



Addressing Student Mental Health through an Occupation-based Wellness Program



Jeanine Moussa OTD/S; Stephanie Kokesh OTD, OTR/L; Kathryn Duke OTD, OTR/L
West Coast University Center for Graduate Studies

Site Description

Community Based Education and Development College (CBD) is a nationally accredited focusing on health care careers such as physical and occupational therapy assistant, dental hygiene, as well as pharmacy and surgical technicians.

Mission: "To provide educational opportunities, leading to careers or career advancement, in an open and supportive environment that encourages a lifelong quest for knowledge"

CBD delivers education 100% through an online platform

Identified Needs

1. Increase mental health services for students
2. Increase wellness education through evidence based lectures into curriculum
3. Teacher education about how to address student mental health

Literature Review

- Higher education students are more likely experience feelings of stress, anxiety and depression (Lewis-Kipkulei et al., 2021).
- Wellness program that focus on mindfulness and stress management improve over-all stress levels (McGrady et al., 2012).
- Demographics impact perceived level of stress (Lewis-Kipkulei et al., 2021).
- There are no wellness programs that focus on all areas of wellness.

Learning Objectives

1. Develop and implement a wellness program for the OTA students at CBD College.
2. Develop skills as an Occupational therapy educator.
3. Advocate for the role of OT in student wellness and higher education by beginning the process of developing a level one fieldwork opportunity at CBD College for student wellness.

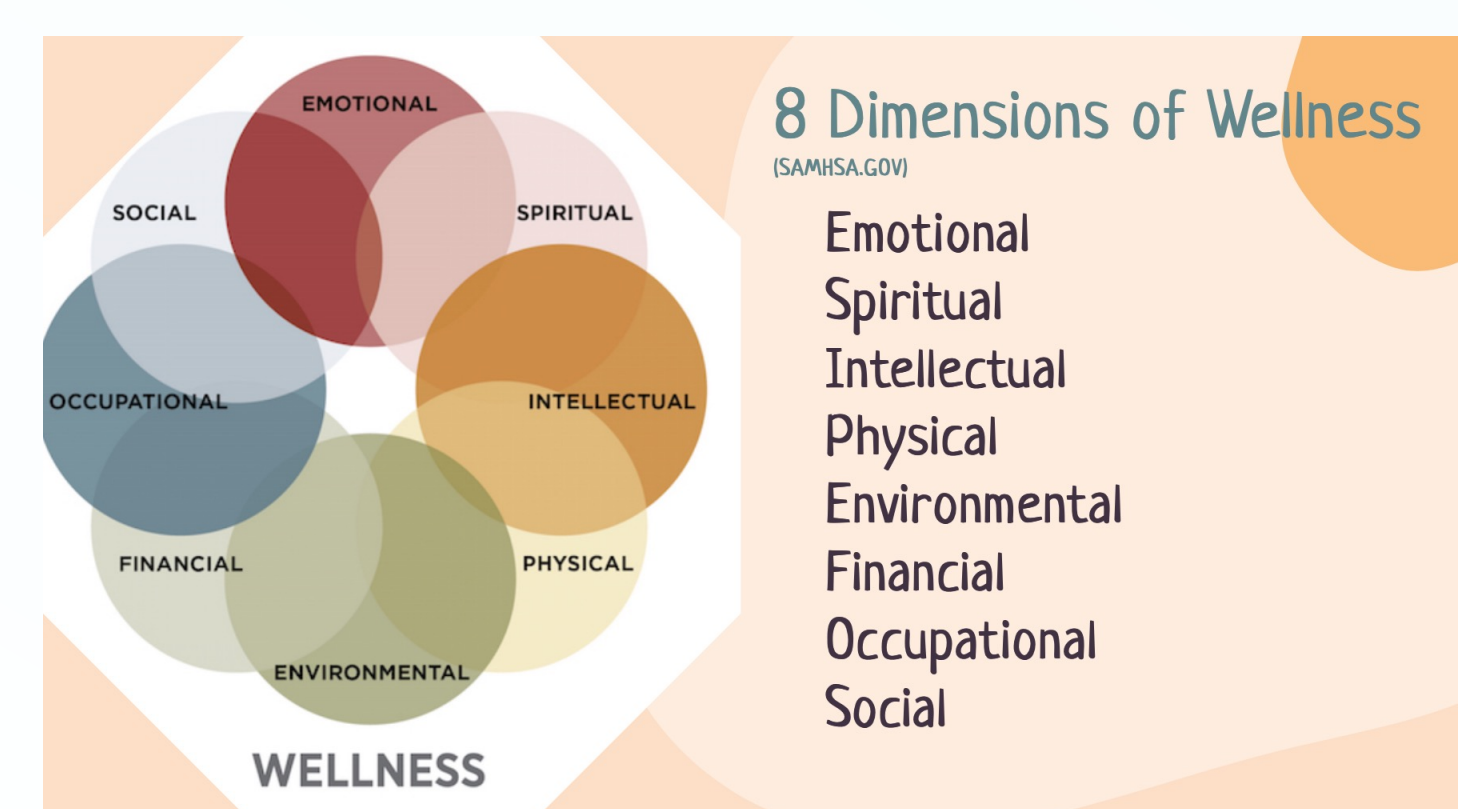
Program Description

Mind to (student) Body Wellness Program:

