



Occupational Therapy in a Job-Skills Training and Employment Program for Adults with Mental Health Challenges

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Introduction

- According to the National Alliance on Mental Illness (NAMI), one in five adults have a mental illness in the U.S. (NAMI, 2014).
- To address the high prevalence of adults with mental illness, it has been suggested that obtaining and maintaining a job is one of the best steps to recovery [National Institute of Health (NIH), 2019).

Painted Brain

- Community-based mental health setting in Los Angeles, California. Mainly, comprised of Occupational Therapists and Social Workers
- Mission: “create lasting community-based solutions to mental health challenges and the impact of social injustice through arts, advocacy, and enterprise” (Painted Brain, 2019).

Literature Review

- RCT: Positive results deriving from group therapy that focused on social skills training and social adjustment for participants with schizophrenia (Gibson, et al., 2011).
- Occupational therapists can provide to the mental health population such as compensatory techniques that can improve occupational performance in different settings, use “activity analysis and synthesis to break down cognitive and psychosocial skills into small components” that can serve as achievable steps towards goals. (Gutman, et. al.2009).

Needs Assessment

1. Need for Group-based activities that are specific to developing job skills.
2. Need for Streamlined process of referrals for those who are seeking employment to be trained at the CC along with having available options for job positions at PB.
- 3, Need for Increase of members coming to PB to grow the community for increased engagement and participation in current and future developed programs.

Purpose Statement

The purpose of the capstone project was to create a group-based program that developed employment skills that would increase occupational and community engagement.

Learning Objectives

1st: Job Development

Develop 50 job positions across six departments at PB: Boutique, media, social media, technology, peer leadership, and development.

2nd: Evaluation Process

Create a structured evaluation process to assess job skills and quality of life of the participants’ throughout the program.

3rd: Advocacy

Advocate the role of OT at PB. PB is predominately comprised of social workers, therefore materials and workshops that support OT practices in community mental health contribute to establishing their role.

Implementation Plan

Recruitment and Evaluation Phase

- 27 Positions for Adults with Mental Health Challenges
- 3 Contracted Agencies
- Pre-test: WHOQoL-BREF (World Health Organization [WHO] 1996), Job Skills Questionnaire

Orientation Phase

- Forms: Flow Chart, Orientation Rubric, Tracking Form, Summary Form
- Model of Human Occupation (Kielhofner, 2002)
- Resume-building and Cover Letter, and Mock Interviews

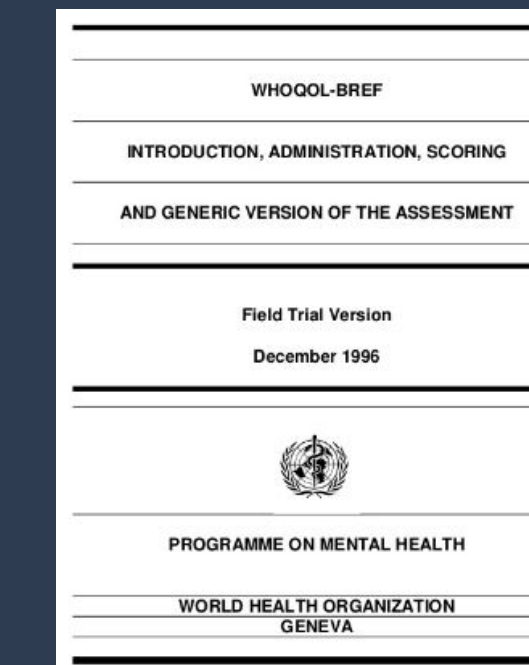
Employment Phase

- Workshop Development and Implementation
- Workshop Survey
- Training to continue program's goals

Data Collection

WHO-QOLBREF (pre-test)

- Physical Health
- Psychological Health
- Social Relationships
- Environment



Job Skills Questionnaire (pre-test)

- Likert Scale (1 - Poor, 2 - Fair, 3 - Good, and 4 - Excellent); Comment Section

Job Skills Workshop Survey

- Likert Scale (strongly disagree, disagree, agree, and strongly agree); Open-ended questions

