

This pamphlet will tell you about Occupational Therapy in the Mental Health Program

Occupational Therapy in Mental Health Program

Occupational Therapy is part of the rehabilitation services offered in the Mental Health Program, Grey Nuns Community Hospital.

Service Focus

Occupational Therapy enables you to develop skills for daily living. E.g. skills that you need to care for yourself, return to work or school, and resume community and leisure activities.

Occupational Therapists also understand how environment may affect your functioning. Occupational Therapists help you to learn to make changes to your environment so that you can function better.

The program is for adults admitted to Unit 91, 92, 93 or the Psychiatric Partial Hospitalization Program (PPHP) who have mental health concerns and experience difficulties in daily living.

Referral

To receive Occupational Therapy, you require a referral from your psychiatrist.

Process

After the referral is made, an occupational therapist will meet with you. The occupational therapist and you will identify issues that create difficulties in your daily living. A treatment plan is made with your input to address some of those issues.

Programs offered by Occupational Therapists:

Occupational Therapists use a variety of carefully planned activities in therapy because people learn skills better by “doing”. Programs are delivered in either group or one-to-one format.

Group programs include:

- **Creative Expression Group** – Using structured activities, such as drawing, collage, and paper and pencil exercise to facilitate self-expression and self-understanding. Topics may include dealing with emotions, improving self-esteem and communication techniques, etc.
- **Directive Group** (Unit 92 only)– Using structured activities, this group is intended to promote socialization, cognitive skill, physical activity and an enjoyable productive routine.
- **Exercise Group** - This group promotes an active life style. Activities include stretching, toning, power walking and easy aerobics to improve physical strength, endurance, and co-ordination. Other benefits are improved mood and stress management.
- **Pool Relaxation Group** – Use of warm water, a quiet environment and relaxing music to encourage tension reduction.
- **Relaxation Group** - To learn and practice various relaxation techniques. Examples of techniques are breathing, progressive muscle relaxation, visualization, and autogenic techniques.
- **Social Interaction Group** – Using social and leisure activities (e.g. board games, crafts, and outdoor activities) in a small group to promote socialization.
- **Stress Management Group** – This psychoeducational group consists of 8 sessions. It focuses on learning causes of stress, stress symptoms, and developing better coping skills.
- **Task Group** – Using individual craft projects (e.g. ceramics, pottery, mosaics, woodwork, leather work, sewing, and cross-stitch, etc.) to improve concentration, decision making, activity tolerance, and to develop work and leisure skills.

Other Services include:

- **Functional Assessment** - To determine your ability to function in the community.
- **Satellite Social Club** - (A weekly evening program run by an occupational therapist, a recreational therapist, and volunteers) To socialize and meet new people in various leisure and social activities.
- **Work Program** – A volunteer program that focuses on resuming productive life in the community.

When is the program offered?

Occupational Therapy service is available Mondays to Fridays (except holidays) from 8:00 am to 4:15 pm, and Thursday from 8:00am to 7:30pm.

Where is the program offered?

It is offered at the Grey Nuns Community Hospital Unit 91, 92, 93 inpatients, and Psychiatric Partial Hospitalization Program (PPHP).

Where can you get more information about Occupational Therapy?

Talk to your psychiatrist, nurse, social worker or any of the occupational therapists.

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Information for Patients and Families

Mental Health Program Grey Nuns Community Hospital