



The Power of Movement: Enhancing Recovery in Psychiatric Care



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PROBLEM STATEMENT

Despite extensive evidence supporting the mental health benefits of structured exercise programs—including mood enhancement, emotional regulation, and reduced depressive symptoms—there remain significant barriers to their implementation and long-term adherence within mental health settings. Challenges such as decreased patient motivation, limited post-discharge support, and gaps in continuity of care hinder the sustained integration of physical activity into therapeutic practice. Addressing these challenges is essential to maximize the positive impact of exercise on mental health and ensure lasting patient outcomes.

PROGRAM DEVELOPMENT

Weeks 1-4: Assessment & Planning

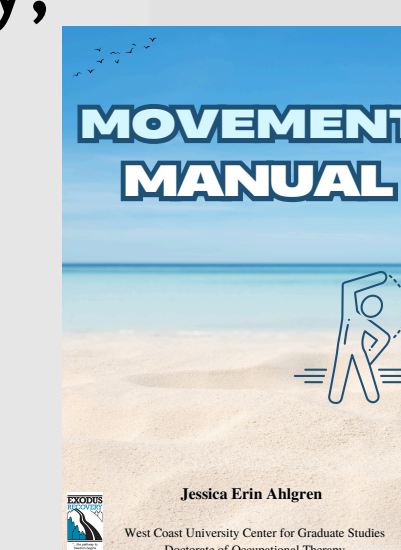
- Gather baseline data
- Create interventions
- Build rapport with patients
- Create and administer surveys
 - Culture & Background Survey
 - Warwick-Edinburgh Mental Well-being Scale Survey



Weeks 5-12: Program Launch & Implementation

- 45 minutes - one hour sessions
- Two sessions per day: One AM & one PM session
- Sessions held three times a week: Monday, Tuesday, & Wednesday

- Intervention Sessions included:** Mood check-in, HR tracking, Sleep quality of previous evening, Stretching, Exercise activity, Mindful activity, Response to group



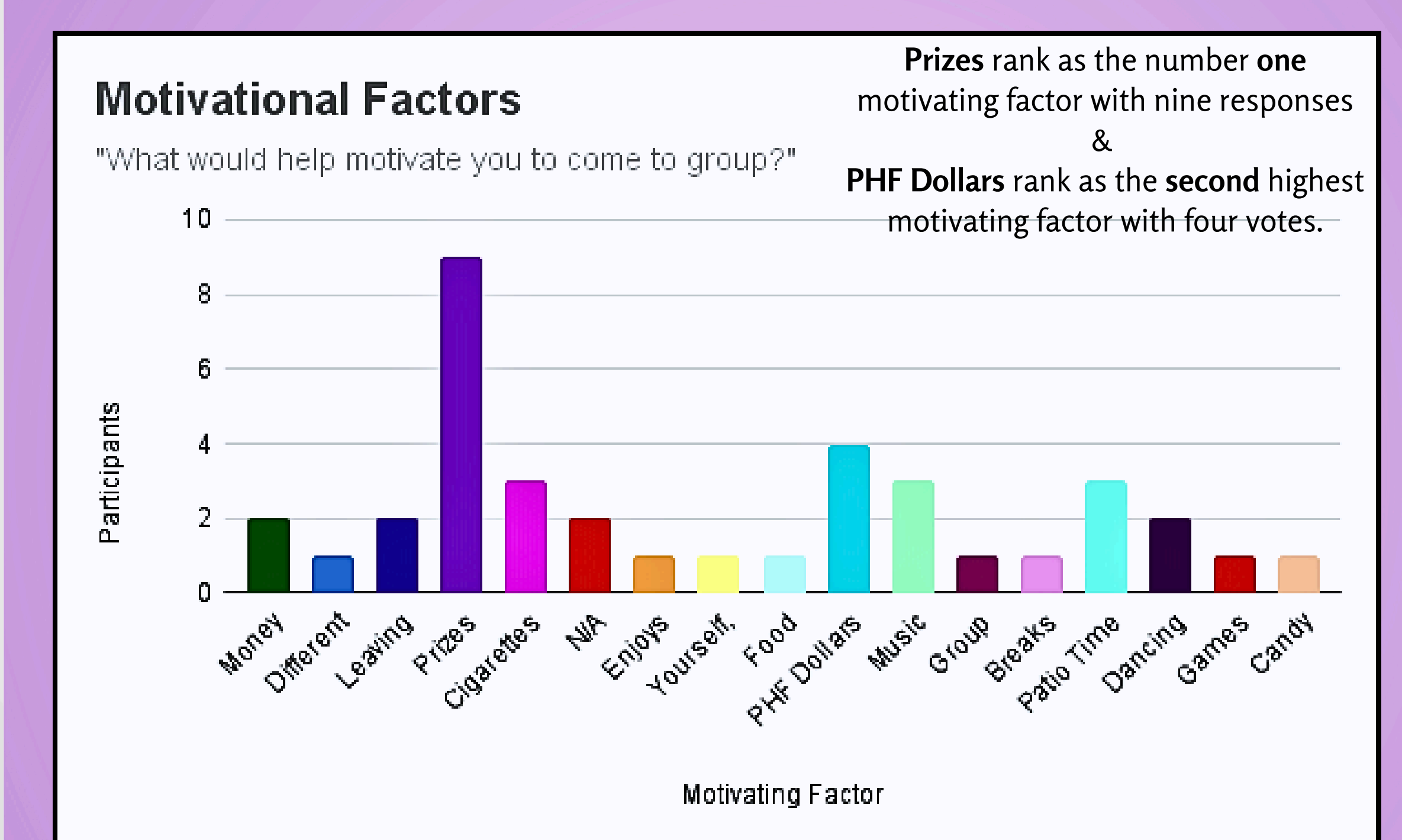
Weeks 13-14: Sustainability & Presentation Dissemination

