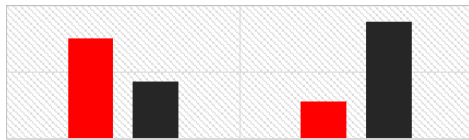# Department of Psychiatric Rehabilitation

Goal

Building and disseminating effective mental health systems to support people experiencing a range of mental illness. This contributes to empowerment for these people, to living in their own communities, and to promoting social inclusion.

Evaluation of feasible models

Supported employment and cognitive remediation

A combined programme of supported employment and cognitive remediation contributed on significantly higher employment rate and longer working days, compared to traditional vocation services based on brokering type of case management. This combined programme also appears to be more cost-effective.

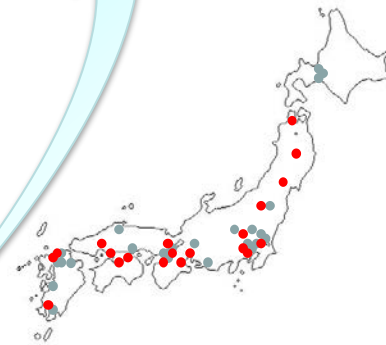**The number of employment in each group**
($x2=1.5797, p<0.01$)

CR+SE Group
■ enployment
Brokering Group
■ unemploymant

Verbal Memory†
Composite scores*
Digit Sequencing†
Tower of London
Verbal Frecency†
Symbol Coding*
Token Moter

- - - CR+SE Group pre-test
—— CR+SE Group post-test
· · · Brokering Group pre-test
—— Brokering Group post-test

Out-reach services

Highly intensive services from community out-reach teams based on the medical organisations may be effective to improve users' QOL and problem behaviour.
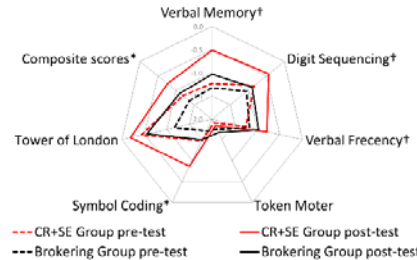
Examining the role of mental health clinics

Information regarding the types of services available to different types of patients at mental health clinics is relatively unknown. To better examine the role of mental health clinics in communities, a nationwide survey of 53 mental health clinics has been conducted.

CBT by out-reach team

Implementation of CBT (Cognitive Behavioural Therapy) by out-reach team is expected to improve the quality of services in communities. The nationwide survey on 25 ACT (Assertive Community Treatment) teams and the pilot study to examine the effect of CBT in ACT teams have been conducted.

Mission

Our mission is to develop evidence for effective community mental health services, advanced service systems, and the implementation of feasible evidence-based practices in Japan.

Support for Hope And Recovery (SHARE) project

SHARE project aims to facilitate shared decision making (SDM) between users and doctors. In the project, a decision aid tool (compute software) and the SDM system involving users, psychiatrists and care managers have been developed.

Developing new skills and systems 17