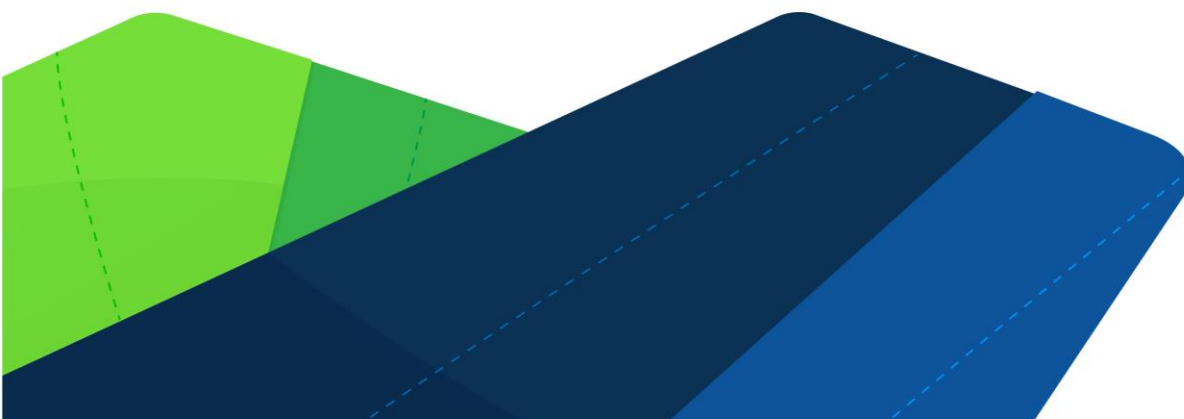


Sensory Approaches in Mental Health Clinical Capability Framework

Developed by the Mental Health Occupational
Therapy Sensory Approaches Clinical Group
(MHOTSACG)



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Sensory Approaches in Mental Health Clinical Capability Framework v2
Developed by the Mental Health Occupational Therapy Sensory Approaches Clinical Group
August 2019

Queensland Health Sensory Approaches Clinical Capability Framework

The use of Sensory Approaches in mental health settings aims to teach consumers to use their sensory systems to self-regulate arousal levels, in order to improve participation in meaningful life activities. It is an approach that has been successfully applied in working with consumers experiencing escalating symptoms of agitation and distress.

The Sensory Approaches Clinical Capability Framework (Sensory Approaches CCF) can be used by all disciplines to assist clinicians and managers within mental health services inform their understanding of the level of training, knowledge and skills required to safely and effectively use sensory approaches in practice. Effective use of the Sensory Approaches CCF will support consistent, evidence informed and safe clinical practice against criteria within knowledge, supervision, scope of practice and education domains.

The Sensory Approaches CCF will:



Outline the knowledge and skills required to support increased access to evidence-informed sensory approaches clinical services for mental health consumers



Provide recommendations to guide clinical staff and managers in required capabilities for the safe and effective delivery of sensory approaches within each staff member's scope of practice



Build capacity for growth, change and innovation in the provision of sensory approaches through a culture of supervision and support



Promote a culture of lifelong learning in the development and delivery of sensory approaches across mental health services

Sensory Approaches CCF Capability Domains



Knowledge and skills



Supervision role



Scope of Practice



Education role

Sensory Approaches CCF Capability Levels

Aware

Basic awareness of sensory approaches and their application

Introductory training required

Every clinician working within mental health settings should work towards meeting this capability

Novice

Awareness and understanding of how to apply sensory approaches in a range of ways

Engaged in further development of knowledge and the application of skills by reflecting on practice with the support of supervision by a more experienced clinician

Experienced

Advanced knowledge of sensory approaches

Engaged in advanced training

Applying sensory approaches to clinical practice for over 1 year

Supervises less advanced clinicians

Facilitates training and assists with evaluation

Specialist





Greater than 3 years clinical practice in sensory approaches

Knowledge of all the key concepts* applicable to this area of clinical practice

Offers specialist consultation

Provides leadership in the development, application and evaluation of sensory approaches

Sensory Approaches in Mental Health Clinical Capability Framework: Self Reflection Tool

Reflect on your current sensory approaches capability for each of the domains below:	No experience	Aware	Novice	Experienced	Specialist
 Knowledge and skills					
 Scope of practice					
 Supervision role					
 Education role					

Following reflection on your current capability, identify learning needs in collaboration with your line manager, supervisor, colleagues

1. 
- 2.
- 3.

