Occupational Therapy in CAMHS

What is Occupational Therapy?

Occupational Therapists (OTs) in CAMHS work with Children and Young People (CYP) to help them do the things that they need and want to be able to do because they matter to them. Occupation is essentially a super fancy word that means activities that you do in daily life from the moment you wake up to when you go to bed.

These activities include:

Self care

Things we do to look after ourselves – e.g. having a shower, brushing your teeth, sleeping and eating.

Play and Leisure/Hobbies



The things you enjoy doing such as enjoying time with friends, going to the park or cinema, playing a sport, making/designing, watching/going to a match or gaming.

Productivity

This includes going to school/college/university, learning/writing or doing a job (paid or voluntary).

We realise that mental health difficulties can make it harder to do the activities like these or other things that are important to you so we work together to support you to do these things again.

How Occupational Therapists can help:

We use occupational (activity) focused assessment and interventions:

- We work with people to work out what skills they currently have and what skills they may be finding a struggle/ challenging.
- Understand what the tasks and activities are that they want to do and how are they currently engaging in them.
- How the environment is helping or preventing these activities

By using a combination of:

- Building up your skills so you are able to engage in the activities that are important to you.
- Adapting/changing the activities.
- Adapting the environment, if needed



Scan the QR code to visit www.healthforteens.co.uk/leicestercity/what-happens-at-your-first-occupational-therapy-appointment-at-child-and-adolescent-mental-health-services-camhs/ learn more about Occupational Therapists and their role within CAMHS.

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What is an Occupational Therapy assessment?

An Occupational Therapy Assessment involves an Occupational Therapist working with you, your family, school and any other professionals/agencies to gather a complete picture of what your strengths and difficulties are. You are welcome to bring a trusted adult with you to your appointment, for example, a family member, carer, social worker.

The Occupational Therapist will gather information on your ability to carry out everyday tasks, your areas of strength, health care needs and identify what challenges you may face when carrying out everyday tasks that you want and need to do. We call this an Occupational Therapy Assessment.

The assessment can include gathering information on how you manage day to day activities. This is usually done through a range of practical, observation, written and verbal methods of collecting information. A practical example might be carrying out physical activities. The type of activities we ask you to do will depend on your areas of strength and need.

Why am I seeing an Occupational Therapist?

With your agreement, an Occupational Therapy Assessment can be requested by the CAMHS team supporting you. This happens when an young person has challenges engaging in occupations. These could include self care activities, play & leisure & hobbies, going to school, going to work (paid/voluntary). There are many more examples on why an Occupational Therapist may complete an Occupational Therapy assessment.

How long will the assessment take?

The assessment can vary between attending for a 90 -120 minute session whereby various assessments will be completed or multiple 60 minute sessions over a number of appointments.

Where will the assessment take place?

An Occupational Therapist may undertake assessment and intervention at one of our bases, your home, educational setting or a community setting as required to support you.

What happens after the assessment?

The Occupational Therapist will summarise the assessment and provide recommendations and strategies tailored to you. The aim is to support you to find ways to make life easier to manage daily tasks and activities. This might include support with self-care, household chores, getting out and about, adaptations to your home, finding or staying in work or education or taking part in social and leisure activities.

If required, following an Occupational Therapy assessment, it will be discussed whether you need ongoing sessions with the Occupational Therapist to support you to build skills, embed strategies and develop age–appropriate independence to help you achieve your goals. The frequency and format of these sessions will be discussed with you and your family prior to intervention sessions starting. We will regularly review your progress against your goals to see if further session are needed.

