

# Mental health occupational therapy

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# Occupational therapy in mental health

- Health promotion
- Community development
- Homelessness
- Primary care
- Acute care
- Rehabilitation
- Long-term care
- Forensic psychiatry
- Many other settings

# Contents of talk

- Characteristics of occupational therapy that contribute to a strong mental health practice
- Unique selling point in the field of mental health
- Why the role of occupational therapy in mental health is not well-developed or recognised in some countries
- Purpose and value of occupational therapy for mental health

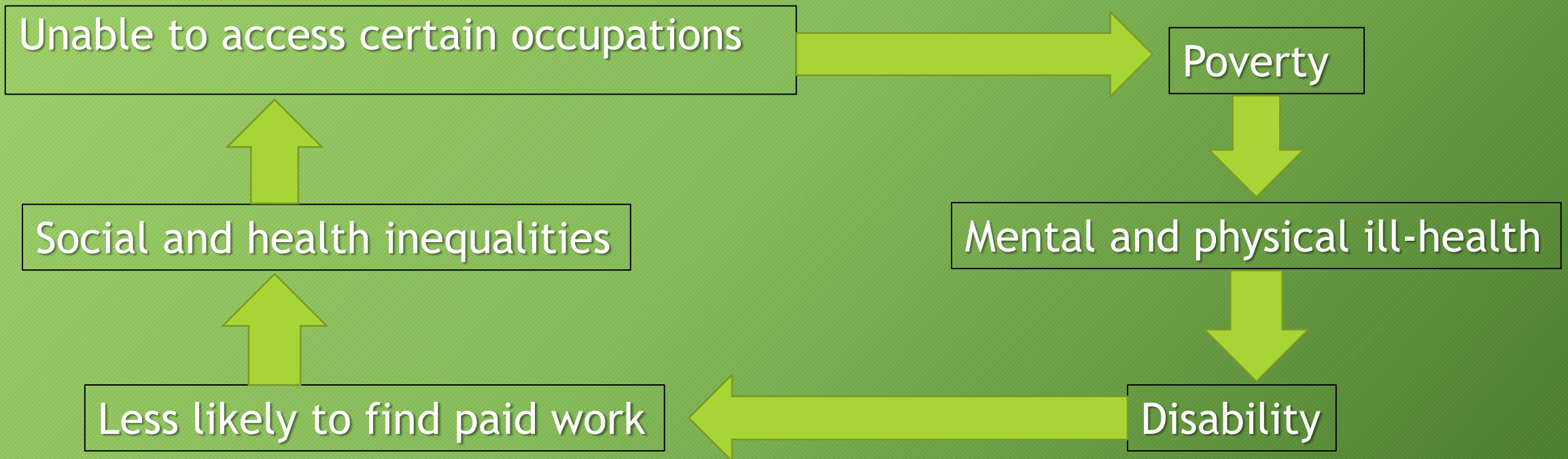


# Aims of occupational therapy

- To assist people to reintegrate themselves as far as possible into productive and socially accepted roles in society;
- To distract people's attention from distressing symptoms and enable them to focus on the external world, and
- To engage people's interest and restore their self-esteem

(Haworth & MacDonald 1946)

# Multiple deprivations and disadvantages





# Intersectionality

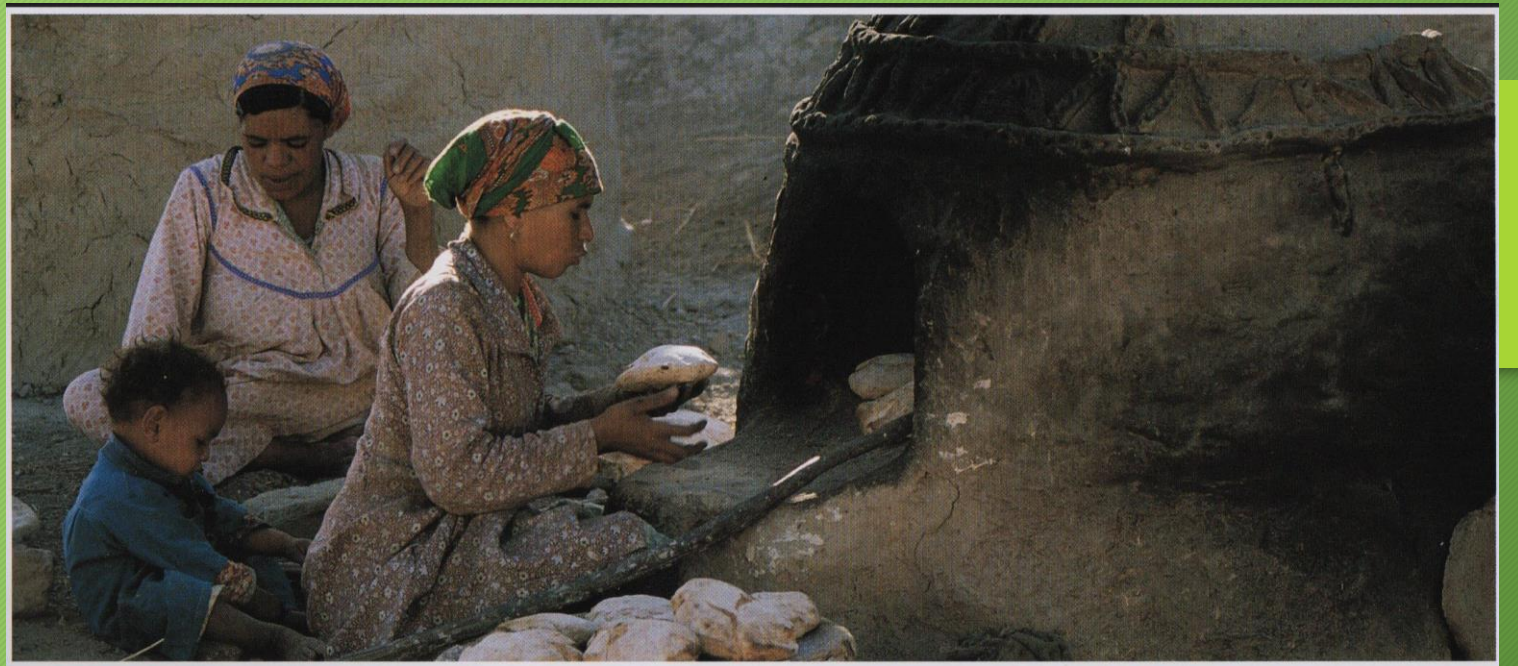
The complex interactions among multiple social categories and systems and processes of domination and oppression, which simultaneously produce experiences of discrimination for those who are marginalised and privilege for those at the centre

(Morrow & Hardie 2014)

# Rural Mental Health Campaign South Africa

The health of persons living with mental health-related challenges has long been neglected by the public health care system in South Africa. Services offered have largely been modelled on institutional care and have lacked elements that promote social inclusion, empowerment, hope and independence. Services have been centralised in tertiary hospitals in the main cities of South Africa, while most people living with mental health-related issues in smaller towns and rural settings are confronted with unsupportive and inadequate desert-like mental health care services. The lack of mental health care services in rural settings is dehumanising.























# Occupational therapy techniques

- Task analysis
- Activity analysis
- Extended activity analysis
- Activity selection
- Activity adaptation
- Activity grading and sequencing
- Planning, organizing and leading activities



# Why not occupational therapy in mental health?

- Lack of funding
- Shortage of student placements
- Shortage of staff to teach mental health on university programmes
- Social and cultural attitudes to the care and treatment of people with mental illness







# References

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