How will you meet these learning needs and translate learning into practice?

1. 
- 2.
- 3.

Sensory Approaches Capability Domain 1

Knowledge and Skills: *Knowledge refers to the theoretical and practical awareness and understanding of the use of sensory strategies clinically. Skills within this domain reflect the proficiency in delivering sensory strategies in a collaborative, client focussed, evidence informed, recovery oriented and effective manner.*

Level 1 Aware Clinician	Level 2 Novice Clinician	Level 3 Experienced Clinician	Level 4 Specialist Clinician
<p>Awareness of sensory approaches and how they influence engagement in occupation</p> <p>Awareness of Trauma Informed Care & Practice, Recovery Model</p> <p>Aware of and adheres to local and state guidelines, procedures and policies on sensory approaches</p>	<p>Understands how to apply sensory approaches to improve a person's capacity to engage in occupation</p> <p>Links sensory approaches to Trauma Informed Care & Practice, Recovery Model</p> <p>Aware of and adheres to local and state guidelines, procedures and policies on sensory approaches</p>	<p>Broad knowledge of formal and informal sensory assessments and interventions and links to a person's occupational performance and goals</p> <p>Understands links between sensory approaches and relevant theoretical and practice frameworks</p> <p>Has developed skills in specific sensory based models of assessment and intervention and can articulate indications for using these models within context of the consumer's presentation</p> <p>Contributes to as appropriate local and state guidelines, procedures and policies on sensory approaches</p>	<p>Knowledge of and contributes to current research on sensory approaches</p> <p>Critically evaluates implementation and efficacy of outcomes of sensory approaches</p> <p>Contributes to and develops local and state guidelines, procedures and policies on sensory approaches</p>

Sensory Approaches Capability Domain 2

Scope of Practice: Clinician capability to undertake a range of procedures, actions and processes regarding sensory based practice in a manner that is safe, effective and occurs within governance practices of work unit.

Level 1 Aware Clinician	Level 2 Novice Clinician	Level 3 Experienced Clinician	Level 4 Specialist Clinician
<p>Identifies consumers who may benefit from sensory approaches and makes appropriate referrals</p> <p>Uses a Safety Tool¹ to assist consumers to self-soothe and self-regulate</p> <p>Supports sensory approaches for a consumer as recommended by a more experienced clinician</p> <p>Supports delivery of sensory groups</p>	<p>Assesses sensory preferences and works with consumer to explore and use sensory strategies – via Sensory Rooms, Sensory Kits, Sensory Groups, with supervision</p> <p>Administers formalised sensory based assessments² that are within professional scope under supervision of experienced clinician</p> <p>Identifies consumers requiring more complex assessment and</p>	<p>Administers and interprets formal and informal assessments of sensory processing that are within professional scope and makes recommendations based on these; develops treatment plans and sensory diets; evaluates outcomes and provides feedback to all stakeholders on sensory approaches</p> <p>Competency in application of specialised sensory modalities</p> <p>Develops, co-ordinates and evaluates individual and group programs that have sensory based components</p>	<p>Provides consultation to clinicians and teams on sensory approaches for complex clinical cases</p> <p>Provides leadership, advocacy and accountability for integrating sensory approaches into clinical programming</p> <p>Uses relevant sensory based occupational therapy frameworks and programs e.g.</p>

	<p>intervention and refers as appropriate</p> <p>Applies knowledge of sensory approaches to Safety Tool</p> <p>Co-facilitates sensory groups</p> <p>Explains sensory approaches to consumers and carers</p> <p>Provides feedback to treating team on impact of sensory approaches on mental state and behaviour</p>	<p>Advises on resourcing with regard to safety and utility of materials and equipment</p>	<p>Dunne’s Model of Sensory Processing, Sensory Motor Arousal Regulation Treatment (SMART) Model, Sensory Connection Program, to advise interventions and service development in their clinical area</p>
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1. Safety Tool

These tools may also be called Personal Safety Plan, Crisis Intervention Plan and so on. This type of document is developed in collaboration with the consumer and the staff member to identify early warning signs, triggers, and sensory based strategies to regulate emotions during times of crisis or dysregulation.

