

How To Use AOTA's Mental Health Information Sheets

DESCRIPTION

The **free downloadable information sheets** at <http://www.aota.org/Practitioners-Section/Children-and-Youth/Browse/School/Toolkit.aspx> were developed for occupational therapy practitioners working with children and youth in school and community settings to obtain specific knowledge about mental health (MH) promotion, prevention, and intervention and to guide service provision. Each information sheet provides an **overview of the topic, implications for occupational therapy, and strategies for MH promotion, prevention, and intervention in a variety of settings**. Each sheet also **provides important references and Internet resources** for further reading and resource allocation. These information sheets are intended to provide: 1) foundation information about the topic to familiarize the OT practitioner about the subject; and 2) references and Internet resources to extend learning about the topic.

- Content draws on current literature about a public health approach to MH** emphasizing MH promotion for *all* children with and without identified disabilities or MH challenges
 - **MH Promotion:** strategies for *optimizing* mental health
 - **MH Prevention:** strategies to *reduce* mental health problems before identification of a specific mental health problem
 - **MH Individual Intervention:** strategies to *diminish* or end the effects of an identified mental health problem after the problem has been identified

- Services are depicted in tiers**

(see diagram at right):

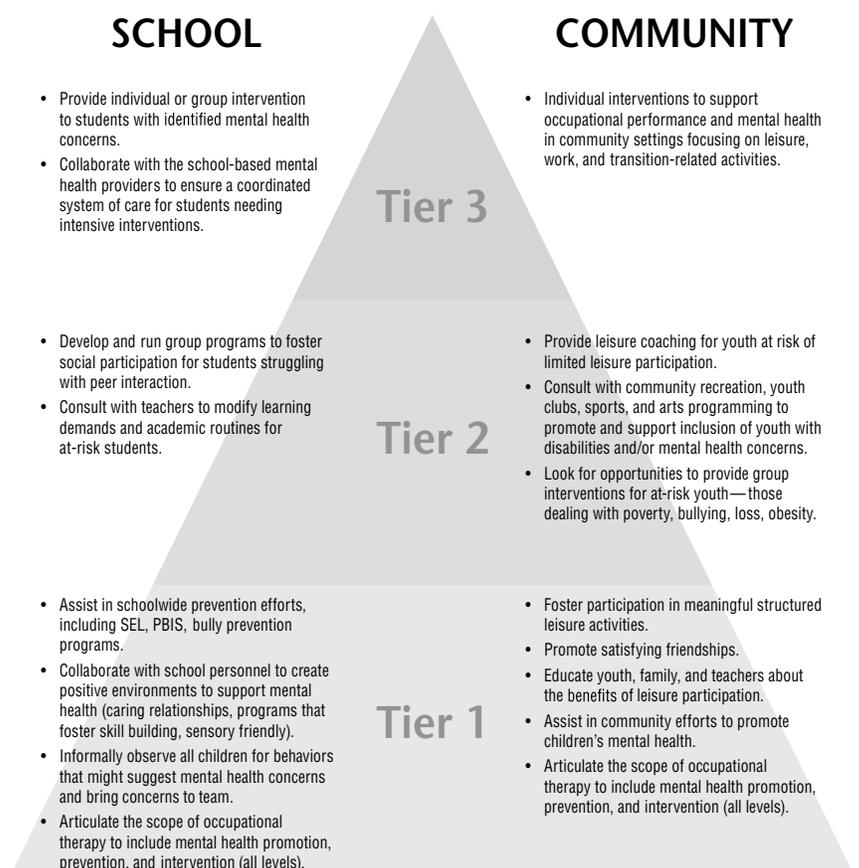
- **Tier 1: Universal** (for whole population emphasizing promotion and prevention efforts)
- **Tier 2: Targeted** (prevention and early intervention for children at risk of developing MH challenges)
- **Tier 3: Intensive individualized interventions** (for children already identified with MH challenges or illness)

- A variety of topics** are addressed specific to MH promotion, prevention, and intervention including but not limited to:

- Mental health literacy
- Social and Emotional Learning (SEL)
- Positive Behavioral Supports (PBS)
- Obesity
- Bullying
- Grieving loss
- Strength-based approaches
- Anxiety disorders
- Depression
- Thought disorders or Schizophrenia
- Bipolar disorder
- Autism spectrum disorder
- Recess promotion

Continued on the next page

PUBLIC HEALTH MODEL OF OCCUPATIONAL THERAPY SERVICES TO PROMOTE MENTAL HEALTH IN CHILDREN AND YOUTH



(Bazyk, 2011, p. 13)

Bazyk, S. (Ed.). (2011). *Mental health promotion, prevention, and intervention for children and youth: A guiding framework for occupational therapy*. Bethesda, MD: AOTA Press.

Note: PBIS = positive behavioral interventions and supports; SEL = social and emotional learning.

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RECOMMENDATIONS FOR HOW TO USE THESE RESOURCES

- Select and read one of the information sheets prior to a staff meeting. Assign occupational therapy practitioners to read one of the reference articles or review one of the Internet resources and report useful information at the staff meeting.
- Discuss strategies for applying the information at the team's work site.
- Repeat the process until you have covered all of the information sheets.
- Keep track of how the team addresses MH promotion, prevention, and intervention at Tiers 1, 2, and 3. Articulate occupational therapy's role in written reports and verbally in team meetings.
- Pair the information sheets with related resources found at the Children and Youth area of the AOTA website <http://www.aota.org/Practitioners/PracticeAreas/Pediatrics.aspx>. For example, refer to the AOTA pediatric virtual chat (www.talkshoe.com/tc/73733) on obesity after reviewing the "Childhood Obesity" information sheet.

Developed by: Initially developed by occupational therapy students under the supervision of Dr. Susan Bazyk at Cleveland State University in 2010 and used to host a Children's Mental Health Day open house event. The AOTA School Mental Health workgroup revised these original information sheets in 2011 and 2012.

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ADDITIONAL RESOURCES

American Occupational Therapy Association. (2008) FAQ on School Mental Health for School-Based Occupational Therapy Practitioners. Retrieved on December 12, 2011, from <http://www.aota.org/practitioners-section/children-and-youth/browse/school/rti/faqschoolmh.aspx?ft=.pdf>

American Occupational Therapy Association Fact Sheet. (2009) Occupational Therapy and School Mental Health. Retrieved on December 12, 2011, from <http://www.aota.org/Practitioners-Section/Children-and-Youth/Browse/MH/School-MH.aspx?FT=.pdf>