



OT 24 Hour Virtual Exchange

October 29/30/31

[Depending on where you are]

Exploring Balance



Brock Cook is an Occupational Therapist with experience working in various Mental Health community and rehabilitation settings and he is currently working in a Mental Health Inpatient Unit. Brock has always had an interest in Technology and in trying to find different ways to integrate various technologies into practice. He is the founder/creator/maintainer/all-round-good-guy behind the MH4OT (Mental Health for OT) website, Facebook group and twitter feed. MH4OT was started as a place for MH OT's to network, share and exchange ideas, opinions and resources. Brock is a firm believer in integrating learning, networking and resource transfer/availability into our daily lives without it being a chore.

Social Media: More than lol's and Memes

For the longest time the main media used for knowledge dissemination within Occupational Therapy were books, journals and word of mouth. In the last 10 years the world has entered a truly digital age and the OT profession needs to follow diligently or be left behind.

Through the development of MH4OT across various platforms, Brock learned many things about how Social Media can be utilised by clinicians as an effective tool for resource sharing, discussions, problem solving, networking, and CPD.

It is commonly overheard that people feel "unable to use" Social Media because, "it's too hard," "it's just for young people" or that it's just a "waste of time." What these people are really doing are putting up barriers to using some of the most accessible, easy to use, widest available resources in the modern world. This is not to say that all social media is suitable for all purposes.

As one may expect, creating, maintaining and updating an internationally utilised Mental Health OT resources is eventually going to throw out anyone's work life balance. Brock intends to discuss this with you, in particular what steps he trialled and implemented to maintain a happy well balanced life in the modern age.

www.mh4ot.com

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