



## Mental Health

# CONFERENCE PROGRAMME

**Royal College of Occupational Therapists**  
43rd Annual Conference and Exhibition

**17 - 18 June 2019**

**ICC Birmingham**

**Book online**

**[www.rcotannualconference.org.uk](http://www.rcotannualconference.org.uk)**

## Monday 17 June 2019

11:35 – 12:20 **Mental Health**  
Session 3 Facilitated Posters

### 3.1(FP) **Occupational therapy interventions within perinatal mental health**

Graham M Leeds Beckett University

#### Learning outcomes

- To gain an insight into the occupational needs of women experiencing perinatal mental health problems.
- To consider the interventions and outcome measures used by occupational therapists within perinatal mental health services within the UK.

### 3.2 (FP) **Framing the canvas: arts and photography as tools for wellness in Bermuda**

Roof D Bermuda Hospitals Board, Costa F Bermuda Hospitals Board

#### Learning outcomes

- To promote the importance of adopting meaningful activity using the occupational therapy activity toolkit with people with a dementia, when working with care home staff and healthcare students.
- To emphasis the benefits and importance of engaging with community links, charities and colleges when promoting meaningful activity in care homes.

### 3.3(FP) **Occupational therapy on the road: creating a mobile therapy room to improve mental health in rural communities**

Gray C Cup-O-T: Wellness and Therapy Services

#### Learning outcomes

- To gain increased understanding of the issues facing people living in rural areas with mental health problems and the role of occupational therapy.
- To increase awareness of collaborative and creative approaches to making mental health support accessible

16:45 – 17:30 **Mental Health**  
Session 25 Seminar

### 25.1 **Exploring the role and value of occupational therapy in a specialist perinatal mental health service**

Davies L Cheshire and Wirral Partnership NHS Foundation Trust, Hazelden M North West Boroughs Healthcare NHS Foundation Trust

#### Learning outcomes

- To increase awareness of perinatal mental health as a growing area of practice for occupational therapists.

## Tuesday 18 June 2019

09:20 – 10:05 **Mental Health**  
Session 46 Papers

### 46.1 **Driving and depression: Occupational therapists current knowledge, attitudes and practice in Ireland**

Buckley S St. Patrick's Mental Health Services , Robinson K University of Limerick, Stapleton T Trinity College Dublin

#### Learning outcomes

- To gain increased knowledge of the role that driving can play in the recovery of individuals with depression.

- To increase awareness of how occupational therapy can contribute to the assessment of fitness to drive with individuals with depression.

46.2 **An exploration of occupational therapy within perinatal Mental Health Services: a grounded theory study**  
Graham M Leeds Beckett University

**Learning outcomes**

- To understand the nature, meaning and purpose of occupational therapy within perinatal mental health services within the UK.
- To explore the challenges and supporting factors to practicing using an occupational lens.
- To appreciate the experience and skills required to work in such a complex and sensitive field.

10:40 – 11:25 **Mental Health**  
Session 53 Workshop

53.1 **Outcomes of occupational therapy in mental health - what are they and how do we measure them?**  
Birken M City, University of London, Connell C Birmingham and solihull Mental Health NHS Foundation Trust, Graham M Leeds Beckett University

**Learning outcomes**

- To think critically about the outcomes of mental health occupational therapy interventions in clinical practice.
- To identify important outcomes of the interventions delivered in clinical practice in relation to the service user and service and how to measure these.

11:30 – 12:15 **Mental Health**  
Session 59 Workshop

59.1 **A practical introduction to the Model of Human Occupation Exploration Level Outcome Ratings (MOHO-ExpLOR)**  
Cooper J 2gether NHS Foundation Trust

**Learning outcomes**

- To gain an increased understanding of the scope and utility of the Model of Human Occupation Exploration Level Outcome Ratings (MOHO-ExpLOR).
- To practise making scale rating decisions within a fixed timeframe.

14:00 - 15:35 **Occupation Station**  
Session 71

71.1 **Using LEGO® to assess executive functioning and communication skills in an inpatient adult mental health centre**  
Dennis J Midland Partnership Foundation Trust, Walker B Midland Partnership Foundation Trust

**Learning outcomes**

- To be able to describe how LEGO® can be used to assess executive functioning and communication skills.
- To be able to facilitate a LEGO® assessment group.

