

COMPETENCIES, CRITERIA, AND CLIENT OUTCOMES
Mental Health Board Certification

This document represents the competencies and criteria that applicants must use for building their certification portfolio. Complete information about the requirements for certification and instructions on how to complete a certification application can be found in the Mental Health Board Certification Handbook.

COMPETENCY A: Occupation and Mental Health

Uses relevant evidence of the relationship between occupational engagement and mental health to design and deliver occupational therapy prevention and wellness services that optimize quality of life and minimize risk from adverse psychosocial circumstances.

Client Outcomes:

1. Persons served will successfully and satisfactorily engage in occupations in multiple contexts to optimize quality of life.
2. Persons or populations served will be supported in their engagement in occupations to minimize risk from adverse psychosocial circumstances.

Standard	Criteria
Knowledge	A1. Has knowledge of relevant evidence that describes successful strategies and programs designed to optimize quality of life and minimize risk from adverse psychosocial circumstances.
Knowledge	A2. Has knowledge of relevant evidence regarding the potential generative or protective influence of occupational engagement on an individual's mental health status.
Critical Reasoning	A3. Synthesizes knowledge of how occupational performance and context influence life satisfaction, quality of life, and mental health across the lifespan in the design and delivery of services.
Interpersonal Skills	A4. Communicates with persons served and relevant others about the mental health benefits of occupational engagement.
Performance Skills	A5. Establishes systems to monitor effectiveness of services delivered and makes changes in service delivery when needed.
Performance Skills	A6. Analyzes community contexts to identify resources for and barriers to participation for at-risk populations.
Ethical Reasoning	A7. Addresses social and occupational justice for persons at psychiatric risk who are experiencing challenges related to participation in individual and social occupations of their choice.

COMPETENCY B: Occupational Engagement and Psychiatric Conditions

Uses relevant evidence informed by the biopsychosocial nature of psychiatric conditions and their impact on occupational engagement to design and deliver occupational therapy services that optimize participation in multiple contexts.

Client Outcomes:

1. Persons served will successfully and satisfactorily engage in occupations in multiple contexts to optimize participation.
2. Persons served will experience a decrease in the impact of their psychiatric condition on occupational engagement.

Standard	Criteria
Knowledge	B1. Has knowledge of relevant evidence, trends, and theories regarding psychiatric diagnoses and biomedical interventions and how they affect current and potential occupational performance, participation, and quality of life.
Knowledge	B2. Has knowledge of relevant evidence, trends, and theories of occupational therapy interventions that address psychiatric symptoms and how they affect occupational performance in multiple contexts.
Critical Reasoning	B3. Recognizes and intervenes when the unique nature of the psychiatric condition affects participation in relevant living, learning, and working environments and facilitates environmental and other contextual modifications.
Interpersonal Skills	B4. Intentionally uses interpersonal skills and cultural competence to establish and sustain therapeutic relationships when the person's experiences, environments, and contexts (e.g., disaster, refugeeism, domestic and other violence, sexual abuse, other traumas, involuntary commitment, incarceration, discrimination) impede the development of such relationships.
Performance Skills	B5. Designs and implements evidence-based occupational therapy interventions that match the activity demands to the individual client and his or her psychiatric condition and current and future occupational needs.
Performance Skills	B6. Facilitates self-determination regarding the benefits and risks related to the use of available resources, services, and entitlements.
Ethical Reasoning	B7. Addresses social and occupational justice for persons with psychiatric conditions who are experiencing challenges related to participation in individual and social occupations of their choice.
Ethical Reasoning	B8. Weighs issues of individual autonomy and choice against issues of safety and competence to guide the occupational therapy process.

COMPETENCY C: Mental Health Systems and Team Participation

Engages persons and, when appropriate, their families and relevant others as full collaborators throughout the occupational therapy process.

Client Outcome: Persons served will influence, participate, and experience satisfaction in the intervention process, including disposition and placement decisions.

Standard	Criteria
Knowledge	C1. Has knowledge of a systems perspective and the importance of involving relevant family and others to affect the collaborative process.
Critical Reasoning	C2. Identifies and advocates for necessary services when there are conflicting interests between the individual and relevant others.
Interpersonal Skills	C3. Recognizes and isolates personal biases to effectively apply client-centered principles, including dignity, respect, and unconditional positive regard, to develop collaborative therapeutic relationships.
Performance Skills	C4. Facilitates the exchange of perspectives and communication of preferences between the person with the psychiatric condition and relevant others to optimize participation.
Ethical Reasoning	C5. Manages conflicts arising from incompatibility between occupational preferences of persons with psychiatric conditions and relevant others.

COMPETENCY D: Mental Health Systems and Team Participation

Negotiates and navigates the complexities of the mental health system to facilitate the coordination of services for persons that supports their health and participation.

Client Outcome: Persons served will demonstrate the knowledge and ability to access the mental health system to meet their needs for health and participation.

Standard	Criteria
Knowledge	D1. Has knowledge of federal, state, local, and agency regulations and policies that guide and define mental health delivery systems.
Critical Reasoning	D2. Explores and selects alternative sources of funding and resources to meet targeted outcomes.
Performance Skills	D3. Develops and maintains relationships with contacts for a wide range of community resources and connects persons with these resources as requested and needed.
Performance Skills	D4. Provides consultation to relevant stakeholders regarding the nature, local availability, and funding for mental health and occupational therapy services that demonstrate successful outcomes.
Interpersonal Skills	D5. Establishes working relationships with other professionals on the basis of respect for and recognition of the unique expertise of those professions to meet the needs of persons served.
Ethical Reasoning	D6. Resolves conflicts that exist in the delivery of services because of laws, regulations, policies, risk management issues, professional culture, or differing opinions.

COMPETENCY E: Advocacy

Advances access to occupational therapy services for persons at risk for or with psychiatric conditions and advocates for policies and programs that promote engagement in occupations to support participation in multiple contexts.

Client Outcome: Persons served will have access to the programs and services that improve their participation in multiple contexts.

Standard	Criteria
Knowledge	E1. Has knowledge of the sociopolitical processes and stakeholders that influence mental health status; service delivery; and policies across organizational, local, state, and national levels.
Critical Reasoning	E2. Recognizes gaps, injustices, or inconsistencies in the mental health system or society to reduce participation barriers and prioritize strategic actions.
Interpersonal Skills	E3. Partners with key stakeholders to formulate, evaluate, and change public policies that impede participation for persons at risk for or with psychiatric conditions.
Performance Skills	E4. Challenges stigmatizing or discriminating situations that are marginalizing for persons at risk for or with psychiatric conditions and collaborates with others to develop strategies for change that create opportunities for them to participate.
Ethical Reasoning	E5. Uses ethical decision making to identify and select alternative resources when necessary services are unavailable or denied.