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**Facilitating a breakfast preparation group in a rural mental health facility to achieve positive outcomes and experiences for inpatients.**

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**Introduction:** Throughout Australia, studies have shown that breakfast may not be consumed by young adults, especially females, between the ages of 16-44 years. Subsequently, young adults are less likely to consume the required daily intake of vitamins and minerals. This can have a negative impact on mental health, contributing to depression and lower feelings of general health and well-being. Meals are commonly served by staff in mental health facilities thus eliminating the opportunity for the patient to gain independence and skill development by preparing their own meal.

**Objectives:** Patients should be able to plan, prepare, serve, and tidy following the breakfast group without prompting. Patients are provided with an opportunity off the ward in a normalised environment to increase their social confidence. **Methods:** Use of AusTOMs outcome measures (n=39) to assess patients' occupational performance. Use of a feedback form (n=23) to ascertain the patients' perspective of the group. **Results:** Initial evaluations show that every participant (100%) indicated enjoyment of the group with a majority (56%) reporting that they specifically enjoyed 'talking' above newspapers and radio. A significant majority indicated that they had previously skipped breakfast (68%) however 80% of participants reported more confidence to prepare breakfast regularly after discharge from hospital. The AusTOMs reflected improvements in the patients' abilities to learn and apply knowledge, interact with others and carry out daily tasks. **Conclusion:** Inpatients in a mental health facility benefit from an Occupational Therapy group which provides an opportunity to prepare their own breakfast, an essential daily meal, with the nurturing of social skills and independence. Initial findings have shown that an increase in patients' skills and confidence in the breakfast group may be transferred to the community on discharge.