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Occupational Therapy’s Role in Helping Individuals With SPMI Gain and Sustain Employment

Jill Blackstock
University of Southern Maine

Emile Castonguay
University of Southern Maine

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Occupational Therapy’s Role in Helping Individuals With SPMI Gain and Sustain Employment

Jill Blackstock, MOT/S & Emile Castonguay, MOT/S
Susan Noyes, PhD, OTR/L & Jesica Michaud, MOTR/L

PIO Question:
Does including occupational therapy services as part of an interdisciplinary mental health team help clients with serious and persistent mental illness to gain and sustain employment?

Clinical Bottom Line:
• Helping people with SPMI gain and sustain employment is specifically targeted within the scope of OT as outlined in the OTPF.
• Evidence supports Individual Placement and Support as the most effective employment intervention. OTs are effective in working with this intervention.
• OTs are effective in bridging the gap between a clinical and vocational focus on mental health teams.

SPMI represents the population of individuals with serious and persistent mental illness.

Gaining and sustaining employment is the end goal. Including OT as part of the interdisciplinary team yields positive outcomes.

Individuals with SPMI

Employment Interventions
• Supported
• Employment
• IPS
• Just Right Challenge
• Coping Skills
• Environment
• Context

Occupational Therapy
• Focus on meaningful occupation
• Client-centered
• Environment
• Performance
• Evidenced-Based
• Assessments

Limits Used:
• Peer Reviewed
• OT Focused articles
• Related to Employment
• Individuals with SPMI
• Working Age participants