Any suggestions to help with a new outpatient group?

Date:   Mon, February 27, 2006 3:12 am

Hello, we are Occupational Therapists working in acute mental health who are in the process of setting up a new outpatient group, using MOHO as our frame of reference.

We hope to make it a time limited group (15 weeks?) and envisage clients referred will be struggling to maintain or to re-engage in a satisfactory routine/roles following illness, with motivation, low confidence, isolation etc. We have had a idea to focus each of the weeks of the group on one different aspect of OCAIRS, e.g. interest on week, then perhaps goals setting and then use participation in an activity as the learning process each week. As we would use OCAIRS as the initial assessment we would adjust the content of the group according to the results of the assessments.

has anyone had experience of setting up a similar group based on using this and if so any suggestions or feedback would be appreciated.

thanks

Catherine McIntosh, Judy Graham & Kirsty Ellis

PS We are also trying to think of a name for the group so any suggestions also helpful!!

February 28, 2006 12:30 pm

You might also entertain the OSA as it involves goal setting as part of the process but I love the OCAIRS. Just curious, what is your client group (more specifically than MH) and how will you be paid?

Skinner, Sarah

March 1, 2006 7:03 am

I'm not aware of anyone running such an outpatient group currently. Many years ago we ran a similar outpatient group--the aftercare program--that was published:

As I recall the overall sequence was to focus on volition first--helping people get a better sense of what was of interest and valuable (more exploratory) and then proceeding to establish some habits and roles. You might find the remotivation-process a helpful structure. The manual is available for purchase on the MOHO website.

Gary Kielhofner