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**EVALUATION OF AN INPATIENT PROGRAMME AIMED AT  
PREPARING "HARD-TO-PLACE" CHRONICALLY MENTALLY  
ILL FOR THE COMMUNITY.**

**A thesis presented in partial  
fulfilment of the requirements  
for the degree of Master of Arts  
in Psychology at Massey University.**

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## ABSTRACT

With the continued policy of deinstitutionalising psychiatric inpatients, Lake Alice Hospital developed the Intensive Learning Centre (ILC) in an attempt to prepare their "hard-to-place" clients for successful community placement. The present research evaluated the ILC programme's ability to meet its' stated objectives, and compared the 15 ILC clients to a group of 26 clients who had been transferred to community placements 18 months earlier. Informant driven measures of adaptive and maladaptive behaviours were used to evaluate the effectiveness of the ILC programme, and to compare both subject groups on levels of functioning. The findings indicated a short-term (5 month) improvement in the general functioning levels of the ILC clients, but this improvement was not sustained at the 10 month follow-up. The ILC and community groups displayed similar levels in areas such as independent functioning, economic and domestic activity, violence, self-injury and verbal aggression. The community group demonstrated higher levels of functioning in areas such as social activity, self-care, community skills, antisocial behaviour, withdrawal and inappropriate behaviours. The implications and recommendations of these findings for the staff, clients and treatment programme are discussed.

Dedicated to the memory of Lindsay Williamson,  
Michelle Batt, and Linda Butt.

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**TABLE OF CONTENTS**

	Page
<b>ABSTRACT</b> .....	ii
<b>DEDICATION</b> .....	iii
<b>ACKNOWLEDGEMENTS</b> .....	iv
<b>TABLE OF CONTENTS</b> .....	v
<b>LIST OF TABLES</b> .....	vii

**CHAPTER ONE****Introduction:**

The policy of deinstitutionalisation .....	1
Community placements in New Zealand .....	3
Lake Alice Hospital .....	4
"Hard-to-place" patients .....	5
The Intensive Learning Centre - development and aims .....	6
Staffing .....	10
Programme implementation .....	12
Successful model programmes .....	12
Evaluation of inpatient programmes .....	13
Research aims .....	15

**CHAPTER TWO****Method**

Subjects .....	17
Instruments .....	18
Design .....	23
Ethical issues .....	27
Procedure .....	28
Administration of the measures .....	29

**CHAPTER THREE****Results:**

ILC evaluation : within-groups analysis .....	31
General functioning .....	34
Maladaptive behaviour .....	35
Sub-scale level analysis .....	38
Community and ILC comparison .....	41

**CHAPTER FOUR****Discussion :**

Programme evaluation .....	46
Comparing the ILC and community groups .....	49
Programme recommendations .....	52

<b>REFERENCES</b> .....	61
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**APPENDICES:**

Appendix one; Rehabilitation Evaluation of Hall and Baker (REHAB) measure .....	70
Appendix two; Adaptive Behaviour Scale (ABS) measure .....	73
Appendix three; Client Lifestyle Implementation Plan (CLIPS) measure .....	92
Appendix four; Massey University Ethics Committee letter of acceptance .....	94
Appendix five; Manawatu-Wanganui Area Health Board Ethics Committee letter of acceptance .....	95

**LIST OF TABLES**

Table 1. Administration schedule of the measures .....	30
Table 2. Mean scores for individual ILC subjects on general functioning measures across time .....	33
Table 3. Mean scores for individual ILC subjects on the maladaptive behaviour measures across time .....	34
Table 4. Maladaptive behaviour items/sub-scales of the REHAB and ABS measure .....	37
Table 5. Mean and standard deviation scores of the Maladaptive and General Behaviour scales for the ILC and community groups at Time 3 .....	41
Table 6. ILC subjects who scored above the median score on the REHAB and ABS .....	45