

A Win-Win: Trainees as Promoters of Recovery on Inpatient Mental Health Units

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January 12, 2021

Agenda

1. VA inpatient recovery transformation
2. Research on recovery on inpatient units
3. Role of PRRCs
4. VA trainees & PSR Fellowship
5. Integrating trainees on inpatient units
6. Supervision
7. Former trainee's perspective
8. Challenges & lessons learned
9. Summary & Q&A



VA Inpatient Recovery Transformation

- Outlined in multiple policy documents:
 - **VHA Handbook 1160.01**¹ *Uniform Mental Health Services in VA Medical Centers & Clinics*
 - **VHA Handbook 1160.06**² *Inpatient Mental Health Services*
 - **VHA Handbook 1163.01** *Psychosocial Rehabilitation and Recovery Services*
 - **VHA Directive 1163** *Psychosocial Rehabilitation and Recovery Services*
 - **Mental Health Inpatient Recovery Services Toolkit**

Staff evaluations of inpatients must include attention to the veteran's **goals**, activities directed toward **improved functioning**, involvement in **community activities**, and other indices of functioning and **role performance**.¹

Inpatient mental health settings also must provide a **healing, recovery-oriented environment**.²

Every element of care must be delivered using **patient-centered, recovery-oriented** principles and approaches.²

14 Recovery Domains (VHA Directive 1163)

Renewed Sense of Purposes	Personal Empowerment	Psych Symptom Management	Interpersonal Fulfillment
Life Satisfaction	Optimism & Hope	Meaningful Activities	Overcoming Stigma
Work	Community Involvement & Integration	Basic Needs	Physical Health
	Spirituality	Enjoyment & Fun	

Mental Health Inpatient Recovery Services Toolkit

- Tool to help VAs implement recovery principles & practices on inpatient units
- Self-assessment checklist
- Helps identify strengths & needs
- Specific steps for implementing recovery model of care

Welcome to the Inpatient Recovery Services Toolkit!

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Research on Recovery on Inpatient Units

- Staff's definition of recovery can be vague and sometimes contradictory¹
- Many feel positively about recovery but have difficulty applying it to practice¹
- Recovery-oriented care associated with:
 - Improved staff perceptions about recovery intervention & working with inpatients²
 - Reduced used of seclusion & physical holds/restraints^{2,3,4}
 - Improved patient self-reported benefit to recovery process⁵
 - Decreased rehospitalization rate⁶
 - Increased staff satisfaction⁴



Psychosocial Rehabilitation & Recovery Centers (PRRCs)

- “Intensive outpatient specialty mental health transitional learning centers designed to support recovery and integration into meaningful self-determined community roles for Veterans challenged with serious mental illness and severe functional impairment.”¹
- Inpatient units should refer to PRRCs
- PRRCs should offer Bridge Groups on inpatient units¹:
 - Psychoeducational outreach
 - Provide education about PRRC and recovery
 - Assist with transition to PRRC or other recovery-oriented services
 - Definition & principles of recovery; goal-setting; strengths & barriers; hope; intro to community integration/inclusion; intro to peer support

¹VHA Directive 1163

San Diego VA PRRC: Center of Recovery Education

INPATIENT ACTIVITIES

Provide clinical services	<ul style="list-style-type: none">- Run PSR/therapy groups- Conduct assessments & individual therapy
Facilitate referrals	<ul style="list-style-type: none">- Distribute PRRC program brochures
Promote Employment	<ul style="list-style-type: none">- Voc rehab specialist runs employment group
Collaborate with multiple disciplines	<ul style="list-style-type: none">- Training staff- LRC integration



