

# OCCUPATIONAL THERAPY FOR TRAUMA-RELATED MENTAL HEALTH CONDITIONS & RETURN TO WORK

## OVERVIEW

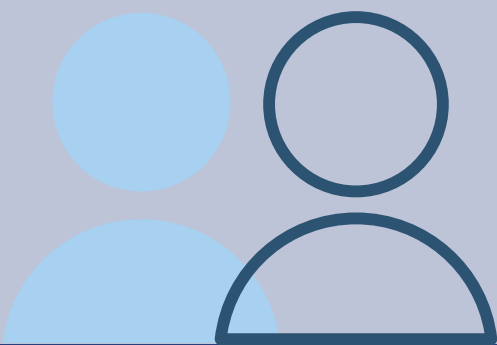
- Trauma and stress-related mental health conditions can hinder employment participation
- Limited research exists on occupational therapy (OT) and return to work (RTW) for this population



Research studies were examined to identify OT RTW interventions:

18

RTW INTERVENTIONS WERE FOUND FOR TRAUMA AND STRESS-RELATED MENTAL HEALTH CONDITIONS



MAJORITY OF INTERVENTIONS TARGETED THE PERSON-LEVEL:



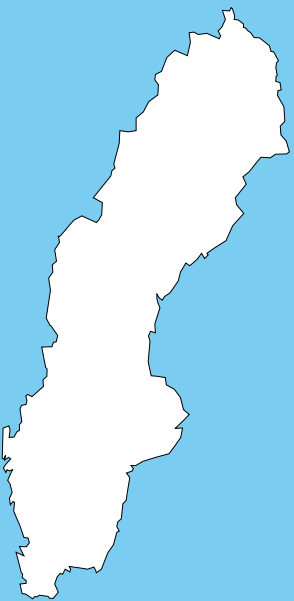
STRESS MANAGEMENT



COPING TECHNIQUES



EDUCATION



- 50% of the studies found were conducted in Sweden
- Swedish "ReDo" program was utilized to address stress-related mental health and make modification to work conditions



## NEXT STEPS

- RTW programs need to implement more environmental and occupational-level strategies
- The efficacy of these programs needs further study
- Engage stakeholders, including individuals with trauma-related conditions, healthcare professionals, and employers for effectively tailored RTW programs

