

Client-Factors Focused

Cognitive
Activity analysis: breaking down tasks & addressing cognition within tasks
CO-OP: guided discovery intervention (goal, plan, check, do)
Math and telling time
Groups: cognitive based activities
Executive functioning
Regulation (coping, emotional regulation)
CBT: includes guided discovery
Emotions wheel to identify and manage emotions
Building a tool box of coping skills for emotional regulation
Sensory Connection Program: group treatment for emotional regulation, crisis intervention & stress management: curriculum for self-regulation by Karen Moore
Guided meditation
Sensory
Zones of regulation
Tina Champagne: sensory modulation, environment & effects of sensory room
Group: sensory based activity group
Regulation room: alternative seating, essential oils/diffuser, music, lights, puzzle books, kinetic sand, stretch armstrong , fidgets, journals, resistance bands, play dough, sensory beads
Mental Health
Multi-tiered systems of support (MTSS)
Identifying triggers & coping strategies
Trauma
Education on trauma responses, behaviors, and strategies
Crisis interventions

Self-identity and values and behaviors

Motivational interviewing

Occupation Focused

Social Participation & Relationships
Communication
Peer group participation: socialization groups, games
Peer group participation: culture based groups
Peer group participation: nurture group to creat healthy attachment styles
Family, friend and intimate partner relationships
Social skills
IADLs (functional living skills)
How to use an iPhone
Re-entry process during COVID
Shopping: preparing for next placement (nearest grocery store, how to shop)
Nutrition management
Home establishment: finding/applying/ identifying next housing
Organization
Time management
Parenting/child rearing
Home management
Safety and emergency maintenance: CPR and narcan education
Community mobility: getting drivers license, navigating bus system
Financial management: budgeting, bills
Groups: home management, community involvement, home management,
Work/School
Job readiness
Preparing elevator pitch to explain background check

Resume building
Interview skills
Play/Leisure
Letter writing, puzzles & crafts
Gardening
Groups: interest groups (film, Legos, etc.), arts groups
Rest & sleep
Sleep participation: adjusting habits & routines to support sleep
Sleep participation: sensory kit to support sleep
Sleep preparation: build your own sleep routine worksheet using CO-OP
Sleep preparation: setting alarms
Routines and habits
Health management
Physical activity: exercise group
Physical activity: gym & pool
Medication management
Pain management
Symptom and condition management: chronic condition management
Symptom and condition management: stress management
Social & emotional health promotion and maintenance: wellness groups, productive aging group, women's group
Choice
Occupation based intervention
Groups: OT based activities
COPM

Life Skills Curriculum

Budgeting
Communication
Emotional regulation
Time management
Self-exploration, self-identity, values, motivations
Relationships
School
Work
Money management
IADLs
Home management
Safety and emergency education
Community mobility
Leisure