Objectives:

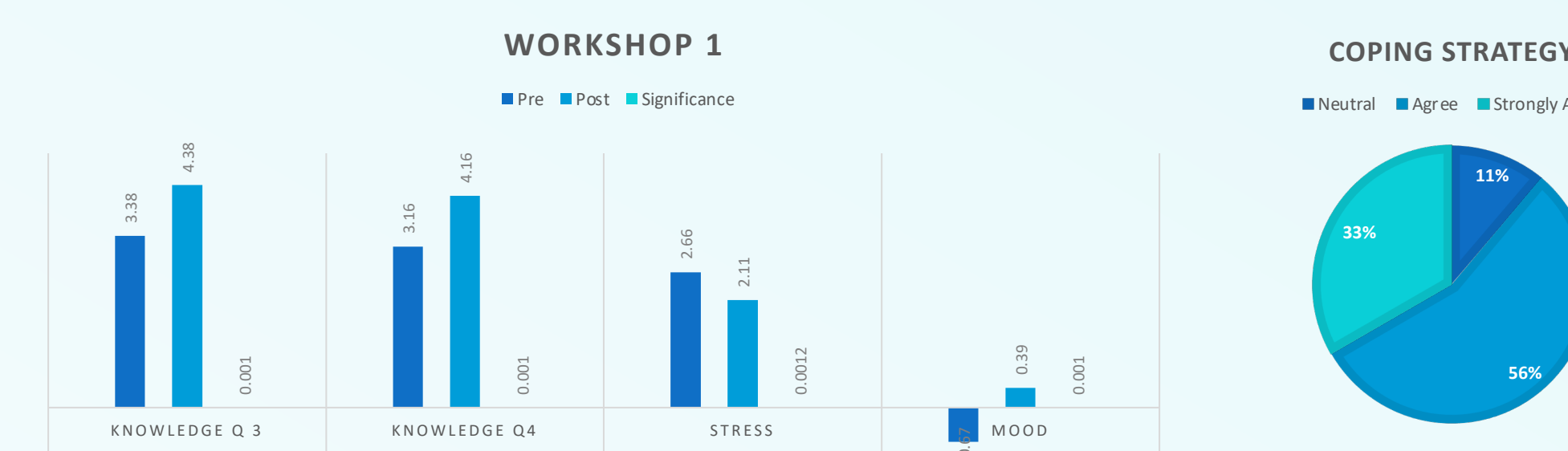
1. Increase overall knowledge of wellness
2. Increase successful carryover of wellness strategies in the students' daily lives
3. Improve school-life balance

Weekly Curriculum



Project Outcomes

- All five workshops showed significant improvements in anxiety levels and 4 out of 5 showed an improvement in mood
- Knowledge of topic increased in most workshops
- All workshops also showed an increase in skills attained and increased positive coping strategies in those that attended.



Scholarly Deliverables

- A total of 4 evidence -based lectures were left with CBD and added to the curriculum.
- Five workshop break down were left with CBD with instructions on how to implement each workshop, along with the power point to each workshop.



Self Identity: Week 1	
Week One: Cultivate Yourself	
Date of activity:	TBD
Duration of activity:	60 minutes
Specific goals for group session:	<ul style="list-style-type: none"> o Explore the meaning of self-identity and self efficacy o Engage in activities to increase overall awareness of concepts o Engage in activities to increase positive self-identity and self efficacy o Establish positive self-talk o Develop coping strategies
Materials/Costs:	<ul style="list-style-type: none"> o Paper o Writing utensil
Space demands:	<ul style="list-style-type: none"> o Virtual o Well Lit Room o Chairs o Tables
Narrative/Purpose:	<ul style="list-style-type: none"> • Introduction (10 minutes) o Name, Cohort, what brought you here today, o Ice Breaker Question: <ul style="list-style-type: none"> ■ Identify a strength one has/or something someone else has complimented them on?

Discussion/Implications

- Mind to (student) Body Wellness Program was effective in reducing students anxiety.
- According to student surveys they increased their knowledge on various topics regarding their own wellness. Knowledge did not increase significantly in all workshops. This may be due to small sample size as well as time spent on during the workshops on education

Implications

- The program showed effectiveness regarding including OT in student mental health services.
- Continued research and program trials would benefit not only student mental health but also OT's in this emerging practice

Conclusion

- Wellness programs should be included in student services especially for higher education universities.
- Occupational therapist are an important tool to treat student mental health

Acknowledgements

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References available upon request