

**Central Iowa Recovery
Program Description
Intensive Psychiatric Rehabilitation Service (IPRS)**

Intensive Psychiatric Rehabilitation Service (IPRS) provided by Central Iowa Recovery (CIR), is a service program delivered to adults with chronic mental illness by CIR staff with the mission of assisting individuals to “Choose, Get, and Keep” a life changing goal in their “Living, Learning, Working, or Social” environments.

IPRS Practitioners all meet the Iowa State Code of Chapter 24 credentialing requirements and provide 4 to 10 hours of service per week to each individual. Services are provided at a minimum of 1 hour per week of one-on-one contact and other contact through groups or “cohorts” when beneficial to the individual.

All service hours provided are based on the Triage and Readiness Assessment. A service plan is written to provide guidance for all interventions and all service hours delivered are documented by the Practitioner.

The Practitioner assists the individual in developing the awareness necessary to choose a goal in their living, learning, working, or social environment. The focus is on the individual’s Need to make a change, Commitment to make a change, Self-Awareness, Environmental Awareness, and Personal Closeness.

The Practitioner assists the individual in Inferring Personal Criteria, in Describing Alternative Environments, and in processing information and insights gained in order to Choose the Overall Rehabilitation Goal.

In order for the individual to Achieve the Overall Rehabilitation Goal the Practitioner assists the individual through the means of a Functional Assessment in the identification of Critical Skills. Through a skill use evaluation the determination is made to provide Direct Skills Teaching or Skills Programming if the critical skills are not being performed spontaneously at the identified needed level.

In relatively the same manner the Practitioner assists the individual through the means of a Resource Assessment to identify Critical Resources and assists the individual in evaluating the current status of these critical resources to determine if they are present and utilized at the needed level or if an intervention is needed to acquire, modify, or create the resources.

During the Keeping phase the Practitioner assists the individual in the development of a follow-through plan that guides the individual through steps to Keep their Goal after discharge from the IPR service.

Individuals are discharged from the CIR Intensive Psychiatric Rehabilitation Service program when they have developed the critical skills and critical resources needed to be satisfied and successful in their goal environment.

