



One-on-One Treatment Protocol and Intern Curriculum

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SUMMARY OF NEEDS ASSESSMENT

- Further development of programs that target weight management and patient hygiene
- Improve intern curriculum by creating a standardized intern training program
- Develop a structured treatment protocol for one-on-one sessions

LITERATURE REVIEW

Common Themes

- Limited research on treatment for various mental health disorders, generalizability, and professional perspectives
- Studies showed more significant outcomes when patients received both group occupational therapy and individualized occupational therapy
- Researchers stress the need for treatment parameters (Cahaya et al., 2022; Shimada et al., 2022; Shimada et al., 2024; Shimada et al., 2016; Shimada et al., 2019; Shimada et al., 2018)

LEARNING OBJECTIVES

By the end of 14 weeks, the capstone student will...

- Develop an intern fieldwork curriculum to enhance professional preparedness and knowledge
- Develop a one-on-one treatment protocol for interns to improve clinical practice skills
- Implement and evaluate the curriculum and one-on-one treatment protocol

ABOUT EXODUS RECOVERY

Exodus Recovery provides psychiatric and chemical dependency treatment for adults in Southern California, offering 24/7 health monitoring and daily group therapy by a multidisciplinary team.

Mission: “to bring the tools for the best possible quality of life to our clients” (Exodus Recovery Inc., 2020)

PROJECT DESCRIPTION AND IMPLEMENTATION

Purpose: To enhance professional readiness, improve therapists' confidence in non-traditional settings, and improve patient outcomes through the development of resources that educate and guide occupational therapy (OT) students

Target Population: OT interns, OT director, OT on staff, OT assistant, and mental health patients over the age of 18

Focus Area: Program Development and Education

Program Structure

- Conducted an in-person interview with the OT director to establish site needs
- Previous and current OT interns completed a survey to highlight intern needs
- Implemented treatment protocol to three patients for four weeks and adjusted protocol based on observations
- Conducted a virtual training session for all OT staff followed by a quiz/questionnaire to evaluate training effectiveness

PROJECT OUTCOMES

QUALITATIVE AND QUANTITATIVE FINDINGS

Interns

Factors Influencing Intern Preparedness

- Minimal observation, shadowing, and feedback
- Limited Information on interventions for common mental health disorders at the site
- Lack of resources for intervention implementation and patient outcome tracking
- Structure within the curriculum

OT Staff

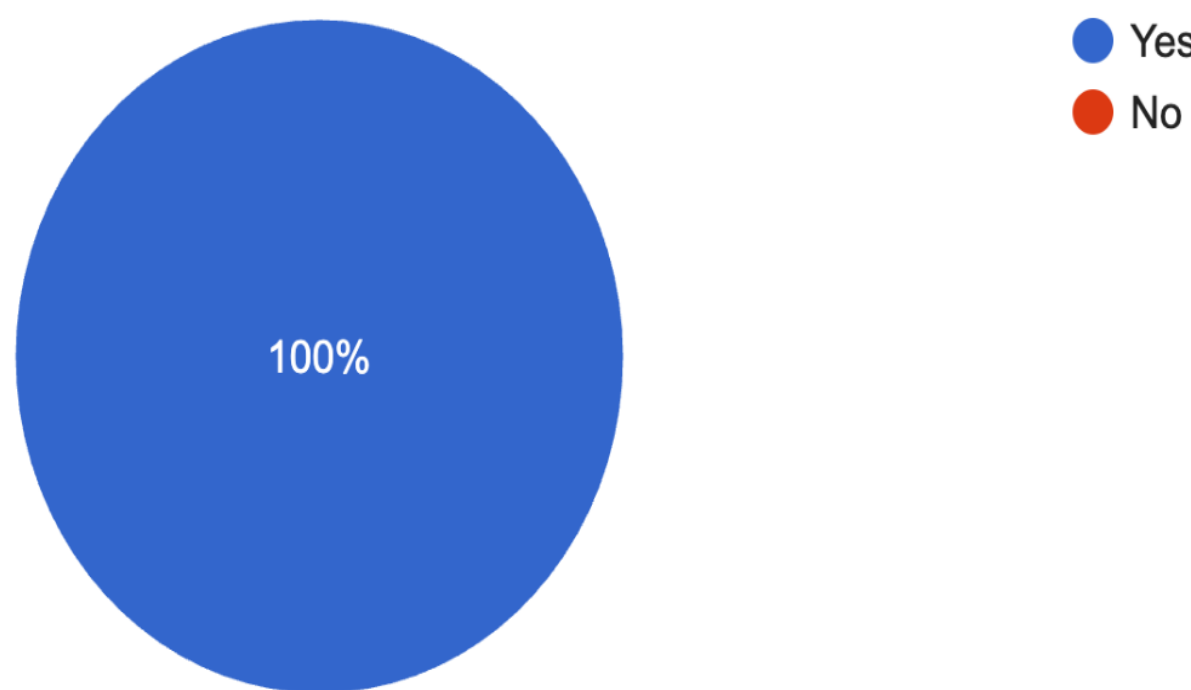
Satisfaction of Deliverables

- OT staff reported high satisfaction with the digital folder, which includes the intern curriculum and one-on-one treatment protocol
- “I love the organization and details; this is going to be very helpful in guiding future interns and myself”

Noted Benefits of One-on-One Treatment Sessions

- Interns reported that one-on-one treatment sessions allowed for personalized treatment, greater patient rapport, and higher patient participation

Do you think a 1:1 treatment session would be beneficial for the patients at this site?
7 responses



DISCUSSION AND LIMITATIONS

Discussion

- Quantitative data demonstrated that the training effectively educated staff on the intern curriculum and treatment protocol
- Qualitative findings reveal unmet needs of students entering fieldwork that are not addressed during the program's didactic phase
- The findings highlight areas for improving intern performance, such as more observation, feedback time, and site-specific resources

Limitations

- Rapid patient discharges prevented the capstone student from fully implementing the one-on-one treatment protocol
- The severity of patients' mental health prevented data collection
- Varying intern schedules and start dates prevented the capstone student from applying the intern curriculum

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DELIVERABLES



REFERENCES