Objectives:

1. Define Milieu, Therapeutic environment, and Milieu Therapy.
2. Explain the goal of therapeutic community/milieu therapy.
3. Discuss 7 basic assumptions of a therapeutic community.
4. Discuss conditions that characterize a therapeutic community.
5. Discuss the interdisciplinary treatment team and the various members functions.
6. Discuss the role of the nurse within the therapeutic community.

Reading Assignment:

Townsend, Chapter 12

Introduction

There is a relationship between the environment and a person’s health. Florence Nightingale emphasized environmental modification such as fresh air and light as important components of treatment. In 1950 the concept of Therapeutic Community developed a setting based on the premise that the interaction between persons and their environment positively or adversely affects behavior. Although few acute inpatient units today incorporate all the components of the therapeutic community; using the environment as a treatment in and of itself is a strong therapeutic modality.

Every interaction that the nurse has with a client is seen as a potentially healing opportunity. **WHO IS RESPONSIBLE FOR THERAPEUTIC MILIEU MANAGEMENT?**
Lecture Outline:

I. Milieu - A therapeutic intervention
   A. Definition
      1. Milieu - the immediate surroundings or environment (physical and social), in which individual functions. French word that means “middle place”
      2. Therapeutic environment/milieu - people, physical factors, and the social aspects of the environment.
      3. Milieu Therapy - “a scientific structuring of the environment in order to effect behavioral changes and to improve the psychological health and functioning of the individual”. A treatment modality that uses all aspects of the environment in order to promote adaptive change

II. Goal of therapeutic community
   A. Goal = to manipulate the environment so that all aspects of the patient’s hospital experience are considered therapeutic. Within this therapeutic community setting the patient is expected to learn adaptive coping, interaction, and relationship skills that can be generalized to other aspects of his or her life. Also to provide a secure retreat for people whose capacity for coping with reality have deteriorated. IT OFFERS OPPORTUNITIES TO ACQUIRE COPING SKILLS. Also, the purpose SERVES TO ORIENT AND EDUCATE TREATMENT AND ENGAGE CLIENT INTO THE TREATMENT PROCESS.

III. Basic assumptions of therapeutic milieu
   A. The health in each individual is to be realized and encouraged to grow.
   B. Every interaction is an opportunity for therapeutic intervention
   C. The patient owns his or her own environment
   D. Each patient owns his or her behavior
   E. Peer pressure is useful and a powerful tool
   F. Inappropriate behaviors are dealt with as they occur
   G. Restrictions and punishment are to be avoided

IV. Conditions that characterize a therapeutic community - these serve to facilitate insight and learning adaptive coping.
   A. Basic physiological needs are fulfilled
   B. The physical facilities are conducive to achievement of the goals of therapy
   C. A democratic form of self-government exists- participate in decision making
D. Unit responsibilities are assigned according to patient capabilities
D. A structure program of social and work related activities is scheduled as part of the treatment program. It is important to provide a variety of meaningful activities (group, classes, therapies, outings)
F. Community and family are included in the program of therapy in an effort to facilitate discharge from the hospital

V. Members of the psychiatric mental health team - Interdisciplinary Treatment Team (IDT)
A. Team member - See Table 12.1 page 187
1. Psychiatrist
2. Clinical psychologist
3. Psychiatric nurse
4. Mental health technician/Behavioral medicine technician (also called psychiatric aide or assistant or psychiatric technician)
5. Psychiatric social worker
6. Occupational therapist
7. Recreational therapist
8. Music therapist
9. Art therapist
10. Psycho dramatist
11. Dietician
12. Chaplain

B. Staffing/Interdisciplinary team meetings
Therapeutic milieu involves many disciplines which work together as a health care team. Staffing or team meetings is one of the ways this is accomplished. The team meets at certain times and each discipline shares what they know about the client and what they are accomplishing. The team, together, develops treatment goals and plans.

VI. The Nurse’s Roles and Functions within Therapeutic Milieu
A. Manager of therapeutic milieu
Relationship therapy and nursing process
1. Definition and purpose
   a. Definition of relationship therapy - combines the therapeutic nurse-client relationship and nursing process
   b. Purpose - facilitate the development of adaptive coping
2. Comparison: Social and Therapeutic Relationship - remember the nurse and patient work together to assist the patient to meet their needs. Therapeutic relationship is goal oriented and a social relationship is not necessarily goal oriented.
3. Communication is the basic tool of the nurse - consists of active listening, restating, focusing, using silence and feedback from the client.

4. Importance of self awareness (introspection)
   a. Nurses need to maintain awareness of own feelings to serve the client’s needs
   b. Offering advice is NOT productive.
   c. Nurse feels empathy not sympathy
   d. Involvement with the client is shaped by the professional role

B. Applying nursing process - nurses use nursing process to assess clients within the therapeutic milieu, to plan and implement milieu strategies, and to evaluate client milieu outcomes. Other ways nurses contribute to milieu therapy include

1. Physical care and safety
   a. Physical care - assess if client is able to engage in ADL’s independently; if not, must help, guide and encourage until they are able to (do not let client go uncared for in this area). Look for adverse reactions to medications.
   b. Safety and security is a primary characteristic of the therapeutic environment

2. Seclusion (Time Out) and Restraints

3. Medications - clients are expected to know when times are for Medications. Teaching is extremely important.

4. Psychosocial care takes up the most nursing time. Includes:
   a. Reduction of environmental stressors (will vary according to clients needs)
   b. Encourage clients to express their problems, to understand them, and to experiment with new ways of coping.
   c. Brief, “on the spot” counseling is important aspect of milieu therapy - use situations as they arise, for teaching
   d. Limit setting is used for destructive, manipulating behaviors
   e. Leisure activities - help clients reduce social isolation - get clients who are not involved - involved!

5. Mental Health Education Topics
   Medications
   Stress management
   Anger management
   Relaxation therapy
   Health teaching
   Assertiveness training
Communication skills
Self Esteem classes
Problem solving skills
Parenting skills
6. Assist patient to function independently by developing strengths
   potentials, and empowering patients
7. Advocate
8. Case manager
9. Health teaching/education
10. Resource utilization/assistance

Remember the nurse provides care by establish a consistent caring environment by
   providing the 5 S’s:
   Safety
   Structure
   Support
   Socialization
   Self understanding

cd/Jdrive/3037/milieu/2006