• If you are viewing this course as a recorded course after the live webinar, you can use the scroll bar at the bottom of the player window to pause and navigate the course.

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Mental Health in Occupational Therapy: An Overview

OBJECTIVES

1. List psychiatric conditions most commonly found in mental health settings.
2. Compare and contrast the meaning of psychosocial interventions for general treatment with psychosocial interventions with clients in mental health.
3. List the contemporary state of occupational therapy evaluations and treatment options and settings in mental health.
TODAY’S AGENDA

- Introduce the Context and Theme of the week’s webinars
- Introduce the Week’s Seminars-Highlights (E. Cara)
  Mental Health Service Delivery within a Recovery Perspective (A. MacRae)
  Mental Health of Children (W. Lambert)
  Mental Health of Adolescents (M. Burlyga)
  Mental Health of Older Adults (J. Dressler)

CONTEXT

- Psychosocial Occupational Therapy vs. Psychiatric Occupational Therapy.
**PSYCHIATRIC**

- **Psychiatric**- working specifically with people who have WHO-ICD or APA-DSM diagnoses or conditions - A Psychiatric condition on a continuum.

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**PSYCHOSOCIAL**

- **Psychosocial** Occupational Therapy - working with people who have WHO-ICF varied diagnoses and conditions whose primary diagnosis is not typically a psychiatric one but who may have symptoms seen in psychiatric disorders.
- Working on adaptation, skill development and prevention due to problems in living (context and environment).
MAJOR PSYCHIATRIC DISORDERS

- DSM-5 (Correspond to ICD-10 (new in 2015), Mental and Behavioral Disorders)
- Depression and Depressive
- Anxiety and Phobias
- Bipolar and Related
- Schizophrenia and Related
- Addiction, Substance-Related and Alcoholism
- PTSD, Trauma and Stress-Related
- Obsessive Compulsive
- Dissociative
- Personality
- Sleep-Wake
- Neurocognitive

PSYCHOSOCIAL PROBLEMS

- In the ICF described as Impairments of Body Functions and Structures and the resulting Participation and Activity Restrictions and Environmental Factors

<table>
<thead>
<tr>
<th>Body Functions</th>
<th>Body Structures</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental</td>
<td>Nervous system</td>
</tr>
<tr>
<td>Sensory</td>
<td>Eye, Ear</td>
</tr>
<tr>
<td>Voice and Speech</td>
<td>Related to Voice and speech</td>
</tr>
<tr>
<td>Cardiovascular</td>
<td>Related to Cardiovascular</td>
</tr>
<tr>
<td>Digestive</td>
<td>Related to Digestive</td>
</tr>
<tr>
<td>Genitourinary/Reproductive</td>
<td>Related to Genitourinary/Reproductive</td>
</tr>
<tr>
<td>Neuromuscular</td>
<td>Related to Movement</td>
</tr>
<tr>
<td>Skin</td>
<td>Related to Skin</td>
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</tbody>
</table>
# ICF PARTICIPATION AND ACTIVITY RESTRICTIONS

<table>
<thead>
<tr>
<th>Restriction</th>
<th>Extent of performance (difficulty doing things) and activity (difficulty executing a task) restrictions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learning</td>
<td>1. No difficulty ➔ 4. Complete Difficulty</td>
</tr>
<tr>
<td>Tasks and Demands</td>
<td></td>
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<tr>
<td>Communication</td>
<td></td>
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<td>Mobility</td>
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<td>Self-care</td>
<td></td>
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<tr>
<td>Domestic Life</td>
<td></td>
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<tr>
<td>Interpersonal and relationship</td>
<td></td>
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</tbody>
</table>

# ICF CONTEXT AND ENVIRONMENT

<table>
<thead>
<tr>
<th>Environmental</th>
<th>Contextual</th>
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</thead>
<tbody>
<tr>
<td>Products</td>
<td>Gender</td>
</tr>
<tr>
<td>Close Milieu</td>
<td>Age</td>
</tr>
<tr>
<td>Institutions</td>
<td>Other health conditions</td>
</tr>
<tr>
<td>Social Nature</td>
<td>Coping style</td>
</tr>
<tr>
<td>Culture</td>
<td>Social background</td>
</tr>
<tr>
<td>Built Environment</td>
<td>Education</td>
</tr>
<tr>
<td>Political</td>
<td>Profession</td>
</tr>
<tr>
<td>Nature</td>
<td>Past experience</td>
</tr>
<tr>
<td>Character style</td>
<td></td>
</tr>
</tbody>
</table>
Context Of Psychiatric Disorders And Psychosocial Problems

- Programs discussed in the week’s seminars address clients with major Psychiatric Disorders.

