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## An Occupational Therapy Guidebook for Individuals with Substance Use Disorder

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# An Occupational Therapy Guidebook for Individuals with Substance Use Disorders

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## BACKGROUND

Substance Use Disorder (SUD) is the involuntary or uncontrollable reoccurring use of substances that causes disruptions in one's daily life (APA, 2013). SUDs can also cause dysfunction and distortion of person's volition, habituation, and performance capacity as it interferes with the person's cognitive and executive functioning (Butler & Le Foll, 2019). Individuals with SUDs experience barriers and challenges that limit occupational performance, well-being, and quality of life (Stoffel & Moyers, 2004). Occupational Therapy (OT) practitioners can identify these concerns and assist clients in skill development or restoration that support client-centered occupational outcomes (Stephenson, 2021; Stone, 2017).

## PROBLEM

**A practice guideline, protocol, or manualized intervention does not exist for OT practitioners to utilize when working with clients with SUDs**

## PURPOSE

**To develop an OT guidebook for individuals with SUDs to improve the organization and utilization of best-practice methods for this population**

## GUIDEBOOK CONTENTS

### CHAPTER 1: INTRODUCTION TO OCCUPATIONAL THERAPY

- What is OT?
- History of OT
- Settings and Practice Areas
- OT's Role in SUDs

### CHAPTER 2: SUDS

- Background (Statistics, Diagnostics, and Risk Factors)
- Comorbidities and Commonalities
- Occupational Impact

### CHAPTER 3: MOHO

- Occupational Therapy Theory
- Levels of Theory
- History of MOHO
- Constructs and Application of MOHO

### CHAPTER 4: OT PROCESS

- Evaluation (Assessment Tools, Goal-Setting, and Treatment Planning)
- Intervention (*See Chart for Session Details*)
- Re-evaluation and Discharge

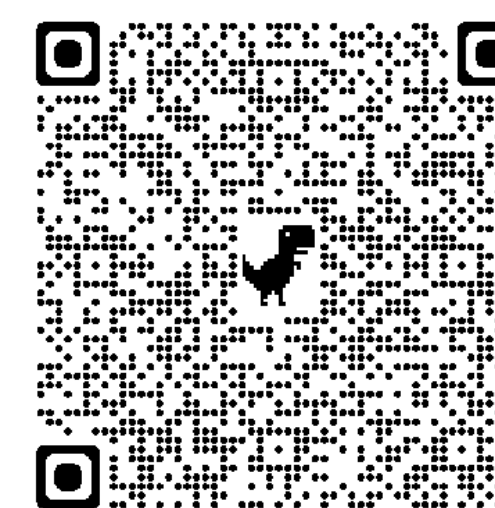
### CHAPTER 5: RESOURCES

- Levels of Care
- Self-Help Groups
- Other Community Resources
- Client Case Study

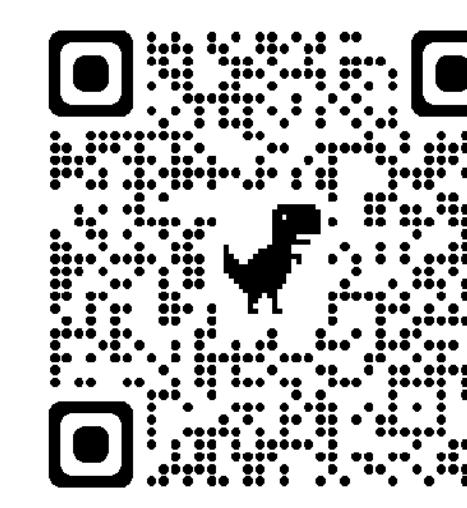
## SESSION INTERVENTIONS

	PREPARATORY – GUIDED MEDITATION	OCCUPATION-FOCUSED ACTIVITY	CONCLUDING TASK
1	"Awareness of the Problem Without Fixing It"	Kawa Model Activity	Presentation of Model
2	"Your Inner Land to Build Healthy Boundaries"	Occupational and Financial Plates	Self-Reflective Journaling
3	"Breathing Anchor for Wandering Mind"	Grounding Strategies	Self-Reflective Journaling
4	"Cultivating Self-Care and Extending It Out"	Time Management and Prioritizing	Presentation of Planner and Priority List
5	"Compassion for Your Emotions"	Effective Communication Strategies – Verbal Judo	Self-Reflective Journaling
6	"Mindfulness While Being Creative"	Nature Self-Portrait	Presentation of Self-Portrait
7	"Body Scan for Stress Relief"	Social and Community Outreach	Self-Reflective Journaling
8	"One Breath at a Time"	Relapse Prevention Plan	Self-Reflective Journaling

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Guidebook



References