



Western Australia's First Public Women's Only Mental Health Hospital

An Occupational Therapists role in supporting women.



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Cockburn Health



New women's mental health service

in WA designed for safe, inclusive, and tailored care.



Prioritises biopsychosocial needs

to minimise trauma and harm that can occur in mixed-gender wards.



Addresses the unique needs of women

due to biological/hormonal differences, social inequalities and trauma that contribute to higher levels of psychological distress experienced by women



Cockburn Health is a stand-alone 75-bed inpatient facility

under Fiona Stanley Fremantle Hospitals Group (FSFHG).



Voluntary female patients aged 18 to 65

are admitted in various life stages and recovery.



A state wide service,

the environment supports a gender-informed, recovery focused mental health treatment for women across WA.

The OT role within Women's Mental Health



Occupational therapists (OTs) take a holistic approach in supporting women's mental health by conducting comprehensive assessments and delivering personalised interventions in both individual and group therapy settings. This includes:

- ♥ Addressing physical, emotional, social, cultural and spiritual well-being
- ♥ Supporting across life stages and hormonal changes
- ♥ Assessing and respond to functional and cognitive needs
- ♥ Improving daily function and meaningful participation
- ♥ Enhancing coping skills and symptom management
- ♥ Fostering social connection, healthy relationships and community integration
- ♥ Delivering evidence-based treatments:
 - Dialectical Behavioural Therapy (DBT)
 - Cognitive Behavioural Therapy (CBT)
 - Acceptance Commitment Therapy (ACT)
 - Sensory Modulation

OTs apply these core principles with a focused lens tailored to each speciality area below.

The OT role with Withdrawal Management



OTs support individual's recovery journey through withdrawal, stabilisation, relapse prevention and maintenance by:

- ♥ Providing psychoeducation on addiction, withdrawal, and mental health
- ♥ Promoting insight and motivation for recovery
- ♥ Addressing barriers to daily functioning, including sleep, self-care, routines
- ♥ Developing skills for managing cravings and preventing relapse
- ♥ Encouraging value-based choices and decision-making
- ♥ Facilitating return to valued roles and purposeful activities
- ♥ Strengthening social connection and community reintegration

The OT role within Eating Disorders



OTs provide recovery-focused support, assessing and addressing the functional impact of eating disorders through:

- ♥ Supporting regular eating patterns and routines
- ♥ Challenging unhelpful thoughts and behaviours related to food and body image
- ♥ Cultivating a positive sense of self-worth and identity separate to the eating disorder
- ♥ Strengthening emotional regulation and distress tolerance
- ♥ Building confidence in daily living tasks, including meal planning, shopping and cooking
- ♥ Enhancing communication skills and support networks
- ♥ Guiding transition into the community through skill-building, routine development and engagement in purposeful and fulfilling occupations



"The individual sessions played a crucial role in my healing journey, led by wonderfully compassionate and kind OTs who provide patients with the tools they need for the community."

- feedback from patient

Multi-disciplinary team

- Occupational therapy
- Nursing
- Psychiatry
- Social work
- Clinical psychology
- Pharmacy
- Dietetics
- Exercise physiology
- Allied health assistants
- Welfare officers
- Aboriginal liaison officers
- Peer support workers
- Pastoral care
- General practitioners
- Medical officers

Principles of care

- Women centred
- Holistic
- Multidisciplinary
- Recovery focused
- Cultural security
- Trauma informed
- Reproductive and sexual health
- Inclusive of non-binary and transgender individuals who identify as women