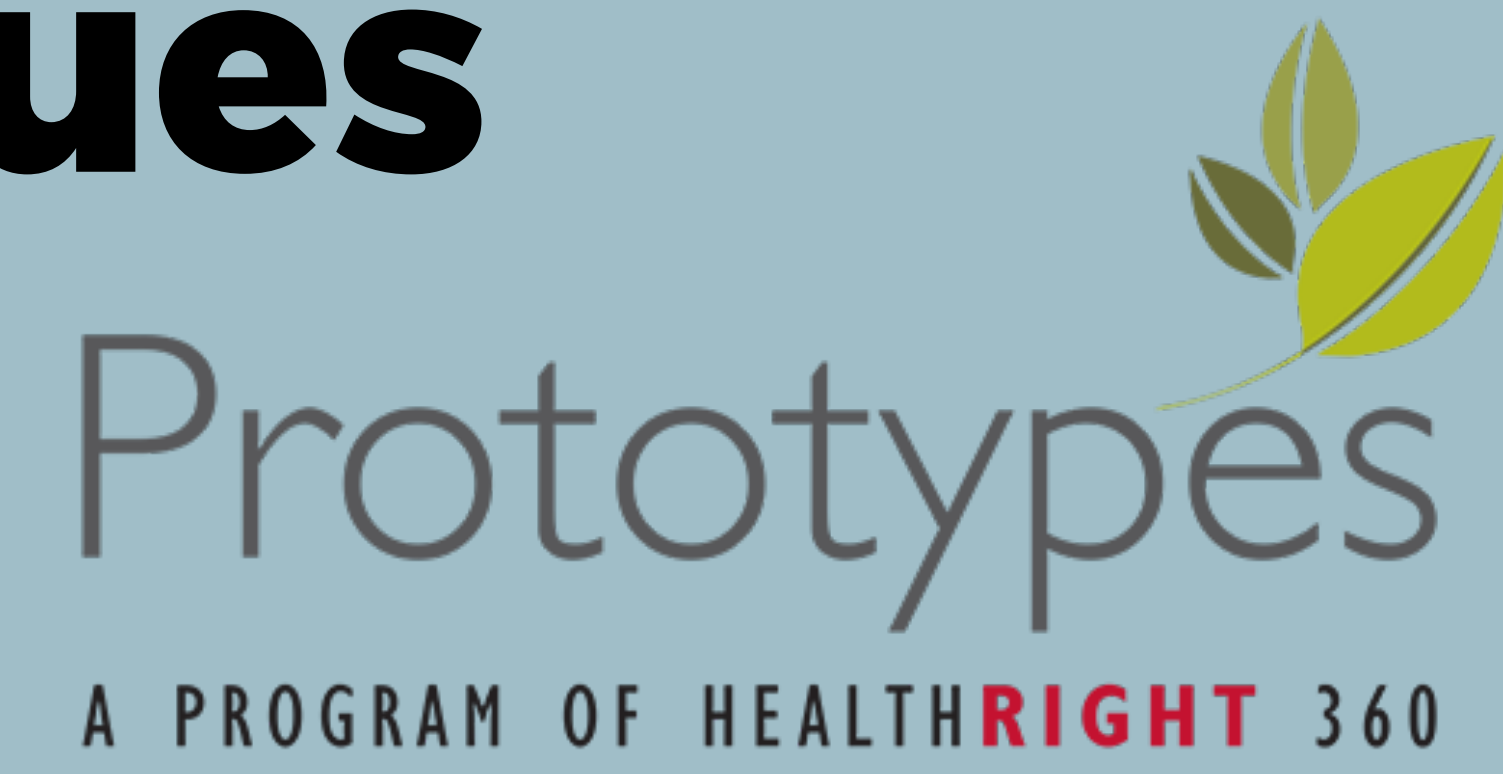


A Self-Regulation Skill Building Group for Adults with Serious Mental Illness and Co-Occurring Issues

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Site Mentors: Rebecca Heymann, OTD, OTR/L and Samantha Sangana, LCSW



Literature Review

- 1 in 5 adults experience mental illness each year (National Alliance of Mental Illness [NAMI], 2019)
- 1 in 25 adults experience serious mental illness each year (NAMI, 2019)
- 19.3% of adults with mental illness also experience substance use disorder (SUD) (NAMI, 2019)
- One third of individuals with mental illness experience high levels of stigma including the following:
 - Feelings of shame
 - Decreased meaning of life
 - Social support
 - Quality of life (American Occupational Therapy Association [AOTA], 2019)

