

Location, time, and fees

LOCATION

The clinic is located at the San Jose State University campus in the Health Building (HB), Room 204/206.

MEETING TIMES

Group activities and one on one student/client support is offered on Tuesdays and Thursdays from 9-10:15 AM during the Fall and Spring semesters. Generally, the Fall semester starts in early September and finishes in early December and the Spring semester starts in early February and finishes in early May.

FEES

A sliding scale is provided for those needing financial assistance and any donation, no matter the amount, is appreciated. A donation of \$150.00 per semester is suggested to cover supply costs including all activities, craft projects, refreshments, and holiday cooking celebrations.

Please share this brochure with others you think may be interested



SJSU | DEPARTMENT OF OCCUPATIONAL THERAPY

Referrals

Self-referrals from clients and families, as well as referrals from mental health professionals, are most welcome. To make a referral to the clinic, please contact Professor Karen Pickett at the Department of Occupational Therapy at San Jose State University.

Let's Start!

Address: San Jose State University
One Washington Square
Department of Occupational Therapy
San Jose, CA 95192-0059
Phone: 408-924-3201
Fax: 408-924-3088

Email: karen.pickett@sjsu.edu

Website: www.sjsu.edu/occupationaltherapy/ot-clinics

Psychosocial Occupational Therapy Clinic

Improve the occupations of your life

Psychosocial occupational therapy clinic

The San Jose State University Psychosocial OT clinic is a safe, fun, and supportive environment for clients that fosters client social skill development, and bolsters clients' self-confidence and self esteem. Each Student therapist works closely alongside their client to develop personalized client action plans to accomplish that client's individual goals. The expected outcome is for clients to experience success in meeting goals and incorporating them into their daily lives.

Role of Occupational Therapy

The role of occupational therapy in mental health is to help individuals and groups of people improve the occupations of their daily life including productive activities (such as volunteer/paid work or school), self-care (such as cooking, money management, personal grooming, sleep, exercise) and leisure (familiar or new activities you enjoy or want to try, alone or with others).

Treatment

Treatment is conducted by graduate level student therapists under the direct supervision of a licensed occupational therapist and faculty member of San Jose State University. Student therapists will

- use formal and informal occupational therapy client assessments
- create an intervention plan, originating from client goals and therapist observations, and encourage, support and facilitate the client in taking action steps to follow this plan successfully.
- plan and facilitate individual and group sessions
- prepare the client for discharge, provide recommendations, and empower them with resource referrals and a home program

Most clients

Are coping with their mental illness and are seeking ways to improve their productivity, manage their own self care needs, meet new friends, and find enjoyable leisure activities to do.

Clinical Supervisor Karen Pickett, MS, OTR/L, SWC

Karen Pickett received her BSOT and MSOT at San Jose State University. Her career of over 30 years has included psychiatry in locked, community and acute settings. In addition Karen has practiced OT in physical disabilities acute care, SNF and Acute Rehabilitation. She has also been a supervisor of OT, PT and SLP services in acute care hospital setting.

