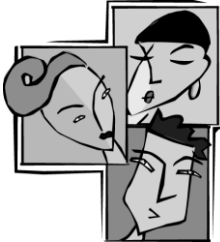


Who are the occupational therapists on the Mental Health and Addiction Unit at the Jewish General Hospital ?

Véronique Billette

Victoria Blais

Kristen Reidel



Occupational Therapy
Mental Health and Addiction Unit
Psychiatry – Inpatient Unit (3B)
Jewish General Hospital
Pavilion B, Room B-339
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How is OT going to help me while I am here ?

Your occupational therapist will help you set goals. You will work on them while in OT activities.

Patient's name: _____

Name of OT: _____

Date: _____

Goals in OT: _____

Date: _____

Goals in OT: _____

References for more information about OT

Quebec Order of Occupational Therapists

www.oeq.org

Canadian Association of Occupational Therapists

www.caot.ca
www.otworks.ca

American Occupational Therapy Association

www.aota.org
www.promoteot.org

*Mental Health and
Addiction Unit*



Jewish General Hospital

*Integrated Health
and Social Services
University Network
for West-Central Montreal*

Québec 

Designed by Yves Boudrias
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What is Occupational Therapy ?

Occupational Therapy is a field of health care that enables persons of all ages and varying disabilities (physical, mental, and emotional) to function at their best in all spheres of life. As such, Occupational Therapy addresses the areas of **self-care** (i.e. hygiene, dressing, feeding), **productivity** (i.e. paid and unpaid work, school), and **leisure**. The goal of Occupational Therapy is to help persons gain or regain the skills necessary to live independent and satisfying lives through engagement in meaningful activity and occupational balance.

🚦 Note that **OT** stands for **O**ccupational **T**herapy

OT and mental health

An occupational therapist can help you develop new strategies and skills when you experience mental health difficulties (depression, anxiety, schizophrenia, bipolar mood disorder...) that interfere with the activities of your daily life, such as taking care of yourself and/or your family, participating in paid or unpaid work, going to school, or enjoying your leisure time. In this way, OT can help you with setting goals and identifying your strengths and limitations, so that you can participate in meaningful activity and maintain occupational balance in your life.

What OT services are offered on the Mental Health and Addiction Unit at the Jewish General Hospital ?

Community Meeting

Community meeting offers all patients the opportunity to meet regularly (Mondays, Wednesdays and Fridays), to share information or concerns, and to ask questions regarding your hospital stay.

OT sessions

On Mondays, Tuesdays and Thursdays, the OT session welcomes you to work on the objectives you have chosen with the occupational therapist. This is done through the use of art media, cognitive exercises, social activities and therapeutic projects.

Leisure group

Everyday activities are not just about work and responsibilities. This is why OT offers the leisure group to promote an enjoyable atmosphere with other patients through a variety of social and leisure activities.

Discussion Group

Offered twice a week, discussion group covers a wide range of topics, in order to provide you with education and an opportunity to practice important skills for everyday living, such as occupational balance, stress management, assertiveness and effective decision-making. Each week, a different topic is proposed, which allows you to practice these different strategies and skills in order to prepare you for your discharge and return to new or previous roles and responsibilities. The group uses different approaches to explore the chosen topic, such as individual reflection, problem-solving, interactive activities, sharing and role playing.

Exercise group

Since OT is concerned with promoting both physical and mental health, it offers an exercise group once a week on Wednesdays.

Please note that the activity schedule is written on the board in the Activity room, every day.