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Facilitating Return to Work Among Individuals with Mental Illness Through Occupational Therapy Interventions

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FACILITATING RETURN TO WORK FOR INDIVIDUALS WITH MENTAL ILLNESS THROUGH OCCUPATIONAL THERAPY INTERVENTIONS

CLEO MILLER MOTS, BLAKELEE JORDAN MOTS, SUSAN NOYES PHD, OTR/L

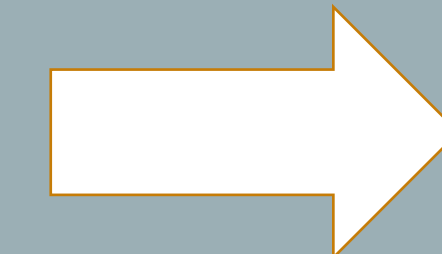


Clinical Question

Do work-focused occupational therapy interventions improve the self-efficacy, perceptions of employability, and/or employment rates for individuals with mental illness?

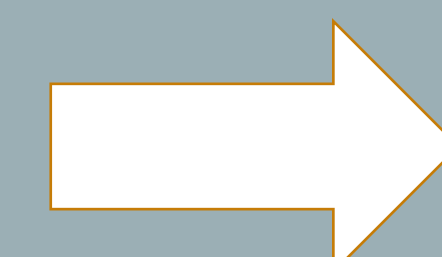
Themes & Findings

Personal Factors



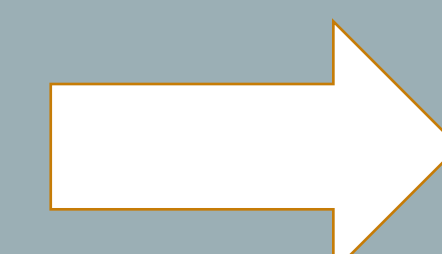
Increased self-efficacy & empowerment, decreased depressive symptoms, and shame & guilt

Assessment Tools & Frameworks



Work-Focused Cognitive Behavioral Therapy, ABC Workshops, & Experiential Group Therapies

OT Intervention



Return-to-Work Self-Efficacy Questionnaire, Worker Role Interview, & The WORKS

Recommendations

- Implement a work-focused cognitive behavioral therapy group into weekly group schedule
- Use identified assessment tools to guide and track patient progress
- Work in conjunction with job coaches/vocational rehabilitation services to facilitate patient success
- Need for further research in inpatient psychiatric settings

Clinical Bottom Line

Patients discharged from Riverview Psychiatric Center are frequently readmitted due to unsuccessful community reintegration. Returning to work is fundamental to community reintegration. Occupational therapy interventions that address coping skills, self-efficacy, worker roles, and overcoming negative connotations regarding work, can improve the transition from inpatient psychiatric care to community living and decrease patient re-admissions.