role with in the mental health community.” Conference participant, Jan 2014
- “Thank you so much for this information! It has opened a whole new door for me to assist my clients.” Webinar 2 participant
- “As a student I found the webinar very informative. I would love to participate in future webinars. Thanks for doing this.” Webinar 3 participant
- -“Living in a remote area, I find this format invaluable in terms of training and the exchange of ideas and strategies to assist clients. I would love to see more of them and would suggest monthly Webinars.” Webinar 3 participant

And the Research

Collaborative Research in Self-Directed Care: Exploring the Impact of Bursary Programs with partners from Open Door Group, VCH, SFU & University Illinois

Understanding the experiences of individuals who attend 'hearing voices groups' in the Vancouver area with VCH and UBC partners

Does Get Set Connect's recovery-oriented PSR approach foster social inclusion and citizenship for participants' along their recovery journey?" with partners from SFU and CMHAV

From Policy to Practice: Improving the Health Care System Through the Implementation of Recovery Guidelines into Services with partners from McGill, VCH, University of Montreal, Mental Health Commission of Canada et al.,

The Future of the BC PSR AP

- We look forward to building relationships, and collaborating with interested groups and individuals in an effort to further to goals of the AP and broaden the BC PSR CoP.
- Launch the framework and continue to publish high quality webinars and move into a consultancy role
- Evaluate service to ensure it is a comprehensive relevant accessible hub for resources and learning, relevant to PSR
- Complete our sustainability plan
- Announce PSR Conference 2015
- Support the publication of a Canadian Recovery-Oriented PSR resource/textbook