CENTER OF RECOVERY EDUCATION

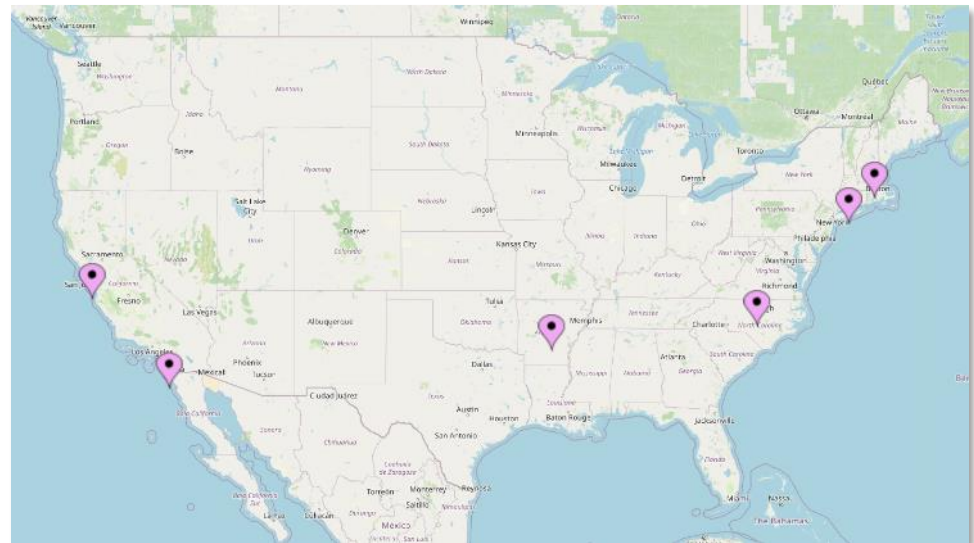


Role of VA Trainees

- VA conducts largest education & training efforts for health professionals in US
- VA is largest trainer of US psychologists
- Inpatient experience is valuable for SMI training
- SMI is now a specialty of psychology

Interprofessional Fellowship in Psychosocial Rehabilitation & Recovery Oriented Services (PSR Fellowship)

- **Purpose: “To develop future mental health leaders with vision, knowledge, and commitment to transform mental health care systems in the 21st century by emphasizing functional capability, rehabilitation, and recovery”**
- VISN5 MIRECC admin hub
- 6 sites, interdisciplinary
- San Diego PSR Fellowship:
 - 1 of 5 MH training programs
 - Fellows train at PRRC + inpatient
 - Training Plans document & guide training
 - Praise for inpatient experience



Integrating Trainees on Inpatient Unit

PSR Fellows

4 fellows; 3-month rotations

Other trainees & PSS

Psychology and SW
interns/practicum students, Peer
Support Specialists

Supervision

Coordinate with licensed
providers on unit to provide
ancillary supervision

Unit team integration

Attend psychiatry and nursing
rounds; monthly interdisciplinary
team meetings

Clinical duties

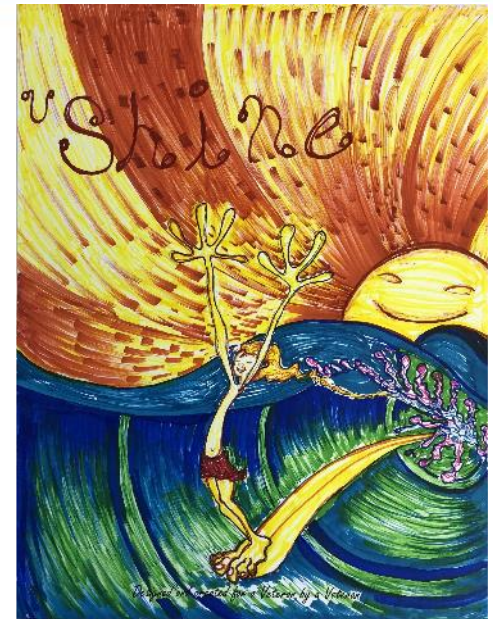
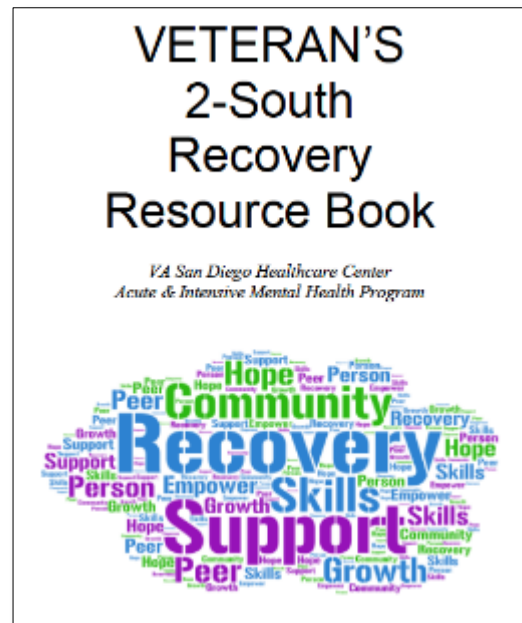
Facilitate groups, intakes,
psychological assessments,
individual therapy

