



Model of Human Occupation

Archived List Serv Discussion

OSA in Groups

March 24, 2009

I am an OT based in an Addictions service. I am starting up an OSA Group where we use the OSA to set and work towards goals. Has anyone done this? Do you have a protocol or data on using the OSA in a group.

Thanks

Rachel Davies

March 30, 2009

Yes, I use it in my Life Skills Group in our outpatient program. I find some people, usually the lower functioning people, may not do a very accurate job of assessing their own needs but the middle to higher functioning people can use it very effectively. I have them fill it out in the group and then we write the top 3 priorities on the board of all pts in the group and see how it falls out. From there we have a discussion of what would be a good topic for the group for the next segment and I develop a series of activities to address the area they choose. Often several areas fit nicely into a topic so that we can address multiple goals in the topic.

Also the primary coordinators of each pt uses this info to help people set their individual goals that are followed up on in Goals groups (2-3x/week) as well as in 1:1 sessions. I love this tool with outpatients as they have time to address goals more effectively than on an inpatient unit these days with such short length of stays.

Sarah

April 2, 2009

Hi there,

I have been hoping someone would respond to Rachel's inquiry because I also work in the addiction field in a Co-occurring Diagnosis unit-45 -60 day program. Most of our clients have been living in the community independently or with family. I use the OSA regularly to devise a simple treatment plan and goals for each of my clients. In a general way I plan my groups according to the identified needs on the OSA. I like the way you decide the next topic within the group. I am wondering if you have a consistent group of attendees or do you have members circulating in and out. My members rotate out a few at a time i.e. as they finish or leave the COD program and are then replaced by new members. This is a bit of a challenge to group planning. How would you handle this? I am also interested in activities you do in your groups. I have been an OT for many years

but I am fairly new to doing groups. I am trying to go beyond just a education group. COULD you give an example of several areas that fit nicely to address multiple goals? I have been searching for workshops etc on this but haven't seen anything; not even an online course.

Any info on MOHO or Behavioral health CE for the USA? I have the MOHO book but still not mastered the practical/everyday applications.

Debi Durbin