**Section 395.330 Psychiatric Rehabilitation Services Aide Training Program**

The Psychiatric Rehabilitation Services Aide Training Program shall include, at a minimum, the following:

a) Module I - Introduction to Mental Illness and Psychiatric Rehabilitation

1) Mental illness diagnoses and the stress vulnerability model;

2) Disabilities that result from mental illness;

3) Medication in the treatment of mental illness;

4) The impact of stigma;

5) Recovery, empowerment, and self-help;

6) The role of the family;

7) Skills training strategies;

8) Strategies for engaging residents in rehabilitation;

9) Substance use/abuse issues;

10) Vocational rehabilitation;

11) The mental health system: laws and policies; and

12) Community programs and resources: access and collaboration.

b) Module II - Psychiatric Rehabilitation Skills

1) Providing effective resident support:

A) Resident rights;

B) Abuse/neglect reporting and penalties; and

C) Appropriate physical and verbal communication between staff and residents;

2) Reflective listening skills;

3) Assessment, goals, methods, and other key areas;

4) Treatment planning;

5) Working with the treatment team;

6) How-to-train skills;

7) Problem-solving skills;

8) Simple behavioral skills;

9) Generalizing skills to new situations and settings;

10) Managing crises;

11) Preventing and managing aggression; and

12) Environment and program supports for cognitive deficits.

c) Module III - Health Care Skills

1) Functions of long-term care facilities for persons with serious mental illness;

2) Nutrition:

A) Diets and therapeutic diets;

B) Fluid intake; and

C) Elimination needs;

3) Reporting and recordkeeping:

A) Recognizing signs and symptoms;

B) The purpose of recordkeeping;

C) Types of records;

D) Confidentiality; and

E) Writing effective progress notes;

4) Safety:

A) Basic fire safety;

B) Emergency and disaster procedures;

C) Injury prevention;

D) Body mechanics; and

E) Maintaining safe environments;

5) Human growth and development;

6) Principles of disease prevention and control:

A) The importance of cleanliness;

B) Personal hygiene and patient care;

C) Hand washing and disinfection;

D) Blood-borne pathogens; and

E) Universal precautions and isolation;

7) Medical terminology;

8) Vital signs:

A) Temperature;

B) Pulse;

C) Respiration;

D) Blood pressure; and

E) Height and weight;

9) Emergency medical procedures:

A) First aid; and

B) CPR and the Heimlich maneuver;

10) Human sexuality; and

11) Dealing with death and dying.

(Source: Added at 26 Ill. Reg. 2747, effective February 15, 2002)