- Project presentation
- Train interns/staff on interventions & templates from Movement Manual
- Disseminate results
- Finalize and provide Movement Manual to site

DISCUSSION & IMPLICATIONS

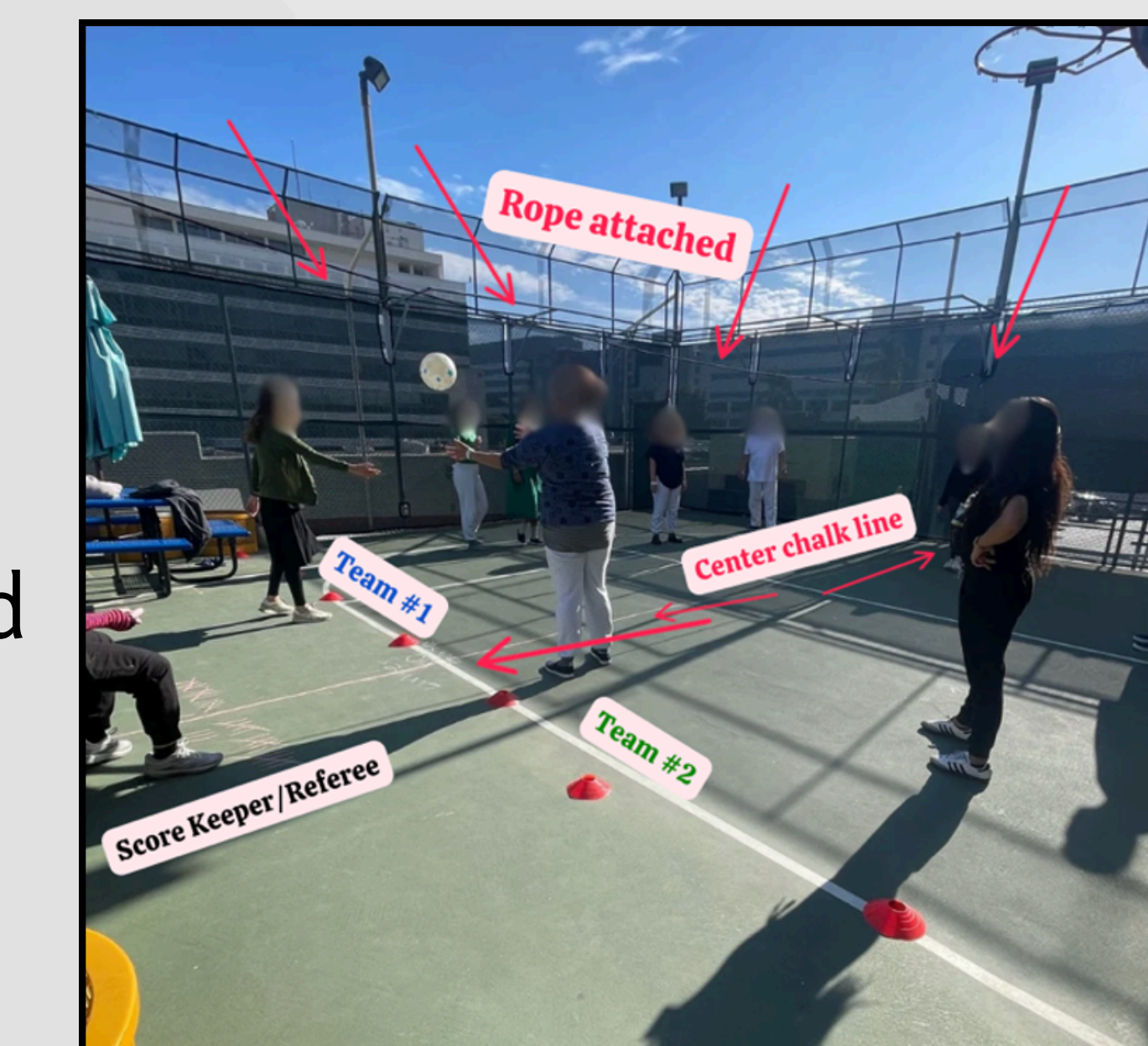
- Social and Emotional benefits:** Group-based exercise supports physical health, community building, and emotional regulation
- Increased community and social impact:** The sense of community highlights the social benefits of group-based interventions
- Need for Personalization:** The variation suggests future programs should allow for individualized modifications
- Integration of Exercise:** The findings support the research of integrating structured exercise into OT mental health practice by enhancing mood, emotional regulation, stress management, and cognitive function
- Implementation Challenges:** Low motivation and lack of programs post-discharge support the challenges of long-term participation

