



Downtown Women's Center (DWC)

- Non-profit organization in Los Angeles, California
- Primary focus is to serve and empower women experiencing homelessness and formerly homeless women
- Mission: "End homelessness for women in greater Los Angeles through housing, wellness, employment, and advocacy" (DWC, 2022)
- Provides supportive services to permanent supportive housing (PSH) residents like nursing, occupational therapy (OT), and case management
- Services offered to women of the community: access to Day Center for basic needs, community-based housing services, job readiness, employment training, health services, wellness services, case management

Identified Needs

Four identified areas of need at Downtown Women's Center:

- 1) Creating and implementing effective and self-sustaining medication management plans with residents
- 2) Implementing treatment plans in home after resident discharge from hospital
- 3) Fall prevention both in home and the community
- 4) Increasing resident income to support self-sufficiency

Literature Review

- Prominent literature gap on OT impact on employment and medication management in emerging practice settings
- Underestimated importance of selecting appropriate instruments to guide medication management assessments and interventions (Badawoud et al., 2020)
- OTs crucial role in supporting individuals as they transition to being housed but lack of OT utilization overall (Marshall et al., 2022 & Marshall et al., 2020)

Gainful Employment Program for Individuals Living with Mental Illness Veronica Jasmine Pelayo, OTD/s, CNP DOWNTOWN WOMEN'S CENTER

Faculty Mentor: Elise Leizerovich, OTD, OTR/L Site Mentor: Richard McHam, OTD, OTR/L West Coast University - Center for Graduate Studies

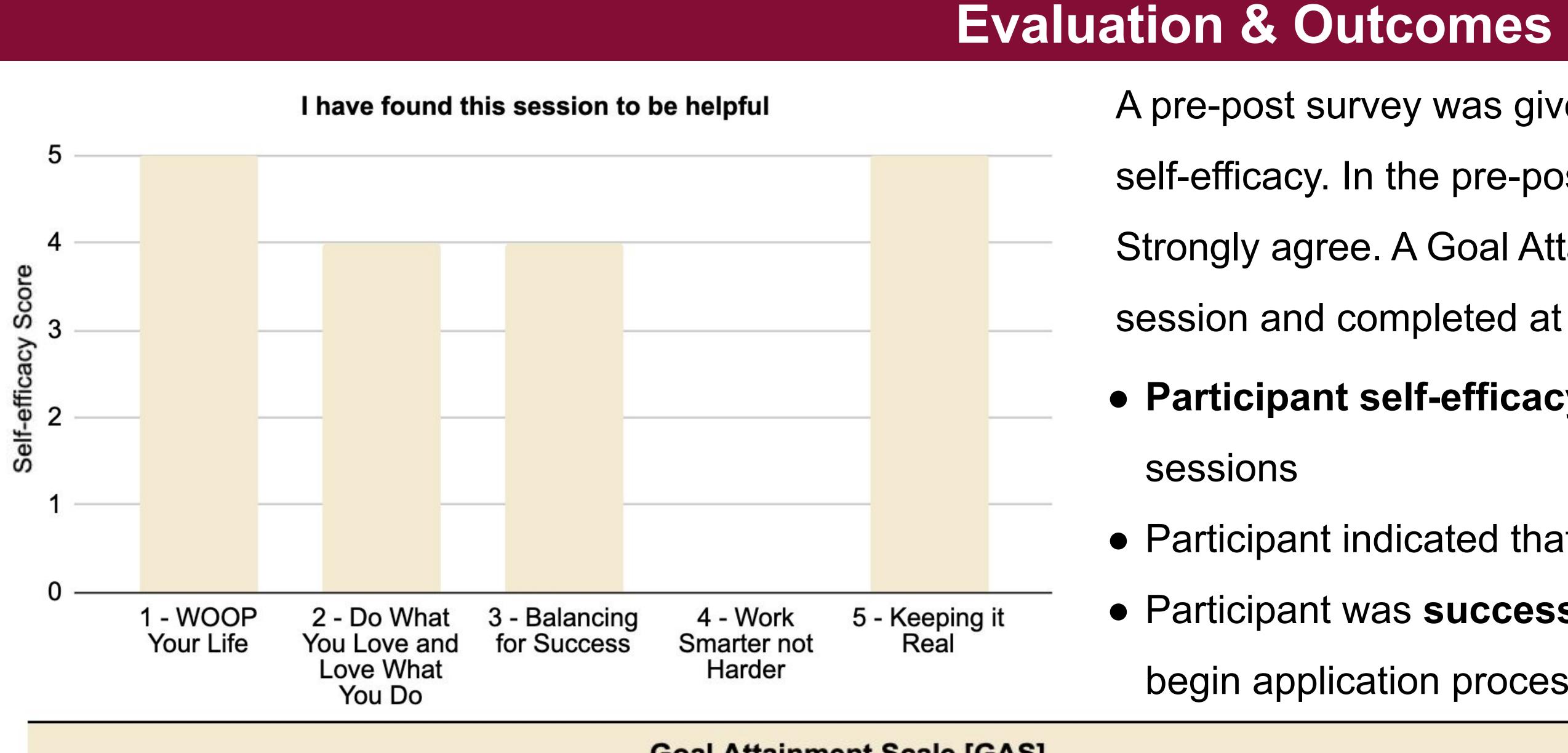
Individual Learning Objectives

The doctoral student completed the following objectives by the end of the 14-week DCE:

