

Occupational therapy - a match for Flexible Assertive Community Treatment (FACT) teams?



FACT model

- A recovery-oriented practice
- Professionals from the community and specialized health care services
- User involvement
- Peer support
- Interprofessional team



Service users in FACT-teams

- Mental health and/or substance use problems
- Previous experiences with health care support
- Community-based
- Support the user's recovery and well-being – meaningful activities



International perspective

- Change of mental health services
- Interprofessional collaboration
- Founded in a Western context. For ACT (US) FACT (the Netherlands)
- Denmark and Sweden
 - O.T. in FACT manual.



However...

Research and evaluation in Norway

- under-representation of occupational therapists in FACT teams
- an area for further development



Why?

Occupational therapists possess

- knowledge of rehabilitation
- meaningful activities
- contribute to the patient's well-being and recovery



How?



Doing



Being



Belonging



Becoming

Why occupational therapists should work in FACT

- Focus: Daily activities
- Use: Activity analysis
- Know-how: Recovery-oriented work
- Goal: Support participation in meaningful activities



OSLOMET

**Thanks to
Katrine Neverdal**



Articles in the PhD.

How the FACT teams work with the FACT model



How PSWs lived experience can be used in patient encounters and team discussions



In press: How the professionals work to facilitate user involvement

References

- Hitch, D., et al. (2014). "In the Footsteps of Wilcock, Part One: The Evolution of Doing, Being, Becoming, and Belonging." Occup Ther Health Care **28**(3): 231-246.
- Neverdal, K. and Irma Pinxsterhuis, I. *Hvilken fagkompetanse kan ergoterapeuter tilføre FACT-team i oppfølgingen av personer med alvorlig psykisk lidelse? En kvalitativ studie.* Nordisk Tidsskrift for Helseforskning nr.2-2021
- Veldhuizen, J. R. and M. Bähler (2013). "Flexible assertive community treatment." Vision, model, practice and organisation. Retrieved 20.01, 2020, from <https://fact-facts.nl/wp-content/uploads/2018/07/FACT-Manual-ENGLISH-2013.pdf>.
- Wilcock, A. A. (1999). "Reflections on doing, being and becoming." Australian occupational therapy journal **46**(1): 1-11.
- Wilcock, A. A. (2006). An occupational perspective of health. Thorofare, NJ, SLACK.
- Wilcock, A. A. (2007). "Occupation and Health: Are They One and the Same?" Journal of occupational science **14**(1): 3-8.

Thank you



Ingunn Myraunet

+47 41616767

ingunnmy@oslomet.no

Oslomet.no