What is Psychiatric Rehabilitation?

Psychiatric Rehabilitation Programs (known as PRPs) are facilities found in the general community (as opposed to separated away in hospitals).

They offer a combination of:

* Individual work towards rehabilitation goals (like learning to pay rent)
* Class instruction in rehabilitative topics (like health & social skills)
* Fun classes, activities, and fieldtrips (which are also rehabilitative for
* clients suffering social skills deficits or depression)

PRPs sit halfway between hospitals and client drop-in centers on the continuum of care.  As a client recovers his or her mental health, the following facilities might be utilized:

* Full hospitalization: Voluntary or involuntary commitment to living at a
* hospital 24/7 for days, weeks, or months.  These programs usually
* have daily therapy visits, daily therapy groups, and psychiatrists, nurses,
* and psychotherapists on staff; and they are able to manage  acute clients,
* such as persons who are actively suicidal or psychotic (seeing and hearing
* things and living out delusions).  Inpatient programs are the best place for
* trying out new psychiatric medications.
* Partial or day hospitalization: For clients who can live in the community and need support provided by psychiatrists, nurses, and therapists. In addition, some psychosocial rehabilitation, skills based programming is offered.
* Psychiatric Rehabilitation Programs (PRPs): For clients who can live in the community and are stable enough to not need daily therapy, constant medication adjustments, and constant supervision by nursing and psychiatric staff.  These programs offer rehabilitation counselors trained in mental health at a bachelor’s degree level. The clients have easy access to psychiatrists and therapists in a nearby facility. These services are best for clients who can be in the community but need structured daily activities – either for restoration of living skills, working on and understanding symptoms, or for social activities so they don’t isolate in their apartments.  Most PRPs take regular trips to shopping malls and other public venues and seek to move the client into more and more independent community interaction.  PRPs nationwide evolved from the client clubhouses and drop-in centers of many years ago when clubhouses started asking state governments for funding and the state agencies responded with demands for relevant staff training & structured programs.