

WE ARE OCCUPATIONAL THERAPISTS

Supporting the
recovery and
mental health needs
of clients with **addictions**

HOW OTs HELP

- Assess for independent living ability
- Assess impact of cognition on functional ability
- Provide individual and group therapy, crisis stabilization
- Restore lost roles, routines, and habits by implementing healthy coping strategies
- Re-connect with community resources
- Utilize a harm reduction lens to maximize function



People with
a mental illness are

2X as Likely
to have a
substance use
problem



1 in 3 people

will be impacted
by a mental illness
during their life



2.5 Albertans
died each day

from unintentional
opioid poisoning in the
first 6 months of 2020

