

Reflective questions

How has being at NT Life supported your OT Journey?

It has supported my OT journey as it has encouraged me to think outside the box and use my skills in ways which I wouldn't usually have to in a traditional OT placement. It has helped me to share my skills to help improve NT LIFE and improve my confidence

What will you take from here and use:

– Personally

I think on a personal level I will take different coping mechanisms and skills that will help me manage my own mental health and it has helped improve my self-confidence

– Professionally

Professionally it has helped me learn new ways to help people and adapt or grade tasks and has given me a new perspective on mental health OT that I didn't have before. It has also given me the opportunity to learn about mental health OT as a whole and what to do if someone is in crisis, and how to talk to someone about their mental health which is an important skill in work and outside of it

How well did we meet/not meet/ exceed your expectations

NT Life has exceeded my expectations as it has changed my opinion on working within the mental health sector. I have felt very comfortable and felt that I was supported well and that I had control of my learning. I have enjoyed having the flexibility that we have been offered and that any issues that I have had have been easily addressed and resolved

Would you recommend us as a placement venue and why?

I would recommend NT Life as a placement as it has allowed me to learn at my own pace and gradually move out of my comfort zone to do things that make me feel a bit anxious. It is also a good place to expand your skills and try to use them in a different format than what you would usually do in a traditional place of practice. It helps you with people skills and confidence building.

If you hadn't have came here on placement what wouldn't you know/feel now?

If I hadn't have came here in placement I would still have a negative view of doing OT in the mental health sector and I wouldn't have learnt what I have about myself. I wouldn't know how to deal with someone in crisis and how to work well with people with mental health issues.

What else could we do to improve outcomes for OT's

We could maybe try implementing and adapting some models of practice or assessments that we use to be used in enrolments or as part of sessions as this would help us meet our learning outcomes. Another example is that we could work with a participant from beginning to end to make an effective case study

Would you recommend us to your clients in future?

Yes I would recommend NT Life to anyone who needs support with their mental health