USPRA Certification Exam Blue Print

DOMAIN V. Interventions for Goal Achievement
[17% (25 items)]

Use outreach techniques, including telephone, mail and personal visits, in order to engage persons with psychiatric disabilities in interventions

The CPRP demonstrates knowledge of:
- Methods to determine if and when outreach is necessary
- Difference outreach techniques based on need and individual preference
- Strategies to locate individuals who may need services
- Privacy and confidentiality laws and regulations

The CPRP demonstrates skills in:
- Determining that the outreach is needed
- Choosing crisis intervention techniques based on the individual’s needs and preferences
- Choosing engagement techniques based on the individual’s needs and preferences

Teach communication skills to persons with psychiatric disabilities to help them achieve their goals

The CPRP demonstrates knowledge of:
- Skills of verbal and non-verbal communication
- Goal setting techniques

The CPRP demonstrates skills in:
- Planning of a skill development program which includes:
  - Choosing the relevant skills to improve
  - Teaching specific communication skills
  - Demonstrating/modeling communication skills
  - Arranging with the individual opportunities for skill practice
  - Giving useful feedback on skill performance

Provide interventions for change to persons with psychiatric disabilities in order to promote the recovery process

The CPRP demonstrates knowledge of:
- Definitions of recovery
The CPRP demonstrates skills in:
- Teaching skills training exercises
- Facilitating participation in social and community activities
- Facilitating groups
- De-escalating crises
- Developing leadership among persons with psychiatric disabilities
- Learning and applying outreach techniques

Teach persons with psychiatric disabilities problem-solving skills to help them achieve their goals

The CPRP demonstrates knowledge of:
- Steps in problem-solving
- The impact of specific disorders on the ability of the individual to solve problems
- Learning styles

The CPRP demonstrates skills in:
- Assisting the individual in defining problems
- Generating alternative solutions
- Writing problem solving plans in understandable language
- Explaining problem solving steps in understandable language
- Explaining steps in understandable language to others who are assisting in the plan
- Using feedback from persons in all steps

Develop relapse prevention strategies for mental and physical health and co-occurring disorders

The CPRP demonstrates knowledge of:
- Psychiatric relapse prevention strategies
- Physical health/wellness strategies
- Medication therapeutic effects
- Medication side effects
- Interrelationship of psychiatric disorders and other medical conditions
- Psychiatric, substance abuse, and physical symptoms that can often be confused
- Wellness Recovery Action Plans (WRAP)
The CPRP demonstrates skills in:
- Assessing changes in psychiatric symptomatology
- Assessing changes in behavior or appearance that may be indicative of relapse
- Assessing the individual’s concerns about psychiatric symptoms
- Assessing the individual’s other medical concerns
- Linking appropriate psychiatric, substance abuse and medical services
- Conducting follow-up of referrals to collaborative providers

Utilize group formats to engage persons with psychiatric disabilities in a wide range of activities

The CPRP demonstrates knowledge of:
- The benefits of peer support and feedback
- Cognitive deficits that may require specialized interventions

The CPRP demonstrates skills in:
- Creating opportunities to interact in a group

De-escalate crises experienced by persons with psychiatric disabilities in order to avoid negative outcome

The CPRP demonstrates knowledge of:
- The impact of various stressors and triggers that contribute to relapse and crisis
- The role of medication
- Specific interventions that de-escalate crisis and the removal of the person from stressors
- Stress theory
- Advanced directives
- Commitment laws and procedures
- Procedures for access to psychiatric emergency, hospitalization, respite and diversion services
- Assessment tools designed for specific sets of symptomatology
- Reasons that people discontinue medications
- Signs of imminent dangerous behavior
- When to involve police or other safety personnel
- When and how to provide transportation
**The CPRP demonstrates skills in:**
- Maintaining a calm demeanor
- Reassuring person that they will receive that they need
- Persuading person to receive services and/or take medication
- Accompanying person to needed services or supports
- Involving appropriate providers, healers, family members, friends, religious representative (social network)
- Assessing level of functioning stability, risk
- Developing a plan for implementation of crisis stabilization services
- Following procedures for voluntary and involuntary hospitalization
- Using methods to inform of the effect of their behaviors (personal assertion)
- Using direct instruction to guide client behavior
- Applying appropriate de-escalation techniques

**Modify environments of persons with psychiatric disabilities strategies to initiate and sustain the recovery process**

*The CPRP demonstrates knowledge of:*
- Group dynamics
- “Reasonable accommodations” in adapting the physical and social environment
- Community support systems strategies
- Models of supported education, supported employment, supported housing
- Functional and resource assessment
- Recovery process

*The CPRP demonstrates skills in:*
- Facilitating the development of peer support groups
- Advocating effectively
- Involving persons in program development and program evaluation
- Establishing linkages with formal and informal community supports

**Use motivational enhancement and readiness development strategies to initiate and sustain the recovery process**

*The CPRP demonstrates knowledge of:*
- Readiness assessment and readiness development
- Motivational theory
- Motivational interviewing and stages of change
- Benefits of peer role models and supports
The CPRP demonstrates skills in:
- Assessing and developing readiness
- Sharing information with person served
- Using motivational interviewing techniques including reflecting, affirmation, rolling with resistance and developing discrepancies
- Facilitating the individual's exposure to and interactions with successful peer role models

Encourage persons with psychiatric disabilities to continue fulfillment of desired roles

The CPRP demonstrates knowledge of:
- Program models used to promote role achievement in living, learning, working and social environments
- A range of interventions used to promote role achievement

The CPRP demonstrates skills in:
- Assisting an individual in recognizing his/her strengths and interests to explore possible options
- Assisting an individual in implementing their chosen intervention
- Assisting an individual in choosing a program model approach that fosters the person’s chosen role

Provide education on issues related to psychiatric disabilities (e.g., etiology, course and biological factors of psychiatric disorders; psychiatric rehabilitation, psychotropic medication and other mental health approaches; and legal issues, benefits and entitlements)

The CPRP demonstrates knowledge of:
- Psychiatric rehabilitation
- Etiology, course and biological factors of psychiatric disorders
- Basic psychotropic medication issues including therapeutic and side effects
- Legal issue relevant to mental illness and its treatment
- Benefits and entitlements
- Other mental health approaches

The CPRP demonstrates skills in:
- Gathering, assessing and summarizing information in all knowledge areas
- Using written or verbal communication to facilitate informed choice
Provide best-practice procedures, treatments, and approaches which help persons with psychiatric disabilities achieve their goals.

The CPRP demonstrates knowledge of:
- Personal definition of recovery and goals
- Best practice interventions that have been replicated and reported in peer reviewed literature (i.e., medication, supported employment, family’s psycho education, assertive community treatment, integrated dual disorder treatment, illness management and recovery)
- Emerging practice interventions (e.g., supported housing, peer run services, WRAP)

The CPRP demonstrates skills in:
- Choosing interventions based on the individuals needs, preferences, interests and goals
- Providing best-practice/emerging interventions
- Evaluate with the individual progress toward his/her personal goals