



Our vision is to be the centrepiece for mental health learning in Victoria; leading and driving innovation that strengthens and sustains a flexible, curious, knowledgeable and recovery-focused workforce.

2023 CMHL Occupational Therapy Education Day Evaluation

Tuesday 21st November 2023

CMHL hosted the second Victorian Public Mental Health Occupational Therapy Education Day online on Tuesday 21st November 2023. The topic was “Evolving OT Mental Health Practice - Understanding Contributions of the Canadian Model of Occupational Participation (CanMOP)”.

330

REGISTRATIONS OF TOTAL



56% OF THE METROPOLITAN OT WORKFORCE



42%



OF THE REGIONAL OT WORKFORCE
52 of 96 OTs working across 8 AMHS

330 Occupational Therapists registered (of total 545 employed in Victorian Public Mental Health Services). 250 Occupational Therapists attended (76% - this is average for CMHL forum events). 75 participants completed the Education Day Feedback Survey which is reported on here.

The 2023 Occupational Therapy Education Day provided a valuable opportunity for OTs working in Public Mental Health in Victoria to join together and gain inspiration and future direction for our relationship-focused and occupational-based practice. We considered the evolution of OT mental health practice including what we can learn from the new Canadian Model of Occupational Participation (CanMOP). We were delighted to have dynamic keynote speakers with contributions from academic, research, lived experience, and cultural perspectives.

LEARNING OBJECTIVES



At the end of this OT Education Day, you will be able to:

1. Consider how the evolution of the Canadian model of occupational participation (CanMOP) sits within contemporary mental health practice in Australia, including indigenous and lived experience perspectives. (81% Achieved; 19% Partially achieved)
2. Describe the elements of the Canadian Model of Occupational Participation (CanMOP) that can enhance my collaborative relationship-focused occupational therapy practice. (76% Achieved; 19% Partially met; 5% not achieved)
3. Identify opportunities to enhance partnerships with consumers, carers, families, supporters, workforces, and communities to foster recovery and wellbeing. (81% Achieved; 15% Partially achieved; 4% Not achieved)
4. Reflect on your own practice and identify opportunities for growth toward contemporary occupation-focused practice and systems change. (70% Achieved; 26% Partially achieved; 4% Not achieved)

Learning objectives for the day were met (average rating 4.36 Stars)

2023 OT EDUCATION DAY FEEDBACK

OVERALL SATISFACTION RATING



THE LEARNING OBJECTIVES WERE MET



“Today has challenged and inspired me. I have felt overburdened lately and the information shared and explored today has reinvigorated my love for this profession and made me reflect where I want to be better and do better.”



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The inspiring line up brought together dynamic and inspiring keynote speakers from lived experience, cultural, academic and clinical perspectives, including:

Prof Mary Egan, co-editor of the [CanMOP](#) and text: Collaborative relationship focused occupational therapy, presented on *The Canadian Model of Occupational Participation: Another tool for embracing and communicating our expertise.*

Dave Barclay & Eila Lyon, provided an inspiring Lived Experience presentation *"OTs & Allyship: Activating your inner activist"*

Dr Chontel Gibson called us to action with a deadly presentation *"Decolonising occupational therapy through a strength-based approach in mental health"*

Jacqui Hill & Kellie Reid Provided a delicious and motivating Family Carer Presentation *"The Eton Mess of Working Together in Relational Recovery"*

Prof Ellie Fossey shared a thought provoking synthesis for Victorian Mental Health OTs *"It's time! Connecting our practices with a vision of meaningful engagement and partnerships for recovery and wellbeing"*

Phoebe Williamson hosted a Panel discussion *"How are we listening?"* and together we collaboratively reflected on the learnings from the CanMOP day, considered implementation, discussed future direction and actionable next steps for our collaborative relation-focused occupational-based practice. Incredible panel included Eila Lyon, Cate Bourke, Dr Chontel Gibson, Prof Ellie Fossey, Lorrae Mynard & Alison Delphin.

Lara Nikitin opened the inspiring 2023 CMHL Occupational Therapy Education Day.

The word cloud shared is from the closing session, contributed to by all participating mental health OTs about the key impactful takeaway from the OT Education Day:

Feedback from OTs participating when asked What they liked most:

"The speakers that provided evidence based, thought provoking conversations"

"Was great to update knowledge around theoretical frameworks/professional model. Great to have Mary Egan present. Was good to have consumer and carer reflections on the CanMOP. Ellie Fossey's reflections was great."

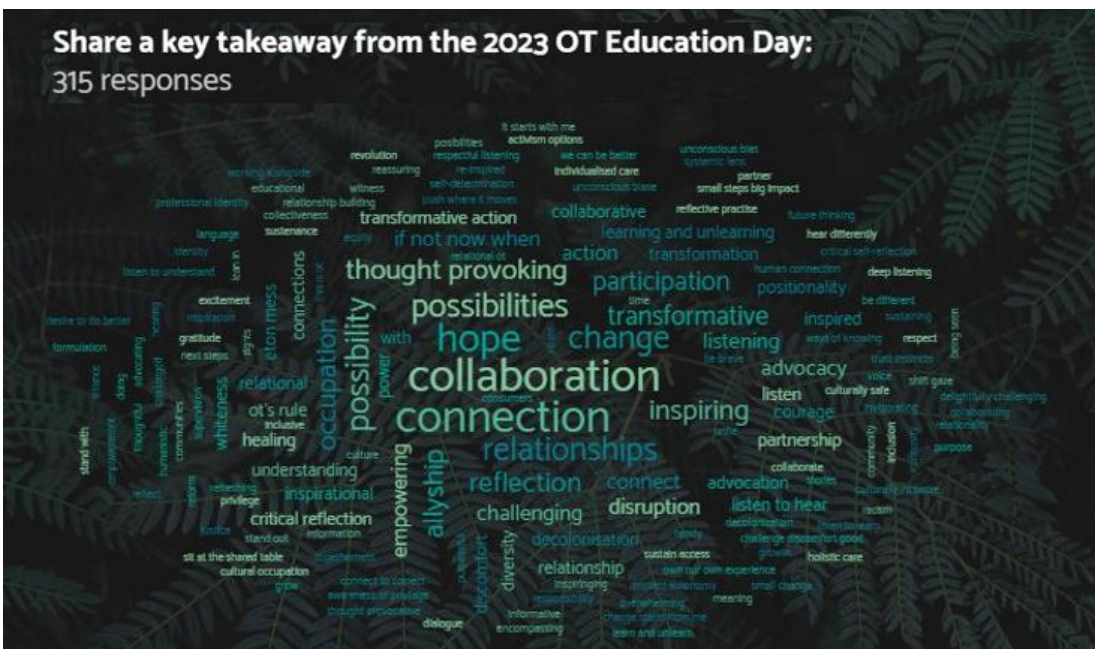
"The focus on lived experience - of diversity, indigenous knowing and being, of mental health and caring. the focus on rights and practical steps to change."

"The rich sharing and trust as well as the encouragement to embrace the mess and practice constructive positive disruption. I particularly valued the unapologetically rich truth-telling Indigenous presentation."

"The varying panellists was absolutely fabulous, each had such a unique perspective and contribution, but all had similar underlying/core themes and messages"

"The panel discussions made it real and added another layer of reflections"

"Grow and strengthen lived experience collaborations."



[The CAOT webinar series](#) is a valuable resource to introduce the Canadian Model of Occupational Participation (CanMOP), the approach: Collaborative relationship focused occupational therapy, the COTIPP Framework and integration.

A share drive of resources has been shared with participants. To receive access please contact the CMHL Statewide Mental Health Occupational Therapy Educators.