Overall, the program had a positive impact, suggesting exercise is a meaningful occupation in OT



Limitations:

- Short admittance
- Unknown discharge date
- Difficulty tracking weight loss
- Inaccurate patient report of heart rate
- Attendance, motivation, and symptoms fluctuate



Interns and patients participating in a group volleyball activity on the outside patio

ACKNOWLEDGMENTS

Thank you to my site mentor, Ingrid Leu, for guiding my vision and fostering the growth of this project, and to Alexi Rubin for her unwavering dedication throughout the process. I am also grateful to my faculty mentor, Dr. Dallatorre, for his time, insight, and invaluable support. Additionally, I extend my deepest appreciation to Exodus Recovery, its team, patients, and faculty, along with my peers, colleagues, family, and friends for the encouragement and contributions that brought this project to life.

LEARNING OBJECTIVES

- Design and impliment an eight-week, client-centered exercise program
- Contribute to the body of scholarly literature for occupational therapy
- Design, implement, and evaluate a mindfulness-based intervention program

THEMES IN LITERATURE

Therapeutic Benefits of Exercise: Exercise positively impacts mental health by enhancing mood, emotional regulation, stress management, and cognitive functioning (Vancampfort et al., 2017; Mateo-Urdiales et al., 2020).

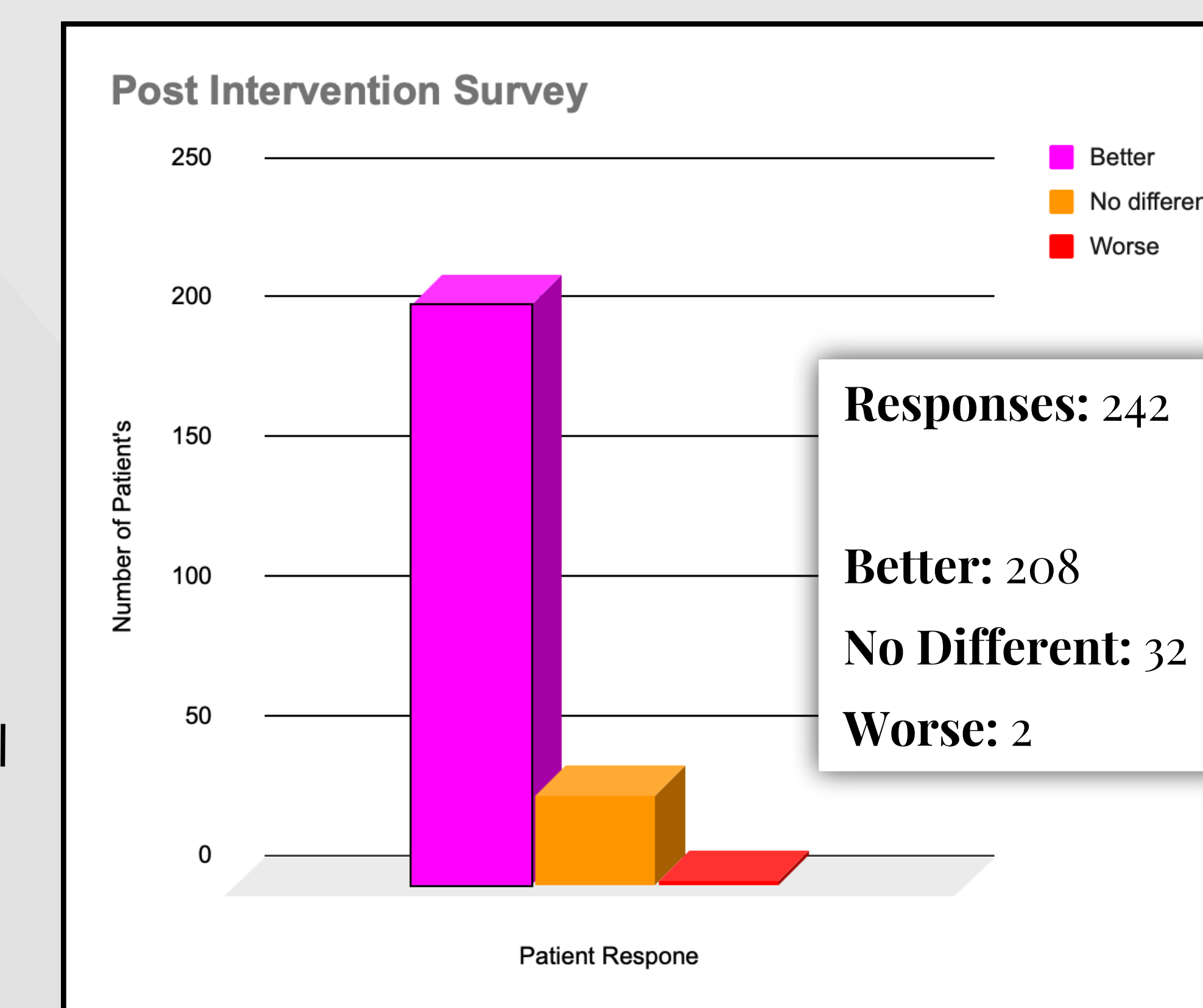
Barriers to Implementation: Despite recognizing the benefits, clinicians face challenges in implementing exercise programs, including decreased patient motivation and a lack of structured support after discharge (Ball et al., 2022).