Description of DEI Site

- **Mission Statement:** Rebuild the lives of women, children, and communities impacted by substance use, mental illness, domestic violence
- Founded in 1986
- **Population Served:** Women, men, and children with both individual and group behavioral health services
- Treatment Programs
 - Inpatient
 - Outpatient
 - Aftercare

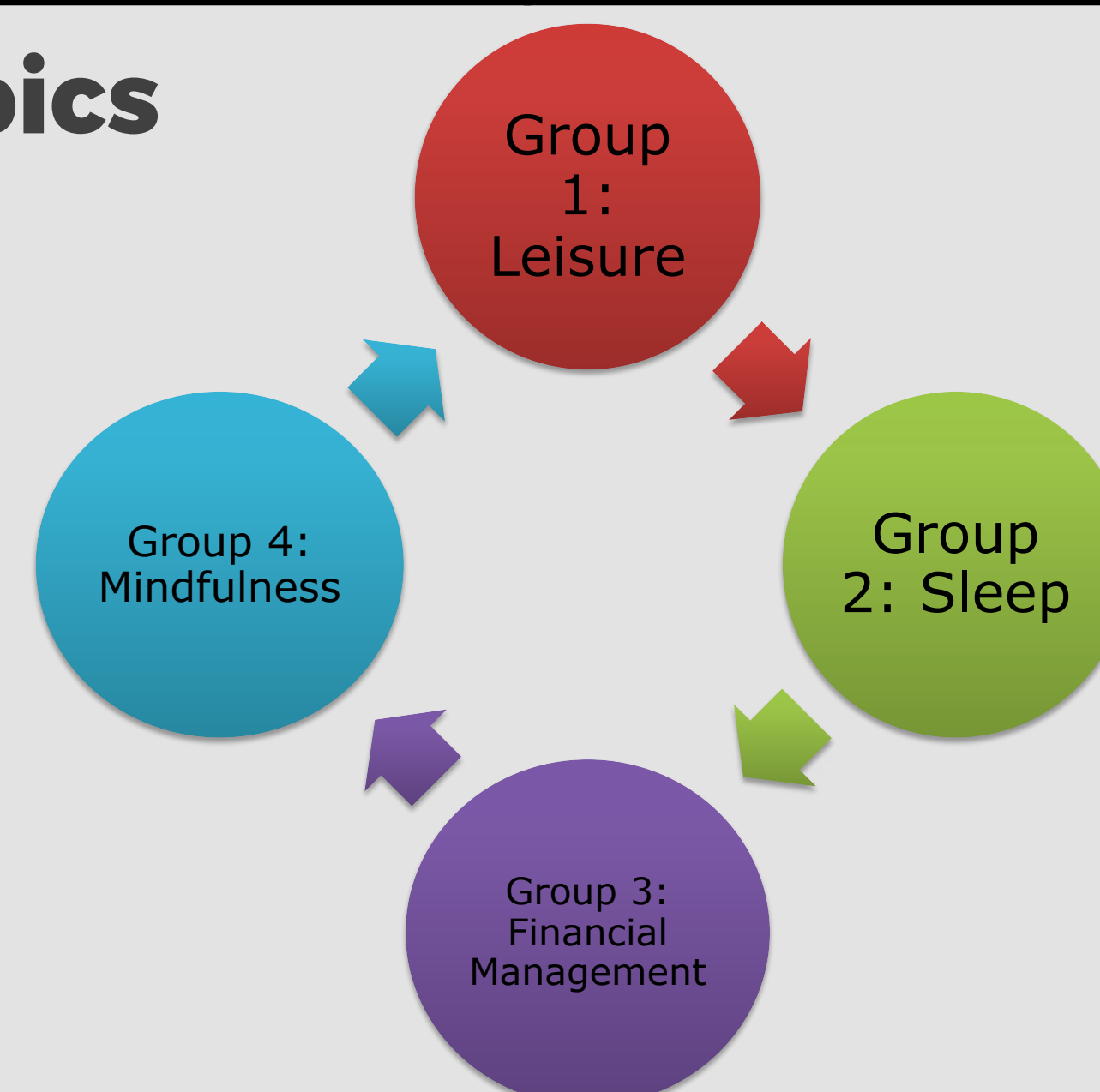
Summary of Needs Assessment

- Informal semi structured interview in Pasadena, CA
- Areas of Need:
 - Community re-integration for children that have experienced trauma
 - Community re-integration for adults to assist in promoting a sober, healthy lifestyle
 - Gardening group to increase quality of life

