

Developing an Occupational Therapy framework for Community MH transformation



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The publication of the Community Mental Health (MH) transformation framework for adults and older adults (2019) presented a welcome opportunity for Occupational Therapy (OT) to reconsider how we deliver mental health services. With its focus on place-based community care, a whole-person approach and dissolving traditional boundaries, it aligns well with the ethos of OT. However, with our services designed to concentrate OT input within secondary care and little scope for earlier preventative work, we realised we will need a framework to support OTs to work in a transformed way. The ELFT OT framework for Community MH transformation was developed to make our commitment to transformation explicit, to support priority setting and to guide our journey to understand how OT could add most value. Working within a system at different stages of readiness for change, has been challenging at times. However, the framework has been a helpful way to conceptualise, explain and organise OT in a meaningful and inspiring way.

Stages of development and testing

2021
Exploring new transformation framework
Design of draft OT framework
New job description emphasizing transformed way of working

2022
Sharing OT framework across ELFT OT Leads
Gathering examples of four different components
Finalizing framework

2023
Use of framework in communicating OT offer
Sharing framework at ELFT OT Conference
Continue to share examples and advocate for community capacity building

2024
Framework used in job planning and priority setting
Conversations around sharing benefit of using this framework



Language and labels

Referral ... **Introduction**
Screening call ... **Connection call**
Diagnosis ... **Needs and complexity**
Routine ... **Meaningful intervention**
Transactional ... **Relational**

OT Role

Explicit consideration of OT working with and alongside service user, recognizing the persons' and their communities' strength, capacity and impact on mental health.

Encouraging humble curiosity, willingness to listen and humility to learn from diverse communities.

Encouraging respectful challenge of models and thinking that influence healthcare and OT, and finding creative ways to learn, connect and understand.

Consideration of complex interplay of person factors, environments, systems, culture and trauma on peoples' lives.

Overview of framework with four main components

Community MH Transformation: ELFT Occupational Therapy Framework

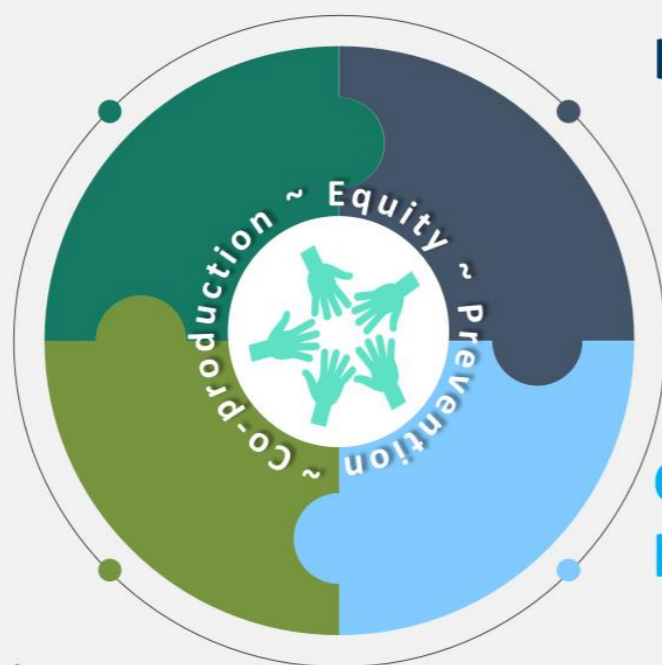


Direct clinical

- Including:
- Individual work
 - Group work

Consultation and Formulation

- Including:
- Case formulation
 - Advice and recommendations
 - Critical questioning
 - Multi-agency liaison



Investment in people

- Including:
- Leadership
 - Training and development
 - Supervision
 - Team development
 - Student placements

Community Capacity building

- Including:
- Relationship building
 - Collaborative working
 - Mutual learning
 - Population health

Core of the framework

Prevention:

Earlier involvement and support; prevention of secondary needs and side effects; generational impact

Co-production:

With service users, communities, families and carers. Importance of "doing with", not "doing to".

Equity:

Not "equal" amount or type of input; Consider complexity; Consider vast inequalities; Consider urgency and needs



Healtogether CIC
Break the stigma on mental illness.

Example of community capacity building: working alongside Healtogether and Cody Dock in Newham, learning with and alongside, sharing experiences, listening, having difficult conversations, challenging stigma, sharing information and supporting each other to support **our** community.

