


# #OTalk Transcript

Healthcare social media transcript of the [#OTalk](#) hashtag.

Tue, February 16th 2021, 8:00PM – Thu, February 18th 2021, 8:00PM


(Europe/London).

See [#OTalk Influencers/Analytics](#).

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**#OTalk @OTalk\_** 12 days ago

Hello and welcome to tonight's [#OTalk](#) on [#SubstanceUse](#) and [#Addiction](#). [@Ruth\\_Hawley](#) on the account supporting [@\\_rachelOT](#) who's your host for tonight. Before we start, let us know who's here and since today is [#PancakeDay](#) in the UK if you have/have not had any pancakes today. <https://t.co/aAi1zkM13v>

🗨️ ↻ ❤️
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**Cara Lawrence @caralawrence** 12 days ago

[@OTalk\\_](#) [@Ruth\\_Hawley](#) [@\\_rachelOT](#) I have had 3 pancakes so may be lurking or joining in depending on the effect of the carbs or sugar ratio [#otalk](#)

🗨️ ↻ ❤️
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**Orla @orlaocc** 12 days ago

[@OTalk\\_](#) [@Ruth\\_Hawley](#) [@\\_rachelOT](#) Hello everyone! I'm Orla and I work as an Occupational Therapist in Glasgow Alcohol and Drug Recovery Services. I've had one pancake already today and there is batter leftover for later 😊 [#OTalk](#)

🗨️ ↻ ❤️
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**Abi @Abi21643842** 12 days ago

[@OTalk\\_](#) [@Ruth\\_Hawley](#) [@\\_rachelOT](#) Looking forward to this eve [#OTalk](#)

🗨️ ↻ ❤️
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**lindsey nicholls @dr\_aunt** 12 days ago

[@OTalk\\_](#) [@Ruth\\_Hawley](#) [@\\_rachelOT](#) Sorry i forgot [#otalk](#)

🗨️ ↻ ❤️
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**Hello my name is Jim @OT\_Jim** 12 days ago

[@OTalk\\_](#) [@Ruth\\_Hawley](#) [@\\_rachelOT](#) [#OTalk](#) no pancakes today as the diet restarted today... Keen to see how other OT's have been working with addiction during these trying times [#DarkOccupations](#)

🗨️ ↻ ❤️
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**Ruth Hawley @Ruth\_Hawley** 12 days ago

[@OTalk\\_](#) [@\\_rachelOT](#) Ah, I seem to be causing chaos and a flurry of tweets without the [#OTalk](#) by asking about pancakes. We will be on topic shortly!

🗨️ ↻ ❤️
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**Aisling Durkin @ais\_d** 12 days ago

[@OTalk\\_](#) [@Ruth\\_Hawley](#) [@\\_rachelOT](#) Aisling here - lurking [#otalk](#)

🗨️ ↻ ❤️
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**you're on mute Leo @LeonoraOT** 12 days ago

Hello there, I'm here at 7am in SE Australia - no pancakes [#OTalk](#)

🗨️ ↻ ❤️
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**Susan Griffiths @SusanGriffiths5** 12 days ago

[@OTalk\\_](#) [@Ruth\\_Hawley](#) [@\\_rachelOT](#) 3 pancakes with the classic lemon and sugar topping [#OTalk](#)

🗨️ ↻ ❤️
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**Cara Lawrence @caralawrence** 12 days ago

[@orlaocc](#) [@OTalk\\_](#) [@Ruth\\_Hawley](#) [@\\_rachelOT](#) I work in stroke rehab. In a previous role in a traumatic brain injury team I worked with lots of patients who had drug or Alcohol addictions [#otalk](#)

🗨️ ↻ ❤️
- 
- #OTalk @OTalk\_** 12 days ago

A quick reminder of our [#OTalk](#) guidelines. Keep to professional guidelines for using social media, use the [#OTalk](#) in every tweet so that all



can see it and it gets to the transcript, be kind and enjoy participating - even if you originally only intended to lurk. <https://t.co/6vh63rwd7>



**Suzy Wilkinson OT** [@suzyjwilkinson](#) 12 days ago  
[@OTalk](#) [@Ruth\\_Hawley](#) [@\\_rachelOT](#) I'm here but can't eat pancakes [#OTalk](#)



**Charlee** [@Charlee\\_W](#) 12 days ago  
[@OTalk](#) [@Ruth\\_Hawley](#) [@\\_rachelOT](#) Hi... no pancakes today... going to make some with my daughter tomorrow on my day off 🥞  
[#meaningfulactivity](#) [#OTalk](#)



**Aisling Durkin** [@ais\\_d](#) 12 days ago  
[@caralawrence](#) [@orlaocc](#) [@OTalk](#) [@Ruth\\_Hawley](#) [@\\_rachelOT](#) That's why I am here! [#otalk](#) [@RCOT\\_NP](#)



**Cara Lawrence** [@caralawrence](#) 12 days ago  
[@SusanGriffiths5](#) [@OTalk](#) [@Ruth\\_Hawley](#) [@\\_rachelOT](#) Two were lemon and sugar one golden syrup. [#OTalk](#)



**#OTalk** [@OTalk](#) 12 days ago  
[@dr\\_aunt](#) [@Ruth\\_Hawley](#) [@\\_rachelOT](#) So easily done. Especially when distracted by pancake comments. Thanks for the self correction  
[#OTalk](#)



**Rina Sanson-Fisher (she/her)** [@Doingtherapy](#) 12 days ago  
[@OTalk](#) [@Ruth\\_Hawley](#) [@\\_rachelOT](#) Oh I did it ALREADY. [#otalk](#)



**Cara Lawrence** [@caralawrence](#) 12 days ago  
[@ais\\_d](#) [@orlaocc](#) [@OTalk](#) [@Ruth\\_Hawley](#) [@\\_rachelOT](#) [@RCOT\\_NP](#) I did a CAIP research project about TBI and Alcoholism [#OTalk](#)  
[#otgeek](#)



**#OTalk** [@OTalk](#) 12 days ago  
 And over to [@\\_rachelOT](#) for our first question [#OTalk](#)



**Anya de longh** [@anyadei](#) 12 days ago  
[@OTalk](#) [@Ruth\\_Hawley](#) [@\\_rachelOT](#) Just lurking this evening! On a MH placement at the moment, so hoping to pick up some interesting points! [#OTalk](#)



**Rachel OT** [@\\_rachelOT](#) 12 days ago  
 Evening! Starting off tonight's [#OTalk](#) - Q1. What brings you to this [#OTalk](#) about [#Occupational](#) Therapy and [#SubstanceUse/](#) [#Addictions](#) today?



**Aisling Durkin** [@ais\\_d](#) 12 days ago  
[@caralawrence](#) [@orlaocc](#) [@OTalk](#) [@Ruth\\_Hawley](#) [@\\_rachelOT](#) [@RCOT\\_NP](#) That sounds really interesting [@HazelJo65737457](#)  
[@Mayomere](#) [#otalk](#)



**Laura** [@LauraCoffin\\_OT](#) 12 days ago  
[@OTalk](#) [@Ruth\\_Hawley](#) [@\\_rachelOT](#) Hello! Looking forward to tonight's [#OTalk](#). May have consumed too many nutella pancakes however 🍪



**#OTalk** [@OTalk](#) 12 days ago  
[@\\_rachelOT](#) [@Doingtherapy](#) [@Ruth\\_Hawley](#) But you self corrected! And [@\\_rachelOT](#) showed we ALL do it sometimes 🥞 [#OTalk](#)



**#OTalk** [@OTalk](#) 12 days ago  
 RT [@\\_rachelOT](#): Evening! Starting off tonight's [#OTalk](#) - Q1. What brings you to this [#OTalk](#) about [#Occupational](#) Therapy and [#SubstanceUse/](#) #...



**Suzy Wilkinson OT** [@suzyjwilkinson](#) 12 days ago  
[@\\_rachelOT](#) Hi [#OTalk](#) I'm here out of general interest 🍪



**Sarah Innes** @SarahInnesOT

12 days ago

@\_rachelOT I'm working with people who are recovering from ARBD. I have an interest in OT roles in this area and want to hear other peoples thoughts! #otalk



**Rachel OT** @\_rachelOT

12 days ago

@OTalk\_ @Doingtherapy @Ruth\_Hawley 😂😂 wow, i'm literally the worst for it.... #OTalk 😊



**Sophie Maynard** @SophieMaynard8

12 days ago

@OTalk\_ @Ruth\_Hawley @\_rachelOT Lurking. I work in acute Neurosurgery and see quite a few patients coming through with drug and alcohol addictions. No pancakes, too tired #otalk



**Hello my name is Jim** @OT\_Jim

12 days ago

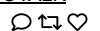
@\_rachelOT #OTalk i'm here due to the increasing numbers of people living with addiction that are requiring complex discharge support from acute beds (Physical health), i'm regularly shocked at the lack of understanding from the other professions around the needs of these individuals



**Rina Sanson-Fisher (she/her)** @Doingtherapy

12 days ago

I work in substance use (here in Australia, across a few different public health settings). I also post about harm reduction a bit on Instagram and have had the opportunity to talk to a few different professional and student groups about harm reduction and OT #OTALK



**Rachel OT** @\_rachelOT

12 days ago

@SarahInnesOT Welcome! Looking forward to hearing more about your work #OTalk



**Aisling Durkin** @ais\_d

12 days ago

@\_rachelOT New role and seeing more people with addictions and TBI so would like to understand more #otalk



**Chloe..OT** @chloeh22440955

12 days ago

@\_rachelOT Interested as a student in professionals experiences within this topic #OTalk



**Rachel OT** @\_rachelOT

12 days ago

RT @OT\_Jim: @\_rachelOT #OTalk i'm here due to the increasing numbers of people living with addiction that are requiring complex discharge s...



**Charlee** @Charlee\_W

12 days ago

@\_rachelOT Hi 🙋 I am working in a prison environment, I work in the secondary mental health team but working closely with the substance misuse treatment team. I am keen to know how I can offer my skills to help the lads on their caseload too.. 🙌 #OTalk @OTalk\_ #PrisonOT



**Rina Sanson-Fisher (she/her)** @Doingtherapy

12 days ago

(And I think @\_rachelOT is cool/ the work she's doing is cool 🙌 #otalk)



**Aisling Durkin** @ais\_d

12 days ago

@\_rachelOT But also just interested generally #OTalk



**Cheryl Stephenson** @ChezbagsOT

12 days ago

@\_rachelOT @OTalk\_ Hi #OTalk first time I've joined, 3rd year OT student hoping to learn more about a really interesting topic 😊



**Hannah McWilliams OT** @Hannah\_Mcw

12 days ago

@\_rachelOT Hi #OTalk, substance misuse is a huge part of working within a Forensic setting, it can form such a strong part of someone's sense of identity that it's important as OTs we try and unpick and understand as much as we can.



**you're on mute Leo** @LeonoraOT

12 days ago

Q1 - for me, I am here because substance use disorder is so stigmatised. I work in mental health promotion - such terrible life outcomes for people w addictions #OTalk

**Orla @orlaocc**

12 days ago

@\_rachelOT Keen to connect with Occupational Therapists who work with people who use substances, whether specifically in addiction/mental health services or otherwise. I'm relatively new to working in addictions, I have a lot to learn but really enjoy this work 😊  
#OTalk

**Deborah murphy @Murphlemurph**

12 days ago

@\_rachelOT @\_OTalk\_ The majority of my 'patients' have substance misuse issues so interested to hear others thoughts and experiences  
#OTalk

**Abi @Abi21643842**

12 days ago

@\_rachelOT @\_OTalk\_ Looking to develop my role as an OT given that I work with some people with substances #OTalk

**Jo OT Student @Jo\_StudentOT**

12 days ago

@\_rachelOT @\_OTalk\_ I am a final year OT student who has battled with alcohol addiction in the past, I have been through the services and feel they could really benefit from OT and is an area I would love to work in. I'm a trained SMART recovery facilitator #OTalk

**Ellen @OTEllenUK**

12 days ago

@\_rachelOT Hello! I think a better understanding of this topic may be relevant across all areas of practice. Really interested to learn more!  
#OTalk

**JonKingOT @JonKingOT1**

12 days ago

#OTalk MSc OT student at University of Brighton. Dissertation 'substance use as occupation'. Timely talk or what?!?

