

Social-Emotional Learning Program for At-Risk Youth

**H O M E L E S S
H E A L T H C A R E
L O S A N G E L E S**

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**WEST COAST
UNIVERSITY**
Founded 1909

DCE Site: Homeless Health Care Los Angeles

- Non-profit organization in Los Angeles, California
- Reducing harm through services for those who are mostly experiencing homelessness and/or substance use
- **Mission:** To increase quality of life by providing unique health care programs, resources, and partnerships that empower individuals to overcome obstacles, reclaim stability, and achieve greater independence (HHCLA, 2021)

Identified Needs

Initial needs assessment:

- Conduct a secondary needs assessment for youths needs
- Enhance youth engagement and retention strategies
- Develop a comprehensive youth outpatient programming

Secondary needs assessment:

- Expand social-emotional learning (SEL) resources for youth and substance use disorder (SUD)
- Incorporate art groups, outings, and youth leadership opportunities for interventions
- Lack of funding from Medi-Cal affect youth resources

Literature Review

- SEL is not equally distributed among U.S. school-based curriculum, suggesting an increase of SEL outpatient programs (Calhoun et al., 2020; Mahoney et al., 2021)
- Emotional intelligence is an important risk factor for the development of addictions and should be addressed early on (Henning et al., 2021)
- Social knowledge may be a novel treatment target for psychosocial interventions (Macfie et al., 2023)
- Occupation-based interventions support social participation and mental health concerns of youth (Cahill et al., 2020)

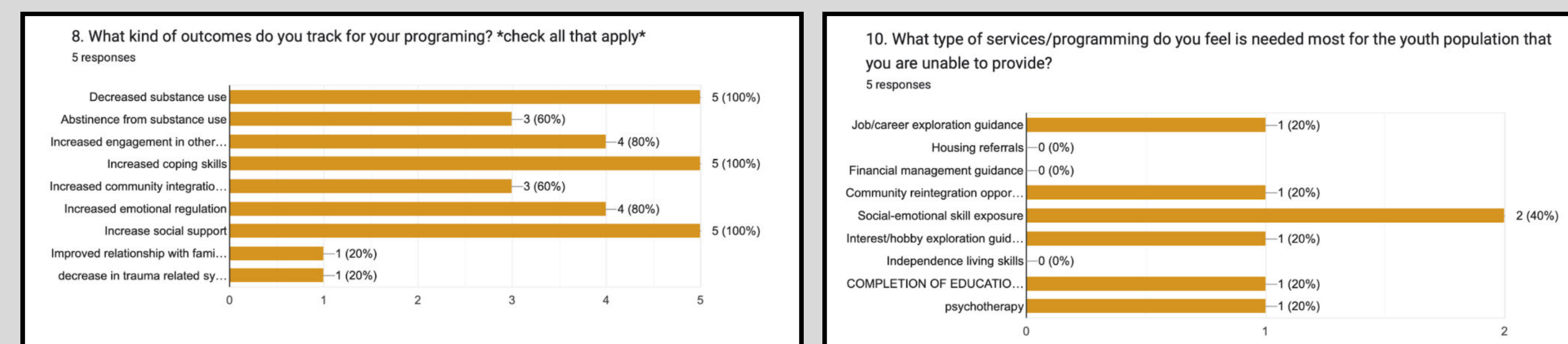
Learning Objectives

By the end of DCE, the capstone student has:

1. Gained occupational therapy (OT) clinical practice skills in a community-based setting
2. Completed secondary needs assessment for youth SUD outpatient program
3. Developed an outpatient program guideline for youth

