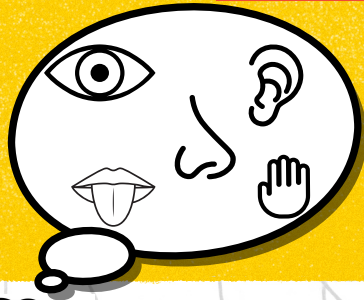


Sensory-based OT interventions are designed to support mental health by:

- Educating clients on the impact of sensory processing on arousal regulation.
- Helping clients better understand their sensory preferences and processing patterns.
- Increasing awareness of physical and emotional responses to stressful situations.
- Teaching clients to modify the task and/or environment, in order to adjust for comfort and optimal functioning.
- Supporting clients incorporate preferred sensory regulation strategies into their daily routines.



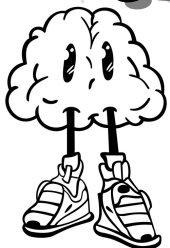
Painted Brain's Mental Health
Occupational Therapy Services

Phone: 213 . 289 . 3578

www.PaintedBrain.org

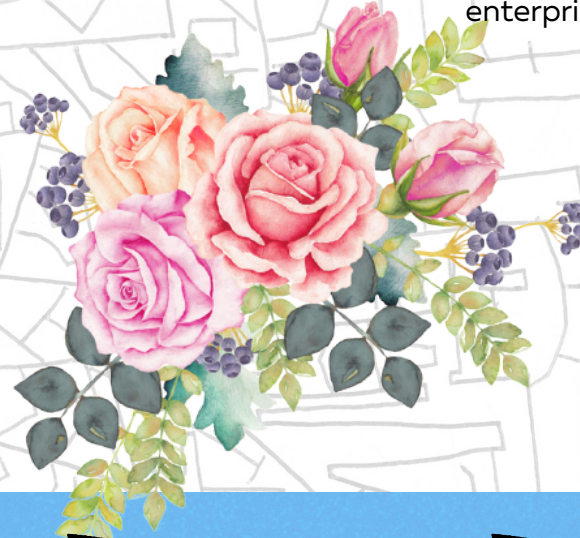
Email: Hello@paintedbrain.org

Address: 5980 W. Pico Blvd.
Los Angeles, CA, 90035



Mission Statement

Painted Brain creates lasting community-based solutions to mental health challenges and the impact of social justice through arts, advocacy, and enterprise.



"Nobody sends flowers when you're in the Mental Health Hospital, but Painted Brain is there when you get out. Their creative community is changing the way people think about mental illness."
- Elyn Saks, PhD

THE PAINTED BRAIN

The Importance of Sensory Processing in Mental Health Treatment

Interventions that support effective sensory processing are an essential component of mental health treatment since sensory processing dysfunction has been observed across a range of mental health disorders and clinical symptoms.

- Sensory processing deficits around exteroception (i.e., sensations from external stimuli) have been linked to schizophrenia, depression, PTSD, ASD.
- Sensory processing deficits around interoception (i.e., sensations from internal signals) have been linked to panic disorder, depression, PTSD, anxiety, and ASD.
- Increased sensitivity to sensory stimuli has been commonly observed in people with ASD, anxiety, depression, and OCD.

Occupational Therapy (OT)

Occupational Therapy is a holistic, client-centered health profession that works with individuals across the lifespan to improve functional participation in meaningful occupations (i.e., activities) that contribute to one's overall health and wellbeing. Painted Brain OT services help clients experiencing functional limitations due to their mental health live meaningful lives by improving their ability to do the activities that they want to do, need to do, or are expected to do on a daily basis.

Occupational Therapy is proven to help with...

- Symptom management
- Stress and anxiety management
- Depression management
- Sensory processing and arousal regulation
- Energy and fatigue management
- Pain management
- Executive functioning skills: focus, attention, time management, organization, problem solving, etc.
- Goal setting and attainment
- Assertive communication and self-advocacy
- Self-esteem and self-efficacy
- Independent living skills and daily routines: self care, sleep and rest, exercise, eating, meal preparation, home management, budgeting, employment, education, play/leisure, etc.
- Social engagement and community participation
- Lifestyle balance and quality of life



Individual OT Services

- Sensory processing and arousal regulation strategies
- Executive functioning and cognitive training
- Self-regulation and relaxation techniques
- Activity of daily living training to support independent living skills
- Obtaining/maintaining employment or formal education
- Health-promoting habit and routine development: self care, sleep and rest, exercise, eating, etc.
- Sleep hygiene
- Social skills training
- Community reintegration
- Environmental modifications
- Energy conservation and fatigue management strategies
- Ergonomic and body mechanic training



Group OT Services

- Sensory processing and arousal regulation
- Self-regulation & relaxation strategies
- Social skills training
- Improving balance between self care, sleep/rest, productivity, and play/leisure routines
- Community reintegration
- Stress & anxiety management
- Depression management



Clients can receive OT services in-person as well as virtually.

Funding for Services

For more information about payment options for individual therapy and group services, contact our team at

hello@paintedbrain.org