

The Role of Occupational Therapy in Community Inclusive Services for People with Mental Health Conditions

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The stigma of mental illness often leads to the exclusion or discrimination of people with mental health conditions in the community. Social inclusion is achieved by providing appropriate support and services to ensure that all people can participate in economic, social, and cultural life of their community and contribute to society.

Providing recovery-oriented services is an international trend, and the components of recovery are quite consistent with the philosophy of occupational therapy. In the field of community services, occupational therapists' professional assessment and analysis of individuals, occupations, and environments help develop strategies that promote social inclusion for individuals.

Occupational therapists not only enhance the functional performance of individuals through occupational activities but also establish connections between groups and communities through co-occupation in the community. This allows people with mental health conditions and community members to understand each other and achieve reduction of self-stigma and social stigma.

The purpose of Jin-Shan Community Rehabilitation Center (JSCRC) is "Living with Heart, Learning with Joy." Support for people with mental health conditions can come from professionals, peers, neighbors, and various people in the community. The institution adopts a recovery-oriented service model and tries to connect with the community as much as possible when planning activities of daily living, work training, leisure activities, volunteer work, religious activities, etc. Through various community interactions and advocacy, it enhances the mental health literacy of community residents so that they can naturally interact with people with mental health conditions.

When providing services to clients, staffs value the needs, strengths, and occupational roles of individuals with mental health conditions, enabling them to participate in meaningful and purposeful activities in the real world. By improving functional performance and promoting social inclusion, people with mental health conditions can have roles in their community and create their value.