OTA 210 Occupational Performance and Mental Health

COURSE LEARNING OUTCOMES

1. Describe OTA role with psychosocial interventions currently and historically.
2. Identify signs and symptoms of psychiatric disorders.
3. Describe how major mental illnesses including schizophrenia, mood disorders, personality and anxiety disorders, co-occurring disorders, and childhood and adolescent disorders impact occupational performance.
4. Describe the various OT approaches and steps to intervention in psychosocial OT.
5. Identify and understand assessments and procedures used in psychosocial interventions.
6. Verbalize knowledge and skills needed in using OT approaches with the psychiatric population.
7. Describe the use of common medications administered to individuals with mental illness, the impact of medications on occupational performance and behavioral indicators of overmedication.
8. Articulate therapeutic use of self by unconditional positive regard, and empathy toward individuals with mental illness and their families.
9. Describe evidence-based intervention methodologies and determine appropriate types of intervention delivery and the rationale for using such routines, strategies and techniques.
10. Explain treatment in varying models of service delivery systems in mental health practice including supportive employment, clubhouse model, Program of Assertive Community Treatment (PACT) and supported housing.
11. Examine the types of groups, use of groups and group processing used with clients with mental illness for intervention.
12. Plan and apply skilled interventions for daily living skills, work, leisure, play, education and social participation; and sensory and cognitive impairments in a mental health delivery system including regular reassessment and discharge planning.
13. Describe psychosocial rehabilitation principles such as: symptoms management, de-escalation of problem behaviors, adapting and grading activity for psychosocial skill development, the importance of comfort with testing procedures, and the importance of psychosocial assessment and establishment of procedures.
15. Describe advocacy of best practices when working with clients with mental illnesses.
16. Describe the socio/political impact of mental health funding on therapy services.
17. Articulate methods of collaboration with OT’s and other mental health professionals on therapeutic interventions.
18. Recognize, practice and communicate skills in order to refer to other mental health practitioners for intervention and consultation.
19. Explain the role of occupation, the importance of balance in areas of occupation and the impact on mental health, wellness and disease prevention.

Course Outline

I. Philosophy of Occupational Therapy in Mental Health

II. Common Psychiatric Disorders and Diagnostic Statistical Manual of Mental Disorders, 4th Edition (DSM 4)

   A. Common Pharmacological interventions
      1. Impact of meds on occupational performance
      2. Impact of side-effects on occupational performance
3. Signs/symptoms of over-medication
4. Adverse effects of medication non-compliance
   B. Signs and symptoms of mental illness

III. Continuum of Care Model and Occupational Therapy Framework
   A. Medical Model
   B. Community
   C. Emergent Care
   D. PACT
   E. Clubhouse
   F. Supportive Housing

IV. OT Across the Lifespan: Emotional Needs and Life Roles
   A. Adolescent suicide risk
   B. Medically challenged adult
   C. Depression in injury/illness
   D. Caregiver
   E. Depression in the elderly

V. Motivational Enhancement and Interpersonal Techniques

VI. Evidence Based Practices in Mental Health
   A. Psychosocial Rehabilitation
   B. Recovery Principles

VII. Occupation-based Assessment Tools
   A. Allen Screening and scoring
   B. Kohlman Evaluation of Living Skills
   C. Independent Living Skills Assessment
   D. Other

VIII. Interventions in Various Frames of Reference
   A. Sensory Processing and OT

IX. Vocational and Educational Services

X. Reimbursement and Documentation
   A. Social/political climate on mental health funding
   B. Soap note, assessment and discharge planning