

Title: Creation of new services: Collaboration between mental health consumers and occupational therapists

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Major Finding: Collaboration between occupational therapists and clients using MOHO concepts was used to develop new services in a mental health organization in Iceland.

Participants:

- 25 participants
 - Ages 21-59; mean age=37
 - 15 women, 10 men
 - 1/3 with severe chronic depression, 1/3 with personality disorders, 1/4 with addiction
 - 5 with schizophrenia, 4 with bipolar disorder
 - About half had full or part-time jobs; the rest attended school or participated in caregiving

Method: In-depth interviews with participants, two focus group interviews, and participant observations were used as methods of data collection.

Analysis: Data were coded to identify themes. A grounded theory approach compared the data with an established definition of recovery to determine the level of agreement. Themes were then connected with MOHO concepts.

Findings:

- Stigma and difficulty in taking responsibility were the most common themes mentioned by participants as being hindrances in their recovery process.
- Participants expressed a lack of belief in themselves, a lack of self-confidence, feelings of limited control over their environment, and a lack roles and routines.
- Findings were used at Hugarafli, an organization based on MOHO and empowerment concepts, to guide development of new services.

Conclusion: MOHO may be used as a framework for empowering clients in the recovery process by encouraging therapists to think about the importance of self-efficacy and the value of occupational participation.

Implications for future research: Future research will examine data collected from quality control surveys in group homes to increase knowledge of mental health services from a consumer perspective.

Evidence- based practice implications:

- **MOHO's strong emphasis on aspects of the environment can assist practitioners and clients in thinking about the influence of a client's surroundings and the people in the client's life on the recovery process.**
- **Participation in meaningful, socially valuable occupations can be used to support recovery.**