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In doing activities, to enhance the self, to become an integrated individual in society.

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We are working as Occupational Therapists in a private, short-term, psychiatric clinic in the northern suburbs of Cape Town, South Africa. The clinic accommodates adult patients from a diverse background and diagnosis. Psychosis and substance abuse are mostly excluded. The period of hospitalization is on average between seven to fourteen days. Occupational Therapy assessment and treatment are conducted within a group setting. A structured ward programme is being used and consists of the following groups: creative activities, life skill discussion groups, relaxation therapy and educational and motivational media.

Since 2007 we requested feedback from patients regarding their participation in the structured ward programme, using a questionnaire. According to the information, obtained from the questionnaire, it became evident that the creative activities were experienced as the most beneficial by the patients during their recovery process.

The question that aroused from the above mentioned information is: What is the long-term impact on the wellness (rehabilitation and reintegration) of clients by participating in creative activities during their hospitalization and the follow-up period?

A study was conducted to obtain in-depth information from clients to evaluate the value of their participation in creative activities during their rehabilitation and integration process.

We would love to share our results with you and to embrace the use of creative activities as a meaningful Occupational Therapy treatment tool in Mental Health.

THEME: 7. Occupation, Daily Life, Subjectivity and Occupational Therapy

KEYWORDS: Social Participation

Intervention or to practice models

Everyday Life, Individual and Occupational Therapy

SCOPE: Mental Health

AGE GROUP: Adults

PRESENTATION TYPE: Oral

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