OTA 220 Occupational Performance and Mental Health Lab

COURSE LEARNING OUTCOMES (CLOs)
1. Identify signs and symptoms of psychiatric disorders.
2. Describe how major mental illnesses including schizophrenia, mood disorders, personality and anxiety disorders, co-occurring disorders, and childhood and adolescent disorders impact occupational performance.
3. Describe the various OT approaches and steps to intervention in psychosocial OT.
4. Identify, understand and administer assessments and procedures used in psychosocial interventions.
5. Verbalize knowledge and skills needed in using OT approaches with the psychiatric population.
6. Describe the use of common medications administered to individuals with mental illness, the impact of medications on occupational performance and behavioral indicators of overmedication.
7. Demonstrate therapeutic use of self by unconditional positive regard, and empathy toward individuals with mental illness and their families.
8. Apply evidence-based intervention methodologies and determine appropriate types of intervention delivery and the rationale for using such routines, strategies and techniques.
9. Apply 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.
10. Examine the types of groups, use of groups and group processing used with clients with mental illness for intervention.
11. 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.
12. Describe psychosocial rehabilitation principles such as: symptoms management, de-escalation of problem-solving behaviors, adapting and grading activity for psychosocial skill development, comfort with testing procedures, completion of psychosocial assessment and write-up of procedures.
14. Describe advocacy of best practices when working with clients with mental illnesses.
15. Recognize, practice and communicate skills in order to refer to other mental health practitioners for intervention and consultation.

Course Outline

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

II. 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

III. Motivational Enhancement and Interpersonal Techniques

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

V. Assessment tools
   A. Allen Screening and scoring
   B. Kohlman Evaluation of Living Skills
   C. Independent Living Skills Assessment
   D. Other

VI. Interventions in various Frames of Reference
   A. Sensory Processing and OT

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