

CORE PSR Refresher Training One-Page Reference Sheet

[Click here to view the pre-recorded training on CORE Psychosocial Rehabilitation](#)

Psychosocial Rehabilitation (PSR) empowers an individual to increase their independence and grow to fully participate in their communities where they live, work, learn and socialize. Person-centered goals are developed to build the skills needed to improve their functional abilities and overcome identified barriers. *PSR services are not case management, personal care services, or a replacement for custodial care in an institutional setting.*

Summary of Key Points

Components of PSR

- ❖ Rehabilitation Counseling, Individual Psychoeducation and Skill Building, and Person-Centered Assessment, Recovery Planning, Documentation, and Collaboration are the three components of PSR.
- ❖ These components are used to support attainment of person-centered recovery goals and valued life roles. The work you are doing with the person should fall into these components.
- ❖ There is an enhanced rate available for PSR with an Employment Focus and PSR with an Educational Focus. PSR with an Employment Focus and PSR with an Educational Focus are not components of PSR. The work you are doing with the person, while billing the enhanced rate, should fall into the three PSR components.

Developing the Initial Individualized Service Plan (ISP)

- ❖ CORE PSR identifies person-centered planning as an important tool for engagement, empowerment, and recovery.
- ❖ Information obtained during CORE Services Intake and Evaluation Process (I&E) is utilized to develop the initial ISP. Motivational Interviewing is a helpful tool to engage an individual in these conversations.
 - What questions are in your agency's CORE Services Intake and Evaluation Process (I&E) that could be asked to obtain relevant information from an individual?

Setting Goals, Objectives, Interventions

- ❖ CORE PSR Objectives should be specific and measurable. Consider what small steps the individual will do or accomplish in support of their goal.
- ❖ Some objectives may not be met at the next ISP review, and that's okay. Goals and objectives should be updated to reflect what the person feels is important and meet them where they are at. Recovery is a journey and not linear!
- ❖ To create interventions, think about how CORE staff will support the individual to reach their goals and objectives.

Service Frequency & Duration

- ❖ There is a wide range of time staff can spend with an individual, and this is intentional so that the time spent on PSR fits the person's needs and preferences.
- ❖ Time spent on a PSR service should be directly related to the individuals' goals and objectives to make reasonable progress.

The [CORE Operations Manual](#) outlines PSR requirements and recommended best practices.