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Exploring the Occupational Therapy journey and contribution in the redesign of a recovery based programme for adults suffering from severe mental illnesses (SMI) and comorbid substance use disorders (SUD) at a medium term stay facility in the Western Cape

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Introduction: William Slater House is a medium term stay, step-down facility for adult males suffering from SMI and comorbid SUD. Intervention at the facility is focused on the reintegration of these males back home. As the facility is being relocated, the MDT is re-evaluating, and developing, the programme based on the residents' evolving needs. This means taking a client-centered focus, while drawing on the Recovery Model to incorporate a stronger sense of personal recovery.

Objectives: The objectives are to develop and improve the Recovery-based programme, while ensuring client-centeredness. It will include a dual diagnosis component, to facilitate harm reduction and the management of clients with SUD. Another objective is to adapt the programme and new environment to comfortably incorporate a female cohort of patients.

Method: As the programme redesign is in its initial phase, the residents are assessed using a recovery assessment tool. Individual needs are unpacked and identified to determine the OT role and practice implications in the new programme.

Results: The result would be to design an effective medium term stay facility, appropriate for adults living with SMI and comorbid SUD, focussing on their personal recovery in their reintegration process. As the tools used to gather this information was not designed specifically for the South African context, collaboration with the relevant authors is proposed to revise and translate the tools for use in our context.

Conclusion: I hope to present our findings and the OT's journey, including specific contributions, and progress made in developing the recovery assessment tool.