The ANZOTMHA Network
A unique collaboration ready for replication

Justin Scanlan, The University of Sydney
Jayne Webster, Otago Polytechnic
Geneviève Pépin, Deakin University
Pamela Meredith, The University of Queensland
Kirsti Haracz, The University of Newcastle
Shelley Wright, University of South Australia
Marianne Bonassi, James Cook University
Ben Milbourn, Curtin University
Alexandra Logan, Australian Catholic University
The ANZOTMHA network

Australian and New Zealand Occupational Therapy Mental Health Academics

Australian and New Zealand Occupational Therapy Mental Health Academics Network

Australia and New Zealand

Occupational Therapy Programs in Australia and New Zealand

Establishment of ANZOTMHA

2012: Meeting established to bring occupational therapy and social work academics in mental health together

– Occupational therapy academics identified the potential opportunities possible through ongoing collaboration

– A follow up meeting was established and the Australian and New Zealand Occupational Therapy Mental Health Academics (ANZOTMHA) network was formed

Because... Mental health is an evolving field influenced by government policies, research, and sociocultural factors.

Occupational therapy academics must ensure new graduates are grounded in an occupational understanding of mental health and capable of surviving, thriving and leading changes in this complex area of practice.

...and ANZOTMHA aims to work collaboratively to create relevant curricula for current and future practice, advance mental health practice, and produce research that responds to and influences priorities from the field.
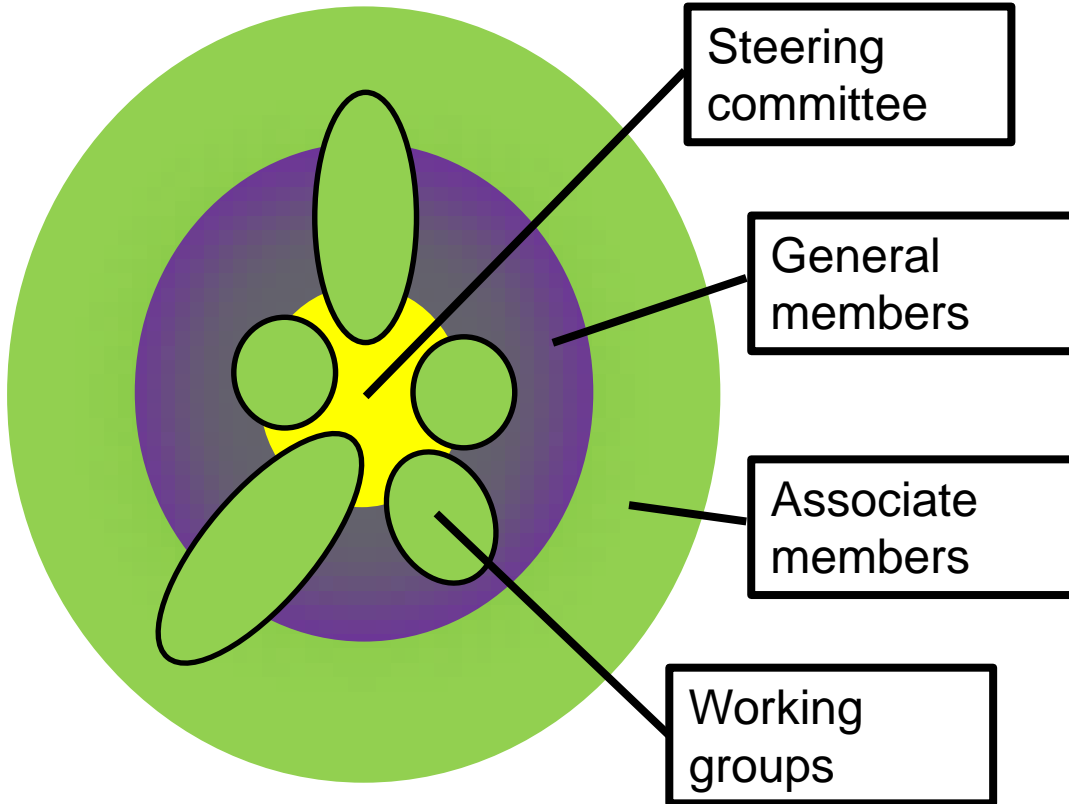
Vision and Purpose

