

Psychosocial Rehabilitation and Recovery

Community Friendship in Atlanta, Georgia provides a strengths-based, recovery-focused, consumer driven model. They have developed materials that break down skill sets into specific skill categories organized according to the four major environments of living, learning, working, and social. They also have provided a list of suggested wordings for interventions that staff members may utilize to assist consumers in their recovery.

The following pages give lists of specific skill categories developed by Community Friendship. These lists are not meant to be exhaustive. However, they do contain appropriate skills, which the Center for Rehabilitation Research and Training at Boston University defines by the following four elements: behavioral, purposeful, generalizable and perfectible.

At the end of this section there is a list of words that appear to look like skill names but that do not meet the characteristics of a skill because they are passive in nature. For instance, “participating” or “attending” are more passive as opposed to the lists below containing more active skills.

Skills List by Environments

1. Living Environment

Grooming/Hygiene

Scheduling Hygiene Tasks
Brushing Teeth
Brushing Hair
Selecting Makeup
Applying Makeup
Applying Perfume/Cologne
Washing Body

Setting Alarm
Assessing Appearance
Recognizing When to Cut Hair
Applying Deodorant
Asking for Help
Washing Hair
Washing Clothes

Dressing

Selecting/Choosing Clothes
Setting Alarm
Matching Clothes to Weather
Tucking in Shirt
Putting on Clothes

Assessing Appearance
Washing Clothes
Dressing for Bed
Asking for Help
Choosing Accessories

Housekeeping

Analyzing Household Chores

Scheduling Household Chores

Dividing up Chores
Selecting Cleaning Materials
Operating a Vacuum
Washing Windows
Setting Alarm
Recognizing When to Clean Apt.
Comparing prices/quality
Prioritizing Needs

Operating a Washing Machine
Operating a Dryer
Ironing shirts/pants
Waxing Floors/Stripping Floors
Folding Clothes
Buying Clothes
Washing Clothes
Asking for Help

Cooking

Selecting Meals
Cooking by a Recipe
Heating Food
Storing Food
Buying Groceries
Operating a Stove
Asking for Help

Selecting Utensils
Modifying Recipes
Serving Food
Recognizing Spoiled Food
Preparing Balanced Meals
Recognizing High Calorie Foods
Preparing Simple Meals

Leisure Activities

Selecting Activities
Evaluating Activities
Inviting Friends
Riding the Bus
Choosing Friends
Scheduling Weekend Activities
Exploring New Activities
Recognizing When to Interrupt
Listening

Scheduling Activities
Selecting Movies
Resolving Conflicts
Initiating Activities
Recognizing Others Personal Space
Reading
Interacting with Others
Asking to be Included
Recognizing Body Language

Family Gatherings

Analyzing Family Interaction
Expressing Feelings/Opinions
Conversing about Family
Conversing about Impersonal Topics
Discussing Differences of Opinion
Resolving Conflicts
Recognizing Others' Personal Space
Recognizing Emotions Escalating
Offering Assistance

Responding to Criticism
Conversing about Sports
Complimenting others
Listening
Compromising
Initiating Conversation
Recognizing When to Interrupt
Asking to be Included

Parenting

Diapering

Setting Limits

Potty Training
Disagreeing
Praising Behavior
Establishing Family Meetings
Actively Listening

Establishing Consequences
Resolving Conflicts
Resolving Parental Differences
Communicating Feelings

Parties

Responding to Personal Statements
Telling Jokes
Expressing Feelings
Acknowledging Gifts
Acknowledging Praise
Selecting Friends
Asking to be Included

Requesting Assistance
Expressing Opinions
Choosing Gifts
Praising
Assisting
Initiating Conversation
Interacting with Others

Group Therapy/Group Situations

Recognizing Feelings
Expressing Feelings
Speaking in Turn
Identifying Interpersonal Barriers
Scheduling Appointments
Interacting With Others
Recognizing When to Interrupt

Setting Goals
Responding to Feelings
Asking for Help
Resolving Conflicts
Identifying Present Level of Skill
Finding Alternatives to Violence
Recognizing Body Language

Fixing Household Items/Home Repair

Choosing Furniture
Stripping Wallpaper
Recognizing Maintenance Chores
Repairing Furniture
Changing Light Bulbs

Choosing Repair Jobs
Repairing Appliances
Asking for Help
Selecting Repairmen
Expressing Opinions

First Aid

Offering Support
Selecting Action Steps
Evaluating Medical Progress
Resuscitating

Analyzing Medical Problems
Preparing Medical Materials
Requesting Medical Assistance
Recognizing When to Assist

Health

Recognizing When Meds are Low
Self-Administering Medications
Recognizing Angry Feelings