**lindsey nicholls @dr\_aunt**

12 days ago

@\_rachelOT #otalk have worked with substance misuse over a few years, different treatment programs

**Bareera @Bareera\_OT\_3983**

12 days ago

@\_rachelOT To educate myself further on SA/addictions in relation to occupation - meaning/purpose/volition and how OTs can view this holistically #OTalk

**Rachel OT @\_rachelOT**

12 days ago

@Doingtherapy Let's have a cheeky link to your insta here Rina \*ahem\*... #OTalk

**Orla @orlaocc**

12 days ago

@caralawrence @ais\_d @OTalk @Ruth\_Hawley @\_rachelOT @RCOT\_NP Tell us more! #OTalk 😊

**Hello my name is Jim @OT\_Jim**

12 days ago

@Hannah\_Mcw @\_rachelOT The creativity within this client group around getting their next hit/fix has repeatedly blown my mind, the tip of the iceberg was finding an Ensure Plus bottle that had been converted into a bong always stands out for me #OTalk

**Lauren @Lauren\_OT**

12 days ago

@\_rachelOT I used to work in acute MH care where lots of our pt's had addiction alongside their MH diagnosis and unfortunately I found that the services we had weren't set up to look after the person as a whole. #OTalk

**Laura @LauraCoffin\_OT**

12 days ago

@\_rachelOT @\_OTalk\_ Newly qualified and working in acute mental health, both substance use and addiction seem to be part of the story for many. Not sure how well we address these issues, looking to learn and find out more #OTalk

**Kwaku Agyemang @KwakuOT**

12 days ago

@\_rachelOT I'm just here to listen to those in that practice area and see if I can apply anything to my practice. #OTalk

**Ruth Hawley @Ruth\_Hawley**

12 days ago

@\_rachelOT I'm supporting the account today so may find it difficult to answer the questions too but #SubstanceUse/ #Addictions were a big part of my previous clinical role in Early Intervention in #Psychosis and also in my current non OT role working with the #homeless. #OTalk

**Rachel OT @\_rachelOT**

12 days ago

@RThompsonOT Ahhh you little 💎 thank you! Hope you're doing alright Rach #OTalk

SYMPLUR



**Sarah Innes** @SarahInnesOT  
@orlaocc @\_rachelOT Hey Orla 🙌😊 #otalk

12 days ago



**Helen** @HelenArnfieldOT  
@OTalk @Ruth\_Hawley @\_rachelOT I'm about, had pancakes for breakfast, made by my small people... have just about got the kitchen clean again 😊 #OTalk

12 days ago



**Cara Lawrence** @caralawrence  
@ais\_d @orlaocc @OTalk @Ruth\_Hawley @\_rachelOT @RCOT\_NP @HazelJo65737457 It was just a literature review but largely due to caseload being high with those with drug and alcohol addiction. I only scratched the surface. I found in my practice it was difficult to treat these patients due to lack of engagement. But often excluded from services #otalk

12 days ago



**Tom Scott-Gatty** @DrTomSG  
@\_rachelOT #OTalk (sorry)

12 days ago



**#OTalk** @OTalk  
@ChezbagsOT @\_rachelOT Yay. We love a first time joiner to #OTalk. Welcome. Hope you enjoy it.

12 days ago



**Orla** @orlaocc  
@OT\_Jim @\_rachelOT Yes, sadly hear so many reports of stigma and dismissive attitudes when our patients try to access healthcare services #OTalk

12 days ago



**Rina Sanson-Fisher (she/her)** @Doingtherapy  
@\_rachelOT 😊 @Doingtherapy has more mental health content than it used to but you can still see things what I truly think is one of the cutest bongos: #otalk <https://t.co/94s71LjT5j>

12 days ago



**Helen** @HelenArnfieldOT  
@\_rachelOT @OTalk Community #OT here, I am seeing more and more of our older adults drinking more alcohol since lockdown #otalk

12 days ago



**Rachel OT** @\_rachelOT  
It's a bit busy tonight isn't it!! Thank you all for joining looking 🙏 - Q2. #OTalk In your experience of working with people who use substances, are Occupational Therapists common within your teams? What is their/your role?

12 days ago



**Lauren** @Lauren\_OT  
@\_rachelOT I have worked in older peoples services and generally typically I think we would assume that addiction stops the older age so there may well be gaps in services for older people. Also from personal experiences, I can certainly see where the role of OT would come in #otalk

12 days ago

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x



**Hannah McWilliams OT** @Hannah\_McW  
@OT\_Jim @\_rachelOT Totally agree. Looking at someone's adaptability and resourcefulness to gaining access to substances in these settings is eye opening! #OTalk

12 days ago

You can change your preferences at any time.



**Rachel OT** @\_rachelOT  
@kezia\_ot @OTalk So sorry to hear this Kezia 🙌 #OTalk

12 days ago



**Cara Lawrence** @caralawrence  
@orlaocc @OT\_Jim @\_rachelOT Definitely. I found sometimes people would be discharged because they are addicted and then they would not turn up to addiction services due to cognitive impairment. Really found partnership working was essential #otalk

12 days ago



**Rachel OT** @\_rachelOT  
RT @Doingtherapy: @\_rachelOT 😊 @Doingtherapy has more mental health content than it used to but you can still see things what I truly think...

12 days ago



**Tasha Laming** @TashaLaming  
@\_rachelOT Always keen to learn more about this area, work in OA CMHT #otalk

12 days ago



**Cheryl Stephenson** @ChezbagsOT  
@OTalk @\_rachelOT Thank you #OTalk appreciate the warm welcome 😊

12 days ago

**Rachel OT** @\_rachelOT

12 days ago



**@Doingtherapy** Adorable ✨ [#OTalk](#)



**Deborah murphy** [@Murphlemurph](#)

12 days ago

[@DrTomSG](#) [@\\_rachelOT](#) I think you can be forgiven! How lovely to see a dr here :) [#OTalk](#)



**Rachel OT** [@\\_rachelOT](#)

12 days ago

RT [@Hannah\\_Mcw](#): [@OT\\_Jim](#) [@\\_rachelOT](#) Totally agree, looking at someone's adaptability and resourcefulness to gaining access to substances in...



**lindsey nicholls** [@dr\\_aunt](#)

12 days ago

[@\\_rachelOT](#) There was always 1 OT on a substance misuse team, but often see as the activity coordinator, not a therapist. What was lacking in 2 of the places I worked was staff who identified as people in recovery. [#otalk](#)



**#OTalk** [@OTalk\\_](#)

12 days ago

[@Murphlemurph](#) [@DrTomSG](#) [@\\_rachelOT](#) Totally forgiven and welcome. We love some [#MDT](#) inputs into [#OTalk](#)



**Susan Griffiths** [@SusanGriffiths5](#)

12 days ago

[@\\_rachelOT](#) It has been a while since I worked in mental health at the time very little support was provided for this client group unless they were ready to 'change'. I am interested to hear if this is still the case and how OT service have evolved for this client group [#OTalk](#)



**Rachel OT** [@\\_rachelOT](#)

12 days ago

RT [@dr\\_aunt](#): [@\\_rachelOT](#) There was always 1 OT on a substance misuse team, but often see as the activity coordinator, not a therapist. What...



**Hannah McWilliams OT** [@Hannah\\_Mcw](#)

12 days ago

[@\\_rachelOT](#) Our Trust have a dedicated OT who works within the Homeless Outreach Community Team. Vital role for OT with this client group! [#OTalk](#)



**#OTalk** [@OTalk\\_](#)

12 days ago

RT [@\\_rachelOT](#): It's a bit busy tonight isn't it!! Thank you all for joining looking 🙏 - Q2. [#OTalk](#) In your experience of working with peopl...



**Toks Odutayo** [@TokunboTweetz](#)

12 days ago

[@\\_rachelOT](#) No, being the only one. But I view our role, as part of the MDT, to educate, help identify the cause of substance use and explore alternative means to meet the need. [#OTalk](#)



**Rina Sanson-Fisher (she/her)** [@Doingtherapy](#)

12 days ago

I'm lucky to have been in a role where I could create it/ teach people what we do to some extent. But the national survey of AOD workers in 2019 didn't even offer us as a drop down category for profession (while offering multiple nurse and psychologist categories) [#otalk](#)



**you're on mute Leo** [@LeonoraOT](#)

12 days ago

My health service is slow to realise the potential of OTs on their AOD team [#OTalk](#)



**Lauren** [@Lauren\\_OT](#)

12 days ago

[@\\_rachelOT](#) and would be helpful for someone on their recovery journey. I think it can be very difficult when substance use runs alongside an occupation that is meaningful to someone. [#OTalk](#)



**Rachel OT** [@\\_rachelOT](#)

12 days ago

[@Murphlemurph](#) [@DrTomSG](#) Lucky to be working with Tom in our team at the moment! He's a bit wonderful and very pro [#OT](#) - as is [@aliswanj](#) [#OTalk](#)



**Abi** [@Abi21643842](#)

12 days ago

[@\\_rachelOT](#) [@OTalk\\_](#) I don't come across them in our alcohol teams but I'm sure there is great diversity across the country. Interested to hear [#OTalk](#)



**Leonie** [@BecominganOT](#)

12 days ago

[@\\_rachelOT](#) [@OTalk\\_](#) Hi [#OTalk](#) here as this is a topic I think I'll find invaluable hearing other professionals stories as part of my development in my current role within early intervention in psychosis.



**Bethany** ♀ [@BethanyS\\_OT](#)

12 days ago

[@\\_rachelOT](#) [#OTalk](#) hi! Joining cause I'm curious on this one. Lots of experience working with women that have issues with substance misuse and really interested to see how it can fit in with occupational therapy.



**Rachel OT** [@\\_rachelOT](#)

12 days ago

[@Hannah\\_Mcw](#) Oooh [@DrTomSG](#) Hannah might have some ideas for your service 😊 [#OTalk](#)



**Jo OT Student** 💙💙 @Jo\_StudentOT

12 days ago

@\_rachelOT @OTalk\_ I don't have OT experience of working with people but in the services I have used there are none [#OTalk](#)

**you're on mute Leo** @LeonoraOT

12 days ago

RT @Doingtherapy: I'm lucky to have been in a role where I could create it/ teach people what we do to some extent. But the national survey...

**mahvOT** @mahvot

12 days ago

@\_rachelOT hi!! I'm here because I work on acute assertive outreach ward. All my patients have dual diagnosis and experience substance misuse and addiction. I would love to know how I can do more and incorporate my OT knowledge to support my patients in their recovery journey [#OTalk](#)

**Suzy Wilkinson OT** 💚💙 @suzywilkinson

12 days ago

@\_rachelOT My undergrad placement was in a community role working with people who have used or are using substances, there was no OT input in that group but I can see how OT focused it was now. [#OTalk](#)

**Tom Scott-Gatty** @DrTomSG

12 days ago

@OT\_Jim @\_rachelOT Advocacy is so important for this marginalised group. Attitudes can be shocking [#OTalk](#)

**Sarah Innes** @SarahInnesOT

12 days ago

@\_rachelOT glasgow/Lanarkshire - OTs are available. I'd say the OT role is to understand a persons occupational identity /the role substances has played, support a person to consider change and develop new or reconnect with roles/occupations. relationships are key [#otalk](#)

**Bethany** ♀ 🎓 @BethanyS\_OT

12 days ago

@\_rachelOT [#OTalk](#) Q2 - I've never come across an OT in my work with women who use substances! Although, some would be working with secondary mental health services and would have OT input on that side.

