

## **International perspectives on advancing occupational therapy in mental health**

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The practice of occupational therapy in mental health varies throughout the world. In the United Kingdom, it is well developed with approximately one third of occupational therapists working in this area. However, in some countries mental health practice is not yet well established while in other countries like the USA, the focus on mental health has declined over recent years with few therapists working in this area.

If occupational therapy is to contribute to improving the quality of life for people with mental health problems throughout the world, then therapists must examine international examples of best practice to advance their work in their country.

A review of current literature indicates key themes that have international relevance and application. These include

- developing occupational opportunities in the community;
- the expansion of vocational rehabilitation;
- the growth of the recovery model;
- the involvement of patients and clients in service development and research
- working with and influencing mental health policy.

This poster explores these international themes and encourages occupational therapists to identify how these relate to their practice in their own country and encourages them to revise their practice.