

## **What's Next? Improving Community Integration for Individuals with a Serious Mental Illness**

**Speaker Qualifications:** Tova Ganz, OTS, is a student at TJU in the Department of OT and has completed extensive coursework relating to OT in the field of mental health. She has also had various clinical fieldwork experiences at mental health settings. LeeAnne Kashner, OTS, is a student at TJU in the Department of OT and has a wide educational background in OT and mental health. Her practical experiences have included clinical settings in this practice area, specifically a three month full-time placement at an in-patient mental health facility. Natalie Torres, OTS, is a student at TJU in the Department of OT and has participated in numerous courses addressing OT in mental health. She has participated in a variety of fieldwork experiences which addressed mental health needs. Adam Remich, OTS, is a student at TJU in the Department of OT and has a broad background in OT and mental health. He completed an independent study course at a facility providing transitional services for individuals with mental health issues and a level II clinical placement at a setting providing services for adults who are homeless and considered to be 'at risk'.

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**Primary Focus:** Mental Health

### **Learning Objectives:**

1. Understand the impact of serious mental illness on independent living in the community.
2. Identify and describe three of the most effective interventions when working with individuals with a serious mental illness.
3. Demonstrate knowledge of most effective interventions for community reintegration through application to a sample case study.

### **Abstract:**

The National Institute of Mental Health (NIMH) estimated that, 9.6 million adults had a serious mental illness (SMI) in the U.S. in 2012. Individuals with a SMI experience significant negative impacts on all aspects of their daily life (Granerud & Severinson, 2006). Symptoms of the SMI lead to difficulties in all areas of occupation and the performance skills and performance patterns of the individual (AOTA, 2013).

The purpose of this presentation is to disseminate the results of a highly reproducible systematic review of current literature related to interventions that fall within the domain of occupational therapy for individuals with SMI living in the community. The literature search was conducted using online database CINAHL, Cochrane, Ovid SP (PsycInfo & Psychiatry Online), and PubMed databases. Articles were limited by eligibility criteria related to articles investigating interventions conducted within community settings for persons with SMI between the ages of 18-65 years. The final pool of studies was limited to systematic reviews of randomized-control trials and individual randomized control trials. Articles were

critiqued using either the PEDro scale (CEBP, 2014) or the PRISMA checklist (Moher, Liberati, Tetzlaff, & Altman “The PRISMA Group,” 2008).

Results of the systematic review indicated themes that influence practice in this area. Themes included support of activity-based interventions, effectiveness of cognitive interventions, and importance of utilizing a collaborative care model. Additionally, social skills training was found to promote positive outcomes as were interventions that used a combination of strategies. Finally, secondary aspects of interventions were correlated with positive outcomes. Knowledge and understanding of EBP interventions for OT in the field of mental health will directly impact everyday practice. In addition, this information will contribute to the development of OT as a provider of EBP treatment within the field of mental health.

### **References:**

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Moher D, Liberati A, Tetzlaff J, Altman DG, The PRISMA Group (2008) Preferred reporting items for systematic reviews and meta-analyses: The PRISMA Statement.

National Institute of Mental Health. (2012). *Serious Illness Among Adults*. Retrieved from: [http://www.nimh.nih.gov/statistics/SMI\\_AASR.shtml](http://www.nimh.nih.gov/statistics/SMI_AASR.shtml)

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### **Other:**

Level of Material being Presented: Introductory

Target Audience: Occupational Therapists, Occupational Therapy Assistants, Mental Health Professionals