**Rachel OT** @\_rachelOT

12 days ago

@Jo\_StudentOT @OTalk\_ That's such a shame to hear @Jo\_StudentOT I'm sure your experience is going to be invaluable moving forwards [#OTalk](#)

**Rachel OT** @\_rachelOT

12 days ago

RT @SarahInnesOT: @\_rachelOT glasgow/Lanarkshire - OTs are available. I'd say the OT role is to understand a persons occupational identity...

**Hello my name is Jim** @OT\_Jim

12 days ago

@DrTomSG @\_rachelOT I'm finding advocacy is becoming a prime aspect of my role in supportive discharge. Education to other is very difficult across a large staff group, but is a key area for the next year for me. [#OTalk](#)

**Tom Scott-Gatty** @DrTomSG

12 days ago

@\_rachelOT @Murphlemurph @aliswanj Pleasure to be working with @\_rachelOT Dr and OT combo is surely unstoppable 🙌 [#OTalk](#)

**Ruth Hawley** @Ruth\_Hawley

12 days ago

@kezia\_ot @\_rachelOT @OTalk\_ Ah Kezia. Sorry to hear this. 😞 I'm sure both tonight and your personal experience in the area will all help your future patients. Compassion and lived experiences can be very powerful. [#OTalk](#)

**Abi** @Abi21643842

12 days ago

@TokunboTweetz @\_rachelOT Yes I bet, must be helpful with people who continue to return to substance as a way of coping with sensory/ trauma and a 4ange of psycho-social needs [#OTalk](#)

**Bareera** @Bareera\_OT\_3983

12 days ago

RT @SarahInnesOT: @\_rachelOT glasgow/Lanarkshire - OTs are available. I'd say the OT role is to understand a persons occupational identity...

**Bethany** ♀ 🎓 @BethanyS\_OT

12 days ago

@DrTomSG @OT\_Jim @\_rachelOT [#OTalk](#) Advocacy is HUGEY needed, for sure.

**Deborah murphy** @Murphlemurph

12 days ago

@\_rachelOT @OTalk\_ Within the prison we co-work with the substance misuse team. As most people have multiple complex diagnoses we recognise we can't separate out all of their challenges and need a full team approach. The false separation of SMU & MH can create sig access issues in community [#OTalk](#)

**you're on mute Leo** @LeonoraOT

12 days ago

RT @SarahInnesOT: @\_rachelOT glasgow/Lanarkshire - OTs are available. I'd say the OT role is to understand a persons occupational identity...

**you're on mute Leo @LeonoraOT**

12 days ago

RT @DrTomSG: @OT\_Jim @\_rachelOT Advocacy is so important for this marginalised group. Attitudes can be shocking #OTalk

**Rachel OT @\_rachelOT**

12 days ago

RT @Murphlemurph: @\_rachelOT @OTalk\_ Within the prison we co-work with the substance misuse team. As most people have multiple complex diag...

**Hannah McWilliams OT @Hannah\_Mcw**

12 days ago

@suzywilkinson @\_rachelOT Sounds like a really interesting placement! Shame there was no OT input. 🙌 #OTalk

**Charlee @Charlee\_W**

12 days ago

@\_rachelOT The substance misuse treatment team, is made up of mental health &amp; physical health nurses due to the administration of daily medication. The psycho social team are made up of recovery workers 😊 #OTalk I think there is always room for more OTs in the team but I am biased! 😊

**#OTalk @OTalk**

12 days ago

@Jo\_StudentOT @\_rachelOT Hi @Jo\_StudentOT. Great to have your input to tonight's #OTalk from both a student OT and lived experience perspective 👍

**Tom Scott-Gatty @DrTomSG**

12 days ago

@\_rachelOT @Hannah\_Mcw Yes please 😊 #OTalk

**Deborah murphy @Murphlemurph**

12 days ago

@\_rachelOT @OTalk\_ Work within our dept has helped people evidence that they are ready for 2nd stage rehab, and our opinion is often taken into account alongside SMU team #OTalk

**Leigh Ann C @LeighAnnOTx**

12 days ago

#OTalk forgot my hashtag! Excited for tonight's discussion

**Sarah Innes @SarahInnesOT**

12 days ago

@Hannah\_Mcw @\_rachelOT @OT\_Jim I'd totally agree! The problem solving skills noted in some forensic settings is remarkable. Tablet made in a prison kettle? #baking #otalk

**Toks Odutayo @TokunboTweetz**

12 days ago

@Abi21643842 @\_rachelOT Agreed. The challenge is finding other coping strategies that they find just as helpful. That's why it's really nice to work as part as an MDT as we can collaboratively unpick the meaning behind the behaviour #otalk

**Rachel OT @\_rachelOT**

12 days ago

RT @SarahInnesOT: @Hannah\_Mcw @\_rachelOT @OT\_Jim I'd totally agree! The problem solving skills noted in some forensic settings is remarkable...

**Hannah McWilliams OT @Hannah\_Mcw**

12 days ago

@DrTomSG @\_rachelOT Feel free to get in touch and I can link you up with someone in our Trust 😊 #OTalk

**Rachel OT @\_rachelOT**

12 days ago

RT @TokunboTweetz: @Abi21643842 @\_rachelOT Agreed. The challenge is finding other coping strategies that they find just as helpful. That's...

**Orla @orlaocc**

12 days ago

@TashaLaming @\_rachelOT Drink Wise Age Well may be a good resource for those working with older adults in the UK <https://t.co/WZPwzHTEBM> #OTalk**Rachel OT @\_rachelOT**

12 days ago

Q3. #OTalk Substance use can raise judgements in society and practice - this can impact on the environment that people inhabit in a disenabling way. What helps you to keep these judgements in check personally, in your MDT &amp; working environment?

**lindsey nicholls @dr\_aunt**

12 days ago

@\_rachelOT So much shame tied up in substance misuse it was hard to establish trust and allow for vulnerability. Took me 2 years before clients realised I dint judge them. I had to change to. #OTalk

**Sarah Innes @SarahInnesOT**

12 days ago

@\_rachelOT Development/regain life skills, vocational goals, ADL function #otalk

**Rina Sanson-Fisher (she/her) @Doingtherapy**

12 days ago





**#OTalk** UK OTs, someone get me in the loop- is "substance misuse" the language in your health services? I'm loving this flurry of like minded professionals being thoughtful and supportive but confused by what we'd describe as stigmatising language?



**Deborah murphy** @Murphlemurph

12 days ago

@\_rachelOT @OTalk\_ We are really trying to tackle issues related to trauma with a shared understanding that this is frequently at the root of SMU, violence, PD diagnosis and MH probs **#OTalk**



**#OTalk** @OTalk\_

12 days ago

Lots of gaps and potential roles for OTs in **#SubstanceUse/ #Addiction** across lots of clinical areas being identified in response to this question tonight. What a fantastic opportunity for more OT input into this area in the future. **#OTalk**



**Suzy Wilkinson OT**   @suzywilkinson

12 days ago

@Hannah\_Mcw @\_rachelOT It was part of my local football clubs community hub. Brilliant bunch of people **#OTalk**



**Deirdre Ryan** @deeryanot

12 days ago

@\_rachelOT @OTalk\_ **#OTalk** I have met very few occupational therapists in Ireland who work specifically with people who use substances. My current role within a recovery programme includes exploring & facilitating a return to meaningful occupation. Exploring meaningful alternatives to substance use!



**Tom Scott-Gatty** @DrTomSG

12 days ago

@Hannah\_Mcw @\_rachelOT Thanks. We have a small Homeless Outreach team in Torbay (just me) but I'm getting some funding for some extra hands and would love to involve some **#OccupationalTherapy**. So important for this group. **#OTalk**



**#OTalk** @OTalk\_

12 days ago

RT @\_rachelOT: Q3. **#OTalk** Substance use can raise judgements in society and practice - this can impact on the environment that people inhab...



**Rachel OT** @\_rachelOT

12 days ago

RT @DrTomSG: @Hannah\_Mcw @\_rachelOT Thanks. We have a small Homeless Outreach team in Torbay (just me) but I'm getting some funding for som...



**Toks Odutayo** @TokunboTweetz

12 days ago

@\_rachelOT Taking the team to learn the persons history and their journey. This can take time but I have found that it contributes to understanding where/ why they are at **#OTalk**



**Hello my name is Jim** @OT\_Jim

12 days ago

@\_rachelOT For me it is the direct challenge, ask the person with the judgement to consider if the individual was a family member or outline the pathway that led to addiction, that flip normally helps to start the change in perspective **#OTalk**



**Bareera** @Bareera\_OT\_3983

12 days ago

@TokunboTweetz @\_rachelOT @Abi21643842 How do you tackle the difficulty of introducing new coping techniques, especially if the previous methods were a result of deep set trauma? Therapeutic relationship? **#OTalk**



**lindsey nicholls** @dr\_aunt

12 days ago

@\_rachelOT **#OTalk** client said to me it was harder to give up the identity of being an addict than the substances. Trapped in a world of belonging to a counterculture. I had to learn to listen deeply and not judge. Every story carried a history of neglect and pain. Trauma informed care NB



**Rachel OT** @\_rachelOT

12 days ago

RT @dr\_aunt: @\_rachelOT **#OTalk** client said to me it was harder to give up the identity of being an addict than the substances. Trapped in a...



**Rina Sanson-Fisher (she/her)** @Doingtherapy

12 days ago

I see this as my biggest role: supporting people (incl profs) to understand substance use as occupation, utilising harm reduction as guiding principal, learning from (and utilising my own) lived experience, addressing stigma in our language and practice. Reflective prac! **#otalk**



**Rachel OT** @\_rachelOT

12 days ago

RT @Doingtherapy: **#OTalk** UK OTs, someone get me in the loop- is "substance misuse" the language in your health services? I'm loving this fl...



**Abi** @Abi21643842

12 days ago

@\_rachelOT @OTalk\_ I see scope for exploring occupations, values and roles and maintaining daily routines. As OTs we can apply our theory in context of any impairment of functioning. Certainly a role for occupational science and exploring doing, being and becoming through occupations **#OTalk**



**Rachel OT** @\_rachelOT

12 days ago

@Doingtherapy We tend to miss out the "mis" in misuse and go with substance use (descriptive but no judgement) **#OTalk**



#OTalk @OTalk

12 days ago

Unpicking the meaning behind the behaviour is so important! And where our [#OccupationalLens](#) is really valuable. [#ValueOfOT](#) [#OTalk](#)



Tom Scott-Gatty @DrTomSG

12 days ago

[@dr\\_aunt](#) [@\\_rachelOT](#) Great idea. Nutrition is such a huge problem in people who inject drugs and so much of it comes down to basics like being able to cook. The only case of scurvy I have seen in UK was in one of my IV drug users [#OTalk](#)



Joyce L @JoyceInYork

12 days ago

RT [@OTalk](#): Hello and welcome to tonight's [#OTalk](#) on [#SubstanceUse](#) and [#Addiction](#). [@Ruth\\_Hawley](#) on the account supporting [@\\_rachelOT](#) who's...



you're on mute Leo @LeonoraOT

12 days ago

[@Doingtherapy](#) [#OTalk](#) I hovered over the language - what terms do you recommend Rina?



Rachel OT @\_rachelOT

12 days ago

RT [@Doingtherapy](#): I see this as my biggest role: supporting people (incl profs) to understand substance use as occupation, utilising harm r...



