

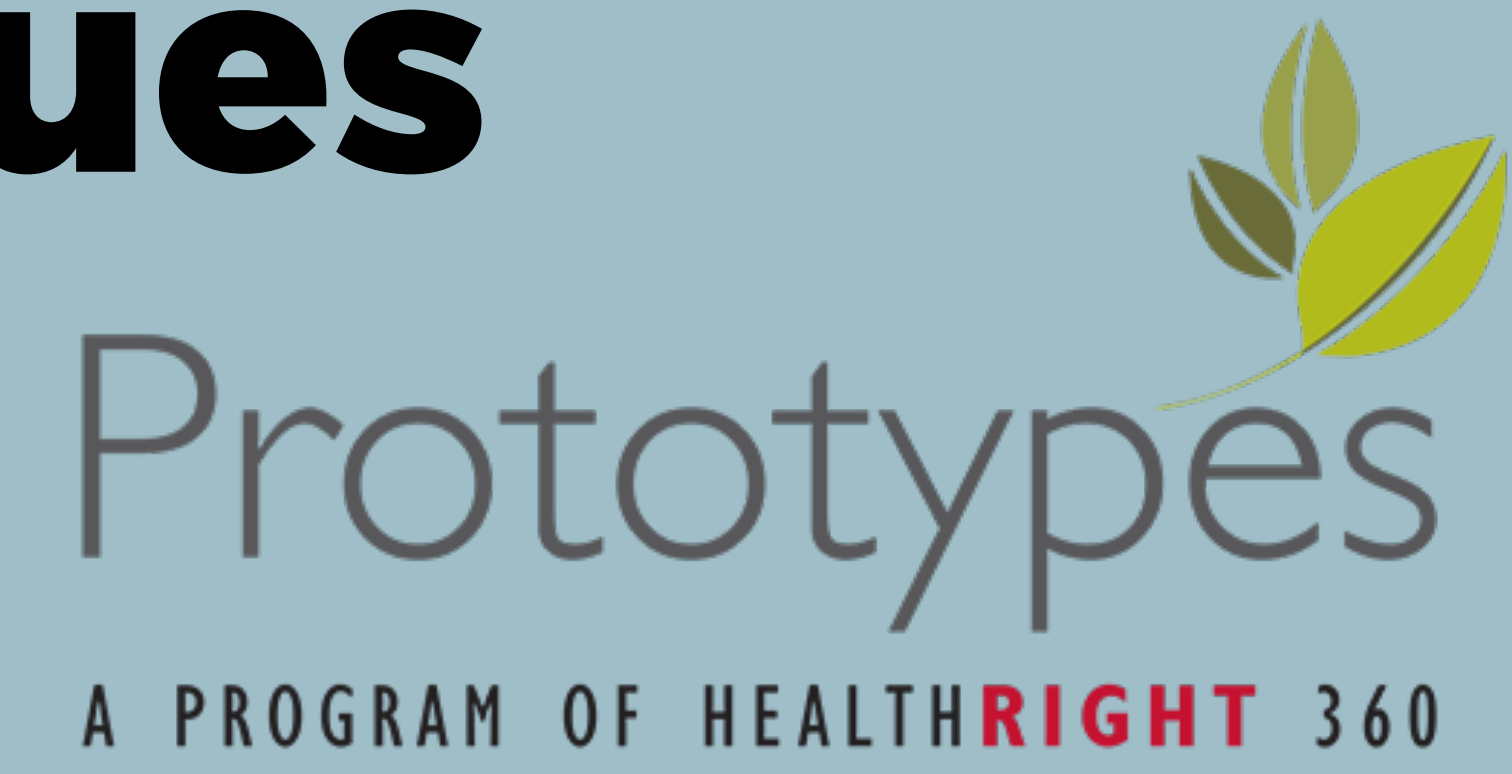
# A Self-Regulation Skill Building Group for Adults with Serious Mental Illness and Co-Occurring Issues



