

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: Barriers To Treatment

Total Number of Sessions: 2

Source: Wellness Self-Management Personal Workbook; Second Edition (OMH January 2008) Lesson 8.

Duration of each session: 45 minutes

PROS Services: CRS Engagement

Target population:

- **Diagnoses:** Mood Disorders, Bipolar Disorder, Schizophrenia, Schizoaffective Disorder, Anxiety Disorders, Substance Abuse Disorders, Personality Disorders
- **Barriers to be overcome:**
 - Limited decision making/problem solving skills
 - Limited understanding of the role of treatment may play in recovery.
 - Limited adaptive coping skills

Service Goal:

To provide participants with an outline of their barriers to treatment. This group will address individual difficulties experienced by people with mental illness and discuss solutions to their barriers.

Service Objectives:

- To educate participants on barriers to achieving goals
- The importance of understanding barriers
- Making treatment and mental health services work for the participant
- Develop solutions to individual's barriers

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Title of Service: Barriers to Treatment

Session: 1

Duration: 45 minutes

Service Objective(s): Participants will have an understanding of different barriers to treatment and how it affects their mental health treatment.

Handouts:

- Personalized worksheet (pg. 28)
- Structured problem-solving worksheet

Activities:

- Discuss what barriers to achieving goals means (pg. 27)
- Discuss the importance of understanding barriers (pg. 27)
- Discuss common barriers that are experienced by people with physical or mental health problems (pg. 27)
- Complete personalized worksheet (pg.28)
- Complete section one and two on structured problem-solving worksheet

Homework:

- Participants will develop solutions to discuss pros and cons at next session.

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Title of Service: Barriers to Treatment

Session: 2

Duration: 45 minutes

Service Objective(s): Participants will develop solutions to their barriers in treatment. Participants will discuss the benefits to their solutions along with negative aspects. These solutions will address barriers to treatment.

Handouts:

- Structured problem-solving worksheet (continued from session 1)

Activities:

- Review session 1
- Discuss homework
- Complete section three through six of structured problem-solving worksheet
- Discuss solutions

Homework:

- Participants will put solutions into action