Deborah murphy @Murphlemurph

12 days ago

[@\\_rachelOT](#) [@OTalk](#) Substance misuse seems like a perfectly reasonable and understandable response to wanting to suppress histories of trauma and current emotional pain. Its highly understandable why people seek an alternate reality to prison [#OTalk](#)



Sarah Innes @SarahInnesOT

12 days ago

[@\\_rachelOT](#) Talking about recovery with people and trying to make sure peoples strengths are highlighted throughout the process and not focused on 'deficits'. Reflective practice with team members. I personally like the NAVVY tool within values based reflective practice [#OTalk](#)



Rina Sanson-Fisher (she/her) @Doingtherapy

12 days ago

And making mistakes, and apologising, and trying to destroy the natural but damaging health professional white knight vibe [#otalk](#)



Joyce L @JoyceInYork

12 days ago

RT [@\\_rachelOT](#): Q3. [#OTalk](#) Substance use can raise judgements in society and practice - this can impact on the environment that people inhab...



Jo OT Student @Jo\_StudentOT

12 days ago

[@\\_rachelOT](#) [@OTalk](#) Again i haven't much experience from a treatment perspective, but remember the person you are working with is human, they are struggling. Its very rarely a choice to have become addicted and it makes life seem very bleak with no hope [#OTalk](#) 1/2



lindsey nicholls @dr\_aunt

12 days ago

[@\\_rachelOT](#) Hold the hope recovery is possible, so is healing. Therapy not coping strategies. [#OTalk](#)



Susan Griffiths @SusanGriffiths5

12 days ago

[@\\_rachelOT](#) By getting to know the person and what led them to where they are today. Hearing their powerful narratives always keep any judgements in check [#OTalk](#)



Sophie Maynard @SophieMaynard8

12 days ago

[@\\_rachelOT](#) [@OTalk](#) Working on neurosurgery and seeing a lot of patients with TBI with alcohol or substance addictions, recognising that we don't really address this in our service [#otalk](#)



Hello my name is Jim @OT\_Jim

12 days ago

[@Doingtherapy](#) TBH I've read some absolutely damning descriptions about people's relationships with addictions, normally on the same levels as NFN (Normal for Norfolk) or other banned terms [#OTalk](#)



Bareera @Bareera\_OT\_3983

12 days ago

RT [@Doingtherapy](#): I see this as my biggest role: supporting people (incl profs) to understand substance use as occupation, utilising harm r...



Rachel OT @\_rachelOT

12 days ago

RT [@SarahInnesOT](#): [@\\_rachelOT](#) Talking about recovery with people and trying to make sure peoples strengths are highlighted throughout the pr...



Leonie @BecominganOT

12 days ago

[@\\_rachelOT](#) [#OTalk](#) i havent had too much experience yet but personally since my eyes were opened to a trauma informed way of thinking ... i can clearly see this mindset happening amongst MDTs to keep these judgements in check also.

Orla @orlaocc

12 days ago

[@\\_rachelOT](#) Great question, one thing that has helped me has been reading more about addiction including the neurobiology involved.



Would recommend 'In the Realm of Hungry Ghosts' 📖 [#OTalk https://t.co/rWeWeYsOvp](https://t.co/rWeWeYsOvp)



**Bareera @Bareera\_OT\_3983**

12 days ago

RT [@dr\\_aunt: @\\_rachelOT](#) [#OTalk](#) client said to me it was harder to give up the identity of being an addict than the substances. Trapped in a...



**mahvOT @mahvot**

12 days ago

[@\\_rachelOT](#) we have a substance misuse team who engage in telephone conversations due to covid restrictions, however on the ward I tend to encourage patients to participate in pro-social activities, look at alternative coping strategies, establish a sense of occupational identity [#OTalk](#)



**Sarah Innes @SarahInnesOT**

12 days ago

[@Doingtherapy](#) In my experience things have improved a lot in the UK in this respect to more recovery focussed language but substance use is still mentioned instead of misuse [#otalk](#)



**Toks Odutayo @TokunboTweetz**

12 days ago

[@Bareera\\_OT\\_3983](#) [@\\_rachelOT](#) [@Abi21643842](#) Yes! And part of that is learning what the substance is compensating for. I think this is why this is a team effort, as OT alone may not be able to achieve this. Unfortunately, the reality is that theres not always the resource to offer such a thorough intervention to all [#OTalk](#)



**you're on mute Leo @LeonoraOT**

12 days ago

[@deeryanot](#) [@\\_rachelOT](#) [@OTalk](#) [#OTalk](#) my partner talked of this - finding meaning and achievement meant so much to him in his recovery



**Jo OT Student 💙💙 @Jo\_StudentOT**

12 days ago

[@\\_rachelOT](#) [@OTalk](#) 2/2 most addicts do know they are hurting those who love them, they aren't just being selfish they don't know how to stop often because they have no purpose or meaningful occupations or roles left [#OTalk](#)



**Rina Sanson-Fisher (she/her) @Doingtherapy**

12 days ago

Here's some options (does the flurry of these make anyone else feel like you have to hurry?) [#otalk](#) person using substances, person who uses drugs, person who (ONLY if diagnosed ONLY if we need to be talking in a medical model) has a dx of substance use disorder [#otalk](#)



**Sarah Innes @SarahInnesOT**

12 days ago

[@orlaocc](#) [@\\_rachelOT](#) Oh! I haven't read this thanks Orla [#otalk](#)



**Bareera @Bareera\_OT\_3983**

12 days ago

[@Murphlemurph](#) [@\\_rachelOT](#) [@OTalk](#) I completely agree! Dr Gabor Mate's "In the realm of hungry ghosts" is a brilliant read that enhances this understanding [#OTalk](#)



**Deborah murphy @Murphlemurph**

12 days ago

[@\\_rachelOT](#) [@OTalk](#) I am very pleased to say that I hear very little judgement in my current workplace. Historically I have struggled with people holding the belief that it is simply a lifestyle choice. Education re drivers is key [#OTalk](#)



**Hello my name is Jim @OT\_Jim**

12 days ago

[@\\_rachelOT](#) For myself as a veteran, I have far too many friends and former colleagues who have a love hate relationship with several different addictions which they use as coping strategies for post service life. [#OTalk](#)



**you're on mute Leo @LeonoraOT**

12 days ago

RT [@Doingtherapy](#): I see this as my biggest role: supporting people (incl profs) to understand substance use as occupation, utilising harm r...



**Hannah McWilliams OT @Hannah\_Mcw**

12 days ago

[@\\_rachelOT](#) Ensuring we make time for reflective practice and formulations as an MDT. 👥 [#OTalk](#)



**#OTalk @OTalk\_**

12 days ago

Loving the thoughtfulness of these replies. Definitely worth a look. Strong theme of being person centred and understanding and hearing that persons narrative to understand their world and the behaviour through their eyes. [#OTalk](#)



**Rachel OT @\_rachelOT**

12 days ago

RT [@Doingtherapy](#): And making mistakes, and apologising, and trying to destroy the natural but damaging health professional white knight vib...



**Lauren @Lauren\_OT**

12 days ago

I think [#addiction](#) is going to become a more common issue amongst young people where casual substance use seems to be becoming 'normal' [#OTalk](#)



**Tasha Laming @TashaLaming**  
 @orlaocc @\_rachelOT Thank you #OTalk

12 days ago



**Tasha Laming @TashaLaming**  
 RT @orlaocc: @TashaLaming @\_rachelOT Drink Wise Age Well may be a good resource for those working with older adults in the UK <https://t.co/...>

12 days ago



**Sarah Innes @SarahInnesOT**  
 @dr\_aunt @\_rachelOT Yeah this is so powerful. What we do influence who we are #OTalk

12 days ago



**Rina Sanson-Fisher (she/her) @Doingtherapy**  
 RT @\_rachelOT: Q3. #OTalk Substance use can raise judgements in society and practice - this can impact on the environment that people inhab...

12 days ago



**Talking Glasgow @GlasgowsVoice**  
 RT @SarahInnesOT: @\_rachelOT glasgow/Lanarkshire - OTs are available. I'd say the OT role is to understand a persons occupational identity...

12 days ago



**Orla @orlaocc**  
 @TokunboTweetz @\_rachelOT @Doingtherapy This guide recently produced by Scottish Drugs Forum discusses language use in the field, substance use definitely preferred over misuse. <https://t.co/2Cv9TvjklW> #OTalk

12 days ago



**Bareera @Bareera\_OT\_3983**  
 @TokunboTweetz @\_rachelOT @Abi21643842 Thank you for this insight. I appreciate service resources and time restraints are factors that may hinder the quality of care we deliver #OTalk

12 days ago



**Deborah murphy @Murphlemurph**  
 @Bareera\_OT\_3983 @\_rachelOT @OTalk Great. I picked this up in a charity shop recently and look forward to a read #OTalk

12 days ago



**Rachel OT @\_rachelOT**  
 RT @orlaocc: @TokunboTweetz @\_rachelOT @Doingtherapy This guide recently produced by Scottish Drugs Forum discusses language use in the fie...

12 days ago



**Rachel OT @\_rachelOT**  
 Q4. #OTalk Which approaches or interventions have you found most helpful in this area of practice and why?

12 days ago



**you're on mute Leo @LeonoraOT**  
 RT @orlaocc: @\_rachelOT Great question, one thing that has helped me has been reading more about addiction including the neurobiology invol...

12 days ago



**Hello my name is Jim @OT\_Jim**  
 @Lauren\_OT totally agree, it is also evolving with new addictions and patterns of addiction becoming the norm, NOS jumping to mind #OTalk

12 days ago



**Tom Scott-Gatty @DrTomSG**  
 @\_rachelOT @OTalk Constant battle! If explaining that excluding someone from MH services on the basis of substance use is wrong doesn't work, break out NICE guidance QS188 #OTalk <https://t.co/hGEeYihAwf>

12 days ago



**Bareera @Bareera\_OT\_3983**  
 RT @OTalk: Loving the thoughtfulness of these replies. Definitely worth a look. Strong theme of being person centred and understanding and...

12 days ago



**Rina Sanson-Fisher (she/her) @Doingtherapy**  
 & because I don't miss a chance to do that h.r: understanding that substance use isn't always about "response to trauma", isn't always something we need to find alternatives to, isn't always a negative in people's lives any more than ballet #otalk

12 days ago



**Sarah Innes @SarahInnesOT**  
 @dr\_aunt @\_rachelOT I agree! Practitioners need to keep up hope for the recovery of their service users. It's a long journey for people at times but someone said to me recently that knowing their key worker believed they could do it kept them going #otalk

12 days ago



**Hello my name is Jim @OT\_Jim**  
 It's worse for physical health services, these service have the exclusion built into the service spect #OTalk

12 days ago



**you're on mute Leo @LeonoraOT**  
 It is a challenge to include the lived experience voices which will make the difference in reducing stigma #OTalk

12 days ago

**Rachel OT @\_rachelOT**

12 days ago

RT @DrTomSG: @\_rachelOT @OTalk Constant battle! If explaining that excluding someone from MH services on the basis of substance use is wro...

**#OTalk @OTalk**

12 days ago

A valuable reminder to always be considering our use of language in working with people. Thanks @Doingtherapy. #OTalk

**Sophie Maynard @SophieMaynard8**

12 days ago

@\_rachelOT @OTalk I have recognised that it's not something we address in acute hospital services and probably should be #otalk

**Hello my name is Jim @OT\_Jim**

12 days ago

@SophieMaynard8 @\_rachelOT @OTalk The scary point is you might be the only member of the MDT who will see it as a concern to be addressed #OTalk

**#OTalk @OTalk**

12 days ago

#OTalk doing what it does best and generating some recommendations of other resources. A few people agreeing with this one. Thanks for the tip @orlaocc

**#OTalk @OTalk**

12 days ago

RT @\_rachelOT: Q4. #OTalk Which approaches or interventions have you found most helpful in this area of practice and why?

