

# REHA 3020 OCCUPATION AND MENTAL HEALTH

**Credit Points** 10

**Legacy Code** 400169

**Coordinator** Kristy Coxon ([https://directory.westernsydney.edu.au/search/name/Kristy Coxon/](https://directory.westernsydney.edu.au/search/name/Kristy%20Coxon/))

**Description** This subject provides an understanding of the impact of major mental illnesses and disorders on occupational participation. These illnesses/disorders are examined from varying perspectives including consumer, recovery, population health and biomedical. Mental health legislation, policies, strategies and standards are examined in relation to clinical practice in this field. Occupational therapy theory, assessments, interventions and outcomes are incorporated together with cross-disciplinary approaches and current evidence to provide a foundation for practice in mental health settings.

**School** Health Sciences

**Discipline** Occupational Therapy

**Student Contribution Band** HECS Band 2 10cp

Check your fees via the Fees ([https://www.westernsydney.edu.au/currentstudents/current\\_students/fees/](https://www.westernsydney.edu.au/currentstudents/current_students/fees/)) page.

**Level** Undergraduate Level 3 subject

**Pre-requisite(s)** NATS 3037 AND  
BEHV 1014 AND  
REHA 2006

## Restrictions

Students must be enrolled in 4663 Bachelor of Health Science/Masters of Occupational Therapy or 4711 Bachelor of Occupational Therapy or 4712 Bachelor of Occupational Therapy (Honours).

## Learning Outcomes

On successful completion of this subject, students should be able to:

1. Apply recovery principles in occupational therapy practice and therapeutic relationships within mental health settings.
2. Analyse the DSM and its use as a classification system to understand identification and management of a range of common psychiatric diagnoses, drawing on literature from alternate perspectives.
3. Analyse the key principles and elements of the Mental Health Act and their application in mental health practice.
4. Explain and document the key elements of mental health and suicide risk assessment processes.
5. Apply the occupational therapy process, models of practice and clinical reasoning using an integrated evidence-based practice approach in a variety of mental health settings.
6. Analyse various aspects of the National Mental Health Strategy, Policy and Standards and their relationship to occupational therapy practice in mental health.

## Subject Content

1. Mental health perspectives and approaches (history, recovery and consumer participation, strengths perspective, trauma-informed practice and the DSM)

2. Understanding diagnosis, assessment, management and consumer experience of major mental illnesses/disorders.
3. Therapeutic relationships and recovery from mental illness/disorder.
4. Mental Health Act.
5. Mental Health Assessment and Suicide Risk Assessment.
6. Occupational therapy intervention and evidence-based practice in acute-care settings.
7. Occupational therapy intervention and evidence-based practice in community-care settings.
8. National policy and strategic context.

## Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Type	Length	Percent	Threshold	Individual/ Group Task	Mandatory
Intra-session Exam	1 Hour	20	N	Individual	N
Practical	1,000 words	40	N	Individual	N
Case Study	2,000 words	40	N	Individual	N

Teaching Periods

## 1st Half (2025)

### Campbelltown

#### On-site

**Subject Contact** Kristy Coxon ([https://directory.westernsydney.edu.au/search/name/Kristy Coxon/](https://directory.westernsydney.edu.au/search/name/Kristy%20Coxon/))

View timetable ([https://classregistration.westernsydney.edu.au/odd/timetable/?subject\\_code=REHA3020\\_25-1H\\_CA\\_1#subjects](https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=REHA3020_25-1H_CA_1#subjects))