Amber Elmore, OTDS

Faculty Mentor: Christy Billock, PhD, OTR/L

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



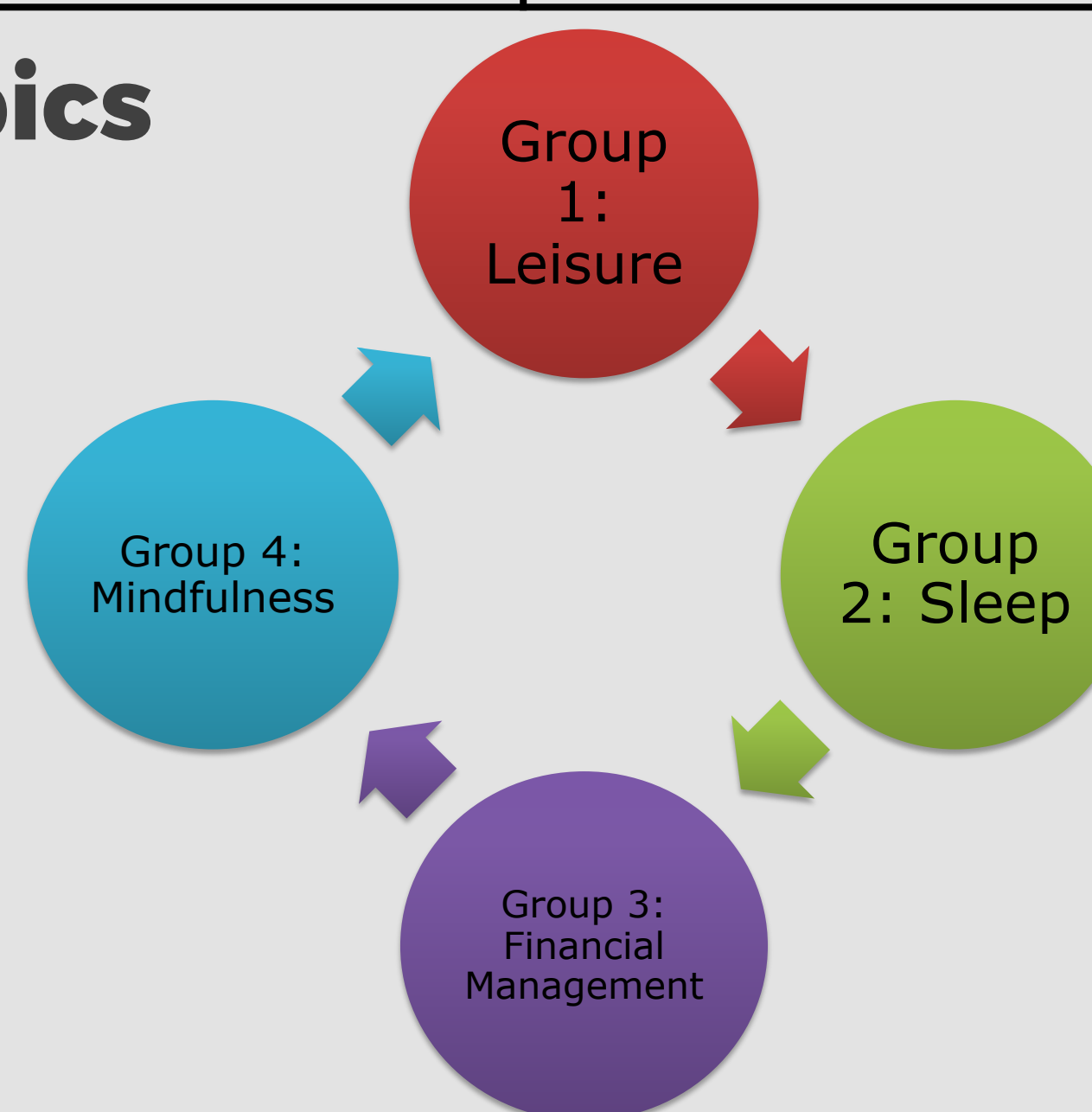
## Literature Review

- 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)

