

# Using Psychoeducation and Group Therapy to Enhance Quality of Life Among a Severe and Persistent Mentally Ill Population

William Dorfman, Ph.D.  
Barbara Garcia-Lavin, Ph.D.  
Christopher Gioia, Ph.D.  
Jessica Aleman, Psy.D.  
Monique Beckford, M.S.  
Mani Brar, M.S.  
Marissa Snell, B.A.  
Sarah Spurlock, M.S.  
Bryan Reuther, M.S.

# Overview of Issues

---

- Of FL's approximately 18.3 million residents close to 660K live with serious mental illness.
- The severe and persistent mentally ill population encompasses the highest percentage of homeless individuals in Florida.
- Florida's public mental health system provides services to only 26% of adults who live with serious mental illness in the state.
- Low budgets for mental health services do not allow provisions for psychoeducation.

# Goals of Project

---

1. Improve quality of life among patients in the C.S.U.
2. Provide psychoeducation as a basic psychotherapeutic intervention.
3. Assess the most effective form of delivering psychoeducation to SPMI individuals, which directly affects quality of life.
4. Lower recidivism rates among the SPMI population in Broward County.

# Barriers to Psychoeducation

---

- Movement towards stabilization by medication
- Presence of cognitive deficits
- Incongruence between patients' and staff perspectives on psychoeducation

# Research

---

“Goal of all therapeutic interventions lies in the boosting of empowerment of the afflicted.”

- Interventions should enable patients to tackle their illness in as optimal a way possible.

- Psychoeducation:

“The term psychoeducation comprises systemic, didactic-psychotherapeutic interventions, which are adequate for informing patients and their relatives about the illness and its treatment, facilitating both an understanding and personally responsible handling of the illness and supporting those afflicted in coping with the disorder.”

## Psychoeducation: A Basic Psychotherapeutic Intervention for Patients with Schizophrenia and Their Families (2006)

---

- 236 participants
- 125 took part in psychoeducational intervention group sessions
- 111 assigned to control group
- Found significant effect on rehospitalization rates and the number of days spent in the hospital.
- Rehospitalization rates at 2 year follow
  - 34% in the intervention group
  - 65% in the control group

## Community Partner: Henderson Behavioral Health, Crisis Stabilization Unit

---

Mission Statement: “It is our mission to be the premier provider of accessible, cost effective and quality behavioral healthcare services to the people of South Florida in order to promote their mental health and well-being.”



# HBH, Crisis Stabilization Unit

---

- Provides short-term inpatient, solution-focused psychiatric and therapeutic services to Broward's indigent population.
- Center offers treatment in the form of medication management, individual and group therapy, and reintegration services.
- Served 595 individuals in 1 year, representing 6,754 total in-patient days.
- An average of 11 in-patient days per individual.



# Study Design

---

- Sample
  - Approximately 100 participants
    - Patients in HBH' s C.S.U.
    - 18+ years old
    - English speaking
    - Deemed competent by psychiatrist
  
- Research Design: Experimental
  - Random assignment to 1 of 3 groups
    1. Handbook Intervention
    2. Group Therapy Intervention
    3. Handbook and Group Therapy Intervention

# Study Design cont.

---

- Participant requirements for completion
  1. Attend 5 handbook sessions
  2. Attend 5 psychoeducational group therapy sessions
  3. Attend 5 handbook sessions and 5 psychoeducational group sessions
  
- Pre and post tests
  
- Completion of all phases of the study will yield a \$20 gift card to Publix Super Markets, Inc.

# Data Collection

---

- Pre and Post Tests
  - Brief Psychiatric Rating Scale (BPRS)
  - Functional Assessment Rating Scale (FARS)
  - Functional Assessment Rating Scale Checklist (Patient Version)
- Knowledge Questionnaire

# Improving the Quality of Life for Broward County Residents

---

- Decrease “revolving door effect”
  - Majority of patients admitted to short-stay units have been previously hospitalized at least 3 times
  - Some individuals “revolving” between inpatient units and the community more than 40 times.
  
- Reduction in usage of Broward County resources
  - Assessed through the number of readmissions

# Sustainability

---

- Utilize findings to advocate for the implementation of similar initiatives in similar facilities
- Seek additional funding sources (Local, State, Federal, Private Sector)
- Maintain collaborative efforts between NSU and HBH
- Increasingly involve NSU students in research with SPMI population

# References

---

- Alexius, B., Berg, K., & Aberg-Wistedt, A. (2001). Patient satisfaction with the information provided at a psychiatric emergency unit. *Patient Education and Counseling, 40*, 51-57.
- Bauml, J., Frobose, T., Kraemer, S., Rentrop, M., & Pitschel-Walz, G. (2006). Psychoeducation: A basic psychotherapeutic intervention for patients with schizophrenia and their families. *Schizophrenia Bulletin, 32* [supplement 1], S1-S9.
- Hatonen, H., Kuosmanen, L., Malkavaara, H., & Valimaki, M. (2008). Mental health: Patients' experiences of patient education during inpatient care. *Journal of Clinical Nursing, 17*, 752-762.
- Paul, G.L., & Menditto, A.A. (1992). Effectiveness of inpatient treatment programs for mentally ill adults in public psychiatric facilities. *Applied & Preventative Psychology, 1*, 41-63.
- Sunshine, J.H., Witkin, M.J., Atay, J.E., Fell, A.S., & Manderscheid, R.W. (1990). *State and county mental hospitals, United States and each state, 1986* (DHHS Publication No. ADM 90-1706, National Institute of Mental Health, Series CN No. 13). Washington, DC: Superintendent of Documents, U.S. Government Printing Office.