14:00 - 14:45 **Mental Health**  
Session 75 Seminar

75.1 **The collective victory: an interpretative phenomenological analysis of the experiences of people, with severe mental health conditions, participating in an occupation matters programme**  
Newport A Surrey and Borders Partnership NHS Foundation Trust

## Learning outcomes

- To develop an insight into the meaning of the lived experience of an Occupation Matters Programme by four of its participants.
- To examine the Occupation Matters Programme as a 'temporary project' for facilitating Anne Wilcock's 'doing, being, belonging and becoming.'

## Posters

- P10 **Addressing co - production challenges through social media- how an occupational therapy service used Facebook to support the development of a perinatal mental health service**  
Halsall K Lancashirecare NHS Foundation Trust, Glover S Lancashirecare NHS Foundation Trust
- P25 **Recovery through employment as a peer worker in adult mental health services: is there a role for occupational therapists?**  
Di Bona L Sheffield Health and Social Care NHS Foundation Trust
- P28 **Why do you ride?: a characterization of mountain bikers, their engagement methods, and perceived links to mental health and well-being**  
Roberts L LYPFT, Brooks R Leeds Beckett University, Jones G Leeds Beckett University
- P41 **Peer support volunteering in inpatient adult mental health: multiple perspectives**  
Haughton S Sheffield Hallam University, Pollard N Sheffield Hallam University, Sidaway E Rotherham, Doncaster and South Humber NHS Trust
- P42 **Health and well being within independent retirement living**  
Finn E University of Worcester - Student Led Clinic, the McClelland Centre, Perry A University of Worcester - Student Led Clinic, Ovans H University of Worcester
- P58 **Occupational therapy interventions in child and adolescent mental health to increase participation: a mixed methods systematic review**  
Brooks R Leeds Beckett University, Bannigan K Plymouth University
- P69 **The experiences of sick leave among adults with common mental health problems: a qualitative systematic review**  
Linthorpe J University of Liverpool
- P82 **Becoming sense-aware. Community sensory hub supports early intervention for Children and Young People's mental health in Plymouth**  
Rule R University of Plymouth , Hearson J University of Plymouth
- P86 **Using occupational therapy practice skills to implement large scale digital projects in mental health**  
Gurney R Leeds and York Partnership NHS Foundation Trust
- P111 **Inpatients' perspectives of occupational therapy group activities in acute mental health; reducing anxiety, increasing happiness**  
Sidaway E Rotherham, Doncaster and South Humber NHS Trust
- P113 **Recovery through work: service evaluation of the introduction of individual placement & support (IPS) services in secure mental health services**  
Chambers L Birmingham and Solihull Mental Health Foundation Trust , Connell C Birmingham and Solihull Mental Health Foundation Trust
- P130 **Co-production with family and friends in a mental health setting**  
Beal J Cygnet healthcare

- P144 **The utility and effectiveness of introducing a sensory based occupational therapy programme within an inpatient adult acute mental health service**  
Cooper N Central and North West London NHS Foundation Trust, Harrington N Central and North West London NHS Foundation Trust
- P145 **Two OT's perspectives on working with a range of clients, actively using the outdoors as their work space to gain motivation and physical and mental health improvements**  
Diss R Beaumont College, Niblock C The Cove - Lancashire Care
- P147 **Evidencing the impact of occupational therapy: a quality improvement route to using an outcome measure in community mental health**  
Humby K South London and Maudsley NHS Foundation Trust , Kidd L South London and Maudsley NHS Foundation Trust
- P148 **Does occupational therapy influence hope and motivation? Stories of recovery in adult mental health**  
Jacques S Sheffield Hallam University
- P150 **Demonstrating the cost effectiveness of occupational therapy within acute mental health settings**  
Jhumat N Central North West London NHS Foundation Trust, Murphy T Central and North West London NHS Foundation Trust
- P161 **The individual placement and support model: experiences of those with mental health conditions, an interpretative phenomenological analysis**  
Raeside C Student - Glasgow Caledonian University, McQueen J Glasgow Caledonian University
- P173 **Developing a manualised self- care intervention in mental health rehabilitation**  
Willis S CNWL NHS Foundation Trust, Patel T CNWL NHS Foundation Trust
- P175 **Establishing pure occupational therapy posts in a community mental health team**  
Barton E Central and North West London NHS Foundation Trust, Bruce A Central and North West London NHS Foundation Trust