2. Sensory based assessments

Certain assessments such as the Sensory Profile are licensed only to occupational therapists and select other professionals. Training is recommended in their administration and interpretation.’

For further information see here: <https://www.pearsonclinical.com.au/products/view/23>

Sensory Approaches Capability Domain 3

Supervision Role: *Level of engagement in supervision including both participation and facilitation*

Level 1 Aware Clinician	Level 2 Novice Clinician	Level 3 Experienced Clinician	Level 4 Specialist Clinician
<p>Accesses work-shadowing, mentoring and / or group supervision on sensory approaches with more experienced clinicians</p>	<p>Receives individual supervision and / or mentoring with experienced or specialist clinician. This will include reflection on practice as appropriate to interventions used.</p>	<p>Accesses individual or group supervision, and engages with specialist forums such as Mental Health Occupational Therapy Sensory Approaches Clinical Group</p> <p>Provides supervision, mentoring and work-shadowing to students, aware and novice clinicians</p>	<p>Accesses individual or group supervision, and engages with specialist forums such as Mental Health Occupational Therapy Sensory Approaches Clinical Group</p> <p>Provides supervision, mentoring and work-shadowing to aware, novice and experienced clinicians</p>

Sensory Approaches Capability Domain 4

Education Role: *Level of participation and/or facilitation of formal and evidence informed professional development and training*

Level 1 Aware Clinician	Level 2 Novice Clinician	Level 3 Experienced Clinician	Level 4 Specialist Clinician
<p>Completed introductory education in sensory approaches by Experienced or Advanced clinician, and /or Queensland Centre for Mental Health Learning (QCMHL) E-learning package</p>	<p>Education in sensory approaches by an Experienced or Advanced Clinician</p> <p>Engages in self-directed learning / consumer of literature on sensory approaches</p>	<p>Greater than one-year clinical practice in sensory approaches</p> <p>Provides education and training to less experienced clinicians</p> <p>May have completed Train the Trainer education</p> <p>Articulates clinical reasoning in application of sensory approaches</p>	<p>Greater than three years clinical practice using sensory approaches</p> <p>Provides education and training to clinicians less experienced in sensory based approaches</p> <p>Engages in forums to keep knowledge current</p> <p>Provides Train the Trainer education</p> <p>Develops and advises on guidelines/ procedures/ policies on sensory approaches within the context of relevant occupational therapy frameworks</p> <p>Represents sensory based practices amongst the broader professional community by providing training, publishing and presenting at conferences</p>

Links to Sensory Resources:

Mental Health Occupational therapy sensory Approaches Clinical Collaborative (MHOTSACC): <https://qheps.health.qld.gov.au/occupational-therapy/clinical/collaboratives/sensory>

An e-Learning Package has been developed by members of the MHOTSACC and Queensland Centre for Mental Health Learning. It is available here: <http://www.qcmhl.qld.edu.au/>

Acknowledgements:

MHOTSACG would like to acknowledge the following Frameworks were used with permission to inform the development of this Sensory Approaches Clinical Capability Framework:

- Therapy Capability and Practice Framework, Addiction and Mental Health Services, Metro South Hospital and Health Service: http://qheps.health.qld.gov.au/metrosouthmentalhealth/docs/therapy_framework.pdf
Special thanks to the Therapies Oversight Committee, Metro South Addiction and Mental Health Services.
- Queensland Health Occupational Therapy Clinical Capability Framework: https://qheps.health.qld.gov.au/_data/assets/pdf_file/0041/1891877/otccf-framework.pdf