Facilitating Return to Work Among Individuals with Mental Illness Through Occupational Therapy Interventions

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Clinical Question

Do work-focused occupational therapy interventions improve the self-efficacy, perceptions of employability, and/or employment rates for individuals with mental illness?

Themes & Findings

<table>
<thead>
<tr>
<th>Personal Factors</th>
<th>Increased self-efficacy &amp; empowerment, decreased depressive symptoms, and shame &amp; guilt</th>
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</thead>
<tbody>
<tr>
<td>Assessment Tools &amp; Frameworks</td>
<td>Work-Focused Cognitive Behavioral Therapy, ABC Workshops, &amp; Experiential Group Therapies</td>
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<tr>
<td>OT Intervention</td>
<td>Return-to-Work Self-Efficacy Questionnaire, Worker Role Interview, &amp; The WORKS</td>
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Recommendations

- Implement a work-focused cognitive behavioral therapy group into weekly group schedule
- Use identified assessment tools to guide and track patient progress
- Work in conjunction with job coaches/vocational rehabilitation services to facilitate patient success
- Need for further research in inpatient psychiatric settings

Clinical Bottom Line

Patients discharged from Riverview Psychiatric Center are frequently readmitted due to unsuccessful community reintegration. Returning to work is fundamental to community reintegration. Occupational therapy interventions that address coping skills, self-efficacy, worker roles, and overcoming negative connotations regarding work, can improve the transition from inpatient psychiatric care to community living and decrease patient re-admissions.