

## Summary

The H.E.A.R.T. program will prepare VR consumers, TANF recipients, and various other return to work program recipients to become successfully certified as Mental Health Rehabilitation Technician-1s. MHRT-1's can work in home and community based services such as Daily Living Skills and Mental Health Residential programs. These programs offer a variety of hours, with great flexibility. MHRT-1's typically work with the adult mental health populaiton.

## H.E.A.R.T. By Maine Vocational & Rehabilitation Associates

Providing Quality Rehabilitation  
Services Since 1994

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## H.E.A.R.T.

# Helpful Employment And Rehabilitation Training

**MHRT-1 Track**

*Helping you get to work, with  
HEART*

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# Mental Health Rehabilitation Technician-1 MHRT-1

## Programs

### Daily Living Skills Support

Services are designed to maintain the highest level of independence as much as possible. MVRA will assist consumers to develop and maintain skills of daily living as well as help the consumer remain oriented, healthy, and safe.

Support methods include modeling, cueing, and coaching. Examples of services include:

- Community integration—weekly banking, grocery shopping, vocational supports
- ADL's—brush teeth daily, showering daily, and wearing clean clothes
- Reducing isolation/increasing socialization—supporting and encouraging clients in gaining these skills
- Housekeeping—cooking, cleaning, laundry
- Medication monitoring—cue/prompt/monitor consumer self administering medications as prescribed
- Coping skills—prompt/cue consumer to practice coping skills as initiated by a therapist

### Residential

Our residential programs are designed to maintain and/or improve the individuals' ability to live as independently as possible. Our goal is to encourage self-growth and personal achievement based on the individuals' needs and/or desires.

MVRA's Residential Program is client-based and encourages each individual to assist in the development of the services that are provided to them.

Examples of these services include but are not limited to:

- Medication Management
- Personal Hygiene
- Management of Medical Appointments
- Home Maintenance
- Budgeting Skills
- Socialization Skills
- Community Integration (not to take place of Community Support)
- Transportation
- Crisis Management

*\*Residential Community Based Situational Assessments are offered through the Augusta and Bangor offices at this time\**

### State Mandated Trainings

- MHSS-Mental Health Support Specialist—40-hour classroom training
- DHHS Approved Behavioral Intervention Training—Up to 14 hours classroom training (MVRA utilizes Safety-Care)
- CPR-Cardiopulmonary Resuscitation— 3-hour classroom training
- First Aid—3-hour classroom training
- CRMA-Certified Residential Medication Aide—40-hour classroom training

Recommended trainings through group or individual counseling sessions will also be provided on a consumer specific basis. Group or individual sessions may include self-care, boundaries and barriers, role conflict, and other challenges providers typically face.

These sessions can be 3-5 hours.

Documentation training can be 1-3 hours.

**For further information regarding the MHRT-1 certification, you may contact your local MVRA office.**