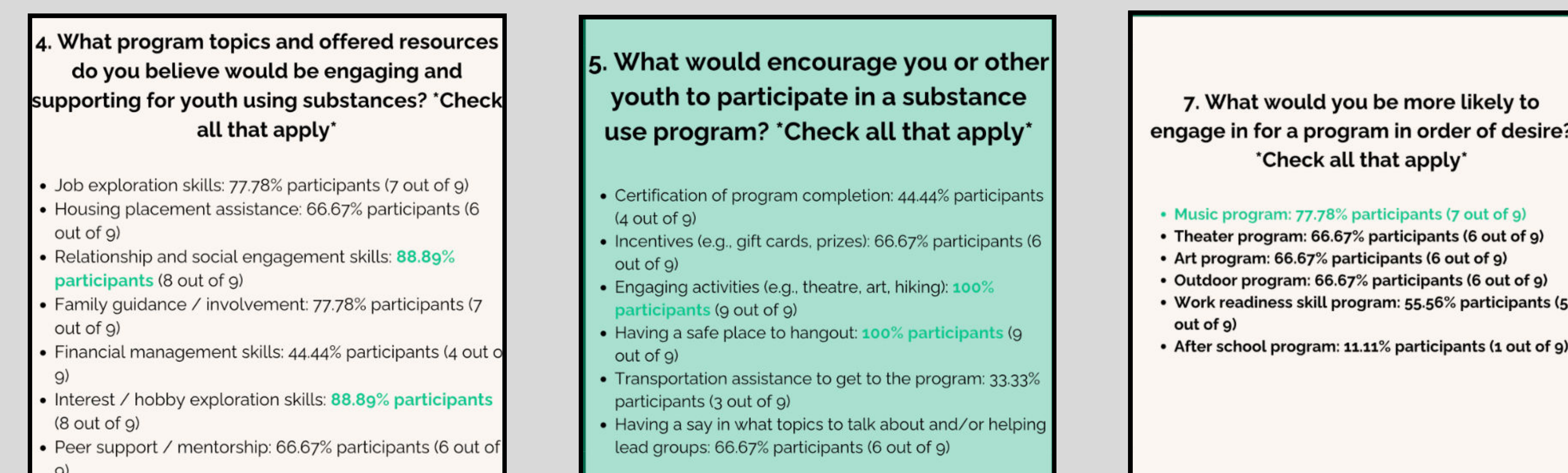
Evaluation

Other SUD Youth Outpatient Program Survey Results



- **100%** response to social support as a program outcome
- **40%** response to provide more social-emotional skill exposure

Youth Student Survey Results



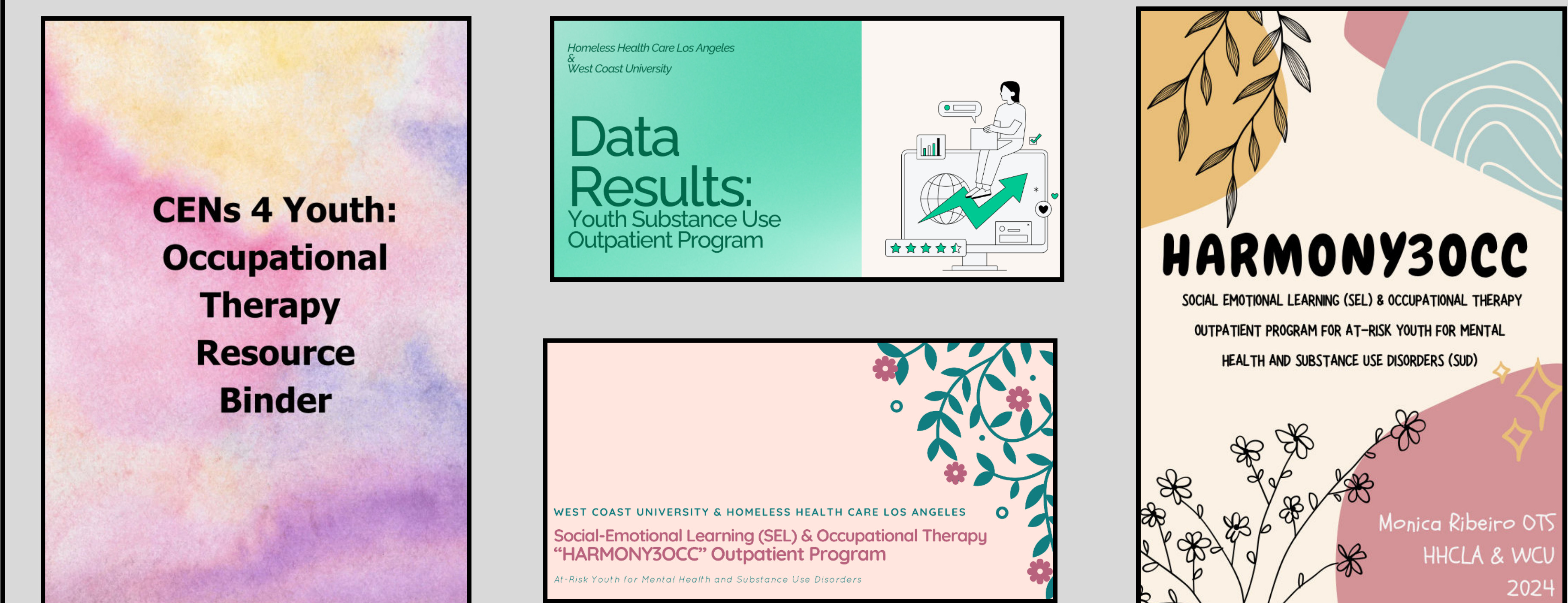
- **89%** response to social-emotional engagement skills as engaging and supporting for youth
- **100%** response to for engaging activities (e.g. hiking) to encourage youth participation
- **78%** response to a music program as the most engaging program for youth

Program Description

HARMONY3OCC Social-Emotional Learning Program

- At-risk youth for mental health and SUD at 12-24 years of age
- School and/or community-based settings
- In-person platform, alternative locations suggested
- Once a week; 1.5hr; total of 6 weeks to receive certificate
- **Purpose:**
 - Short term: increase confidence in SEL categories
 - Long term: increase other meaningful activities and social supports

Scholarly Deliverables



Deliverables such as OT resources, data results, and the program guideline will be property of both HHCLA and the OTD/s

Acknowledgements

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**HARMONY3OCC
Program Binder:**



References:

