Schizophrenia Footnote

ValueOptions adopted the American Psychiatric Association (**APA**) Schizophrenia Guideline on 08/11/05 with the following elements from ValueOptions 2003 schizophrenia guideline added to the application of this guideline. These added elements bring the APA guideline more into line with ValueOptions clinical approach to treating this disorder.

A. **Recovery**

The recovery philosophy is increasingly being used in treating persons with major mental illness. Recovery does not focus exclusively on eliminating the symptoms of mental illness, nor does it concentrate on the cause or cure of the illness. Instead, it works to enhance a person's ability to manage and adapt to the challenges of daily life. The underlying goal of the recovery model states that people can have a meaningful life, despite having symptoms. Recovery means that persons with serious mental illness regain their life purpose, reach their highest potential and live meaningful and productive lives in an environment that gives them the greatest amount of freedom while still providing support.

J Psychiatric Rehabilitation

Psychiatric rehabilitation is a vital component to helping people reach recovery. Psychiatric rehabilitation is both a set of interventions and a philosophy that guides the way people with mental illness receive treatment. The philosophy behind psychiatric rehabilitation says that all persons, no matter how disabled, have the capacity to grow and change. Effective psychiatric rehabilitation helps people compensate for the functional deficits, interpersonal barriers and environmental obstacles created by the disability and restores the person's ability for independent living, socialization and effective life management. Good rehabilitation is a partnership between the professional and the consumer.

Psychiatric rehabilitation programs span a wide range of interventions that help a person learn to compensate for the effects of the symptoms they experience by helping them develop new skills and coping techniques within a supportive environment. These programs include club houses, lodge programs, consumer-run services, involvement in mutual support, assertive community treatment, crisis programs, supported employment, supported housing and supported education. Psychiatric rehabilitation is a strengths-based philosophy that emphasizes wellness and positive attributes rather than illness and pathology.

K. Self help and peer directed programs

Consumer-run programs and mutual support groups are an important element of the psychiatric rehabilitation continuum. These programs are not replacements for traditional treatment, but are used in conjunction with mental health and medical services to enhance treatment and recovery. They also provide benefits that the consumer may not find in traditional services. Consumers involved in self-help and peer directed programs form natural support networks that help with social rehabilitation. Participants have the opportunity to give and receive support, the chance to assume leadership roles that they may not be able to do in other settings, share coping strategies, and find role models.

L. Vocational programs

Vocational programs are another important element of recovery. Vocational success provides additional opportunities for people with serious mental illness to learn social skills, make friends, and experience a sense of personal accomplishment. Consumers want meaning and purpose to their lives. They find meaning in paid work, volunteer work, home-making, pursing their education and other goal-directed activities. These endeavors give hope, and provide something meaningful to do that takes the focus away from the illness and place it on positive goal and future directed activities.