Data Results



Perceived QOL Score: 62

Domain Average Scores

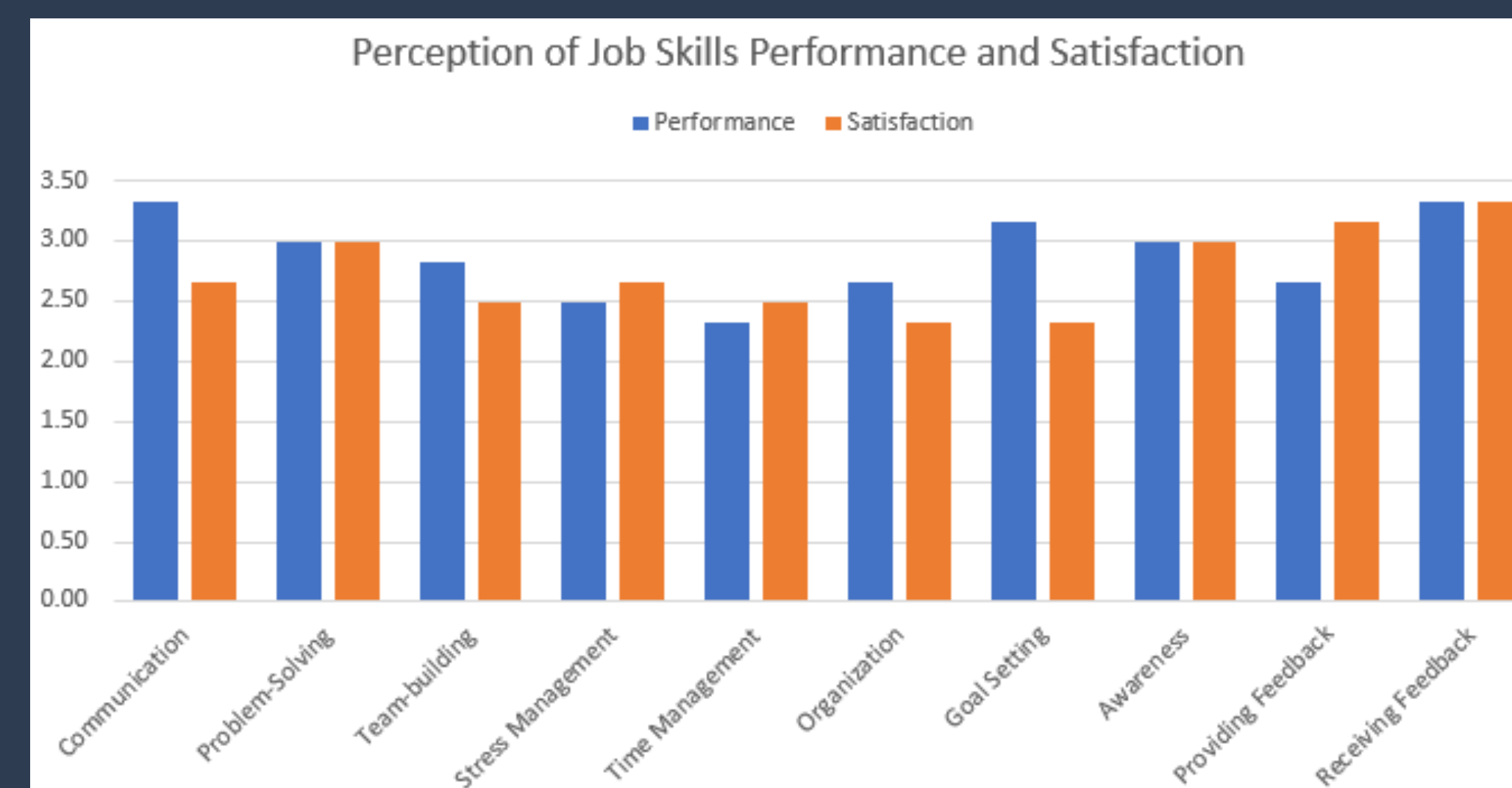
- Physical: 71
- Psychological: 58
- Social Relationships: 58
- Environment: 59

