

## Core Principles and Values

**Defining Psychiatric Rehabilitation:** *Psychiatric rehabilitation promotes recovery, full community integration and improved quality of life for persons who have been diagnosed with any mental health condition that seriously impairs functioning. Psychiatric rehabilitation services are collaborative, person directed, and individualized, and an essential element of the human services spectrum and should be evidence-based. They focus on helping individuals 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.*

The following Core Principles and Values are meant to further describe key elements of psychiatric rehabilitation practice. In addition, all psychiatric rehabilitation service providers should be guided by USPRA's Code of Ethics, Multicultural Principles and Language Guidelines. All people receiving services should request that all services they receive reflect USPRA's Core Principles and Values, Multicultural Principles, definition of psychiatric rehabilitation and the Language Guidelines.

**Principle 1.** Psychiatric rehabilitation practitioners convey hope and respect, and believe that all individuals have the capacity for learning and growth.

**Principle 2.** Psychiatric rehabilitation practitioners recognize that culture is central to recovery, and strive to ensure that all services are culturally relevant to individuals receiving services.

**Principle 3.** Psychiatric rehabilitation practitioners engage in the processes of informed and shared decision-making and facilitate partnerships with other persons identified by the individual receiving services.

**Principle 4:** Psychiatric rehabilitation practices build on the strengths and capabilities of individuals.

**Principle 5.** Psychiatric rehabilitation practices are person-centered; they are designed to address the unique needs of individuals, consistent with their values, hopes and aspirations.

**Principle 6.** Psychiatric rehabilitation practices support full integration of people in recovery into their communities where they can exercise their rights of citizenship, as well as to accept the responsibilities and explore the opportunities that come with being a member of a community and a larger society.

**Principle 7.** Psychiatric rehabilitation practices promote self-determination and empowerment. All individuals have the right to make their own decisions, including decisions about the types of services and supports they receive.

**Principle 8.** Psychiatric rehabilitation practices facilitate the development of personal support networks by utilizing natural supports within communities, peer support initiatives, and self- and mutual-help groups.

**Principle 9.** Psychiatric rehabilitation practices strive to help individuals improve the quality of all aspects of their lives; including social, occupational, educational, residential, intellectual, spiritual and financial.

**Principle 10.** Psychiatric rehabilitation practices promote health and wellness, encouraging individuals to develop and use individualized wellness plans.

**Principle 11.** Psychiatric rehabilitation services emphasize evidence-based, promising, and emerging best practices that produce outcomes congruent with personal recovery. Programs include structured program evaluation and quality improvement mechanisms that actively involve persons receiving services.

**Principle 12.** Psychiatric rehabilitation services must be readily accessible to all individuals whenever they need them. These services also should be well coordinated and integrated with other psychiatric, medical, and holistic treatments and practices.