BRINGING INNOVATION BEHIND LOCKED DOORS

THE ROLE OF PSYCHOLOGISTS ON INPATIENT MENTAL HEALTH
AN APA DIVISION 18 PRESENTATION BY ERIKA CARR, PHD & GEOFF SMITH PSY D
Acute Inpatient Unit Care Context

Priorities are Safety and Stability
LOS and UM may vary by facility
Fast-paced, cohesive, interdisciplinary teams
Shared Milieu, Unit Activities, and Resources offer tools for Behavioral Activation
Culture aspires to be strengths-based and grounded in science of best practices
Post discharge support systems also vary
Opportunity for Psychology to help Change Culture

• Inpatient Units are Unique Places with Systemic Dynamics
• Positions of leadership frequently
• Training > Communication, Groups, Cultural Awareness, Problem Solving
• Formal Leadership Roles
Trauma-Informed Care

**Safety**
Ensuring physical and emotional safety

**Choice**
Individual has choice and control

**Collaboration**
Making decisions with the individual and sharing power

**Trustworthiness**
Task clarity, consistency, and Interpersonal Boundaries

**Empowerment**
Prioritizing empowerment and skill building

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**Definitions**

**Principles in Practice**

**Safety**
Common areas are welcoming and privacy is respected

**Choice**
Individuals are provided a clear and appropriate message about their rights and responsibilities

**Collaboration**
Individuals are provided a significant role in planning and evaluating services

**Trustworthiness**
Respectful and professional boundaries are maintained

**Empowerment**
Providing an atmosphere that allows individuals to feel validated and affirmed with each and every contact at the agency
Recovery-Oriented Care

- Hope
- Responsibility
- Respect
- Peer Support
- Strengths Based
- Self-Direction
- Individualized and Person-Centered
- Empowerment
- Holistic
- Non-Linear Journey

https://www.apa.org/pi/mfp/psychology/recovery-to-practice
Provision of Evidence Base Practice

- Many inpatient settings may not have many EBPs
- Psychology is highly trained in many practices
- Can help heighten caliber of services offered & measure outcomes
- Dialectical Behavior Therapy
  - Acceptance and Commitment Therapy
  - Cognitive Behavioral Therapy for Psychosis
  - Person-Centered Treatment Planning
  - Trauma Interventions
    - PE, CPE, Cognitive Restructuring for PTSD
Cultural Awareness and Responsivity

- Inpatient settings are not uniquely well-trained in cultural awareness
- Provide training & education
- Work as advocates
- Lead in social justice & advocacy

- Engage in anti-racism transformation
- Integrate knowledge of intersectionality
- Build skillfulness and effectiveness of unit as a team w/ training in best practices, guidelines, etc.
INPT MH Unit Psychologist Services

- Psychotherapy
- Group Counseling
- Consultation
- Program Development & Evaluation
- Research
- Measurement-based Care
- Training & Leadership
- Positive Behavioral Support
Role in Covid Crisis

- Development and Implementation of new policies
- Needed innovation
- Continue to offer effective treatment
- Balance of safety and protection of human rights
- Advocacy for use of new technologies overnight
- How to provide training for trainees during this time
Unique opportunity to offer trainings

High level of skills and competencies offer unique knowledge

New EBPs, training in new models or services, PBS, etc.
Suicide Prevention and Safety Planning

Psychologists in Public Service especially those in acute care settings have a particular opportunity to innovate here.

Joiner Theory
- Acquired Means
- Burdensomeness
- Thwarted Belonging

Mapping Evidence-based Psychotherapy concepts into robust safety planning interventions.
Main Findings

1. Psychological therapy was associated with reduced readmissions, depression, and anxiety
2. Psychology is seen by multidisciplinary team members as an integral, but not first line, treatment option in the psychiatric inpatient setting.
3. Embedding evidence-based psychological services has the potential to promote high quality, well-rounded care that aligns with the established mission of multidisciplinary teamwork on integrated medical and psychiatric inpatient units

Article links

1. Psychological therapy for inpatients receiving acute mental health care: A systematic review and meta-analysis of controlled trials - Paterson - 2018 - British Journal of Clinical Psychology - Wiley Online Library
2. The role of psychology in a multidisciplinary psychiatric inpatient setting: Perspective from the multidisciplinary team - Wood - 2019 - Psychology and Psychotherapy: Theory, Research and Practice - Wiley Online Library
3. Towards integrated medical and mental healthcare in the inpatient setting: what is the role of psychology?: International Review of Psychiatry: Vol 30, No 6 (tandfonline.com)
Questions from the Field