**Sarah Innes @SarahInnesOT**

12 days ago

@Doingtherapy Interesting point! People chose occupations for many reasons. Party drugs are often chosen to socialise with people and have fun. It can lead to problems but not for everyone #otalk

**Bethany @BethanyS\_OT**

12 days ago

@\_rachelOT #OTalk Q4 - being trained in trauma understanding and awareness, how trauma impacts on the brain and a person's physiological responses has been invaluable for me!

**#OTalk @OTalk**

12 days ago

RT @orlaocc: @TokunboTweetz @\_rachelOT @Doingtherapy This guide recently produced by Scottish Drugs Forum discusses language use in the fie...

**lindsey nicholls @dr\_aunt**

12 days ago

@\_rachelOT #OTalk Group therapy with time to share experiences with others who believe that change is possible. Time to share stories of shame and grief and regret and not feel judged. Remember That sobriety is disappointing because the world doesn't get better, only you do.

**Hannah McWilliams OT @Hannah\_Mcw**

12 days ago

@\_rachelOT Not directly used myself, however motivational interviewing techniques allow you to really listen to a person's narrative and suppresses that "need to fix" reflex we sometimes get as clinicians. #OTalk

**Keir Harding @Keirwales**

12 days ago

@\_rachelOT People are doing the best they can with what they've got. Whatever they do, its better than not doing it. If you can understand why you can stay empathic #OTalk

**Rachel OT @\_rachelOT**

12 days ago

RT @Hannah\_Mcw: @\_rachelOT Not directly used myself, however motivational interviewing techniques allow you to really listen to a person's...

**Toks Odutayo @TokunboTweetz**

12 days ago

@\_rachelOT Psychoeducation. Particularly for young people who tell me that they are not addicted and can stop whenever. I find that to be the best opportunity to support them understand risks and consequences #OTalk

**Leonie @BecominganOT**

12 days ago

RT @dr\_aunt: @\_rachelOT #OTalk client said to me it was harder to give up the identity of being an addict than the substances. Trapped in a...

**Bareera @Bareera\_OT\_3983**

12 days ago

RT @BethanyS\_OT: @\_rachelOT #OTalk Q4 - being trained in trauma understanding and awareness, how trauma impacts on the brain and a person's...

**Keir Harding @Keirwales**

12 days ago

@\_rachelOT It might not be what I would do, but I've generally come from a very different background with very different role models #otalk



**Rachel OT @\_rachelOT**

12 days ago

RT @Keirwales: @\_rachelOT People are doing the best they can with what they've got. Whatever they do, its better than not doing it. If y...

**Ben Metcalfe @Metcalfing**

12 days ago

@Doingtherapy Services are commissioned as 'substance misuse services' from my understanding. I guess that will always trickle down to an extent . I tend to talk about substance use or whatever people are using #OTalk

**#OTalk @OTalk\_**

12 days ago

Useful to know. Details of how to follow @Doingtherapy on Instagram are in this thread and worth a look if this is your area of interest. #OTalk

**Sarah Innes @SarahInnesOT**

12 days ago

@\_rachelOT I am returning to practice in this area of work after a time in forensics. I'd say the strategies are all core OT - supporting people to explore new and old interests, reconnect with their community, develop skills in life and participate in occupations that matter #otalk

**Keir Harding @Keirwales**

12 days ago

@\_rachelOT Not being binary - we won't help with the issues until they give up drugs/ they use drugs to cope with the issues. #otalk

**Bareera @Bareera\_OT\_3983**

12 days ago

@BethanyS\_OT @\_rachelOT With the heightened awareness of trauma and its impact, do you feel like we are moving forward in this area or do we have some way to go. If so, what is lacking/required? #OTalk

**Jo OT Student @Jo\_StudentOT**

12 days ago

@\_rachelOT @OTalk\_ I think motivational interviewing would be very helpful I have found assessments I have had focus on negatives. I have just written a proposal for uni on proper job skills interventions for people in recovery too as I have found there are a lot of leisure interventions #OTalk

**Bareera @Bareera\_OT\_3983**

12 days ago

RT @Keirwales: @\_rachelOT People are doing the best they can with what they've got. Whatever they do, its better than not doing it. If y...

**Deborah murphy @Murphlemurph**

12 days ago

@\_rachelOT I think its helpful to help people see addictions in their broader context. We all have them, but some are more socially sanctioned than others. We are all trying to do our best to survive, we are not so different #OTalk

**tish @tis7ha**

12 days ago

@SophieMaynard8 @\_rachelOT @OTalk\_ We have an inreach team at our hospital. We try to keep each other updated as much as possible when someone is admitted/discharge & we discuss what would be most appropriate to support for them on discharge (if additional needs have been identified) #otalk

**lindsey nicholls @dr\_aunt**

12 days ago

@\_rachelOT Life skills with a twist, so things like 'the amazing race' to orientate clients to local facilities, always some fun and challenge element. #OTalk

**Keir Harding @Keirwales**

12 days ago

@\_rachelOT Also, if you can work out how substances help you can tailor an intervention to meet that need. Theres not a one size fits all for substance misuse (or anything) #otalk

**Charlee @Charlee\_W**

12 days ago

@Murphlemurph @\_rachelOT @OTalk\_ I completely agree with this comment @Murphlemurph 👍 #OTalk

**Bethany @BethanyS\_OT**

12 days ago

@Bareera\_OT\_3983 @\_rachelOT #OTalk I think we have a long way to go yet - I feel like there's a bit of a danger of "trauma-informed" being the next big buzzword in services rather than people having that actual understanding and education around it. I think we still need to learn to utilise (1/2)

**you're on mute Leo @LeonoraOT**

12 days ago

RT @Doingtherapy: I work in substance use (here in Australia, across a few different public health settings). I also post about harm reduct...

**Rachel OT @\_rachelOT**

12 days ago


















RT @dr\_aunt: @\_rachelOT Life skills with a twist, so things like 'the amazing race' to orientate clients to local facilities, always some f...

**Ben Metcalfe @Metcalfing**

12 days ago

@\_rachelOT Empathy #OTalk



- 
-  **Keir Harding @Keirwales** 12 days ago  
RT @Murphlemurph: @\_rachelOT @OTalk\_ Substance misuse seems like a perfectly reasonable and understandable response to wanting to suppress...
- 
-  **Orla @orlaocc** 12 days ago  
@Hannah\_Mcw @\_rachelOT Yes! Motivational interviewing so important. Wasn't covered at all in my OT degree. It wasn't until my first few weeks qualified that I really understood that people can want to change and not want to change. Understanding of the stages of change so helpful. #OTalk <https://t.co/zCrg0F5BGz>
- 
-  **Ruth Hawley @Ruth\_Hawley** 12 days ago  
@DrTomSG @\_rachelOT @OTalk\_ Yep. I agree this is a constant battle. Services work best when dividing lines between #SubstanceUse and #MentalHealth aren't used in ways that leave people to fall through the gaps. #OTalk
- 
-  **Hello my name is Jim @OT\_Jim** 12 days ago  
@\_rachelOT I've had a tiny amount of success with replacing the gaps in a routine that recover presents with new and easy to access occupations/activities that mimic the previous occupations, ie tactile and fine motor skill based tasks #OTalk
- 
-  **Tom Scott-Gatty @DrTomSG** 12 days ago  
@\_rachelOT @OTalk\_ Listen to them! What do they want? It is all too easy to go in with our healthcare professional agenda and lose track of what it is all about #OTalk
- 
-  **Sarah Innes @SarahInnesOT** 12 days ago  
@Keirwales @\_rachelOT Great point Keir. We shouldn't expect people to be fully abstinent before offering support. Meeting people at where they are at. Sometimes service demands constrain this? #otalk
- 
-  **Bethany ♀ 🎓 @BethanyS\_OT** 12 days ago  
@Bareera\_OT\_3983 @\_rachelOT #OTalk active listening and motivation based interviewing in conjunction with this approach to really nice forward in making sure that our service users/clients/patients feel understood but also in control of their support. (2/2)
- 
-  **Bareera @Bareera\_OT\_3983** 12 days ago  
@Lauren\_jade32 @\_rachelOT @OTalk\_ As an OT, have you ever felt pressured to carrying out a standardised asx as opposed to non-standardised? #OTalk
- 
-  **Bethany ♀ 🎓 @BethanyS\_OT** 12 days ago  
@Bareera\_OT\_3983 @\_rachelOT #OTalk that should say move forward, not nice forward!! 🙄
- 
-  **#OTalk @OTalk\_** 12 days ago  
Just 8 more minutes of official #OTalk time left. Any final thoughts for this question or the topic in general?
- 
-  **Rachel OT @\_rachelOT** 12 days ago  
And it's almost over! Q5. #OTalk Do you have any final thoughts or pearls of wisdom to share?
- 
-  **lindsey nicholls @dr\_aunt** 12 days ago  
@\_rachelOT #OTalk for an OT assessment I like starting with the words 'what has brought you here'? No tests, no interview sheet, just a genuine interest in who that person is and what has happened to them.
- 
-  **you're on mute Leo @LeonoraOT** 12 days ago  
#OTalk So true!
- 
-  **Rachel OT @\_rachelOT** 12 days ago  
@TFiddes1 @OTalk\_ The transcript will be out in the next week or so to have a read through 🙄 hopefully you can make some links #OTalk
- 
-  **Rachel Reece OT @RRenable** 12 days ago  
@orlaocc @Hannah\_Mcw @\_rachelOT I work in paediatrics but would recommend looking into OPC (Occupational Performance Coaching) as well as motivational interviewing #otalk
- 
-  **Hello my name is Jim @OT\_Jim** 12 days ago  
@SarahInnesOT @Keirwales @\_rachelOT I was taught that our role requires us to sometimes climb into the pit and show them that paths out exist. We need to meet them where they are not wave at them from the top of a mountain #OTalk
- 
-  **Charlee @Charlee\_W** 12 days ago  
@Hannah\_Mcw @\_rachelOT I don't have much experience in creating formulations... is this led by a specific member of the team or all the MDT? Is there a certain tool you use? 🙄 #OTalk @Hannah\_Mcw
-

**#OTalk @OTalk\_**

12 days ago

@TFiddes1 @\_rachelOT You haven't missed it, there's around 5 mins left of the official tweet chat tonight and people often continue to contribute afterwards. If you want to review the questions and contribute still, please do. [#OTalk](#)

**Rachel OT @\_rachelOT**

12 days ago

RT @OT\_Jim: @SarahInnesOT @Keirwales @\_rachelOT I was taught that our role requires us to sometimes climb into the pit and show them that p...

**Bareera @Bareera\_OT\_3983**

12 days ago

@BethanyS\_OT @\_rachelOT Thank you! I agree that 'trauma' may be the new keyword hence my question. I appreciate your responses  
😊 [#OTalk](#)

**Ben Metcalfe @Metcalfing**

12 days ago

@\_rachelOT MI - because it teaches acceptance, partnership, evocation and compassion. An approach that supports ambivalence and helps them to understand and resolve it - using their own strengths - it's very relatable to OT's [#OTalk](#)

**Keir Harding @Keirwales**

12 days ago

@\_rachelOT My brother in law always talks of his friend having a really bad trip but explaining it was still better than their reality. We can see what people do. We can't see what's in their head. It might make sense they want to blot that out. [#otalk](#)

**#OTalk @OTalk\_**

12 days ago

@Lauren\_jade32 @Bareera\_OT\_3983 @\_rachelOT Good answer. Would be even better with the [#OTalk](#) in it 😊

**Sarah Innes @SarahInnesOT**

12 days ago

@OT\_Jim @Keirwales @\_rachelOT Good metaphor 🙌 [#otalk](#)

**Rachel OT @\_rachelOT**

12 days ago

RT @Hannah\_Mcw: @\_rachelOT Ensuring we make time for reflective practice and formulations as an MDT. 👥 [#OTalk](#)

**Keir Harding @Keirwales**

12 days ago

@\_rachelOT Obviously what I've done here is rephrase what @Murphlemurph said better earlier. [#OTalk](#)

**lindsey nicholls @dr\_aunt**

12 days ago

@\_rachelOT Be good to think about communities and groups that have been vulnerable to issues of substance misuse and ways that asocial justice approach with community partners can provide for change. [#OTalk](#)

**#OTalk @OTalk\_**

12 days ago

RT @\_rachelOT: And it's almost over! Q5. [#OTalk](#) Do you have any final thoughts or pearls of wisdom to share?

