

INTRODUCTION

Background

- Mental health diagnoses are a prevalent issue in the U.S., impacting **one in five adults**.¹
- 50 million individuals receive varying levels of inpatient and outpatient mental health services to improve their ability to perform daily activities.



Significance

- UPMC's Western Psychiatric Hospital (WPH) Outpatient Psychiatric Rehabilitation (Psych Rehab) serves community-dwelling adults with a range of mental health diagnoses by offering individualized counseling services and group-based therapies.
 - During a needs assessment, staff reported **group therapy has not been updated in many years**.
- Strong evidence indicates that occupation- and activity-based programming can improve social participation and occupational engagement for individuals with serious mental illnesses.²
- 100% of the staff indicated an interest in education** on how to create engaging groups for their members through interactive and hands-on group therapy.

OBJECTIVES

- Develop educational materials for staff to increase knowledge and confidence for the implementation of activity-based programming during group therapy.
- By collaborating with staff, develop and implement a resource binder of holistic and evidence-based activities and materials to enhance group therapy programming.

METHODS

7 staff members (Behavioral Health Counselors and Peer Specialists) responsible for running groups at Psych Rehab were the target of our education.

Outcome Measures: Initial Survey	Outcome Measures: Follow-Up Survey
<ul style="list-style-type: none"> Likert Scales: <ul style="list-style-type: none"> Confidence in knowledge (group dynamics, facilitating discussion, activities to include) Confidence in implementation (group dynamics, facilitating discussion, implementing activities) Personal satisfaction: measuring staff-identified program strengths and areas of improvement 	<ul style="list-style-type: none"> Likert Scale: <ul style="list-style-type: none"> Confidence (group dynamics, facilitating discussion, implementing activities) Knowledge Check: 5 questions directly from in-service handout Staff-identified activities of interest to include in resource binder Projected utilization of resource binder Satisfaction with educational programming

Process



ACTIVITY-BASED PROGRAMMING

First In-Service	Second In-Service
<ul style="list-style-type: none"> How to facilitate discussion with members How to manage behaviors during group therapy Benefits of using activities during groups Types of activities that could be incorporated (media, movement-based, handouts, crafts, etc.). 7 staff attended virtually 	<ul style="list-style-type: none"> How to incorporate activities into group therapy sessions <ul style="list-style-type: none"> Example outlines of group session using activities Application of activities to various topical groups Introduction of resource binder and how to use materials 6 staff attended in-person

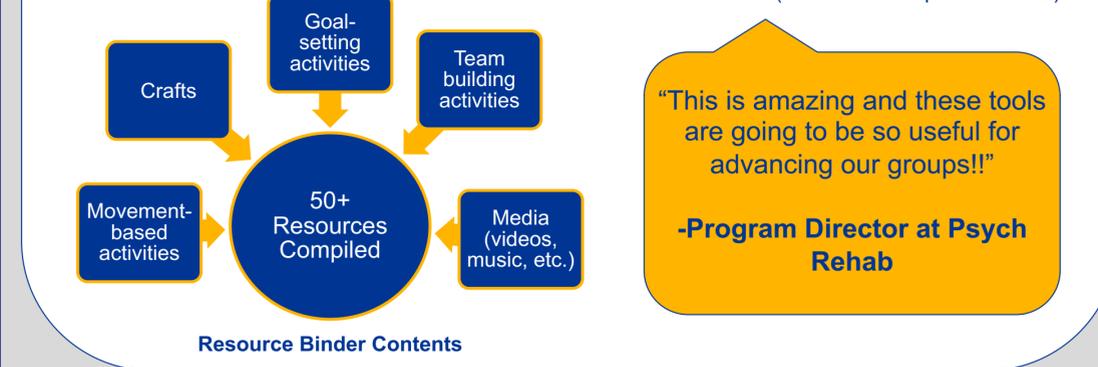
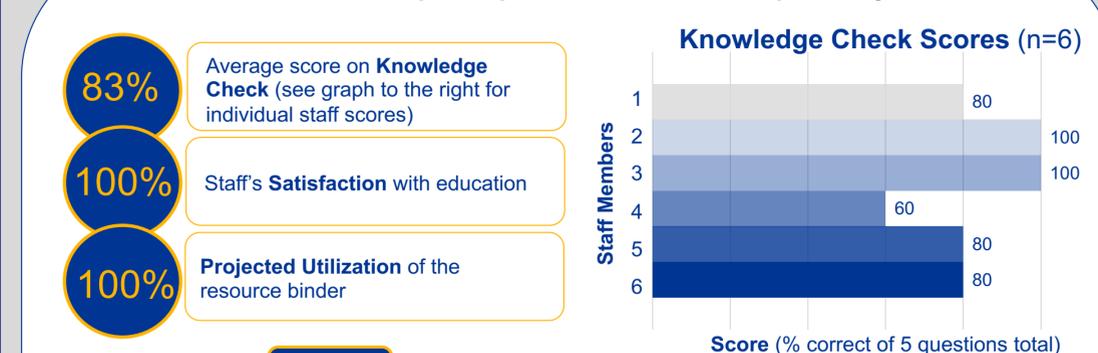
Modes of education delivery: in-service presentations (virtual and in-person), handouts, resource binder

RESULTS

7 staff members participated in our Initial Surveys:

STRENGTHS	AREAS OF GROWTH
<ul style="list-style-type: none"> "A wide variety of groups offered, and cover skill based and educational aspects." "The rapport that the long-time staff have developed with clients." 	<ul style="list-style-type: none"> "Having groups be more hands on and interactive to keep the clients engaged." "Being able to implement hands-on/more engaging materials would [be] more beneficial to the clients."

6 staff members participated in our Follow-Up Surveys:



EXEMPLAR OF UTILIZATION

- Exemplar from our resource binder, which consists of: group outlines, example group activities, and handouts for group members organized by topic.
- All resources were supported by research to **increase staff's use of evidence-based practice**.

Example Group Outline Using Chair Yoga

4 Simple Chair Yoga Poses

- Seated Twist:** Place your left hand on your right knee and your right arm over the back of your chair.
- Seated Chest Opener:** Sit on the edge of your chair and hold your hands behind your back.

Benefits of Chair Yoga

- Improves Balance & Flexibility:** Improving your balance helps prevent potential falls.
- Increases Strength:** Multiple poses help strengthen your arms, leg, core (abdominal), and back.
- Improves Mental Health:** Deep breathing and meditation during yoga helps you have a more positive attitude. This in turn helps with stress, anxiety, etc.

DISCUSSION

- By implementing activity-based group therapy at Psych Rehab, staff are better equipped to serve the needs of their clients to build hands-on skills and allow clients to apply these skills to life outside of groups.

Facilitators	Limitations
<ul style="list-style-type: none"> Accessibility of expert clinicians Top-down support from site mentors Ample resources (i.e., time, space, supplies) 	<ul style="list-style-type: none"> COVID-19 limiting in-person group attendance COVID-19 condensing project timeline Schedule of group programming

IMPLICATIONS FOR PRACTICE

- Given the satisfaction of staff members and occupational therapy's emphasis on using activity to promote wellness, **this program depicts the benefits of providing staff education on the use of activity-based programming in outpatient mental health settings**.
- Further studies should evaluate the effectiveness of individualized interventions provided by occupational therapy practitioners as well as long-term outcomes of staff education and sustainability of educational programming.

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