

# Psychiatric Rehabilitation Approach

The Psychiatric Rehabilitation Approach (PRA) is an evidence based practice that promotes the recovery, full community integration, and improved quality of life for persons who have been diagnosed with any mental health condition that seriously impairs their ability to thrive in the community. PRA services are collaborative, person directed, and individualized. The focus of PRA services is helping individual develop skills and access resources needed to increase their capacity to be successful and satisfied in the living, working, learning, and social environments of their choice.

Nationally certified trainers will be conducting several trainings on this model in the coming months, please read the descriptions for each below. These trainings will be open to a limited number of providers across the state at no cost as part of the SAMHSA Certified Community Behavioral Health Clinic (CCBHC) planning grant. First preference will be given to staff from applicants to the CCBHC Request for Proposal.

## Psychiatric Rehabilitation Approach Introductory Practitioner Training

**Overview:** Attendees will learn to practice PRA in accordance with Boston University's Psychiatric Rehabilitation Approach model. Attendees will receive intensive instruction, examples, and the opportunity to practice PRA skills during the training.

**Who Should Attend:** Staff from CCBHC applicant organizations; and individuals who are employed in the human services field and committed to supporting the recovery of individuals with serious mental illness who have not been previously trained in PRA. Individuals from fields including, but not limited to: psychology, social work, mental health counseling, marriage and family therapy, nursing, education, occupational therapy, and recreational therapy.

**Dates:** This is an **eight-day** training. There will be two sessions offered this summer, attendees must be available for all dates in the session selected.

### Session One

**Location:** Simpson College, West Des Moines Campus, Room 6

**Monday, July 18** from 8am - 4:30pm

**Tuesday, July 19** from 8am - 4:30pm

**Wednesday, July 20** from 8am - 4:30pm

**Thursday, July 21** from 8am - 4:30pm

**Monday, August 15** from 8am - 4:30pm

**Tuesday, August 16** from 8am - 4:30pm

**Wednesday, August 17** from 8am - 4:30pm

**Thursday, August 18** from 8am - 4:30pm

### Session Two

**Location:** Simpson College, Ankeny Campus, Room 111

**Monday, August 8** from 8am - 4:30pm

**Tuesday, August 9** from 8am - 4:30pm

**Wednesday, August 10** from 8am - 4:30pm

**Thursday, August 11** from 8am - 4:30pm

**Monday, September 12** from 8am - 4:30pm

**Tuesday, September 13** from 8am - 4:30pm

**Wednesday, September 14** from 8am - 4:30pm

**Thursday, September 15** from 8am - 4:30pm

Registration is currently limited to three staff per organization, please coordinate with your agency and submit one registration form.

[Click here to register for the PRA Introductory Training.](#)

## Psychiatric Rehabilitation Approach Practitioner Refresher Course

**Overview:** This refresher training will offer the opportunity to review the Psychiatric Rehabilitation Approach for providers who have already completed the 60-hour training. The training is intended to build upon the knowledge and skills of attendees, and provide consistency among service providers by aligning with Boston University's PRA model.

**Who Should Attend:** Current PRA practitioners who have completed a 60-hour introductory training conducted by a nationally certified trainer.

**Dates:** This is a **three-day** training. There will be two sessions offered, one in July and one in September 2016. Please make sure staff can attend all three dates of the session selected. Both trainings will be held at ChildServe (5406 Merle Hay Rd, Johnston IA)

### Session One

**Location:** ChildServe (5406 Merle Hay Rd, Johnston IA)

**Wednesday, July 6** from 8am - 4:30pm

**Thursday, July 7** from 8am - 4:30pm

**Friday, July 8** from 8am - 4:30pm

### Session Two

**Location:** ChildServe (5406 Merle Hay Rd, Johnston IA)

**Wednesday, September 7** from 8am - 4:30 pm

**Thursday, September 8** from 8am - 4:30 pm

**Friday, September 9** from 8am - 4:30 pm

Registration is currently limited to three staff per organization, please coordinate with your agency and submit one registration form. [Click here to register for the PRA Refresher Training.](#)

## Psychiatric Rehabilitation Approach Train-the-Trainer Course

**Overview:** This training is for current PRA practitioners who have experience implementing the model and wish to be trained to provide the introductory training to staff within their home agency. Attendees will learn and practice trainer competencies for planning and delivering practitioner trainings, as well as practice skills for providing ongoing and follow-up coaching to providers.

**Who Should Attend:** This training is for practitioners who have completed the 60-hour introductory training course, and can demonstrate mastery of the PRA competencies. There will be an exam covering the PRA Practitioner Competencies at the beginning of the training.

**Dates:** This is a **three-day** training. There will be one session offered. The training will be held at Simpson College, Ankeny Campus.

### Training Dates

**Location:** Simpson College, [Ankeny Campus](#), Room 111

**Monday, September 26** from 8am - 4:30pm

**Tuesday, September 27** from 8am - 4:30pm

**Wednesday, September 28** from 8am - 4:30pm

Registration for this training is currently limited to one staff per organization.

[Click here to register for the PRA Train-the-Trainer Course](#)