Scheduling Appointments
Recognizing Physical/Psych. Symptoms
Recognizing Side Effects

Exercising
Rejecting Alcohol/Drugs
Recognizing Addictive Behaviors

Asking for Help
Recognizing Medication Benefits
Recognizing Relapse Symptoms

Making Clothes

Selecting Patterns
Selecting Material
Selecting Methods
Evaluating Size

Knitting
Sewing
Embroidering
Crocheting

Pet Care

Selecting Pets
Shampooing Pets
Playing with Pets

Training Pets
Solving Health Emergencies
Recognizing Symptoms

Sports

Serving a Ball
Resolving Conflicts
Giving Directions
Responding to Personal Statements
Expressing Disagreements

Evaluating Play
Assessing Performance
Expressing Opinion
Selecting Game/Sport

Working With Others

Identifying Community Resources
Conversing about Social Topics
Dividing Work Responsibilities
Discussing Differences of Opinion
Recognizing When to Interrupt
Recognizing Angry Feelings
Recognizing Emotions Escalating
Focusing on Personal Activities
Clarifying Verbal Comments
Initiating Program Manager Contact
Listening
Initiating Conversation
Interacting with Others

Expressing an Opinion
Asking Personal Questions
Requesting Favors
Responding to Questions
Asserting Oneself
Recognizing Body Language
Asking for Help
Resolving Conflicts
Recognizing When to Assist
Informing Staff of Conflicts
Expressing Feelings
Discussing Impersonal Topics
Selecting Friends

Budgeting

Selecting Spending Priorities
Assessing Finances
Paying Rent

Allocating Money
Consolidating Debts
Paying Bills

Prioritizing Bills
Recognizing Affordable
Exploring Housing Options

Saving Money
Housing Buying Groceries
Prioritizing Needs

Banking

Balancing a Checkbook
Paying Rent

Writing a Check/Money Order
Saving Money

2. Working Environment

Meeting With Supervisor

Responding to Feedback
Clarifying Instructions
Requesting Assistance
Resolving Conflicts
Expressing Feelings
Asking for Help
Riding a Bus
Discussing Differences of Opinion
Listening to Others
Choosing to speak
Initiating Conversation
Discussing impersonal Topics
Initiating Additional Tasks
Requesting Information

Clarifying Feedback
Requesting Feedback
Sharing Self-Evaluation
Discussing Problems
Recognizing Emotions Escalating
Expressing Opinions
Scheduling Appointments
Compromising
Responding
Recognizing When to Interrupt
Interviewing
Pursuing Job Leads
Refusing Requests

Working With Others

Identifying Community Resources
Conversing about Social Topics
Dividing Work Responsibilities
Discussing Differences of Opinion
Recognizing When to Interrupt
Recognizing Angry Feelings
Recognizing Emotions Escalating
Focusing on Personal Activities
Clarifying Verbal Comments
Initiating Program Manager Contact
Recognizing Others' Personal Space
Initiating Conversation
Interacting with Others
Recognizing Feelings
Speaking in Turn

Expressing Opinions
Asking Personal Questions
Responding to Questions
Requesting Favors
Asserting Oneself
Recognizing Body Language
Asking for Help
Recognizing When to Assist
Informing Staff of Conflicts
Listening
Expressing Feelings
Selecting Friends
Discussing Impersonal Topics
Interviewing
Setting Goals

Identifying Interpersonal
Establishing Supervisor Relationship
Rejecting Offers of Drugs/Alcohol
Responding to Others Feelings

Barriers Scheduling Appointments
Finding Alternatives to Violence
Resolving Conflicts

Break Time/Lunch Breaks and Parties at Work

Responding to Personal Statements
Telling Jokes
Expressing Feelings
Acknowledging Gifts
Acknowledging Praise
Selecting Friends
Asking to be Included
Introducing Self
Inviting

Requesting Assistance
Expressing Opinions
Choosing Gifts
Praising
Assisting
Initiating Conversation
Interacting with Others
Discussing Impersonal Topics
Answering/Asking Questions

Budgeting

Selecting Spending Priorities
Assessing Finances
Paying Rent
Prioritizing Bills
Recognizing Affordable Housing
Exploring Housing Options

Allocating Money
Consolidating Debts
Paying Bills
Saving Money
Buying Groceries
Prioritizing Needs

Banking

Balancing a Checkbook
Paying Rent

Writing a Check/Money Order
Saving Money

Grooming/Hygiene

Scheduling Hygiene Tasks
Brushing Teeth
Brushing Hair
Selecting Makeup
Applying Makeup
Applying Perfume/Cologne
Washing Body

Setting Alarm
Assessing Appearance
Recognizing When to Cut Hair
Applying Deodorant
Asking for Help
Washing Hair
Washing Clothes