- Practices discussed in the week’s seminars address Psychosocial problems that result from the symptoms of DSM-5, ICD-10 and disabilities and problems related to contexts and environments of ICF disorders.

Why Distinction Is Important

- Blurring of roles and interventions.
- Lack of knowledge of psychiatric conditions.
- OT’s history
- O.T. - Psych Rehab Specialty
- Advocacy – OTPF Outcome
Basic Assessments For All

- For Psychiatric or Psychosocial Evaluations in Occupational Therapy Domain
- Canadian Occupational Performance Measure (COPM)
- KAWA Model
- Allen Cognitive Levels Screen (ACL) and Allen Diagnostic Measure (ADM)

Broad Assessments

- COPM- Canadian Occupational Performance Measure- measures progress and outcomes, client-centered.
- KAWA- Using metaphor, specific client-centered interpretation in clients’ personal, social and cultural context
- ACL and ADM- Allen Cognitive Level Screen, Allen Diagnostic Measure- measures functioning and clients’ abilities for intervention.
Service Delivery Within A Recovery Perspective (MacRae)

- Occupational therapy service delivery
- Other Professionals’ Titles and Roles
- Context of service delivery
- Recovery Perspective infusing psychiatric interventions
- Recovery Explanation and key features
- Recovery and Occupational Therapy Similarities
- Working within different models
- Defines OT uniqueness in mental health- Psych Rehab

Mental Health Of Children- Lambert

- Common dx in childhood and adult dx in childhood
- New changes in DSM-5, although dx difficult in children
- Psychosocial Stressors and Problems Prompting Mental Health System Contact
- Settings and Programs
- Interventions and Groups
- Psychosocial Strategies
Primary Dx in Adolescents and Young Adults
Assessments, Lifestyle Problems
Services and Community Programming (School-based, education, vocational)
Emerging Practice and Prevention
OT Psych Rehab Strategies in all settings

Psychosocial Approaches with older adults in hospitals and SNFS
Mental Health DX in Older Adults
Psychosocial Assessments
OT Psych Rehab Strategies
OT Psych Rehab Emerging Programs
TAKE-HOME

- Blurring of Roles Occurs in Mental Health with terms Psychiatric and Psychosocial OT
- Psychiatric – distinct psychiatric diagnoses, Psychosocial - other primary problems
- OTs in Mental Health- Psychiatric Rehabilitation Practitioners
- OTs Practice Mental Health or Psychosocial OT in all settings for all ages
- Broad Assessments in Psychiatric and Psychosocial OT
- Exciting Perspectives/ Contexts/Strategies of Mental Health Intervention Programs and Practices

Mental Health Practices and Programs

http://www.occupationaltherapy.com/general/mental-health-series

<table>
<thead>
<tr>
<th>Date</th>
<th>Title</th>
<th>Speaker Details</th>
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</thead>
<tbody>
<tr>
<td>Mon 10/26</td>
<td>Mental Health in Occupational Therapy: An Overview</td>
<td>Elizabeth Cara, Ph.D., OTR/L, MFC</td>
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<tr>
<td>Tues 10/27</td>
<td>Mental Health Practices and Programs: Occupational Therapy Service Delivery within a Recovery Perspective</td>
<td>Anne MacRae, PhD, OTR/L, BCMH, FAOTA</td>
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<tr>
<td>Wed 10/28</td>
<td>Mental Health of Children: Psychosocial Occupational Therapy for Pediatric Populations</td>
<td>William Lambert, MS, OTR/L</td>
</tr>
<tr>
<td>Thur 10/29</td>
<td>Mental Health Services for Transitional Aged Youth (TAY): The Culture, The Practice, and The Role of Occupational Therapy</td>
<td>Michelle Burlyga, MS, OTR/L</td>
</tr>
<tr>
<td>Fri 10/30</td>
<td>Mental Health and Older Adults-Psychosocial OT Approaches in a General Treatment Setting</td>
<td>Jane Dressler, JD, OTR/L</td>
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