Purpose

— To share ideas and build on synergies to enhance teaching and research

— To avoid "re-inventing the wheel"

— To share resources

Vision

— To advance occupational therapy *practice*, *education* and *research* in mental health

Format and Meetings

Steering committee

General members

Associate members

Working groups

Meetings

- Steering group meets quarterly (teleconference)

- Working groups meet as needed

- Face to face meetings whenever possible

Members of the ANZOTMHA Steering Group

Justin Scanlan
The University of Sydney
Co-chair

Jayne Webster
Otago Polytechnic
Co-chair

Geneviève Pépin
Deakin University
Inaugural Chair

Amy Baker
University of South Australia

Marianne Bonassi
James Cook University

Ellie Fossey
Monash University

Nicola Hancock
The University of Sydney

Kirsti Haracz
University of Newcastle

Alexandra Logan
Australian Catholic University

Tawanda Machingura
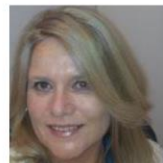Bond University

Pamela Meredith
The University of Queensland

Ben Milbourn
Curtin University

Heidi Miller
University of the Sunshine Coast

Desley Simpson
CQUniversity

Kim Walder
Griffith University

Ellice Willcourt
Flinders University

Anne Williams
Swinburne University

Shelley Wright
University of South Australia

Projects – "Priorities Study"

Feature Article

Identifying educational priorities for occupational therapy students to prepare for mental health practice in Australia and New Zealand: Opinions of practising occupational therapists

Justin Newton Scanlan,[1,2] Geneviève Pépin,[3] Kirsti Haracz,[4] Priscilla Ennals,[5] Jayne S. Webster,[6] Pamela J. Meredith,[7] Rachel Batten,[8] Siann Bowman,[9] Marianne Bonassi[10] and Rosie Bruce[11]

Projects – "Priorities Study"

	Essential priorities
1	Clinical reasoning / assessment formulation: combining occupational and psychiatric information to inform goal setting and intervention planning
2	Client-centred practice and consumer engagement
3	Therapeutic use of self / therapeutic relationship / boundaries
4	Functional implications of mental illness
5	Therapeutic use of occupation
6	Mental health fieldwork experiences
7	Collaborative goal setting
8	Common occupational therapy interventions in community and inpatient settings
9	Occupational therapy assessments in Mental Health
10	Importance of occupation for positive mental health
11	Observational assessment / Task and activity analysis
12	Engaging challenging consumers: Low motivation / lack of engagement
13	Consumer self-management of illness (e.g., relapse prevention, early warning signs, management of hallucinations)
14	Intervention planning

Projects – "Priorities Study"

	Essential priorities
15	Occupational therapy assessments: Functional assessment / assessment of basic and instrumental activities of daily living
16	Risk assessment and management
17	Occupational therapy roles: Maintaining occupational focus (including in generic positions)
18	Basic communication skills: communicating with consumers and families
19	Professional self-care / resilience
20	Knowledge of high prevalence disorders (e.g., anxiety, depression)
21	Strengths focus
22	Reflective practice
23	Recovery, hope-inspiring practice and recovery orientation of services
24	Knowledge of low prevalence disorders (e.g., schizophrenia / bipolar disorder)
25	Interviewing skills
26	Lifespan development approach / considering consumers' developmental needs / bio-psycho-social-developmental approach
27	Engaging challenging consumers: disruptive / abusive / inappropriate behaviour
28	Mental State Examination
29	Sensory approaches

Projects – "Matching Study"

Feature Article

Mental health education in occupational therapy professional preparation programs: Alignment between clinician priorities and coverage in university curricula

Justin Newton Scanlan,[1,2] Pamela J. Meredith,[3] Kirsti Haracz,[4] Priscilla Ennals,[5] Geneviève Pépin,[6] Jayne S. Webster,[7] Karen Arblaster,[1,8,9] Shelley Wright[10] and The ANZOTMHA Network[a]

