



MISERICORDIA  
UNIVERSITY

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**Objective 1:** Describe the occupational therapy role in the provision of unique mental health programming for marginalized client populations in a free clinic.

**Objective 2:** Recognize the distinct value of telehealth in free clinics as an emerging mental health fieldwork option for occupational therapy students.

Literature Review

- Positive **therapeutic relationship is the foundation** for promoting occupational engagement in mental health practice<sup>3</sup>
- Telehealth **nontraditional delivery model yields trends of positive experiences for students**<sup>4</sup>
- **Promote self-advocacy and self-determination among marginalized populations** to promote overall health and wellbeing<sup>2</sup>
- Student learning in free clinics can **promote advocacy, interdisciplinary teamwork, enhancement in creativity and problem-solving, and increased preparedness for Level II Fieldwork Experience**<sup>6</sup>
- OT can offer **psychosocial evaluations related to vocation, education and housing support, independent living skills, teaching compensatory strategies, and promote health and wellness through use of everyday activities**<sup>5</sup>
- Internal and external **barriers that complicate success in the application process for disability** that OTs can address through meaningful intervention<sup>1</sup>

# Telemental Health in Primary Care: A Hybrid Faculty-Student-Led Occupational Therapy Clinic for Marginalized Client Populations



Fieldwork at Sinclair Health Clinic  
*Primary Care Free Clinic in Winchester, Virginia*

## Student Experiences



### 1. Small Skills = Big Impact

- What seems simple could be life changing for the client
- Students can make a difference in clients' lives

### 2. Therapeutic Use of Self

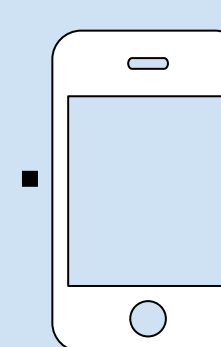
- Humility
- Empathy
- Active Listening

### 3. Telehealth is a Powerful Tool

- Telehealth is only a barrier "if you make it one"
- Increased creativity and flexibility
- Adapt instructions

### 4. Helping Underserved Clients

- OT role in health & financial management
- Understanding impact of SES



Use your phone's camera or QR Code reader app to download the references

Unique Hybrid Fieldwork

1. One faculty on-site in Virginia (partial day, once a week per semester)
2. Four students web conference from Pennsylvania
3. Emphasis on building therapeutic use of self as a first-line skill
4. Debriefing
5. Scaffolding learning

Diagnoses

Mental Health Conditions:

- Major Depressive Disorder (MDD)
- Generalized Anxiety Disorder (GAD)
- Post Traumatic Stress Disorder (PTSD)
- Bipolar Disorder
- Schizophrenia
- Schizoaffective Disorder
- Autism Spectrum Disorder (ASD)
- Attention Deficit Hyperactivity Disorder (ADHD)
- Intellectual Disabilities

Evaluation & Intervention Methods

- Interview
- COPM
- GAD-7
- PHQ-9
- Beck Depression Inventory
- Mindfulness-Based Interventions
- SSDI/SSI Application
- Life Skills
- Community IADL
- Advocacy
- Energy Conservation
- Arts & Crafts
- Wellness Recovery Action Plan WRAP®