

## **OTAP-200 MENTAL HEALTH & OT INTERVENTIONS 3 CREDITS**

### **SYLLABUS**

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#### **CATALOG DESCRIPTION**

Study of the promotion of mental health through occupational therapy assessment/evaluation tools and intervention strategies using various frames of reference. Includes a survey of conditions and use of group process and group dynamics.

Prerequisites: OTAP 140, OTAP 152, OTAP 160, OTAP 170 with a "C" or better. Instructor Approval

Semester Offered: Summer

#### ***COMMON STUDENT LEARNING OUTCOMES***

*Upon successful completion of San Juan College programs and degrees, the student will demonstrate competency in...*

##### **BROAD AND SPECIALIZED LEARNING**

Students will actively and independently acquire, apply, and adapt skills and knowledge with an awareness of global contexts.

##### **CRITICAL THINKING**

Students will think analytically and creatively to explore ideas, make connections, draw conclusions and solve problems.

##### **CULTURAL AND CIVIC ENGAGEMENT**

Students will act purposefully, reflectively, and ethically in diverse and complex environments.

##### **EFFECTIVE COMMUNICATION**

Students will exchange ideas and information with clarity in multiple contexts.

##### **INFORMATION LITERACY**

Students will be able to recognize when information is needed and have the ability to locate, evaluate, and use it effectively.

##### **INTEGRATING TECHNOLOGIES**

Students will demonstrate fluency in the application and use of technologies in multiple contexts.

Student work from this class may be randomly selected and used anonymously for assessment of course, program, and/or institutional learning outcomes. For more information, please refer to the Dean of the appropriate School.

#### **COURSE LEARNING OUTCOMES**

*Upon successful completion of the course, the student will be able to...*

1. Identify and explain psychiatric diagnoses and medical treatments.
2. Identify components that impact the health and wellness and occupational functioning in individuals with mental illness.

3. Demonstrate ability to effectively select, plan, conduct, modify, and document evidenced-based evaluations and intervention strategies to facilitate occupational performance and participation for individuals with mental illness.

#### SPECIFIC LEARNING OBJECTIVES

1. Identify and explain psychiatric diagnoses and medical treatments.
  - a. Describe the five diagnostic groups for major psychiatric disorders. (B.1.3.)
  - b. Describe the major classifications of drugs and the effect of drugs used in psychiatric disorders.
2. Identify components that impact the health and wellness and occupational functioning in individuals with mental illness.
  - a. Discuss the meaning and dynamics of occupation and purposeful activity (OTPF) to include the interaction of performance areas, performance components, and performance contexts. (B.1.3., B.2.4., B.3.1., B.3.2., B.5.6., B.5.26., B.5.28., B.5.29., B.7.1.)
  - b. Differentiate among occupation, activity, and purposeful activity as they apply to mental health and wellbeing.
  - c. Differentiate among occupation, activity, and purposeful activity as they apply to mental health and wellbeing. (B.3.1., B.3.2., B.5.6.)
  - d. Demonstrate the effects of mental illness to the individual within the context of family and society. (B.1.3., B.1.5., B.5.17.)
  - e. Explain the relevance of an OT/OTA's attitude or understanding of client's cultural background and their sociocultural context. (B.5.18.)
3. Demonstrate ability to effectively select, plan, conduct, modify, and document evidenced-based evaluations and intervention strategies to facilitate occupational performance and participation for individuals with mental illness.
  - a. Given a diagnosis, select appropriate data (including age, gender, socioeconomic status & sociocultural context) for the purpose of screening and evaluation to include, but not limited to, specified screening assessments, skilled observation, checklists, histories, interviews with the client/family/significant others, and consultations with other professionals. (B.1.5., B.3.2., B.5.2., B.5.6., B.5.20., B.5.25., B.5.28., B.5.30., B.7.1.)
  - b. Describe appropriate occupational therapy interventions for specific diagnoses that demonstrate an appreciation for quality of life, wellbeing, and occupation in promoting the achievement of good mental health. (B.5.19., B.5.28., B.5.29., B.5.30., B.7.6.)
  - c. Evaluate intervention outcomes and make appropriate recommendations for follow-up care of a given intervention plan. (B.5.30., B.5.31., B.7.1.)
  - d. In a laboratory setting, demonstrate screening and intervention techniques using individual and group interactions, and therapeutic use of self, as a means of achieving therapeutic goals. (B.5.2., B.5.7.)
  - e. In a fieldwork and laboratory setting, demonstrate therapeutic use of self, assessment, intervention, and documentation techniques based on individual and group interactions, as a means of achieving therapeutic goals. (B.5.2., B.5.3., B.5.4., B.5.5., B.5.6., B.5.7., B.5.8.)
  - f. In collaboration with the occupational therapist, demonstrate the ability to use professional literature to make evidence-based, psychosocial practice decisions. (B.8.3)
  - g. Demonstrate ability to read and understand scholarly reports in order to identify how scholarly activities can be used to evaluate professional practice, service delivery, and/or professional issues (B.8.7, B.8.8)

The numbers in parentheses following each objective correlate to the 2011 OTA educational standards established by the Accreditation Council for Occupational Therapy Education. [ACOTE Standards and Interpretive Guide](#)