

Title: A recovery based logic model for people with bipolar disorder

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Introduction: Bipolar disorder is the sixth leading cause of disability (Murray & Lopez, 1996). It is now recognized that even for patients who recover from their symptoms, 30 to 60% will continue to live with functional impairments (Bowden, 2005). When these impairments are severe and persistent, specific and innovative services are required and occupational therapists can be key players in the provision of these services. **Objectives:** The goal of this poster is to propose an evidence-based program conceptualization of psychosocial rehabilitation for occupational therapists working with persons with bipolar disorder. **Methods:** Based on Chen's (2005) conceptualization facilitation approach, the authors established a program logic model for bipolar disorder, combining information from literature and clinical experience. They reviewed literature on recovery, occupational consequences of living with bipolar disorders, and evidence-based interventions. They involved simultaneously 15 occupational therapists working in the mental health department of a general hospital at each step of the process, from development to implementation. The program was developed in a context of major organizational changes at provincial and local levels in mental health service delivery. **Results:** The ultimate aim of this program is to enable recovery through the integration of symptoms reduction and quality of life improvement. The specific goals are to improve abilities to manage illness, adopt a structured occupational schedule, improve social adjustment, and reengage in productive activities. Examples of proposed interventions include the life goal approach (Bauer & Mc Bride, 2003) and interpersonal and social rhythm therapy (Frank et al. 1997). Several outcomes measures are suggested such as the occupational questionnaire. **Conclusion:** Living with bipolar disorder can have a significant impact in participating in daily activities. Models of practice should meet the specific needs of those with bipolar disorders. Developing logic models allow understanding and targeting of these needs. **Contribution to practice:** This collaborative experience to develop a program logic model allowed occupational therapists to validate their role, provided them with measurement tools and intervention focuses, and helped them to proactively face organizational changes.