**you're on mute Leo @LeonoraOT**

12 days ago

Being alongside the person in life, whether in our own life or w our clients - accepting the relapsing nature of substance use disorder...  
[#OTalk](#)

**Rachel OT @\_rachelOT**

12 days ago

RT @Metcalfing: @\_rachelOT MI - because it teaches acceptance, partnership, evocation and compassion. An approach that supports ambivalence...

**Hello my name is Jim @OT\_Jim**

12 days ago

It still baffles me that this is an enduring issue for so many diverse client groups, I've never heard of a single service user who benefits from the split provision of services [#OTalk](#)

**Toks Odutayo @TokunboTweetz**

12 days ago

@\_rachelOT I think it's important that we always explore substance use in our ax, regardless of our area of practice, as it could play a significant role in engagement with goal setting and intervention [#OTalk](#)

**Ben Metcalfe @Metcalfing**

12 days ago

@\_rachelOT [#OTalk](#)

**Sarah Innes @SarahInnesOT**

12 days ago

@\_rachelOT This is a great ted talk [#otalk](#) <https://t.co/s7XFPyg8i4>

**Keir Harding @Keirwales**

12 days ago

@SarahInnesOT @\_rachelOT They do. We say we are holistic but we work in services that don't facilitate that [#otalk](#)

**OT\_Expert** ✨🌈💙 @OT\_Expert

12 days ago

RT @OTalk\_: Hello and welcome to tonight's #OTalk on #SubstanceUse and #Addiction. @Ruth\_Hawley on the account supporting @\_rachelOT who's...

**Kwaku Agyemang** @KwakuOT

12 days ago

Yep! I do this with the young men I work with...I listen to their needs and wants and explore the values they have placed on using substances. Following this, I offer education around pros and cons so they can choose what they would like to do next. #OTalk

**Hannah McWilliams** OT @Hannah\_Mcw

12 days ago

@Charlee\_W @\_rachelOT In theory it can be led by anyone. Psychologists generally follow the "5 Ps" structure. However OTs using @MOHOspark occupational formulation should be encouraged and are more than capable of leading these too. 🙌 #OTalk

**Bareera** @Bareera\_OT\_3983

12 days ago

@\_rachelOT Thank you to everyone who participated today. I've gained much valuable insight and would love to experience this setting in the future! #OTalk

**you're on mute Leo** @LeonoraOT

12 days ago

RT @OT\_Jim: It still baffles me that this is an enduring issue for so many diverse client groups, I've never heard of a single service user...

**OT\_Expert** ✨🌈💙 @OT\_Expert

12 days ago

RT @\_rachelOT: Evening! Starting off tonight's #OTalk - Q1. What brings you to this #OTalk about #Occupational Therapy and #SubstanceUse/ #...

**OT\_Expert** ✨🌈💙 @OT\_Expert

12 days ago

RT @\_rachelOT: It's a bit busy tonight isn't it!! Thank you all for joining looking 🙏 - Q2. #OTalk In your experience of working with peopl...

**OT\_Expert** ✨🌈💙 @OT\_Expert

12 days ago

RT @\_rachelOT: Q3. #OTalk Substance use can raise judgements in society and practice - this can impact on the environment that people inhab...

**OT\_Expert** ✨🌈💙 @OT\_Expert

12 days ago

RT @\_rachelOT: Q4. #OTalk Which approaches or interventions have you found most helpful in this area of practice and why?

**OT\_Expert** ✨🌈💙 @OT\_Expert

12 days ago

RT @\_rachelOT: And it's almost over! Q5. #OTalk Do you have any final thoughts or pearls of wisdom to share?

**you're on mute Leo** @LeonoraOT

12 days ago

#NoteToSelf

**you're on mute Leo** @LeonoraOT

12 days ago

RT @SarahInnesOT: @\_rachelOT This is a great ted talk #otalk <https://t.co/s7XFPyg8i4>

**#OTalk** @OTalk\_

12 days ago

@SarahInnesOT @Doingtherapy Great points. We definitely need to understand that persons perspective on their #SubstanceUse and not make judgements on it. #OTalk

**Shona Reeve** @ShonaReeve\_OT

12 days ago

@\_rachelOT @OTalk\_ A bit late joining the chat but just started new role in alcohol and drug service, the more learning the better as I get to know my role! #OTalk

**Tom Scott-Gatty** @DrTomSG

12 days ago

@\_rachelOT Why are we spending so much on criminal justice and so little on treatment and prevention in the midst of record numbers of drug deaths? #OTalk [from Dame Carol Black, Review of Drugs, Feb 2020] <https://t.co/Y8jQAeEdfz>

**Deborah murphy** @Murphlemurph

12 days ago

@\_rachelOT Our interventions are generally aimed at emotional regulation. Anything that helps people ground and self soothe can be helpful in prison context, so that the reliance on substances to deal with emotions lessens its grip #OTalk

**Charlee** @Charlee\_W

12 days ago

@SarahInnesOT @\_rachelOT Thanks Sarah... I will have a look at this 🙌 #OTalk

**Rachel OT** @\_rachelOT

12 days ago

@ShonaReeve\_OT @OTalk\_ Welcome 🤗 #OTalk

**Hello my name is Jim @OT\_Jim**

12 days ago

This! We have these absolutely wonderful tools that we should be using to lead and justify our interventions. [@MOHOspark](#)  
[@dr\\_robbrooks](#) [#OTalk](#)

**T Fiddes @TFiddes1**

12 days ago

When our wards settle in to their new normal, this is something for [@NNUH\\_OT](#) to get to grips with.

**Orla @orlaocc**

12 days ago

[@\\_rachelOT](#) Catching up on this one! Core OT, exploring values and interests, what the person wants to do in their life, supporting to take it step by step, and support community participation. Definitely challenging at present with COVID restrictions [#OTalk](#)

**Sue Parkinson @MOHOspark**

12 days ago

RT [@Charlee\\_W](#): [@Hannah\\_Mcw](#) [@\\_rachelOT](#) I don't have much experience in creating formulations... is this led by a specific member of the team...

**Sue Parkinson @MOHOspark**

12 days ago

RT [@Hannah\\_Mcw](#): [@Charlee\\_W](#) [@\\_rachelOT](#) In theory it can be led by anyone. Psychologists generally follow the "5 Ps" structure. However OTs u...

**Jo OT Student @Jo\_StudentOT**

12 days ago

[@\\_rachelOT](#) [@OTalk](#) Remember people don't choose .. well mostly.. to abuse substances, it's an escape from something else, often trauma... be kind always and don't judge you haven't been in their shoes [#OTalk](#)

**Leonie @BecominganOT**

12 days ago

RT [@OT\\_Jim](#): [@SarahInnesOT](#) [@Keirwales](#) [@\\_rachelOT](#) I was taught that our role requires us to sometimes climb into the pit and show them that p...

**#OTalk @OTalk**

12 days ago

[#OTalk](#) 23 February 2021 – The challenges and opportunities of delivering occupation-focused interventions in secure mental health services <https://t.co/iu2ZEgM03m>

**#OTalk @OTalk**

12 days ago

Well that was busy and informative. A huge round of thanks and applause to [@\\_rachelOT](#) for hosting and facilitating such a fascinating chat and to all of you who took part and made it great. [#OTalk](#) community rocks! That's the official hour done, feel free to continue or to stop.

**Bareera @Bareera\_OT\_3983**

12 days ago

[@BethanyS\\_OT](#) [@\\_rachelOT](#) Do you have any advice for students interested in this setting? [#OTalk](#)

**you're on mute Leo @LeonoraOT**

12 days ago

Thanks for the chat [@\\_rachelOT](#) - I enjoyed it, reflected, learnt and met people [#OTalk](#)

**Keir Harding @Keirwales**

12 days ago

[@Hannah\\_Mcw](#) [@Charlee\\_W](#) [@\\_rachelOT](#) [@MOHOspark](#) Absolutely if we want to understand why people do what they do - their occupations - he should hesitate before looking to another profession. [#OTalk](#)

**Deirdre Ryan @deeryanot**

12 days ago

[@SarahInnesOT](#) [@\\_rachelOT](#) It's wonderful isn't it! It really opened my eyes to how well positioned we are as occupational therapists to provide support. Focus firstly on helping people to create a life they deem as meaningful to them [#OTalk](#)

**Charlee @Charlee\_W**

12 days ago

[@Hannah\\_Mcw](#) [@\\_rachelOT](#) [@MOHOspark](#) Oh I have just ordered [@MOHOspark](#) book on setting goals and creating formulations so hopefully this will be helpful! Thank you! 😊 [#OTalk](#)

**you're on mute Leo @LeonoraOT**

12 days ago

RT [@DrTomSG](#): [@\\_rachelOT](#) Why are we spending so much on criminal justice and so little on treatment and prevention in the midst of record nu...

**Deborah murphy @Murphlemurph**

12 days ago

[@Keirwales](#) [@\\_rachelOT](#) I hear people say the same about 'spice' use. An awful experience, but still an experience amongst the nothingness of prison life [#OTalk](#) - Feel free to re-phrase ;)

**Kwaku Agyemang @KwakuOT**

12 days ago

[@\\_rachelOT](#) Don't make assumptions about why people choose to do what they do... be curious...be open-minded...be understanding...and don't suggest taking out something from someone's routine if you haven't got anything meaningful to fill that gap you are going to be creating. [#OTalk](#)

**Rachel OT @\_rachelOT**

12 days ago

Thank you all for joining tonight's #OTalk and sharing your brains 🧠 much appreciated! Time's up but feel free to keep chatting, hopefully I can catch up with all of the replies now! Cheers all ✨

**Bareera @Bareera\_OT\_3983**

12 days ago

RT @OT\_Jim: This! We have these absolutely wonderful tools that we should be using to lead and justify our interventions. @MOHOSpark @dr\_ro...

**Rachel OT @\_rachelOT**

12 days ago

RT @KwakuOT: @\_rachelOT Don't make assumptions about why people choose to do what they do... be curious...be open-minded...be understanding...

**you're on mute Leo @LeonoraOT**

12 days ago

RT @Jo\_StudentOT: @\_rachelOT @OTalk\_ Remember people don't choose .. well mostly.. to abuse substances, it's an escape from something else,...

**Hello my name is Jim @OT\_Jim**

12 days ago

@OTalk\_ @\_rachelOT Great chat, thanks #OTalk

**Rachel OT @\_rachelOT**

12 days ago

RT @Murphlemurph: @Keirwales @\_rachelOT I hear people say the same about 'spice' use. An awful experience, but still an experience amongst...

**Bareera @Bareera\_OT\_3983**

12 days ago

RT @OT\_Jim: @SarahInnesOT @Keirwales @\_rachelOT I was taught that our role requires us to sometimes climb into the pit and show them that p...

