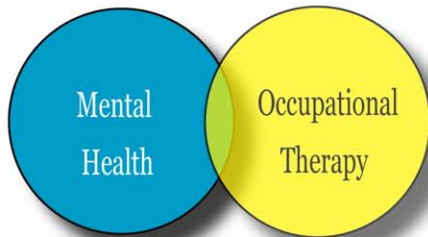


Occupational Therapists and Mental Health Professionals:

A Team Approach



The American Association of Occupational Therapy (2011) use the following examples to demonstrate how the knowledge and skill base of an occupational therapy team are used to assist individuals in all phases of mental health recovery:

Teach and support the active use of coping strategies to help manage the effect of symptoms of illness on one's life, including being more organized and able to engage in activities of choice.

Help to identify and implement healthy habits, rituals, and routines to support a wellness lifestyle.

Support the identification of personal values, needs, and goals to enable informed decision making, such as when considering housing and employment options.

Provide information on how to monitor physical health concerns (e.g., diabetes management, smoking cessation), develop strategies to control chronic symptoms, and recognize and respond to acute changes.

Support the ability to engage in long-term planning (e.g., budget for major purchases, prepare advance medical and mental health directives) that lead to meeting personal recovery goals.



4121 Pennsylvania Ave - Dubuque, IA 52002
563.583.4003
www.unifiedtherapy.com

Often, occupational therapy clients have many challenges to address in therapy. We frequently recommend mental health services to clients, and would be happy to receive referrals from mental health professionals who believe their clients would benefit from regulation techniques in addition to their current treatments.

Unified Therapy Services Occupational Therapists will work collaboratively with mental health professionals to ensure clients receive the full benefit of an interdisciplinary team approach.

For referrals to our clinic or to set up a free screening please contact
Unified Therapy Services
(563) 583-4003

Occupational Therapy & Mental Health



Supporting Individuals
Through A Team Approach
Using Regulation Strategies



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Do You See Individuals Who Exhibit Behaviors?

- Avoid lights, smells, or clothing textures
- Biting/ grinding teeth/ pushing on jaw
- Hitting/ pushing/ kicking
- Hyperactivity
- Emotional over-reactive/under-reactive
- Poor eye contact
- Bumping into walls
- Crawling into small/ tight spaces
- Rocking/ spinning

What Is Sensory Integration Dysfunction?

Sensory integration dysfunction occurs when the brain is unable to accurately perceive and interpret the sensory information that is entering the body through visual, auditory, gustatory/taste, olfactory/smell, tactile/touch, movement, and positional systems. Sensory integration dysfunction is a common underlying aspect of mental health diagnoses, such as:

- Asperger's / Autism Spectrum Disorder
- ADHD
- Bipolar Disorder
- Down's Syndrome
- Generalized Anxiety Disorder
- Obsessive-Compulsive Disorder
- Oppositional Defiant Disorder
- Reactive Attachment Disorder
- Schizophrenia



Unified Therapy Services Uses Interventions To Address Sensory Dysfunction

Unified Therapy Services Occupational Therapy team is fully trained to address sensory-based symptoms through skilled therapeutic interventions.

With a holistic sensory-based approach, clients are able to sustain calm alertness, cope with frustrations, and modulate their responses to challenging sensory input.

The Unified Therapy Services Occupational Therapy Team is skilled in the development of treatment plans, and uses an organized system of approaches to address clients needs.

Some Interventions Utilized Are:

- How Does Your Engine Run?
- Sensory Diets
- Therapressure Brushing Protocol
- Therapeutic Listening™ Program
- Worries Program
- Interactive Metronome

To view descriptions of techniques listed above as well as other programs and services, go to:
www.unifiedtherapy.com

Occupational Therapy Strategies for Optimal Mental Health



Our skilled Occupational Therapy Team is trained to address emotional and behavioral needs related to everyday activities and social interactions. Our overall goal is to assist individuals in developing or enhancing skills necessary to be independent, safe, and successful in their everyday lives.



Our therapists develop an understanding of the individual's primary roles, habits, occupations, interests, and sensory preferences in order to best determine the most effective course of treatment.



Our therapy team works closely with clients, parents, caregivers and other professionals to establish and reinforce daily routines that incorporate calming and regulatory strategies so the individual can successfully participate in everyday activities.