

Outpatient Occupational Therapy Services for Treating Psychiatric Disorders

“Client-Centered Goals...
Fulfill Life Roles”

Some occupational therapists (OT) at The Johns Hopkins Hospital specialize in evaluating and treating patients with mental illness. The goal of therapy is to have patients return to life roles that have been disrupted by their illness.

Assisting patients in developing and maintaining a balance of self-care, leisure, homemaking and work/school tasks is what differentiates occupational therapy from other therapeutic services. Services are highly individualized to meet the client's specific issues and level of function.

Patients with mental illness may benefit from OT by developing skills such as

- Problem-solving and goal-setting strategies
- Stress-management techniques
- Positive coping strategies
- Assertive communication skills
- Time-management techniques
- Work simplification and energy conservation
- Organizational strategies
- Effective parenting methods
- Home-management skills
- Prevocational skills including job-searching methods, interviewing and resume-writing



Helping patients develop positive time-management skills as part of a healthy, balanced lifestyle is one of the many roles of an occupational therapist working in the area of psychiatry.

Referral and Contact Information

Physicians may fax referrals to
410-955-7885

Any questions can be addressed
by calling

Psychiatric Occupational Therapy

Meyer 2-122
410-955-6758