- Developed a gainful employment program (GEP) for individuals who have experienced chronic homelessness
- Implemented and evaluated the GEP to determine its effectiveness in increasing self-efficacy among participants
- Developed a medication management guide (MMG) for OT fieldwork student utilization with PSH residents

Project Description & Implementation

- 1) A five-week gainful employment program in collaboration with DWC's Workforce Development (WFD) department to obtain and maintain employment and address the underlying causes of unemployment
- 2) A virtual medication management guide functioning as a tool readily available to future OT students
 - > To increase students' knowledge and skills to effectively evaluate and improve medication management in PSH residents



Participant Stated Goal	Goal Attainment Scale [GAS]						
	Importance	Difficulty	Weight	Baseline	Met?		Varia
I want to obtain a career.	3	2	6	None	No	Partially achieved	Atten to
I want to get skills by going back to school for my career.	2	2	4	None	No	Partially achieved	Atter to
I want to stay fit and work on my physical health/limitations.	3	2	6	Some	No	Partially achieved	Sche and

GEP Session Topics

- 1) WOOP (wish, outcome, obstacle, plan)
- 2) Career interests and values
- 3) Work-life balance, weekly planning 4) Work ergonomics and disability
- advocacy
- 5) DWC employment resources and WFD referral

MMG Topics

- 1) OT role in medication management
- 2) Referrals

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- 3) Assessments
- 4) Interventions
- 5) Medication management

A pre-post survey was given at each session to measure changes in participant self-efficacy. In the pre-post survey, a(1) = Strongly disagree and <math>a(5) =Strongly agree. A Goal Attainment Scale was also conducted during the first session and completed at the end of the last session.

Participant self-efficacy increased or remained the same throughout all

 Participant indicated that they found the sessions attended to be helpful Participant was successfully referred to DWC's workforce development to begin application process for LA:Rise transitional employment positions

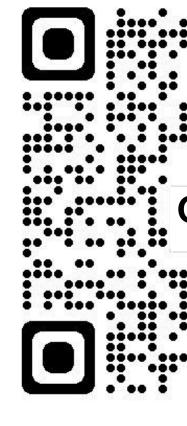
ending WFD workshops to explore careers.

tending WFD sessions o explore education

neduled plan to reserve d work out in a fitness room on site.

• Participant Goal Attainment Scale (GAS) demonstrated slight increase in achievement of goals despite time restraints given time between initial GAS and final GAS







This work would not have been possible without the support from the staff and participants at Downtown Women's Center. To my mentors Dr. Elise Leizerovich and Dr. Richard McHam, thank you for all your guidance and encouragement throughout this process, I am eternally grateful.

Guiding Theoretical Frameworks

Seven Dimensions of Wellness (Strout & Howard, 2012)

• Address the needs of the population served by doctoral capstone experience site • Focused on continued growth and balance in every dimension of an individual's life

Occupational Adaptation Model (Schkade & Schultz, 1992) • Utilized with the employment-based interventions and modules to facilitate participation in desired work

Scholarly Deliverables

GAINFUL EMPLOYMENT PROGRAM MANUAL

Downtown Women's Center has been given original documents MANAGEMENT including outlines, protocols, handouts, surveys, and resources into their **OneDrive.** Additional deliverables include pre-recorded video walkthrough of MMG and an article.



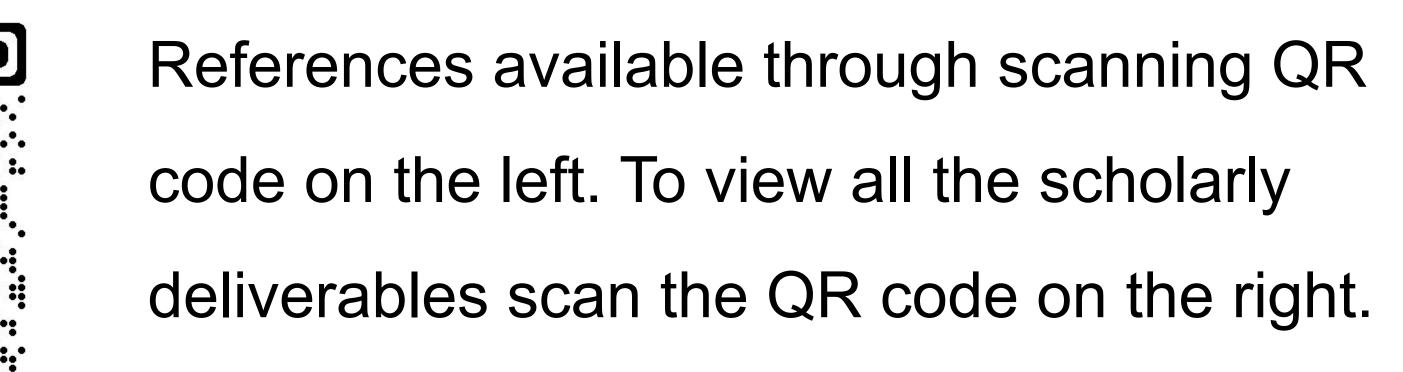
To view the scholarly deliverables, please scan or click on the QR codes available.



MEDICATION

GUIDE







Acknowledgements