Health

Recognizing When Meds are Low
Self-Administering Medications
Recognizing Angry Feelings
Exercising

Scheduling Appointments
Recognizing Physical/Psych. Symptoms
Recognizing Side Effects
Asking for Help

Rejecting Alcohol/Drugs
Recognizing Addictive Behaviors
Monitoring Illness
Utilizing a wellness plan
Scheduling medical appointments
Identifying helpful options
Evaluating treatment

Recognizing Medication Benefits
Recognizing Relapse Symptoms
Developing a wellness plan
Sharing a wellness plan
Evaluating medical professionals
Selecting providers
Clarifying needs

3. Learning Environment

Getting Into School/Taking Courses

Designing
Listening
Defining Words/Terms
Answering Questions
Discussing Topics
Summarizing Facts
Clarifying Points
Researching information
Identifying _____
Illustrating Points
Comparing Literature
Comparing/Contrasting
Applying for College
Interviewing for College/School
Exploring School Funding
Filling out Applications
Negotiating transportation
Identifying needs
Clarifying instructions

Operating _____
Memorizing Math Equations
Asking Questions
Expressing Opinions
Analyzing Concepts
Responding to Feedback
Choosing Courses
Requesting Information
Listing _____
Measuring _____
Explaining _____
Naming _____
Requesting Transcripts
Selecting College/School
Options Applying for Loans/Grants
Attending classes
Identifying resources
Negotiating accommodations

4. Social Environment

Leisure Activities

Selecting Activities
Evaluating Activities
Inviting Friends
Riding the Bus
Choosing Friends
Scheduling Weekend Activities
Exploring New Activities
Recognizing When to Interrupt

Scheduling Activities
Selecting Movies
Managing Conflicts
Initiating Activities
Recognizing Others Personal Space
Reading
Interacting with Others
Asking to be Included

Listening
Expressing Feelings/Thoughts

Recognizing Body Language

Family Gatherings (See above)

Making Friends

Selecting Friends
Discussing Personal Topics
Initiating Conversation
Discussing Impersonal Topics
Initiating Activities
Requesting Information
Listening Actively
Recognizing Body Language
Rejecting Offers of Drugs/Alcohol
Identifying places for social activities

Speaking in Turn
Responding to others
Compromising
Interacting with Others
Recognizing When to Interrupt
Asking to be Included
Praising Friends
Refusing Requests
Inviting Others
Identifying interests

Sports

Serving a Ball
Resolving Conflicts
Giving Directions
Responding to Personal Statements
Expressing Disagreements

Evaluating Play
Assessing Performance
Expressing Opinion
Selecting Game/Sport

Dances

Selecting Partners
Answering/Asking Questions
Discussing Impersonal Topics

Introducing Self
Inviting
Interacting with Others

Parties

Responding to Personal Statements
Telling Jokes
Expressing Feelings
Acknowledging Gifts
Acknowledging Praise
Selecting Friends
Asking to be Included

Requesting Assistance
Expressing Opinions
Choosing Gifts
Praising
Assisting
Initiating Conversation
Interacting with Other

Words that Sound Like Skills But Are More Passive Than Active

Allowing
Attending

Arriving
Avoiding

Asserting
Being

Completing	Complying	Controlling
Developing	Doing	Feeling
Following	Functioning	Handling
Having	Hearing	Hoping
Keeping	Knowing	Learning
Liking	Maintaining	Monitoring
Motivating	Participating	Performing
Practicing	Reading	Remembering
Resisting	Seeing	Staying
Taking	Talking	Trying
Using	Wanting	Wishing

Participation Skills (Added by Lyn Legere)

Participation skills are those capacities needed to actively and meaningfully take part in a treatment/rehabilitation/recovery process with other people or systems.

Evaluating strengths	Evaluating barriers
Resolving conflicts	Expressing desires
Identifying choices	Evaluating choices
Identifying likes and dislikes	Recognizing feelings
Requesting assistance	Evaluating feedback
Tolerating negative feedback	Refusing requests
Articulating needs/desires	Exploring options
Visioning a hopeful future	Tolerating ambiguity
Exploring past decisions	Identifying learning opportunities
Reframing difficult experiences	Identifying poor/good choices
Resolving conflicts	Expressing dissatisfaction
Challenging beliefs (others & self)	Assessing personal motives
Weighing pro's and cons	Recognizing personal power
Gathering information	Brainstorm options
Choose solutions	Identifying values
Identifying priorities	Selecting supports
Evaluating supports	Requesting help
Requesting supervision	Requesting support
Expressing feelings	Responding to others
Advocating for meaningful choices	Advocating for rights