**Sophie Maynard @SophieMaynard8**

12 days ago

@OT\_Jim @\_rachelOT @OTalk\_ Recognition of the impact withdrawal can have seems to be ignored, often being asked for cognitive assessments and have to defend our reasoning for not doing one yet when someone is clearly struggling with withdrawal on top of everything else #otalk

**Kwaku Agyemang @KwakuOT**

12 days ago

RT @Murphlemurph: @Keirwales @\_rachelOT I hear people say the same about 'spice' use. An awful experience, but still an experience amongst...

**Rachel OT @\_rachelOT**

12 days ago

RT @SophieMaynard8: @OT\_Jim @\_rachelOT @OTalk\_ Recognition of the impact withdrawal can have seems to be ignored, often being asked for cog...

**#OTalk @OTalk\_**

12 days ago

@outdoorperscrip @Ruth\_Hawley @DrTomSG @\_rachelOT Thanks for joining in @outdoorperscrip. It's great to have your input. It helps if you can include the #OTalk in all your tweets so that they make the transcript....but we've ALL had times where we forget.

**Toks Odutayo @TokunboTweetz**

12 days ago

@\_rachelOT Great topic. Thank you! #otalk

**Bareera @Bareera\_OT\_3983**

12 days ago

RT @KwakuOT: @\_rachelOT Don't make assumptions about why people choose to do what they do... be curious...be open-minded...be understanding...

**Leonie @BecominganOT**

12 days ago

@SarahInnesOT @\_rachelOT I loved this Ted Talk. This works very well with tonight's #OTalk question about judgement and remaining empathetic too.

**Hannah McWilliams OT @Hannah\_Mcw**

12 days ago

@Charlee\_W @\_rachelOT @MOHOSpark That was good timing! It will be such a useful tool to use in your practice! 😊 #OTalk

**Hello my name is Jim @OT\_Jim**

12 days ago

@SophieMaynard8 @\_rachelOT @OTalk\_ It does make for a nice heated MDT meeting, doesn't it. #OTalk

**Sophie Maynard @SophieMaynard8**

12 days ago

@tis7ha @\_rachelOT @OTalk\_ That sounds good. I know for a period of the the team at ours got disbanded but I will do some digging to see if it was replaced or if there are specialists who can support #OTalk

**Deborah murphy @Murphlemurph**

12 days ago





**@OTalk\_@\_rachelOT** My goodness its all so fast!! I always feel slightly dizzied I've offered to host. I think I will be calling on **@Charlee\_W** to be my wing woman with her younger and faster brain!!! **#OTalk**



**Rachel OT @\_rachelOT** **@outdoorperscrip @OTalk\_ @Ruth\_Hawley @DrTomSG** Glad to have you here 🌟 **#OTalk**

12 days ago



**#OTalk @OTalk\_** And for all who participated, a reminder that you can complete this handy little reflection on your participation in tonights **#OTalk** if you want to. <https://t.co/bp6bXaqcSe>

12 days ago



**Leigh Ann C @LeighAnnOTx** RT **@SarahInnesOT: @\_rachelOT** This is a great ted talk **#otalk** <https://t.co/s7XFPyg8i4>

12 days ago



**Tom Scott-Gatty @DrTomSG** **@outdoorperscrip @OTalk\_ @Ruth\_Hawley @\_rachelOT** So important to have the views of service users heard. That is how you build great services **#OTalk**

12 days ago



**Deborah murphy @Murphlemurph** **@KwakuOT @\_rachelOT** I'd like to like this comment several times **#OTalk**

12 days ago



**Sophie Maynard @SophieMaynard8** **@OT\_Jim @\_rachelOT @OTalk\_** What's an MDT meeting without this!? 🤔 **#otalk**

12 days ago



**Bethany ♀ @BethanyS\_OT** **@Bareera\_OT\_3983 @\_rachelOT #OTalk** oh, gosh. I AM the student in this setting! 😊 Do you mean for OT students interested in going into working with those impacted by trauma?

12 days ago



**Hello my name is Jim @OT\_Jim** **@SophieMaynard8 @\_rachelOT @OTalk\_** Ask any of my students about this, I swear they think its a requirement for them to stand up to at least one consultant or Matron during their placement.. 🙄 **#OTalk**

12 days ago



**Rachel OT @\_rachelOT** RT **@DrTomSG: @\_rachelOT** Why are we spending so much on criminal justice and so little on treatment and prevention in the midst of record nu...

12 days ago



**Sophie Maynard @SophieMaynard8** **@OTalk\_ @\_rachelOT** Well done **@\_rachelOT**, lots of tweets to read tomorrow, couldn't keep up! Does anyone else feel like 8-9pm is too late in the winter? I can barely type 🤔🙄 **#otalk**

12 days ago



**Leigh Ann C @LeighAnnOTx** **@\_rachelOT** My thought is to approach these conversations as openly, without judgement or pre-conceived ideas as much as we possibly can. Be curious. Esp in mental health settings where people are constantly being told to stop/avoid drugs because people "can't handle it". Dig deeper **#OTalk**

12 days ago



**Charlee @Charlee\_W** **@Murphlemurph @OTalk\_ @\_rachelOT** Oh crikey.. I forgot the **#OTalk** hashtag on my last message!! 🙄

12 days ago



**Eva Eastman @EvaEastmanOT** RT **@KwakuOT: @\_rachelOT** Don't make assumptions about why people choose to do what they do... be curious...be open-minded...be understanding...

12 days ago



**Deborah murphy @Murphlemurph** **@\_rachelOT** Just to say than you for hosting an interesting talk Rachel **#OTalk**

12 days ago



**Sophie Maynard @SophieMaynard8** **@OT\_Jim @\_rachelOT @OTalk\_** As well as a core competency, I like to think of it as a badge of honour 🏆🤔 **#otalk**

12 days ago



**#OTalk @OTalk\_** **@Murphlemurph @\_rachelOT @Charlee\_W** Ah **@Murphlemurph**. What great news. 😊 Hosting **#OTalk** can be fast paced but is good fun and can be good when shared or done by yourself. It's the whole community who make the chat, not just the host so you often can't keep up with everything but that's ok.

12 days ago

**Parashar Ramanuj 💙 @DrPPRam**

12 days ago





Check out [#OTalk](#). Some brill insights into how to help people with addiction from an OT perspective. Learnt a hell of a lot. Key personal takeaway: involve OTs <https://t.co/tcT42vge9v> developing person-centred formulations. [@chloe\\_kitto](#) you prob know all this already.



**Leigh Ann C** [@LeighAnnOTx](#)

12 days ago

[@SarahInnesOT](#) [@\\_rachelOT](#) This just hits the message home so beautifully [#OTalk](#)



**Bareera** [@Bareera\\_OT\\_3983](#)

12 days ago

[@BethanyS\\_OT](#) [@\\_rachelOT](#) Yes lol - for someone with no experience [#OTalk](#)



**Deborah murphy** [@Murphlemurph](#)

12 days ago

[@Charlee\\_W](#) [@OTalk](#) [@\\_rachelOT](#) If you're gonna be my wing woman you are going to need to demonstrate your hash tagging capabilities!! 😂 Seriously i need your thoughts 😊 [#OTalk](#)



**Leonie** [@BecominganOT](#)

12 days ago

[@OTalk](#) [@\\_rachelOT](#) Big thanks [@\\_rachelOT](#) great topic and conversation flow there. I've got lots of take aways from that for my own skill learning. [#OTalk](#)



**Rachel OT** [@\\_rachelOT](#)

12 days ago

[@TokunboTweetz](#) No problem thanks for your contributions 🙏 [#OTalk](#)



**Tom Scott-Gatty** [@DrTomSG](#)

12 days ago

[@OTalk](#) [@\\_rachelOT](#) Great event [@\\_rachelOT](#). Lovely to see that so much good work is going on and reflect on what can be improved [#OTalk](#)



**Deborah murphy** [@Murphlemurph](#)

12 days ago

[@OTalk](#) [@\\_rachelOT](#) [@Charlee\\_W](#) Phew!! 😊 This is only my 2nd one so I am still getting the gist..... [#OTalk](#)



**Rachel OT** [@\\_rachelOT](#)

12 days ago

[@BecominganOT](#) [@OTalk](#) Ah no worries at all! Thanks for your contributions and good luck in your new role in EI! [#OTalk](#)



**Bethany** ♀ 🎓 [@BethanyS\\_OT](#)

12 days ago

[@Bareera\\_OT\\_3983](#) [@\\_rachelOT](#) [#OTalk](#) for me, going into that setting fresh out of my first degree 6 years ago was a ginormous eye opener. Empathy is probably the most important attribute you need. Even if you've never been in that situation or couldn't possibly envisage yourself in that situation (1/2)



**Charlee** [@Charlee\\_W](#)

12 days ago

[@Murphlemurph](#) [@OTalk](#) [@\\_rachelOT](#) Haha 😊 Oh gosh... no pressure then... 😊 I have sent you a message [@Murphlemurph](#) regarding hosting an [@OTalk](#) topic 😊 [#OTalk](#)



**Bareera** [@Bareera\\_OT\\_3983](#)

12 days ago

Today's [#OTalk](#) might have been my favourite one yet. I'm grateful for such learning opportunities, even on twitter! [@\\_rachelOT](#) was a brilliant host. Thank you to everyone who shared their experiences. I hope you continue to excel in your respective careers! ❤️



**#OTalk** [@OTalk](#)

12 days ago

[@outdoorperscrip](#) [@Ruth\\_Hawley](#) [@DrTomSG](#) [@\\_rachelOT](#) Non OTs and input from those with lived experiences are welcome at every [#OTalk](#). It would be great to have you participate again if future topics interest you.



**Rachel OT** [@\\_rachelOT](#)

12 days ago

[@LeonoraOT](#) Ah I'm glad to hear! No worries at all, thank you for your contributions! 😊 [#OTalk](#)



**Sue Parkinson** [@MOHOspark](#)

12 days ago

RT [@DrPPRam](#): Check out [#OTalk](#). Some brill insights into how to help people with addiction from an OT perspective. Learnt a hell of a lot. K...



**Rachel OT** [@\\_rachelOT](#)

12 days ago

[@DrTomSG](#) [@OTalk](#) Thanks Tom! Absolutely, hopefully some areas that we can think about in the CMHT/AOS in the next few months! [#OTalk](#)



**Rachel OT** [@\\_rachelOT](#)

12 days ago

[@Murphlemurph](#) [@OTalk](#) [@Charlee\\_W](#) Oooh what topic are you hosting? [@Murphlemurph](#) [#OTalk](#)

**Bethany** ♀ 🎓 [@BethanyS\\_OT](#)

12 days ago

[@Bareera\\_OT\\_3983](#) [@\\_rachelOT](#) [#OTalk](#) as "new" as the concept may be, know that very, very few people use substances on an



addictive level for no reason. Educating ourselves on the impacts of traumatic events on a person's development, wellbeing & attachments is the best thing we can do for all parties (2/2)



**Tom Scott-Gatty** @DrTomSG

12 days ago

@SophieMaynard8 @\_rachelOT @OTalk The incidence of acquired brain injury is very high in my homeless patients using substances. Sadly this is an area which we do not have very good services for locally #OTalk



**Rachel OT** @\_rachelOT

12 days ago

@Bareera\_OT\_3983 Oh that's really kind of you to say, always great to have a group of empathetic, like-minded people - thanks for joining #OTalk



**Hello my name is Jim** @OT\_Jim

12 days ago

@MeganMc13434751 @Jo37951171



**Bethany** ♀ @BethanyS\_OT

12 days ago

@Bareera\_OT\_3983 @\_rachelOT #OTalk also LISTEN!! Forget about your paperwork and panicking about getting everything written and focus on listening to the person in front of you. You absolutely will absorb their story and it helps you build a way better relationship with them ❤️



**Deborah murphy** @Murphlemurph

12 days ago

@\_rachelOT @OTalk @Charlee\_W Exploring the role of OT in prisons. Still considering Q's. Helpful to see yours :) #OTalk



**Tom Scott-Gatty** @DrTomSG

12 days ago

@\_rachelOT @OTalk 😊 Can't wait! A lot to think about #OTalk



**Leigh Ann C** @LeighAnnOTx

12 days ago

@\_rachelOT In service training and honest s/v discussions. joint sessions with colleagues less comfortable to role model- I think if we're uneasy discussing drugs we lean more towards closed questions and advice giving compared to MI/collaborative. We know what's more effective! #OTalk



**Rachel OT** @\_rachelOT

12 days ago

@BethanyS\_OT @OTalk Oh you're welcome, thank you for sharing ✨ #OTalk



**John Doyle** @JPTDoyle

12 days ago

RT @DrPPRam: Check out #OTalk. Some brill insights into how to help people with addiction from an OT perspective. Learnt a hell of a lot. K...