## 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
----------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

## Group Topics



## 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

## Program Description

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

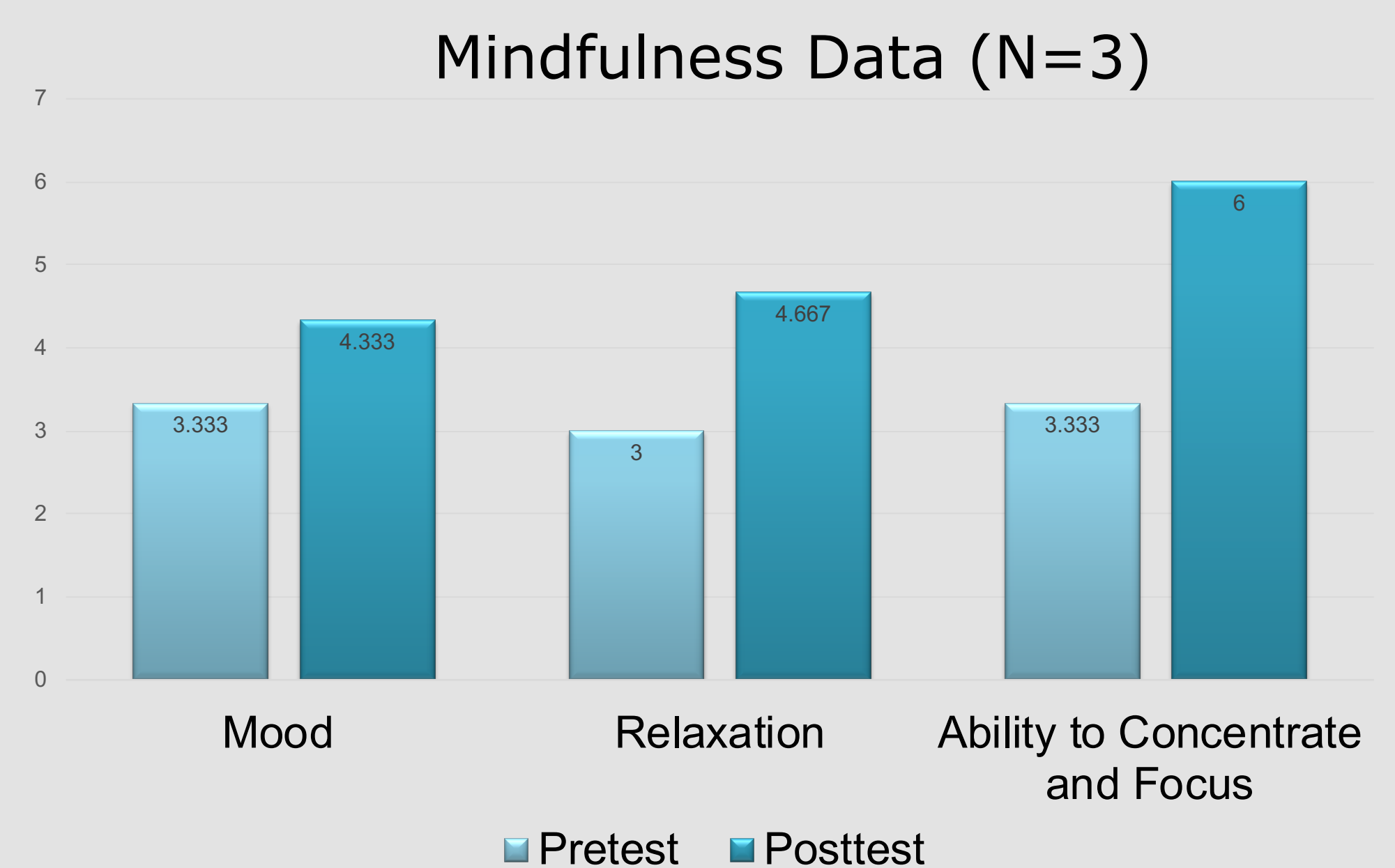
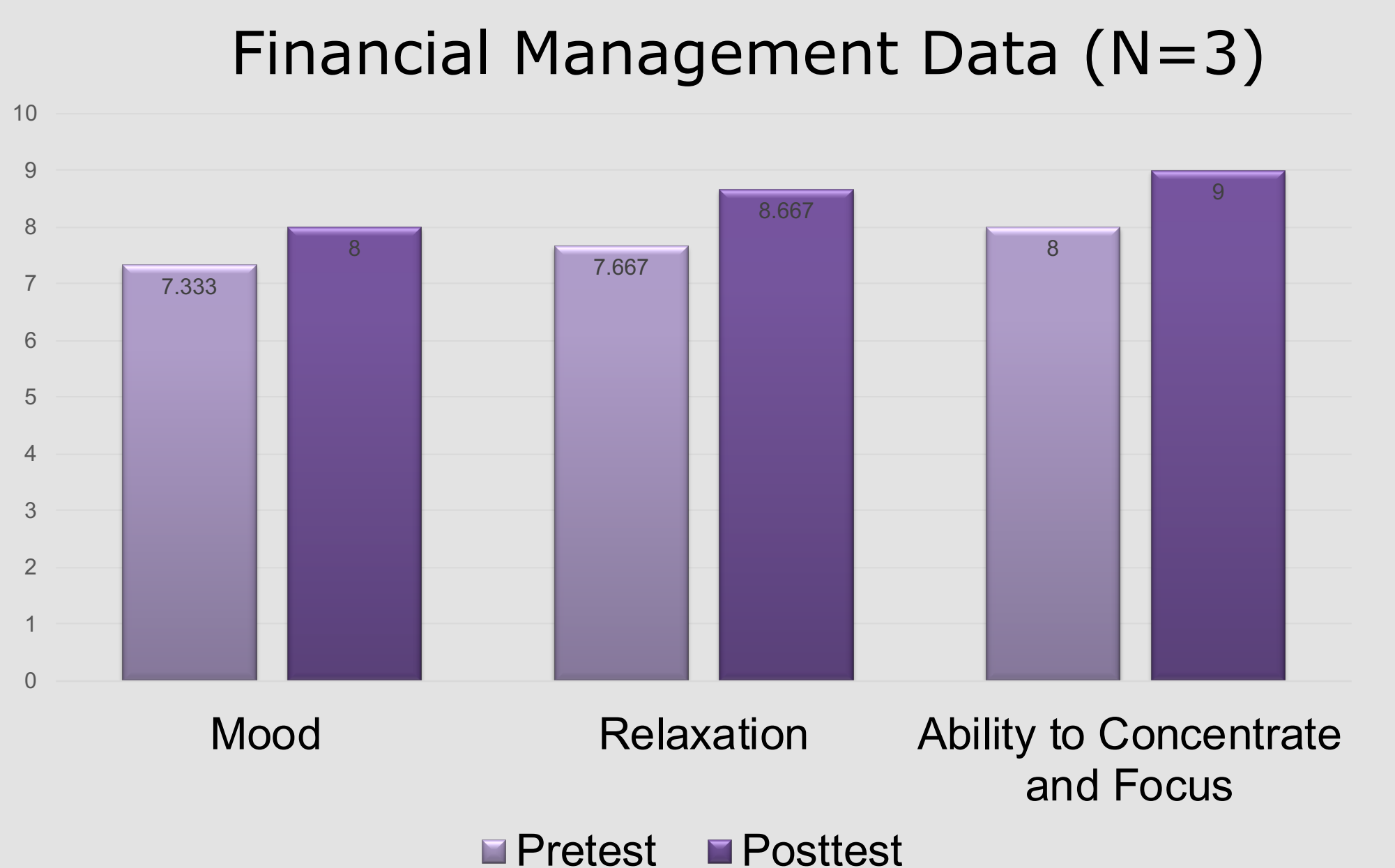