Sustainability and Continuity of Care: There is limited focus on maintaining exercise adherence after patients leave inpatient settings, which hinders the promotion of long-term physical activity (Martland et al., 2023; Ball et al., 2022).

Patient Engagement and Social Interaction: Incorporating exercise into therapeutic settings can boost patient engagement and promote social interaction, enhancing functional outcomes (Vancampfort et al., 2017).

OUTCOMES

- Enhanced patient engagement:** Using motivational tools & strategies
- Stronger community:** The program fostered social connections & support
- Program sustainability:** Exercise has been implemented daily
- Mental health benefits:** Participants experienced improved emotional regulation, stree management, and overall well-being
- Impact of exercise in OT:** 86% reported positive outcomes, 13% experienced no change, and 1% reported a decline



Patient response of mood post intervention

SCHOLARLY DELIVERABLES

- Literature Review
 - In-Service Powerpoint Presentation
 - Hard copy & Electronic copy of completed Movement Manual
- Please scan the QR code for full access to the Movement Manual



FUTURE DIRECTIONS

- ✓ Enhance accessibility
- ✓ Provide motivational strategies for patient participation
- ✓ Potential reduction in healthcare costs
- ✓ Advocate for funding, space, and resources

REFERENCES

Please scan the QR code for references. Thank you!