**Bareera** @Bareera\_OT\_3983

12 days ago

@BethanyS\_OT @\_rachelOT I concur! The conversation remains meaningful if the person receives your complete attention and focus. Non-verbal communication is just as essential. Also, it fosters trust and compassion - an OTs strength ❤️ #OTalk



**Leigh Ann C** @LeighAnnOTx

12 days ago

@Murphlemurph @\_rachelOT @OTalk Couldn't agree more. Having this kind of platform to work from also makes working so much easier than if we are struggling to reconcile why people use. #OTalk



**Ruth Hawley** @Ruth\_Hawley

12 days ago

@OTalk @\_rachelOT Also just for the #OTalk record and so I'm not asking questions I don't answer myself. My pancake day has been a glorious mix of breakfast pancakes at work this morning and pancakes for tea at home with the family. Double yummy 😊



**Sophie Maynard** @SophieMaynard8

12 days ago

@DrTomSG @\_rachelOT @OTalk We must be missing a gap somewhere. Also just thinking about my current caseload, it's incredibly difficult to access records or find out if the person has support from community teams & often the patient isn't able to say exactly what or may not want to disclose it #otalk



**Mark** @Mark65735856

12 days ago

@\_rachelOT That was a very enjoyable and educational #OTalk and if only I could think and type as fast as an OT I might have done more than lurk! Well done and thanks @\_rachelOT and thanks everyone else too.



**Leigh Ann C** @LeighAnnOTx

12 days ago

@DrTomSG @\_rachelOT @OTalk Thank you for sharing - bookmarked for the next time it comes up - we had this challenge massively when I worked in addictions. #OTalk

**Tom Scott-Gatty** @DrTomSG

12 days ago

@OT\_Jim @\_rachelOT It is a scandal the number of veterans struggling with mental health/addiction/homelessness. I have several



veterans I see. Can be even harder to engage as they often do not feel part of the wider homeless community. Complex physical injuries too. [#OTalk](#)



**Lauren Jade @Lauren\_jade32**

12 days ago

RT [@OTalk](#): [#OTalk](#) 23 February 2021 – The challenges and opportunities of delivering occupation-focused interventions in secure mental heal...



**Hello my name is Jim @OT\_Jim**

12 days ago

[@DrTomSG](#) [@\\_rachelOT](#) It doesn't help that the Services prevailing culture is one of alcohol, do something wrong pay in beer, do something right get given beer. It's huge mindset to break from on top of finding your way on civvy street, [#OTalk](#)



**Rachel OT @\_rachelOT**

12 days ago

[@Doingtherapy](#) Oh you are welcome! And thank you 🙏 [#OTalk](#)



**Hannah McWilliams OT @Hannah\_Mcw**

12 days ago

[@DrTomSG](#) [@SophieMaynard8](#) [@\\_rachelOT](#) [@OTalk](#) <https://t.co/DdphzCzETn> this podcast was created only recently. Worth a listen if you get chance! 👍 [#OTalk](#)



**LFC Champions #BlackLivesMatter #LoveKlopp @SameiHuda**

12 days ago

RT [@DrPPRam](#): Check out [#OTalk](#). Some brill insights into how to help people with addiction from an OT perspective. Learnt a hell of a lot. K...



**Rachel OT @\_rachelOT**

12 days ago

RT [@Hannah\\_Mcw](#): [@DrTomSG](#) [@SophieMaynard8](#) [@\\_rachelOT](#) [@OTalk](#) <https://t.co/DdphzCzETn> this podcast was created only recently. Worth a listen...



**Matthew Molineux @mmolineux**

12 days ago

RT [@Occ4LifeLtd](#): The [#WeAreOT](#) ebook proceeds will allow me to purchase two [@theRCOT](#) student member places to this year's Virtual Conference...



**Ruth Hawley @Ruth\_Hawley**

12 days ago

[@Hannah\\_Mcw](#) [@\\_rachelOT](#) [@DrTomSG](#) [@SophieMaynard8](#) [@OTalk](#) Oh thanks for this. This looks a [#podcast](#) resource in my area of interest. [#OTalk](#)



**Chloe Kitto @chloe\_kitto**

12 days ago

I endorse this tweet. 👍 [#ValueOfOT](#)



**Viral K @ViralKMH**

12 days ago

RT [@\\_rachelOT](#): Q3. [#OTalk](#) Substance use can raise judgements in society and practice - this can impact on the environment that people inhab...



**Helen @HelenArnfieldOT**

12 days ago

[@Lauren\\_OT](#) I suspect the disconnect due to high use of social media versus actual face to face human interaction is going to build on this [#OTalk](#)



**Laura @LauraCoffin\_OT**

12 days ago

[@\\_rachelOT](#) Really listening to people's stories and lived experience. Recently found "Hooked: the unexpected addicts" podcast. Would recommend! Important to also recognise that substance use doesn't always = addiction [#OTalk](#)



**Lauren Jade @Lauren\_jade32**

12 days ago

RT [@dr\\_aunt](#): [@\\_rachelOT](#) [#OTalk](#) for an OT assessment I like starting with the words 'what has brought you here'? No tests, no interview shee...



**Ruth Hawley @Ruth\_Hawley**

12 days ago

[@DrTomSG](#) [@Hannah\\_Mcw](#) [@\\_rachelOT](#) Hi. Catching up with [#OTalk](#) tweets I missed yesterday. I work in a non OT role in a setting with the homeless but am always keen to make links with OTs who work in this area and completely agree that OT has much to offer. Can I join the networking party too?



**Bareera @Bareera\_OT\_3983**

12 days ago

RT [@\\_rachelOT](#): [@Bareera\\_OT\\_3983](#) Oh that's really kind of you to say, always great to have a group of empathetic, like-minded people - thank...



**Sam Pywell @smileyfacehalo**

12 days ago

RT [@OTalk](#): [#OTalk](#) doing what it does best and generating some recommendations of other resources. A few people agreeing with this one. Tha...

**Emily Grace @PeriodsPower**

11 days ago



Next month I am doing an OT team teaching on [#seizures](#), anyone who has experienced a seizure what would you want health professionals to know ?? [#healthcare](#) [#OTalk](#) [#epilepsy](#) [#nonepilepticseizure](#) [@SeizureJournal](#) [@epilepsyaction](#) [@epilepsysociety](#)



**Neil Procter** [@procter\\_neil](#)  
[@BenBoisterous](#) do you have any suggestions?

11 days ago



**Sam Pywell** [@smileyfacehalo](#)

11 days ago

RT [@OTalk](#) : [#OTalk](#) 23 February 2021 – The challenges and opportunities of delivering occupation-focused interventions in secure mental heal...



**Sarah Wood** [@sarahwoodOT](#)

11 days ago

RT [@OTalk](#) : Ah [@dr\\_aunt](#). a common question. Everything you need to know to participate in an [#OTalk](#) is here in this handy guide <https://t...>



**Rachel Booth** [@OT\\_rach](#)

11 days ago

RT [@OTalk](#) : [#OTalk](#) 23 February 2021 – The challenges and opportunities of delivering occupation-focused interventions in secure mental heal...



**Rachel Booth** [@OT\\_rach](#)

11 days ago

[@TFiddes1](#) [@\\_rachelOT](#) [@OTalk](#) Don't forget it's only one t, in [#otalk](#). It's pronounced O Talk if that helps



**Dr Katrina Bannigan** [#BlackLivesMatter](#) [@KatrinaBannigan](#)

11 days ago

[@Katie\\_Moffat](#) [@NoraDempsey3](#) Me too! I think [@NoraDempsey3](#) has captured some of what we were driving at in the [#OTalk](#) led by [@HeatherBaglee](#) Its very impressive to see such leadership from students [@Ahpscot](#)



**Epilepsy Action** [@epilepsyaction](#)

11 days ago

RT [@PeriodsPower](#): Next month I am doing an OT team teaching on [#seizures](#), anyone who has experienced a seizure what would you want health p...



**Lorraine Lally** [@lorraine\\_lally](#)

11 days ago

RT [@PeriodsPower](#): Next month I am doing an OT team teaching on [#seizures](#), anyone who has experienced a seizure what would you want health p...



**Brain Ablaze** [@BrainAblaze](#)

11 days ago

RT [@PeriodsPower](#): Next month I am doing an OT team teaching on [#seizures](#), anyone who has experienced a seizure what would you want health p...



♥ **Christine Walker** [@ChristineWalke1](#)

11 days ago

RT [@PeriodsPower](#): Next month I am doing an OT team teaching on [#seizures](#), anyone who has experienced a seizure what would you want health p...



**SaraBethByrne** [@SaraBy55](#)

11 days ago

RT [@OTalk](#) : [#OTalk](#) 23 February 2021 – The challenges and opportunities of delivering occupation-focused interventions in secure mental heal...



**Tori OT** [@Tori\\_Doll](#)

11 days ago

RT [@OTalk](#) : [#OTalk](#) 23 February 2021 – The challenges and opportunities of delivering occupation-focused interventions in secure mental heal...



**Sam Pywell** [@smileyfacehalo](#)

11 days ago

[@sarah\\_bodell](#) [@ot\\_loyd](#) [@ElizabethCasso1](#) [@HollytheOT](#) [@SLawsonOT](#) [@DrCCConnell](#) [@Keirwales](#) [@SocialPrescrib2](#) [@Murphlemurph](#) Hello ! Welcome !!! Follow our lovely lot [@uclanot](#) [#uclanot](#) [@jarviskathryn1](#) [@KathJWard](#) [@analubc1](#) [@AnneMilstonOT](#) [@annaclampin\\_OT](#) [@LcollinsOT](#) [@imms\\_oh\\_OT](#) then [#OTalk](#) on Tuesday nights there's LOADS of us out here... lovely friendly twitter community 😊😊😊😊 <https://t.co/FHVNkOFCzi>



**TeamMedicine&Surgery\_NUH** [@OTmedsurgNUH](#)

11 days ago

RT [@PeriodsPower](#): Next month I am doing an OT team teaching on [#seizures](#), anyone who has experienced a seizure what would you want health p...



**Vicki Student OT** [@VickiSmithOT1](#)

10 days ago

I wanted to give a shout out to [@Occ4LifeLtd](#) for this amazing resource that Kirsty has created. My 1st CPD activity I'm looking at is going to be [#OTalk](#), my first [#OTalk](#) has planted the seed for my dissertation [@CovUniOT](#). A great CPD resource, hugely recommended! <https://t.co/HVvksec7NMP>




**Kirsty Stanley Occupation4Life** [@Occ4LifeLtd](#)

10 days ago

Thank you Vicki. So happy it's given you an idea for your dissertation already.

Showing 1 to 400 of 400 entries

 #OTalk content from [Twitter](#).

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