

ORG A

We have a full time OT on our behavioral health unit. We provide evaluations for all patients admitted to the unit, as well as individual and group therapy. Our evaluation is interview based, but we have used the SPM, Sensory Profile, and COPM in some cases. We provide an exercise group 1-2 times/day, and then 1-2 other groups per day based on patient census. Topics can range from anger management, appropriate social skills, coping skills, positive self-talk, exploring healthy leisure activities, and home management. Once a week (in non-Covid times) we also lead a cooking group and the kids all assist with meal prep and then eat together to practice social engagement and help build healthy habits. We lead these groups ourselves, and also partner with nutrition once a week for a group on healthy diet and lifestyle habits. We use a ton of resources from Kathy Khalsa. She is an amazing OT who I had the pleasure of actually working with in one of my first jobs on an intense adult inpatient behavioral health unit. Her books have great resources for group and individual work.

On our unit, all patients are expected to attend all groups, but there are cases when group participation is not allowed. For those patients, we will perform 1:1 sessions that are very specific to their needs. Infrequently we will get a child on the unit with extreme sensory needs on top of their mental health diagnosis. We have worked with the nursing staff to provide safe sensory diets and sensory based activities for those patients while following some of the unit restrictions.

ORG B

If so, what is the intervention?

- Interventions will vary based on diagnosis. We commonly see patients with depression, ADHD, anxiety, Autism Spectrum Disorder, eating disorder, PTSD, mood disorders
- Group and individual sessions with sessions focused on education, ADL skills, sensory integration, social skills, coping skills, cognitive skills (executive functioning skills), emotional communication/identification/regulation
- Work with behavioral health staff to help patient's meet goals (Staff education)

What evaluation measures are you using?

- We use a general OT evaluation and assess how diagnosis affects their ability to participate in ADLs/ IADLs; fine motor/ gross motor skills, social skills, sensory, self awareness/ self esteem, anger management, coping skills, cognitive skills/sequencing, leisure activities
- Depression Scale
- Sensory Questionnaire

What treatment or intervention techniques are you using?

- Individual sessions focused on individual patient needs/goals; Group sessions address social skills, problem areas, listening, following directions, attention, provide education
- We help create and implement picture schedules, help patient with setting goals that are meaningful for them, identifying interests, help patients with social skills
- Assist with providing adaptive equipment and appropriate sensory equipment/materials if needed

Are there any education resources you are aware of for IP OT intervention with this population that you have found to be helpful?

- AOTA website has good mental health articles/resources
- DSM 5
- Crisisprevention.com
- Trust Based Relational Intervention & Trauma Informed Care: Karen Purvis @ TCU
- Psychosocial Occupational Therapy: A Clinical Practice (Elizabeth Cara and Anne MacRae)

ORG C

If so, what is the intervention?: Zones of regulation; Sensory Integration and sensory diets, visual perception and fine motor strategies. Primarily we are making recommendations for staff and family, and recs for outpt vs school strategies/therapy.

What evaluation measures are you using? Combination of informal and formal assessment. We use the Beery VMI (all 3) if warranted after a quick visual screening to determine if patient has visual deficits contributing to their behavior inpt admission. Occupational Profile (triggers, barriers, supports, routines, roles, etc). Sensory: Both informal (observe what the child is seeking/avoiding/triggers) and formal sensory profile, processing measure as appropriate and if care givers available. Muscle strength and tone, and reflex integration: Again looking at if posture could be contributing to frustrations especially in school aged children. Hand writing/motor planning assessment.

What treatment or intervention techniques are you using? (see above)

Are there any education resources you are aware of for IP OT intervention with this population that you have found to be helpful? Zones of regulation helps the children identify when they need to seek out sensory strategies for improved regulation/state control.

ORG D

I am curious if you have inpatient OT staff who are evaluating and treating on the inpatient psychiatric unit at your facility.

- I've been slowly building hours at our pediatric inpatient unit. This is a brand new role and the facility has never had an OT on the unit! Currently I'm doing 20 hours/week and I'm still learning/building OT's role on the unit

If so, what is the intervention?

- I currently run groups for emotional regulation, coping skills and impulse control/urge management
- I also provide individual evaluation and treatment if myself or the team identify a need; interventions are occupation or activity based and are targeted at emotional regulation, BADLs, and sensory processing
- Slowing becoming involved in programming to support therapeutic milieu and engagement during programming

What evaluation measures are you using?

- I use the adult/adolescent sensory profile; SPM; functional observation, chart review, and pt/parent report to gather information during the evaluation

What treatment or intervention techniques are you using?

- occupation-based interventions using pt's daily routine and personal items with focus on increased participation and engagement in the program
- Using zones of regulation and/or alert program materials at times to support emotional regulation
- We're starting to get some sensory equipment in for therapeutic activities to support regulation and sensory processing challenges
- Environmental modifications to maintain a therapeutic milieu when applicable or to support individual participation

Are there any education resources you are aware of for IP OT intervention with this population that you have found to be helpful?

- Still exploring and searching for resources; I've found the resiliency model, trauma informed care, and shared decision making models to be helpful thus far