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Utilizing The Occupational Therapy Practice Framework in Recovery-Based Mental Health: Guiding Communication and Treatment for Effective Outcomes

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Objectives

1) Identify how to utilize the Occupational Therapy Practice Framework in assessing clients in a recovery-based, mental health treatment setting.

2) Identify how performance skill deficits align with cardinal symptoms of mental illness, giving insight for how the occupational therapist can address these in treatment.

3) Identify how to utilize the Occupational Therapy Practice Framework in effective treatment planning based in functional outcomes for persons with mental illness.

4) Identify how to measure outcomes utilizing Occupational Therapy Practice Framework terminology in a recovery-based, mental health treatment setting.

5) Identify how the Occupational Therapy Practice Framework facilitates communication for effective treatment of persons with mental illness.
Purpose of this Webinar

Occupational therapists must explain their role and justify treatments in recovery programs. The Occupational Therapy Practice Framework (OTPF) (2008) guides practice and presents the constructs and beliefs of the profession. It is through understanding how to utilize this framework in mental health recovery that enables effective communication, treatment planning and outcomes. The OTPF enables therapists in constructing client-centered, occupation-based treatment plans that facilitate clients to reach their full potential.

Mental Health Recovery

- Recovery for persons with mental illness has been defined as "a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential". (SAMHSA, 2011, p.1)
Ten Fundamental Components of Recovery

- Self-Direction
- Individualized and Person-Centered
- Empowerment
- Holistic
- Non-Linear
- Strengths-Based
- Peer Support
- Respect
- Responsibility
- Hope

(SAMHSA, 2005)

OT’s Role in MH Recovery

1. Understanding client-centered practice.
2. Applying function to facilitate recovery.
3. Allowing the client to guide treatment.
4. Bringing a holistic view to treatment planning.
5. Applying a strengths-based approach.
6. Utilizing activity analysis.
7. Extending treatment beyond the clinic.
8. Using language that supports the strengths and function-based recovery approach.
9. Utilizing assessment tools that assist in client-centered treatment planning.
10. Bringing hope to our consumers!!!
Review of the OTPF

• Areas of Occupation
  – Activities of Daily Living (ADL)
  – Instrumental Activities of Daily Living (IADL)
  – Rest and Sleep
  – Education
  – Work
  – Play
  – Leisure
  – Social Participation

  (AOTA, 2008)

• Client Factors
  – Values, Beliefs, and Spirituality
  – Body Functions
  – Body Structures

• Performance Patterns
  – Habits
  – Routines
  – Roles
  – Rituals

  (AOTA, 2008)
• Performance Skills
  – Sensory Perceptual Skills
  – Motor and Praxis Skills
  – Emotional Regulation Skills
  – Cognitive Skills
  – Communication and Social Skills
    (AOTA, 2008)

• Context and Environment
  – Cultural
  – Personal
  – Physical
  – Social
  – Temporal
  – Virtual
    (AOTA, 2008)
• Activity Demands
  – Objects Used and Their Properties
  – Space Demands
  – Social Demands
  – Sequencing and Timing
  – Required Actions
  – Required Body Functions
  – Required Body Structures
    (AOTA, 2008)

Using the OTPF in Assessment
Within a Recovery-Based Model
Recovery-Based Client Analysis

- Community Integration
- Competitive Employment
- Coping Skills/Stress Management
- Educational Needs- College, GED, Voc. Training
- Benefits Management
- Basic Living Skills
- Health Management & Maintenance

- Social Interaction Skills
- Leisure Exploration
- Problem Solving (Cognitive) Skills
- Family Support
- Substance Use
- Relapse Prevention
- Client Satisfaction
Areas of Occupation

- Basic Activities of Daily Living in order to live independently
- Instrumental Activities of Daily Living that are critical to role acquisition
  - Care of others & Child Rearing - parenting
  - Community mobility - worker or student
  - Home Establishment & Maintenance
  - Meal Preparation & Cleanup
  - Safety & Emergency Procedures
  - Shopping
- Education
- Work
- Social Participation
- Leisure Participation

Performance Skills

- Identifying the performance skills allows us to understand how to support performance towards the participant’s goals.
- Common impairments in
  - communication and social interaction skills
  - emotional regulation skills
  - cognitive skills
  - sensory perceptual skills
  - and, sometimes, motor and praxis skills.
Ineffective skills are consistent with diagnoses, such as, schizophrenia, depression, anxiety disorders, bipolar disorder, schizoaffective disorder, and personality disorders.

Symptoms of diagnoses can be expressed in terms of ineffective performance skills.
Performance Patterns

- In order to achieve recovery-based goals, such as competitive employment, education, independent living, or maintaining sobriety, an individual must incorporate a regular routine into his/her life.
- Routine facilitates:
  - Basic living skills
    - Grooming hygiene
    - Medication management
  - Employment
- Role acquisition
  - Worker
  - Student
  - Parent
  - Friend
  - Volunteer
  - Family member.

Client Factors

- Values
  - Guide the development of the treatment plan
  - If it is not something that the person values, then we should not work on it
  - Seems so inherent to OT, but has not always been the case in the mental health arena
- Beliefs
  - Assists us in understanding what they determine their potential to be
- Spirituality
  - Purpose and meaning
  - “Why do I have a mental illness?”
• Body Functions & Body Structures
  – Evaluation assists us in determining if the person is capable of achieving what they set out for
  – We can not change body functions or body structures, so if they do not support the person’s goal, then we will have to change the way that the task is done
    ➔ Change Activity Demands

Contexts

• Assessing contexts assists us in understanding the person outside of their disability
• It assists us in determining if the environments that surround the client support their recovery
• The importance of culture!
Utilizing OTPF in Intervention in a Recovery-Based Approach

OTPF Intervention

• Create or promote
• Establish or restore
• Maintain
• Modify
• Prevent
### Recovery-Based Intervention Utilizing OTPF

- **Create or Promote**
  - Engage participants in exercise and provide education about substance abuse

- **Establish/Restore**
  - Develop social interaction skills in order to facilitate work, school, or a social network

- **Maintain**
  - Provide periodic independent living skills classes to assist the client to maintain their apartment

- **Modify**
  - Meeting with employers to match the context to the person’s capabilities

- **Prevent**
  - Utilizing the Wellness Recovery Action Plan (WRAP) to prevent symptoms from interfering with job performance

### Activity Analysis in Intervention

- **Assists in understanding what are the barriers and what the person will need to be able to do**

- **Think about what goes into:**
  - Working
  - Going to school
  - Living independently
  - Building a relationship
  - Being a mother/father
Important Points

• Client-centered goals based on values
• Contexts must support the individual in their recovery
  — Example - physical context for someone who is attempting to stop using drugs
• Activity Analysis guides how to assist an individual in achieving their recovery
  — Impairment in body structure or function ⇒ Modify approach
• Performance skills are a critical aspect of recovery-based intervention
  — Skill impairment is at the core of the diagnosis and serving as the barrier to goal attainment

Communication

• OTPF aligns with a strengths-based approach
• Performance skills assist in everyone understanding what we are working on versus a cluster of symptoms that may or may not be a barrier to goals
• Consistent terminology for intervention keeps the team together on the same plan
References


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Questions?

• Thank you!