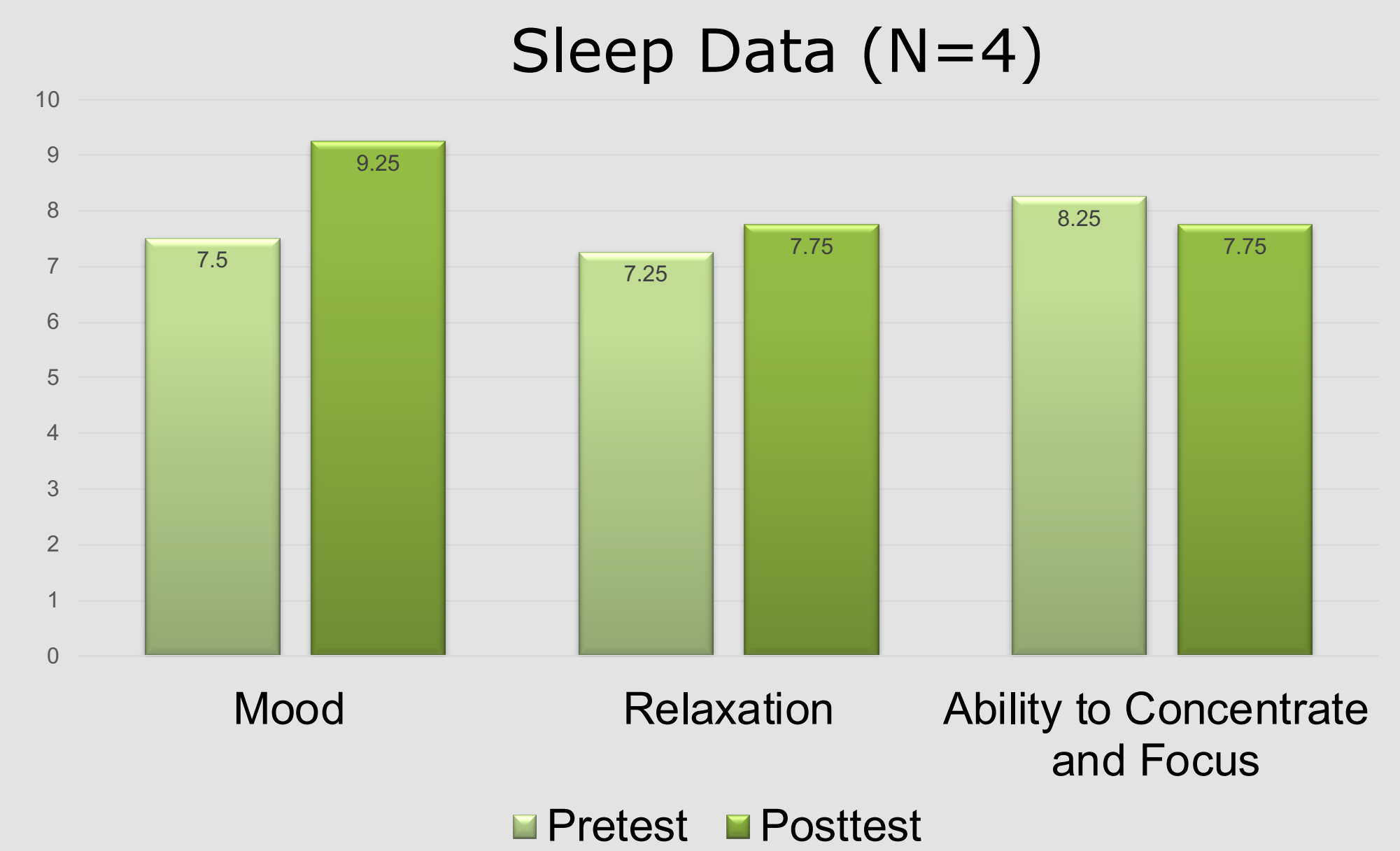
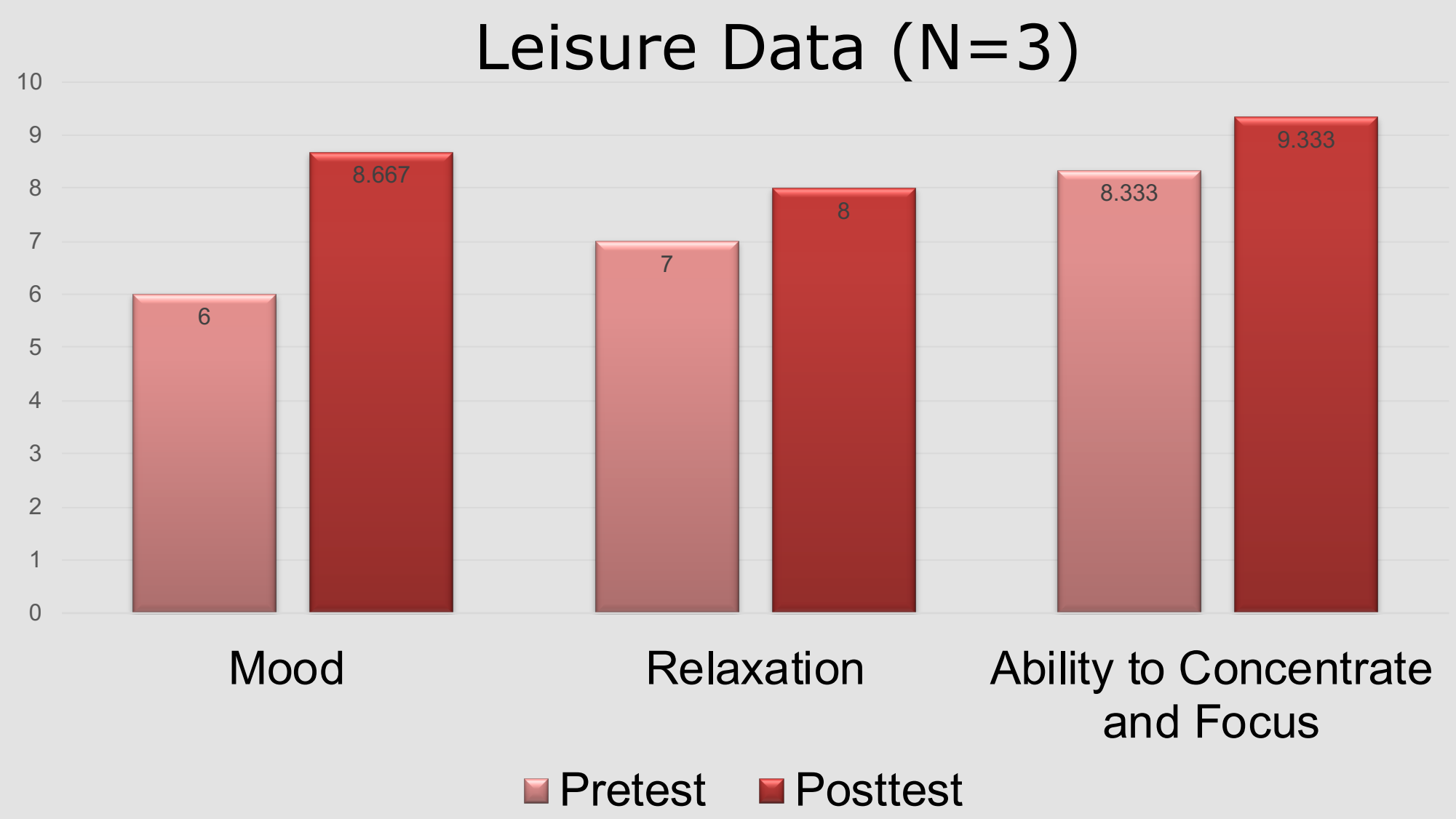
## Outcome Measure

- 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

Thank you to Dr. Billock, Dr. Friberg, and the staff at Prototypes for your mentorship and support. A special thank you to the clients and participants for your participation and encouragement.

**\*\*References Available Upon Request**