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## Interprofessional Perspectives on School-Wide Mental Health Interventions for Enhancing Resilience in Adolescents

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**Title of the Doctoral Presentation:** Interprofessional Perspectives on an Occupational Therapy Resilience Program for High School Students

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**Abstract:**

**Introduction:** There is a significant crisis in adolescent mental health (American Academy of Pediatrics, 2021; Radhakrishnan et al., 2022) that have been compounded by traumatic experiences experienced during the COVID-19 pandemic (Substance Abuse and Mental Health Services Administration, 2022) and widespread fear of violence in schools (Silver et al., 2021). The crisis and resulting vulnerability has led to a dire need to focus on overcoming mental health challenges and moving forward in the face of adversity, which calls for a focus on resilience to promote overall life outcomes (Fenwick-Smith et al., 2019; Ijadi-Maghsoodi et al., 2022; Steiner et al., 2019). Occupational therapy demonstrates potential in providing resilience-focused interventions to adolescents attending public high schools (Reitz et al., 2020; Collins et al., 2022). Schools provide an opportunity to provide services to those who are minoritized and economically disadvantaged (Ali et al., 2019; Ijadi-Maghsoodi et al., 2022; Steiner et al., 2019). An existing program called the Occupational Therapy Program of Wellness and Resilience (OT-POWER) has attempted to address the crisis. Due to a need for interprofessional collaboration to enhance resilience (Longhi et al., 2021; Masten & Motti-Stefanidi, 2020), the OT-POWER is in need of evaluation from interprofessional experts.

**Objectives:** The purpose of the study is to synthesize the perspectives of interprofessional experts regarding the OT-POWER manual designed to enhance adolescent resilience. The study aimed to assess consensus on the program's scope and sufficiency among interprofessional experts.

**Methods:** Researchers utilized a modified Delphi methodology requiring systematic multi-staged surveys. The capstone project reported on the first round of the Delphi study, which collected the perspectives of interprofessional experts from occupational therapy, trauma-informed care, diversity, equity, and inclusion, psychology, secondary education, and academic medicine. Participant reviewers were asked to review a 50-page program manual and respond to a 95-item survey integrating Likert scale questions, dichotomous yes and no questions, and open comment items to provide

their perspective on the manual's organization, format, and content. Data analysis consisted of descriptive statistics and a rapid content analysis to identify actionable feedback to integrate into the next iteration of the program manual.

**Results:** Six interprofessional experts from the fields of secondary education, school administration, occupational therapy, diversity, equity, and inclusion, and academic medicine completed the first survey round. Consensus was achieved for 100% of the 84 quantitative questions within the first survey round. Qualitative comments identified areas of strength and recommendations for improvement related to the manual's content.

**Conclusion:** This study identified interprofessional perspectives regarding the OT-POWER to enhance the congruence of the manual and program with the desired target population for the program and manual users. The results will inform revisions to the next iteration of the program manual. Future research will include the completion of a second survey round to assess agreement of the changes, and a final round including a brief survey of the potential end-users of the manual to evaluate its perceived usability and feasibility to implement.

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**Synopsis:** Six experts with different professional backgrounds answered a survey about an occupational therapy mental health and wellness program. At least 80% of the experts agreed on all the questions about the program manual. They also suggested ways to improve the manual's content and format. Suggestions will be used to improve the manual's match with the program's goals. Expert advice will focus on best ways to help high school students from disadvantaged backgrounds.

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**Keywords:** adolescent mental health, school-based, emerging practice, survey

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