Perceived Performance:

High: Communication – 3.33 (Good)
Low: Time Management – 2.33 (Fair)

Perceived Satisfaction:

High: Receiving Feedback – 3.33 (Good)
Low: Organization and Goal Setting – 2.33 (Fair)

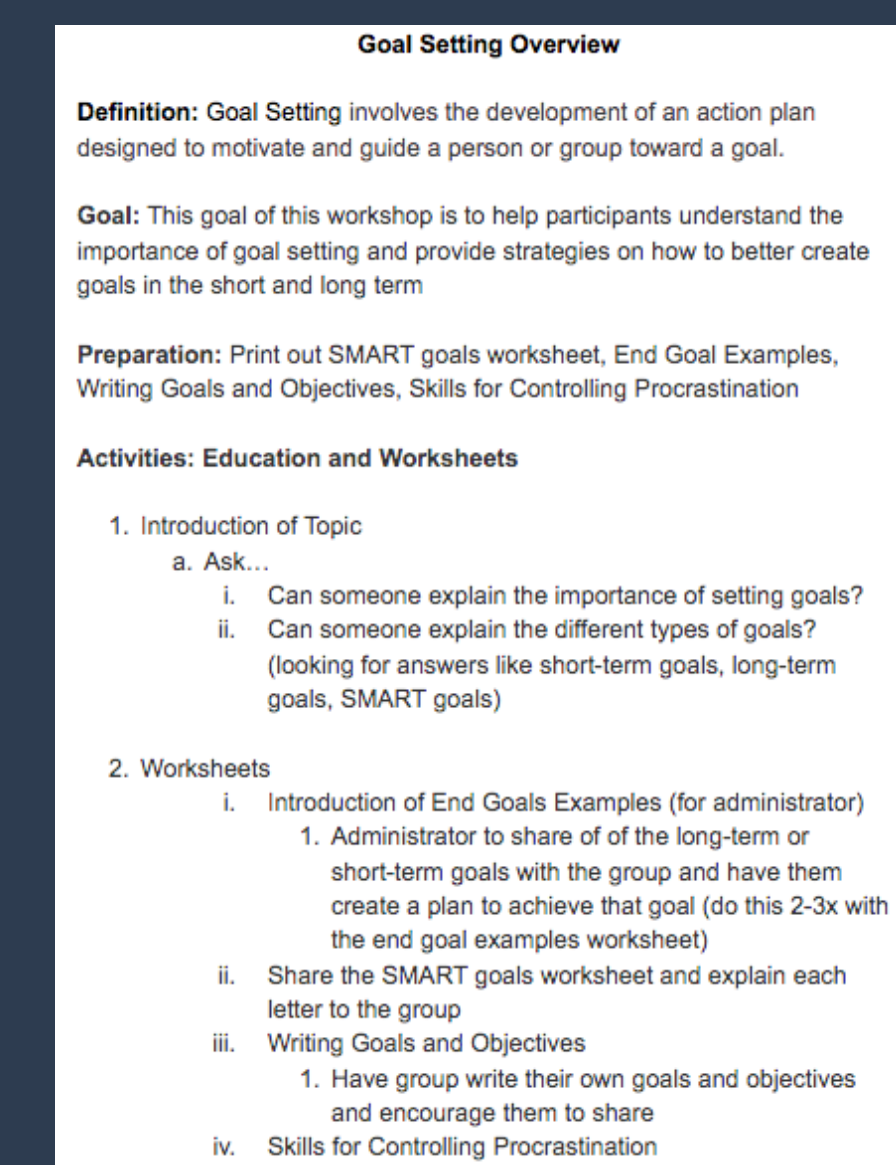


Job-skills Workshop: Feedback

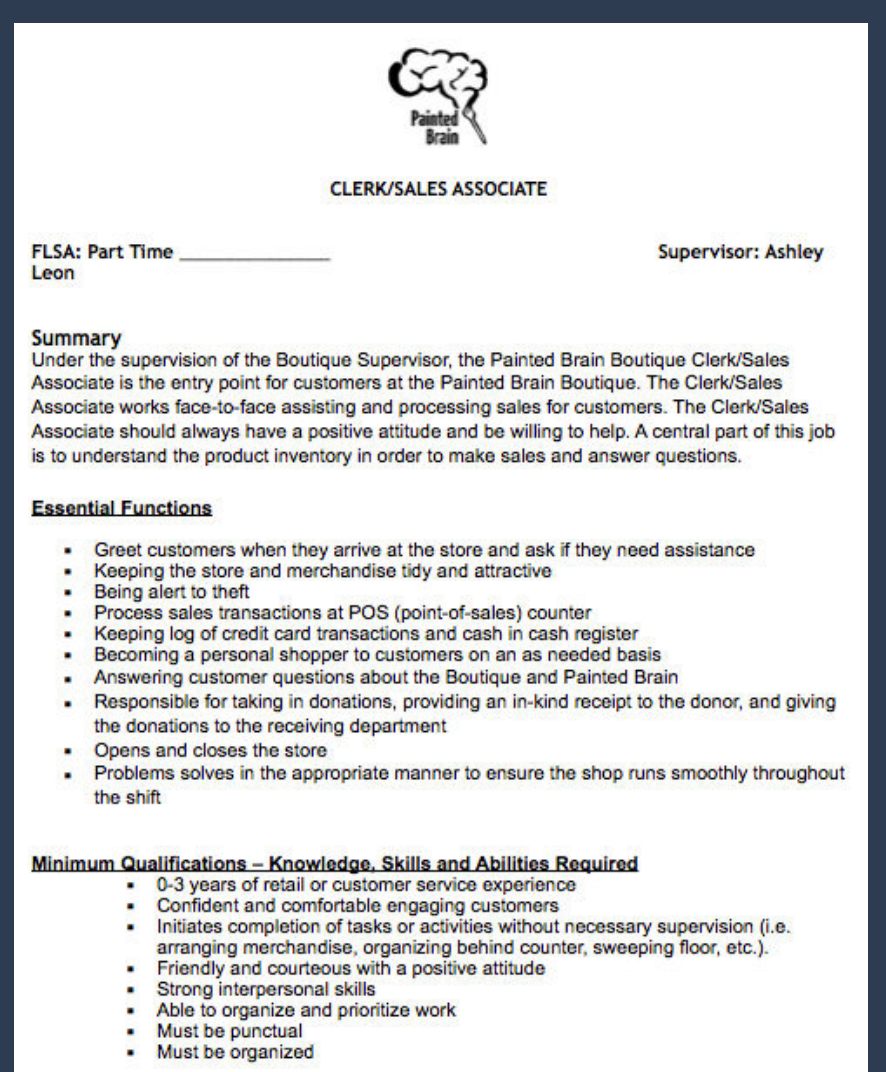
Participant 1 - “It was great and very helpful!! Looking forward to another workshop.”

Participant 2 - “I feel that this is a great way to help people improve their life skills.”

Scholarly Deliverables



Job Description



Workshop Protocol

Limitations

- Development of Questionnaire
- Degree of Literacy of Participants
- Sample Size
- Generalizability
- Limited Staff

Discussion

The overall positive results demonstrate the effectiveness and support the continuation of the workshops. Therefore, the continued role of an occupational therapist is to optimize functioning through interventions that focus on enhancing existing skills, creating opportunities, promoting wellness, modifying or adapting the environment or activity, and preventing relapse.

Implications

As the program continues to support the function and well being of participants in their employment, further investigation and analysis of outcome measures would increase the evidence to support the need for OT interventions in community-based mental health settings.

References

Available upon request.

Acknowledgements

This project was completed n partial fulfillment of the requirements of the Doctor of Occupational Therapy degree at West Coast University. Additional thank you to Dr. Willis, OTR/L, Dr. Friberg, OTD, OTR/L, Dr. Vincuilla, OTD, OTR/L for making all this possible.