INTENSIVE PSYCHIATRIC REHABILITATION TREATMENT (IPRT): AN OVERVIEW OF A NEW PROGRAM

J. Steven Lamberti, M.D., Valerie Melburg, Ph.D., and Nawaf Madi, M.Sc.

Intensive Psychiatric Rehabilitation Treatment (IPRT) is a new program of outpatient psychiatric rehabilitation which is currently operating in New York State and Iowa. IPRT is based upon a process of psychiatric rehabilitation which was developed at the Boston University Center for Psychiatric Rehabilitation. The purpose of IPRT is to assist individuals with serious and persistent mental illness in identifying and achieving personally meaningful goals within the community. This article will provide an overview of IPRT by examining the program as it operates in New York State, the research foundations of the program, and the preliminary results of a state-wide evaluation of IPRT programs. IPRT is an important new program of outpatient psychiatric rehabilitation. Controlled studies are needed to establish the effectiveness of the program.

Intensive Psychiatric Rehabilitation Treatment (IPRT) is a new program of outpatient psychiatric rehabilitation which is based upon technology developed at the Boston University Center for Psychiatric Rehabilitation. IPRT programs are present in New...
York and Iowa, and are currently under consideration for implementation by other state mental health offices. The purpose of this article is to provide an overview of IPRT by examining the program as it operates in New York State, the research foundations of the program, and the preliminary results of a state-wide evaluation of IPRT programs. In providing an overview, this article will address four basic questions:

1. What is IPRT?
2. Why did IPRT come to New York State?
3. How does a typical IPRT program operate?
4. What is known about the effectiveness of IPRT?

**WHAT IS IPRT?**

IPRT is a new program of outpatient psychiatric rehabilitation which began operating in New York State in 1992. With its introduction, IPRT joined clinic, continuing day treatment and partial hospital programs as a separately certified outpatient mental health program. IPRT is based upon a process of psychiatric rehabilitation which was developed at the Boston University Center for Psychiatric Rehabilitation, and originally applied in vocational and educational settings (1-3). This process is called the "Choose-Get-Keep" process as a description of the client's role in the rehabilitation process. The process is also called the "Diagnosis-Planning-Intervention" process to describe the steps which are followed by the rehabilitation practitioner. This process as adapted and applied by the New York State Office of Mental Health for IPRT programs is outlined in Table 1.

The purpose of IPRT is to assist persons with serious and persistent mental illness in identifying and achieving personally meaningful goals within the community. The IPRT process emphasizes the role of client choice in selecting an overall rehabilitation goal, and in determining which skills and supports will be developed in order to achieve the goal. IPRT's client centered emphasis is derived from the basic idea that people are most optimally motivated to work on goals if the goals are important to them. In addition to being strongly client centered, IPRT is