Vertical supervision

PSR Fellows supervision of other
trainees/peers, as appropriate

Examples of Trainee Contributions

- Recovery Plan
- Recovery Workbook
- Bridge to Recovery group
- ACT group
- Social Skills Training
- Attending patient rounds
- In-services (e.g., risk management, recovery-oriented services)
- Nurses Group Skills Day



Veteran's Name: _____

Date (plan to be reviewed/ updated weekly): _____

My Treatment & Recovery Plan

To help your providers understand your goals.

Some of the things I need to recover are: _____

Examples: learn the right way to deal with people, medications, exercise, have people to talk to, have a schedule, have a support network

Some of my preferences for treatment are: _____

Examples: attending groups, having the chance to exercise, being able to talk to someone one-on-one

Some of my abilities (skills, special talents) are: _____

Examples: building houses, gardening, writing poetry, music, cooking, exercising

Things I am proud of are: _____

Examples: graduating high school, having my own apartment, having kids, working

My long-term goal is: _____

Examples: getting a job, going back to school, making friends, start doing recreation/leisure activities, move into own apartment

1st short-term goal: _____

Steps I will need to take to achieve this goal:

Examples of steps: showering daily, getting application for disability, attending groups

1. _____

2. _____

3. _____

Things that might get in the way:

Examples: money, transportation, I don't believe I can, lack of good relationships, addiction

2nd short-term goal: _____

Steps to achieve goal:

Examples of steps: showering daily, getting application for disability, attending groups

1. _____

2. _____

3. _____

Things that might get in the way:

Examples: money, transportation, I don't believe I can, lack of good relationships, addiction

The Symptoms that Affect Me the Most Are:

Examples: anxiety, depression, alcohol/drug use, social isolation, hallucinations, delusions, racing thoughts

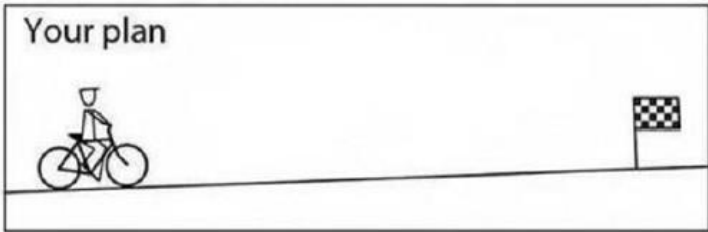
Of these, the thing I would like to address first is:

One person who can help me with my goal is:

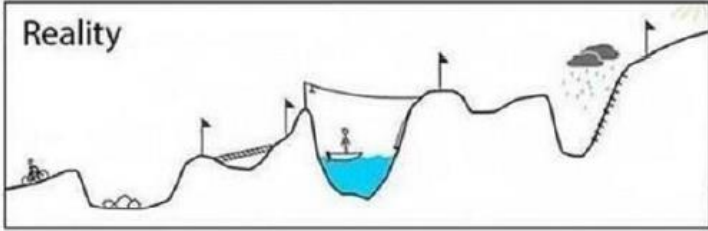
Recovery Resource Book

Recovery is not a straight line. There are bumps on the journey.

Your plan



Reality



What would recovery look like to you ? _____



Bahn & Bismark, 2019

Bridge to Recovery

Session 1: What is recovery?

“Always remember that you are a person first and foremost. A mental health label does not define you. You are not ‘depression’ or ‘schizophrenia’ or ‘bipolar.’ You are a person...”

