

YOUTH MENTAL HEALTH & OCCUPATIONAL THERAPY



Occupational Therapy empowers people of all ages to overcome barriers in everyday life so they can do more and live better

Youth Mental Health

- ❖ Healthy emotional and social development is the foundation for mental health and resilience in adulthood.
- ❖ 1 in 5 children and youth in Ontario struggle with their mental health, and about 70% of mental health disorders have an onset in childhood or adolescence.
- ❖ Adolescence and young adulthood is a time filled with changes, new experiences, and transitions.
 - With these come evolving identities, values, and roles, new environments to interact both within and with, and a new and complex repertoire of daily activities and routines.
 - For youth these changes can be challenging and stressful, and those with mental health and / or addiction problems face additional barriers to navigating this life stage.

All youth can benefit from services and support managing their mental health including:

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| ✓ Emotion management | ✓ Stress management |
| ✓ Problem solving | ✓ Navigating relationships |
| ✓ Coping skills | ✓ Making sense of things that don't make sense |
| ✓ Social skills | ✓ And more... |

How Occupational Therapy Helps

- ❖ Important roles and activities like being a student, employee, friend, family member, athlete, and more can become difficult to fulfill when struggling to manage mental health.
- ❖ For youth and young adults, the task of navigating this life stage and transitioning into adulthood requires many skills and competencies.
 - ✓ Occupational Therapy will assess how mental health is interfering with performing important roles and activities, and treatment will focus on how to continue to participate in the most important aspects daily life while managing mental health.
- ❖ Treatment strategies can include:
 - ✓ Learning and practicing problem solving skills, life skills, and communication skills
 - ✓ Motivational interviewing and supportive counselling
 - ✓ Crisis prevention, intervention, and wellness planning
 - ✓ Task and environmental modifications
 - ✓ And more...
- ❖ Occupational Therapists work in both public and private health care
- ❖ To learn more about Occupational Therapy you can visit www.caot.ca or www.otontario.ca
- ❖ This Is Healthful is accepting new clients for Occupational Therapy services
- ❖ To find an Occupational Therapist you can use the Find an OT feature at www.coto.org

This Is Healthful Inc.

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