Individualized Learning Objectives

Collect and analyze data on the effectiveness of occupation-based interventions for clients with (SUD) and co-occurring mental illness	Develop a group protocol for various occupation-based intervention modules for those with SUD and co-occurring mental illness	Conduct an inservice to individuals at Prototypes on the results of the occupation-based modules and the relevance that OT has when working with persons with SUD and co-occurring mental illness
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Group Topics



Program Description

- **Purpose of the Capstone:** Promote self-regulation skills, in the context of occupation, by implementing occupation-based, client-centered interventions

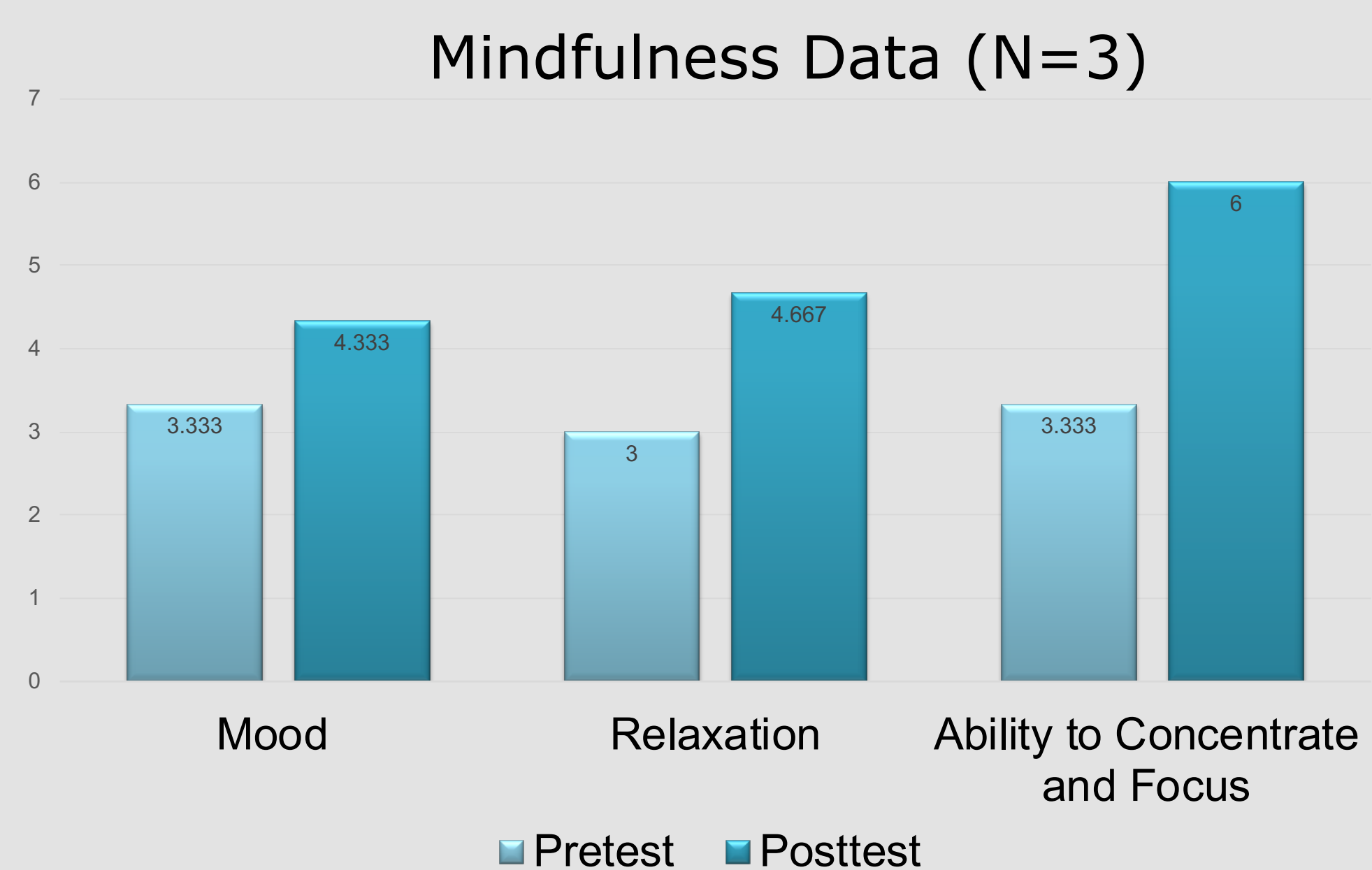
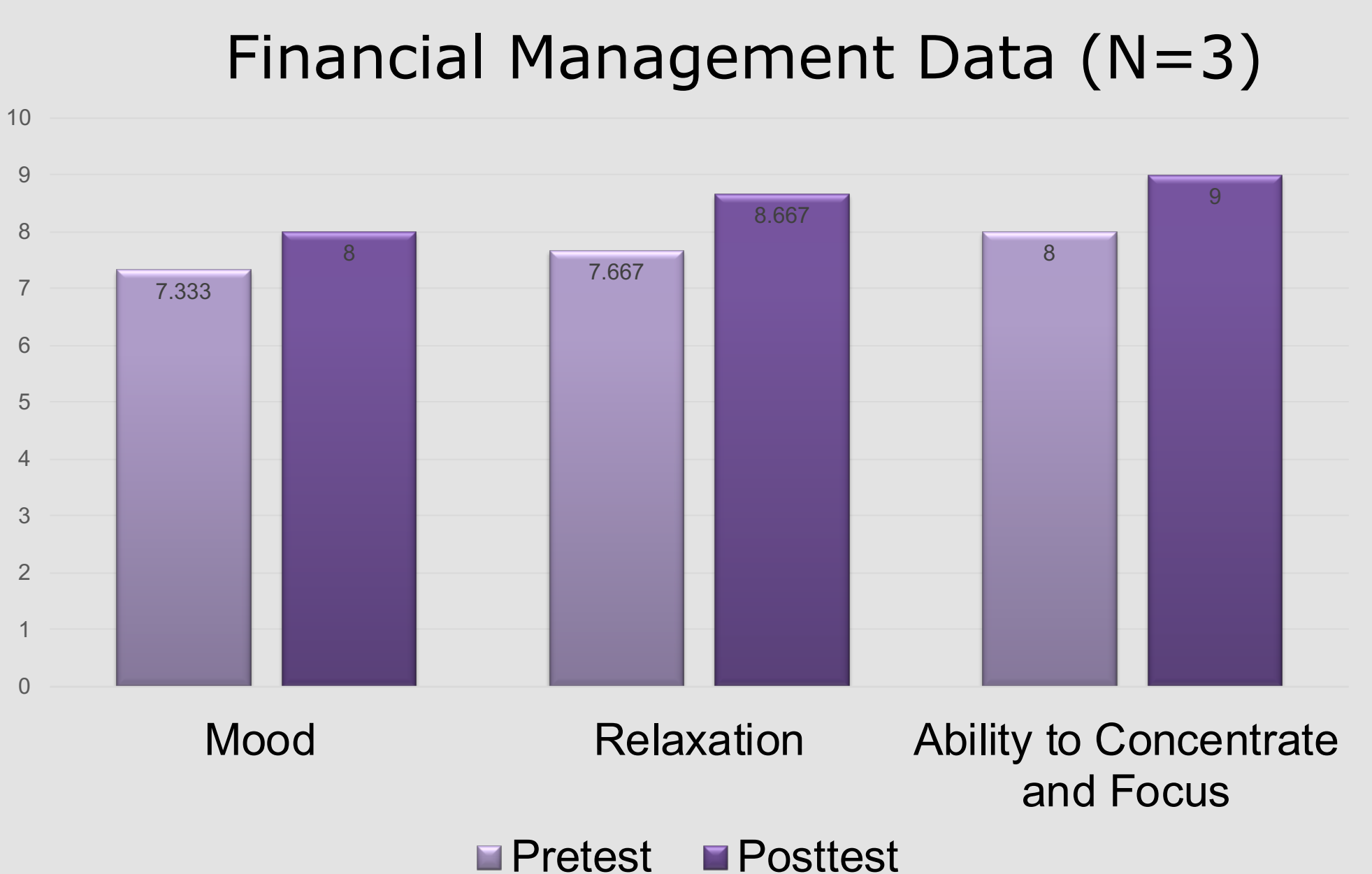
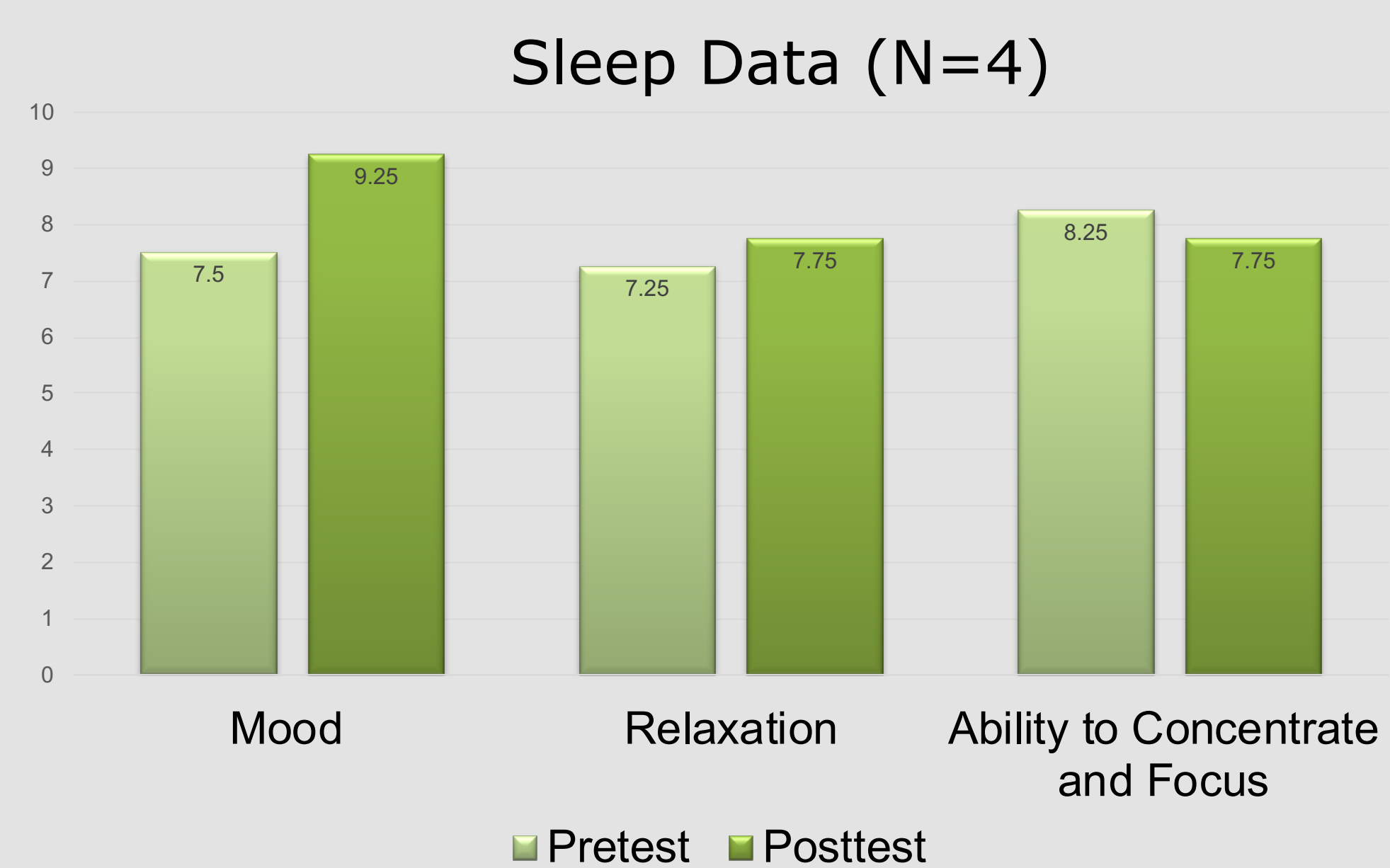
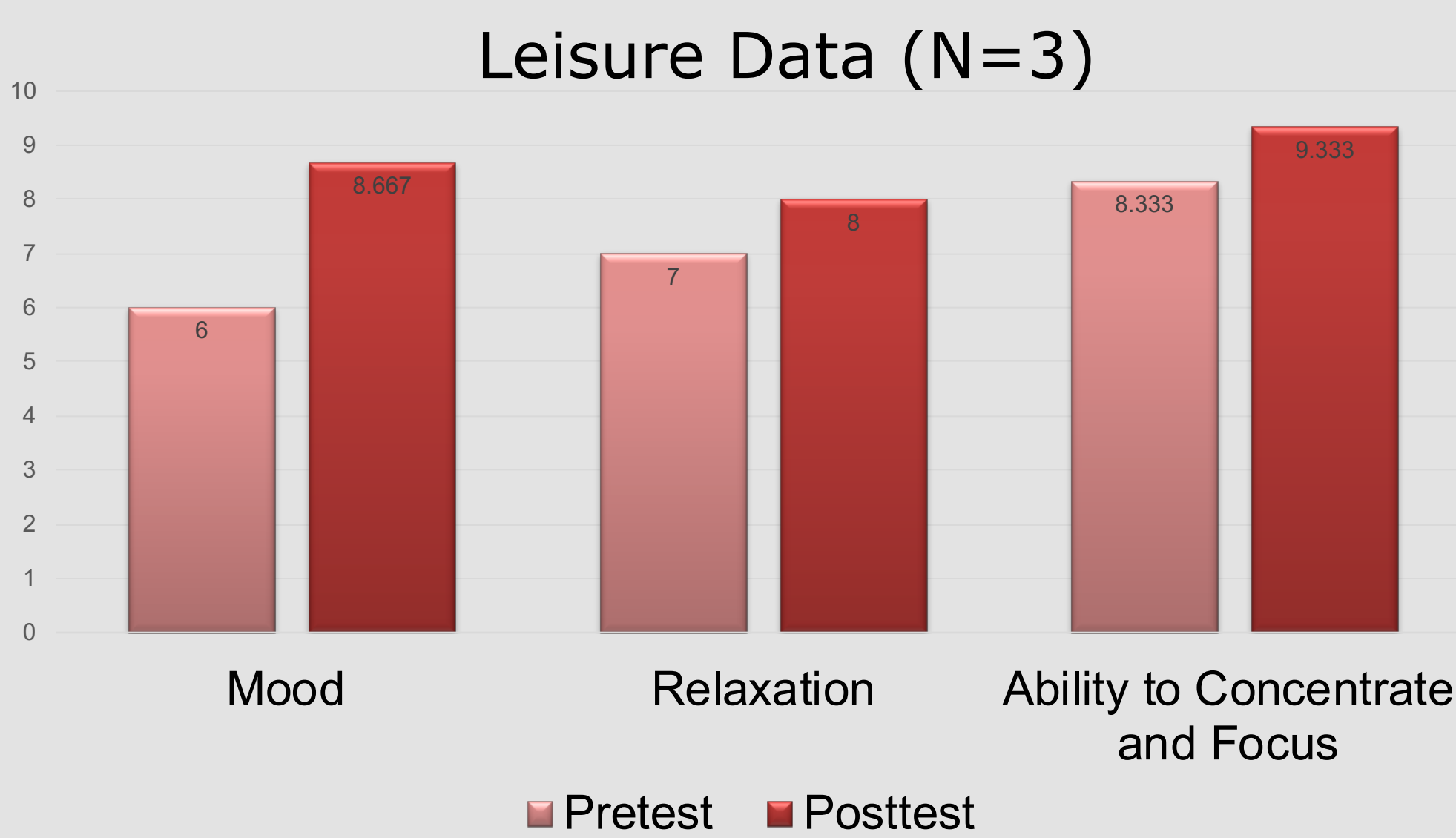
Outcome Measure

- Sensory Connections Self Regulation Group Session survey

Data Collection and Analysis

- Paired t-test via Jeffery's Amazing Statistics Program (JASP)
- Analyzed mean values for each group

Results



Scholarly Deliverables

Group protocol binder

All staff in-service

Group Protocol Handout Examples

Implications for OT

- New routines, habits, and roles
- Independent living skills
- Occupational participation

Acknowledgements

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****References Available Upon Request**