– David Kline, artist, writer, designer, in recovery from bipolar disorder

People define recovery in their own ways:

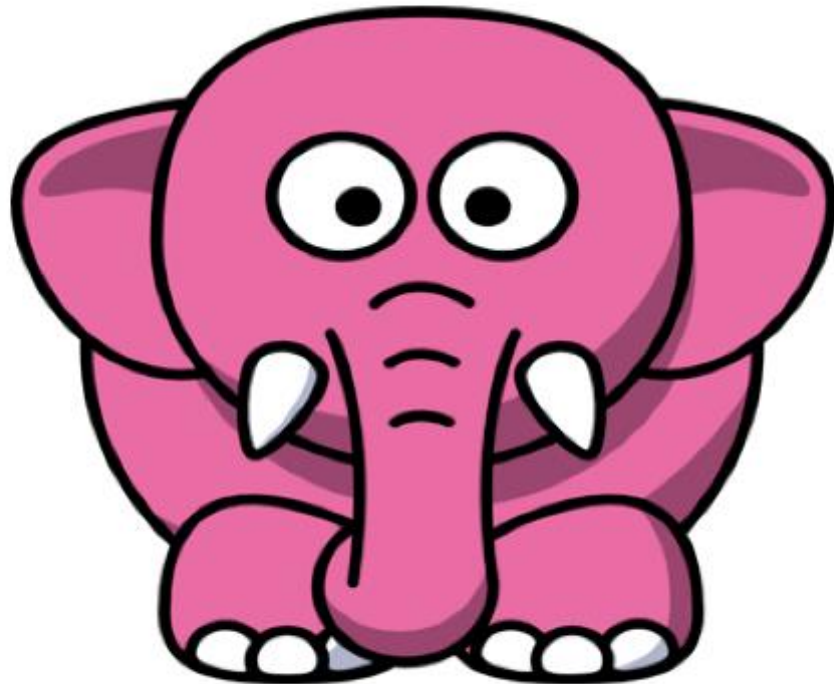
- It's an on-going journey of self-healing and transformation.
- Recovery is re-claiming a positive sense of self despite the challenges of mental health symptoms and experiences.
- It's recovering your life and your identity.
- Recovery for me is having good relationships and feeling connected. It's being able to enjoy my life.
- Recovery for me is a series of steps. Sometimes the steps are small, like fixing lunch, taking a walk, following my daily routine. Small steps add up.
- Having a mental illness is part of my life, but not the center of my life.

What is your personal definition of recovery?

ACT Group

Thought Suppression (Pink Elephant) Exercise

Now let's try a little thought experiment to demonstrate how we are not very good at controlling our thoughts. Look at the pink elephant below. Your task is to see if you can stop yourself from thinking for 20 seconds. That's all you have to do. Simple, right? Just do not to let any thoughts come into your mind—especially thoughts about the pink elephant.



Stop! *Let's Discuss: How did it go?*

Supervision Approach

- Supervision by unit psychologist
- CBT for psychosis peer consultation by PRRC psychologist
- Vertical supervision to junior trainees/peers
- Supervising groups



A Former Trainee's Perspective

- **Clinical training**
 - Facilitating groups
 - Delivering therapy (CBTp)
- **Leadership & program development**
 - Developing group protocols & clinical materials
- **Interprofessional practice**
 - Attending morning rounds with psychiatry & nursing staff
 - Choosing Veterans for groups
 - Working with peers
- **Supervision & consultation**
 - Supervising junior trainees

Challenges & Lessons Learned

- Being an integrated member of the team
- Who is responsible for reporting
- Owning your expert role and using it assertively
- Opportunities to use your creativity and clinical knowledge
- Prioritizing safety
- Ethical issues
- SAIL considerations

7 Keys to Success

1. Recovery-oriented leadership who support programming & trainee integration
2. Attending & presenting clinical work/results during treatment teams
3. Active roles in unit-level treatment planning meetings
4. Time for direct, graded hands-on experience; ownership of PSR groups & materials
5. Integrating specific training (e.g., SST certification, assessment)
6. Screening for transfer to PRRC
7. Shadowing inpatient staff



Andrew Bismark, Ph.D.

Summary

- Transforming inpatient units to recovery-oriented model of care is a high priority for the VA but is challenging
- Mental health trainees need and want inpatient training and experience
- Trainees can successfully conduct recovery-oriented services on inpatient units
- Arrangement is mutually beneficial to trainees, Veteran patients, and staff
- Keys to success: Support from inpatient leadership and staff; clear training expectations; good supervision

Thank You!

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