



Nature-Based Occupational Therapy and Adolescent Mental Health

Lauren Mindrum

PERSONAL BACKGROUND/INTERESTS

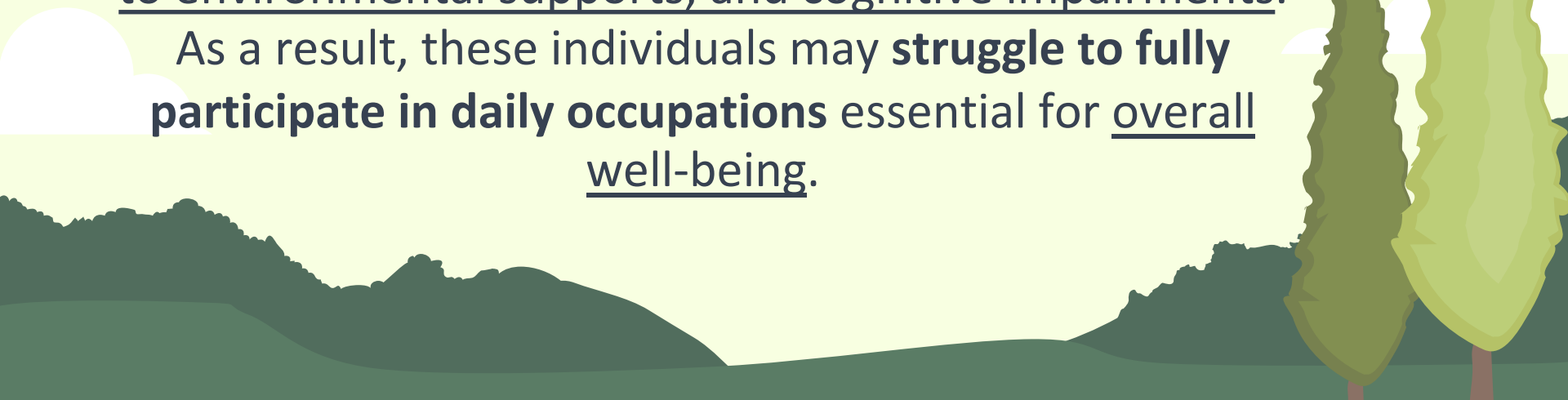
- Being outside & spending time in nature
- Mental health
- Adolescent population



PROBLEM STATEMENT

Adolescents with mental health diagnoses are frequently challenged by difficulties in **regulating their emotions** and **processing sensory information**, often stemming from traumatic experiences, limited access to environmental supports, and cognitive impairments.

As a result, these individuals may **struggle to fully participate in daily occupations** essential for overall well-being.



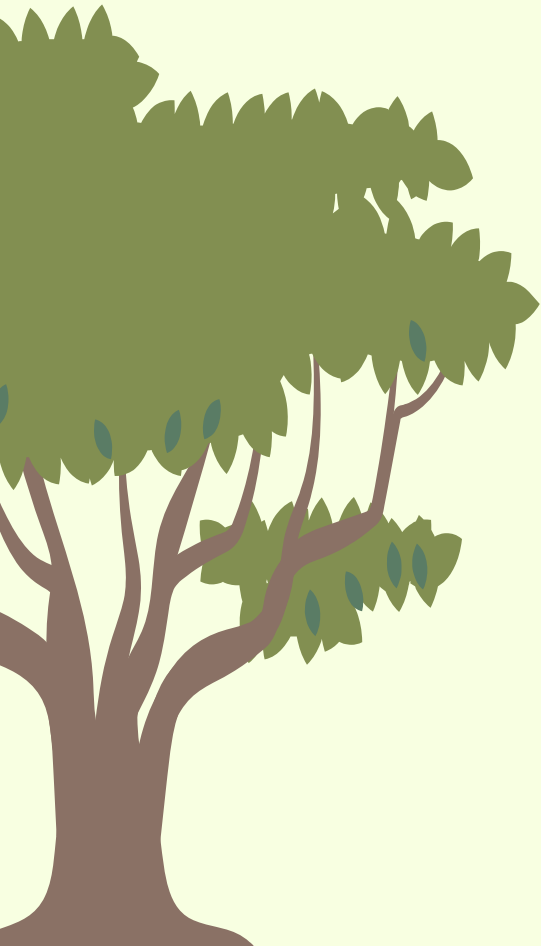
PIO and CAPSTONE IDEA

PIO: Does participation in a **10-week nature-based occupational therapy program** increase emotional regulation and sensory regulation in adolescents with mental health conditions?



Capstone Idea:

- Developing a program
 - Advocacy
- Trauma informed care



CAPSTONE GOAL and PLAN

Goal:

Obtain a capstone placement that provides an opportunity to gain experience working with at least 1 emerging area of practice before graduation.



Next Steps:

- Message a nature-based OT
- Meet with Marnie
- Observe an OT who works in adolescent mental health