



CPRP Test Plan

1 – Interpersonal Competencies

- A. Communicate with persons in recovery in with their preferred method of communication (e.g., face-to-face, phone, email, text or social media) in order to develop a collaborative relationship.
- B. Use collaborative relationships, including peer groups and family, in order to facilitate personal changes.
- C. Instill hope by engaging in positive interactions (verbal and non-verbal communication) regarding an individual's potential for recovery.
- D. Facilitate groups in order to engage individuals in a wide range of activities.
- E. Consider cultural factors when partnering with individuals, recognize the impact of one's own views, values, and culturally learned assumptions while working with individuals.
- F. Engage and establish trust with individuals by exploring their personal interests, hopes, and dreams.

2 – Professional Role

- A. Acquire knowledge and skills in order to provide services that are evidence-based and emerging best practices and consistent with USPRA Practice Guidelines.
- B. Conduct all professional activities in compliance with the USPRA Code of Ethics and applicable laws and regulations.
- C. Facilitate informed decision making by individuals by communicating information about laws and regulations affecting their rehabilitation and recovery.
- D. Promote individual choice for individuals to help them achieve their goals.
- E. Facilitate practical and meaningful activities for individuals to live, learn, work and socialize in the environments of their choice.

- F. Teach, support, and encourage individuals to advocate for themselves to further their own recovery.
- G. Promote the effectiveness of psychiatric rehabilitation with colleagues, agencies providing services and service delivery systems.
- H. Maintain personal wellness to ensure the effective provision of services to others.
- I. Take intentional personal action to support the recovery of individuals.
- J. Seek input and feedback from stakeholders in order to determine ways of improving services.
- K. Recognize one's own role during conflict in order to facilitate resolution.
- L. Utilize developmentally appropriate skills and interventions to support the recovery of individuals.

3 - Community Integration

- A. Develop linkages with a wide range of community resources specific to meet the needs and goals of individuals.
- B. Link individuals to appropriate entitlement and benefit programs.
- C. Integrate community resources and entitlement programs into assessment, planning, and outcomes.
- D. Maximize the use of natural supports within the neighborhood and community.
- E. Challenge situations in the community that discriminate against persons living with severe mental illnesses.
- F. Connect individuals to legal and advocacy resources as needed and/or requested in order to promote self-advocacy.
- G. Provide information on alternatives and complementary supports to traditional psychiatric treatment.
- H. Develop community resources to meet the needs of individuals receiving services.

4 – Assessment, Planning & Outcomes

- A. Assist individuals in identifying personal priorities, preferences, strengths, and interests in order to help them establish goals that are consistent with their worldview.
- B. Perform assessments across multiple life domains in order to identify strengths, supports, and barriers.
- C. Collaborate with individuals to help them identify their personal preferences for dealing with crises.
- D. Collaborate with individuals to establish goals with specific, measurable, time-framed action steps in order to develop effective rehabilitation plans.
- E. Educate individuals on service options in order for them to choose the appropriate types and levels of service and/or community supports.
- F. Identify, assess and plan opportunities that empower individuals to transition from professional provider services to natural community supports.
- G. Regularly evaluate and modify the rehabilitation plan with the service recipient based on his/her progress toward rehabilitation plan goal(s).
- H. Use assessment and planning techniques that support inclusion of individuals from diverse backgrounds that comprise the demographics of the community where services are provided.

5 - Strategies for Facilitating Recovery

- A. Utilize a variety of alternative approaches to engage individuals.
- B. Facilitate and encourage skill building, self-discovery, and learning across all life domains to assist individuals in achieving their goals.
- C. Assist individuals in identifying and developing strategies for relapse prevention for mental and physical health.
- D. Use individualized outreach techniques in order to engage individuals in interventions.
- E. Employ crisis intervention strategies as needed.
- F. Assist individuals in modifying their living, learning, working, and social environments to enhance recovery.
- G. Use motivational enhancement and readiness development strategies to initiate and/or sustain the recovery process.
- H. Educate and/or provide access to education on issues related to psychiatric disabilities wellness and recovery.

- I. Provide best-practice approaches to services, including evidenced-based practices, which help persons receiving psychiatric rehabilitation services, achieve their goals.
- J. Promote the integration and inclusion of all individuals in social, civic, and community activities that will help them achieve their goals.

6 – Systems Competencies

- A. Combat stigma, oppression, discrimination, and prejudice in all forms, directed against persons living with severe mental illnesses.
- B. Advocate for improved access, inclusion and integration with public services and resources and integration to facilitate an individual's recovery, improved quality of life and full community integration.
- C. Advocate for system changes to make services responsive to the needs of persons receiving psychiatric rehabilitation services.
- D. Assist individuals in their use of other service systems to meet their personal goals.
- E. Encourage and support the development of peer services and leaders among persons receiving psychiatric rehabilitation services.
- F. Advocate for effective services that are welcoming to persons from all cultural backgrounds.
- G. Advocate for service utilization consistent with community demographics.

7 - Supporting Health & Wellness

- A. Assist individuals in identifying and accessing specialized services.
- B. Assist individuals in identifying and developing strategies for improving various dimensions of wellness.
- C. Support individuals in developing the knowledge, skills, and attitudes necessary to maintain his or her health and wellness.
- D. Promote the importance of mind, body and spirit connections, the need for satisfactions and valued purposes, and a view of wellness as more than non-illness.
- E. Assist individuals in developing and sustaining a wellness lifestyle.