

How Occupational Therapists support patients in Outpatient Adult Mental Health

00:00:00:000 - 00:00:04:471

Sonja Cvetkovic, Occupational Therapist

An occupational therapist supports people with mental health, regards to returning back

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to any meaningful activity that they find important, things that they know

00:00:08:408 - 00:00:13:380

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they have to do, or needed to do, or expected to do, but may be having some trouble with right now.

00:00:13:380 - 00:00:15:715

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We support individuals in a one to one setting.

00:00:15:715 - 00:00:18:251

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We can also support them through group therapy.

00:00:18:251 - 00:00:22:422

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Group really adds a whole different dimension where patients can actually kind of support each other.

00:00:22:422 - 00:00:26:192

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Members will offer feedback and give each other kind of that positive reinforcement

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or that encouragement that, you know, that they are doing the best that they can.

00:00:29:329 - 00:00:33:733

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If, let's say, someone's having difficulty with sleep, we incorporate a lot of sleep hygiene strategies.

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Maybe having some anxiety when it comes to falling asleep, we'll work on different kind of self-soothing strategies.

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Or we will use activity itself to help people kind of return to other activities that they'd like to do.

00:00:44:110 - 00:00:50:383

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We really work closely with different disciplines, different kind of physicians that bring a different approach.

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So, let's say, one team has a psychiatrist and other team could have a psychologist. In terms of, let's say, Health

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Disciplines, OTs here also work with nurses and social workers,

00:01:00:226 - 00:01:03:096

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be it through group therapy or with our individuals.

00:01:03:096 - 00:01:07:700

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Occupational Therapists bring a different lens to working in mental health.

00:01:07:700 - 00:01:11:571

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We're kind of assessing what the patient's needs are from many different angles

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with the hope that they're returning to the activities that bring them meaning and purpose in life.