



# **Occupational Therapy Practice Guidelines for Mental Health Promotion, Prevention, and Intervention for Children and Youth (AOTA PRACTICE GUIDELINES SERIES)**

*Susan Bazyk, Marian Arbesman*

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Of the estimated 70 million children in the United States, 6 million to 9 million have a serious emotional disturbance. However, only 1 in 5 of these children receives any professional help.

Over the years, the view of children's mental health services has changed. This new thinking has altered how occupational therapy services are perceived and implemented. In addition to providing services to children diagnosed with a mental illness, occupational therapy professionals can help children develop and maintain mental health in school, community, and mental health settings.

Using an evidence-based perspective and public health model, this Practice Guideline provides an overview of the occupational therapy process for mental health promotion, prevention, and intervention for children ages 3 to 21 years. It defines the occupational therapy domain, process, and interventions that occur within the boundaries of acceptable practice with this underserved population. Interventions include those for promotion, prevention, and intensive individualized care on topics such as social skills, health promotion, play/recreation/leisure, and cognitive-behavioral therapy.

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