Easy Choice: Practice Bundle

Mental Health (Adults)

This webinar bundle includes the following 5 On-Demand Practice Evidence Webinars:

**Self-injurious behaviour: Insights and interventions for occupational therapists**

*Presented by Logan McColl on June 25, 2019*

Self-injurious behaviours continue to challenge many Canadians, most increasingly our female youth. 20,967 Canadians of all ages were hospitalized due to self-injury in the annual 2016-2017 reporting period, with 15 suppressed data points across provinces. Clinicians, health, and community systems often struggle to respond effectively to individuals presenting with self-injury concerns. Despite scientific advances in evidence-based treatment for self-injurious behaviour, their adoption into traditional support systems has been slow.

This webinar will explain conceptual understandings of self-injurious behaviour, and how they impact a person's self-care, productivity and leisure occupations. Current evidence-based intervention approaches and clinical considerations for occupational therapists will be reviewed.

After taking part in this webinar, participants will be able to:

1. Understand how self-injurious behaviour concerns impact a person’s occupations.
2. Understand case formulation considerations for self-injurious behaviours and the role of occupational therapy in recovery.

**Utilizing food skills group in mental health occupational therapy: Occupation in recovery**

*Presented by Gina De Vos on September 25, 2018*

Occupational therapists work to promote mental health recovery in their practices. The implementation of a food skills or meal preparation group is an occupationally-based tool, which can be used across a variety of settings, ages and health statuses to promote recovery. This webinar will outline the clinical utility of meal preparation groups, including as an intervention to support recovery, and as tool to facilitate health promotion. Strategies to design, implement and facilitate a meal preparation group will be discussed. Evidence to support the intervention of a group-based meal preparation group in a mental health context will be reviewed.
After watching this webinar, you will be able to:

1. Understand the current evidence that supports food skills group as an intervention.
2. Recognize the practical strategies for developing and running a food skills group.
3. Support client-centred practice with an occupation-focused intervention plan utilizing a food skills group.

**Occupational therapy outcome measures for community mental health practice**

*Presented by Liz Griffin Lannigan on December 12, 2017*

Identification of effective occupational therapy outcome measures of functional performance enables demonstration of occupational therapy’s distinct value for enhancing life participation across mental and physical engagement in occupation. Clients and practitioners need effective measurement tools to demonstrate how client performance in occupation improves and benefits from services. Selection of valid and reliable occupational therapy assessment tools is critical to measure performance and change in function. How to critique assessment tools for use in specific practice settings will be discussed, based on evidence for assessment theory, practice settings, and measurement strategies. Examples of assessments will be presented for measuring outcomes.

After watching this webinar, you will be able to:

1. Identify the focus of performance or occupation to be measured for mental health outcomes.
2. Identify standardized methods to measure outcomes in performance or occupation.
3. Discuss strategies to critique effectiveness of outcome measures for designated performance or occupation.

**Development of a mental health driving screen: SPOT-DS**

*Presented by Alicia Carey on May 2, 2017*

In mental health, assessing driving ability is complex, due to the fluctuating nature of mental illness, cognitive and psychosocial factors, as well as the impact that medications may have on driving abilities. A screening tool, the Saskatchewan Psychiatric Occupational Therapy Driving Screen (SPOT-DS), has been developed to score these factors and standardize the process, with the goal of achieving consistent and reliable driving recommendations. This webinar will review the research project that resulted in the development of the SPOT-DS, the screening tool itself, as well as practical examples and case studies.

After watching this webinar, you will:

1. Recognize driving as an instrumental activity of daily living.
2. Become familiar with the SPOT-DS.
3. Understand how to apply the SPOT-DS in practice.
**Exposure Therapy Pathway for Anxiety Management**

*Presented by Rosemarie Bonnet & Christine Hewitt on November 4, 2014*

This webinar introduces the Community Mental Health Rehabilitation Team and the reasoning behind the development of an exposure therapy pathway. A definition of exposure therapy, basic theory and practical applications in an interprofessional team will be discussed. The steps of the Exposure Therapy Clinical Pathway will be reviewed in detail then applied to case studies.

After watching this webinar, you will:

1. Understand basic components of exposure therapy theory and practice.
2. Be able to identify and apply steps of a exposure therapy clinical pathway.

**Purchase the individual version of this webinar bundle (valid for one individual person)**

**Purchase the group version of this webinar bundle (valid for up to 25 people from the same company/organization)**

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