Projects – "Matching Study"

Topics categorised as "Essential priorities" by clinicians but not in the "High coverage" in university programs category
1. Mental health fieldwork experiences
2. Observational assessment / Task and activity analysis
3. Engaging challenging consumers – Low motivation / lack of engagement
4. Consumer self-management of illness (e.g., relapse prevention, early warning signs, management of hallucinations)
5. Risk assessment and management
6. Occupational therapy roles – Maintaining occupational focus (including in generic positions)
7. Professional self-care / resilience
8. Engaging challenging consumers – disruptive / abusive / inappropriate behaviour
9. Sensory approaches

Projects – "Matching Study"

Topics included in the "High coverage" in university programs category but not categorised as "Essential priorities" by clinicians

1. Occupational therapy assessments – Comprehensive occupational assessment
2. Occupational therapy models – general application of models to practice
3. Evidence-Based Practice
4. Interventions to support independence in basic and instrumental activities of daily living
5. Group work
6. Occupational therapy models – Model of Human Occupation
7. Occupational therapy assessments – Model of Human Occupation assessments
8. Intervention strategies for anxiety and depression
9. Culturally sensitive practice (including for specific populations such as Indigenous and refugee populations)
10. Occupational therapy role – explaining occupational therapy role to others (multidisciplinary team / clients / other service providers)
11. Personality Disorders
12. Research
13. Grading and adaptation
14. Occupational therapy models – Canadian Model of Occupational Performance and Engagement

Projects

Current project areas

— Consumer involvement in mental health education

— Teaching and assessing recovery oriented practice skills

— The relevance of groupwork skills in contemporary occupational therapy practice

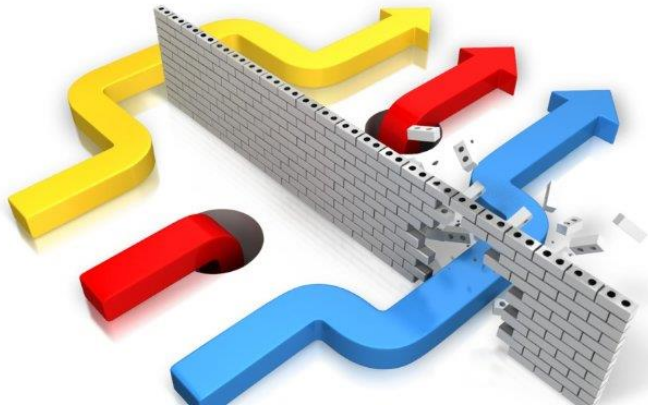— Mental health occupational therapists and the National Disability Insurance Scheme

Replication

Our experience says that the benefits of a group like this are enormous, so could be replicated in other settings…
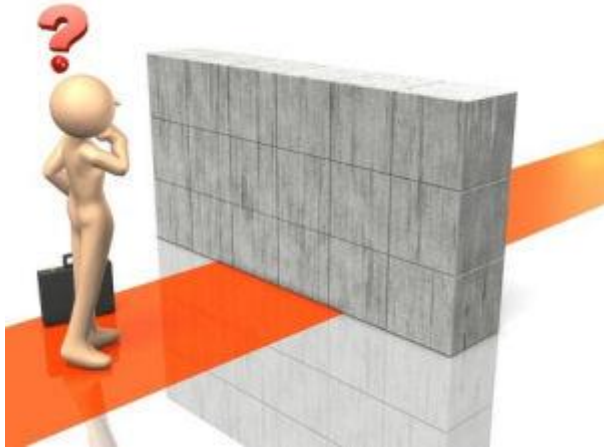
Replication

Our experience says that the benefits of a group like this are enormous, so could be replicated in other settings…

— Competition in the tertiary education sector

— Time

— Distance

— Not knowing where to begin

Go forth and collaborate

For more information:

justin.scanlan@sydney.edu.au

ANZOTMHA@gmail.com

THE UNIVERSITY OF
SYDNEY

Australian and New Zealand Occupational Therapy Mental Health Academics

**Australian and New Zealand
Occupational Therapy
Mental Health Academics Network**