



GROUP OCCUPATIONAL THERAPY AND DISCHARGE READINESS IN SUBSTANCE USE RECOVERY

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DCE SITE DESCRIPTION

- **Kedren Health** is a non-profit organization, located in South Los Angeles, CA that provides primary care and mental health services to adults and children
 - The capstone experience focused on the adult inpatient psychiatric population
- **Mission Statement:** “Our mission is to provide quality integrated health and behavioral health services to children, youth, adults, and families irrespective of immigration status, residency, language, culture, gender, ethnicity, religion, sexual orientation, or ability to pay,” (Kedren Health, 2020)

SUMMARY OF NEEDS ASSESSMENT

1. Group sessions for substance use recovery
2. Patient educational materials
3. Staff education

LITERATURE REVIEW

RECURRING THEMES

- Individuals recovering from substance use experience positive outcomes with group occupational therapy (OT) interventions, such as increased self-efficacy, identifying role models, and reducing symptoms (Ngooi et al., 2022; Wasmuth et al., 2016)
- Studies identified life skills and leisure exploration as the most commonly used interventions among this population (Bell et al., 2015; Ryan and Boland, 2021; Wasmuth et al., 2016)
- There is a lack of empirical evidence on effectiveness of OT interventions within this population and existing evidence is low in quality (Dogu and Ozkan, 2023; Rojo-Mota et al., 2017; Ryan and Boland, 2021)

GAPS IN LITERATURE

- Gaps in literature indicate need for additional studies to ensure evidence based practice

LEARNING OBJECTIVES

1. Develop a group OT program for individuals recovering from substance use
2. Implement a group OT program designed for individuals recovering from substance use
3. Improve clinical skills with patients within an inpatient mental health facility
4. Evaluate the effectiveness of the implemented group OT program and advocate for the OT profession within a mental health setting

PROJECT DESCRIPTION AND IMPLEMENTATION

PURPOSE

- To assess the effectiveness of group OT intervention sessions on increasing discharge readiness among individuals recovering from substance use within an acute inpatient mental health facility

PROGRAM STRUCTURE

- The program was offered to clients over a seven week period and was completely voluntary. Sessions were held twice per week for one hour each. Pre- and post- assessments were administered to participants to evaluate program effectiveness in relation to discharge readiness. Anonymous pre- and post- surveys were administered during each individual session to evaluate the effectiveness of each intervention

PROJECT OUTCOMES

QUANTITATIVE FINDINGS (n= 15)

Figure 1

Change in C-PROM Scores

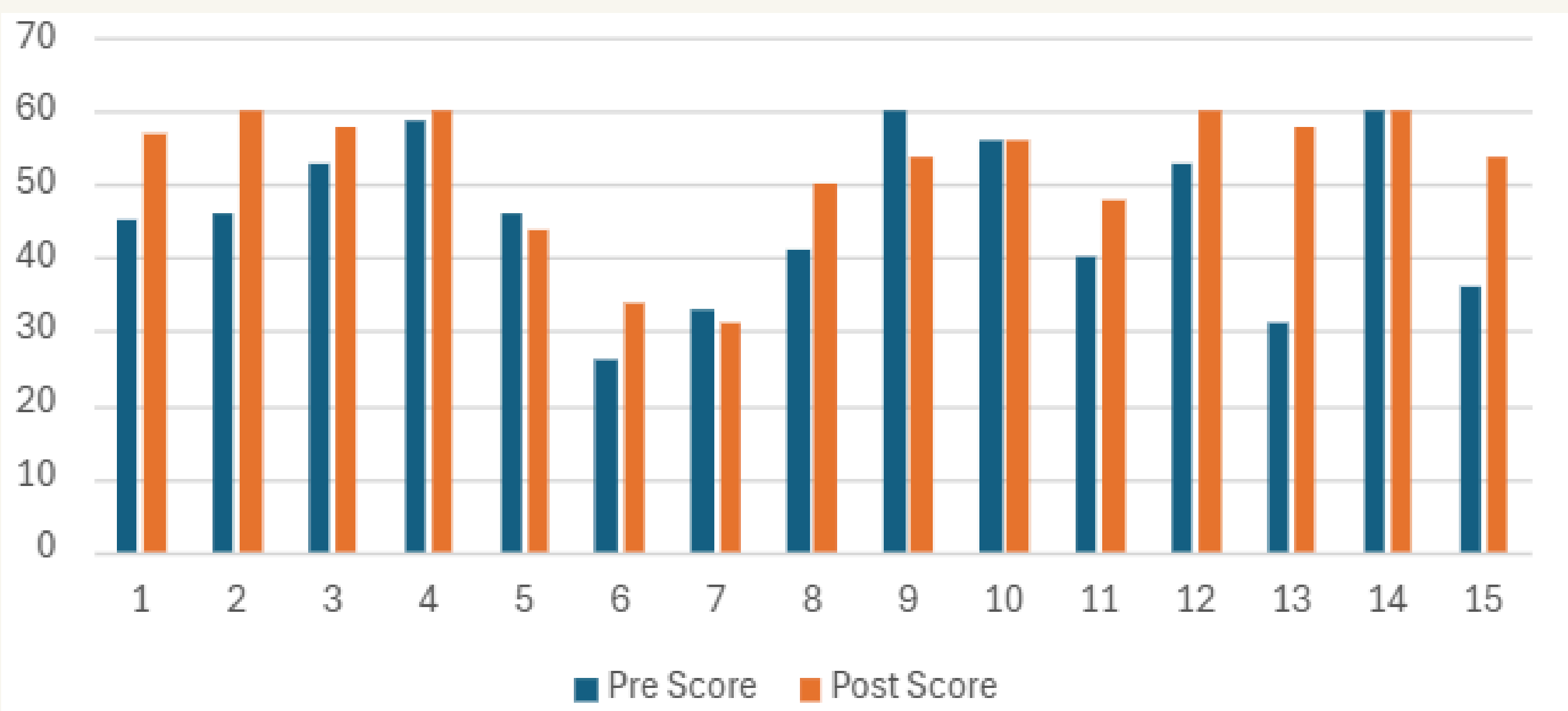
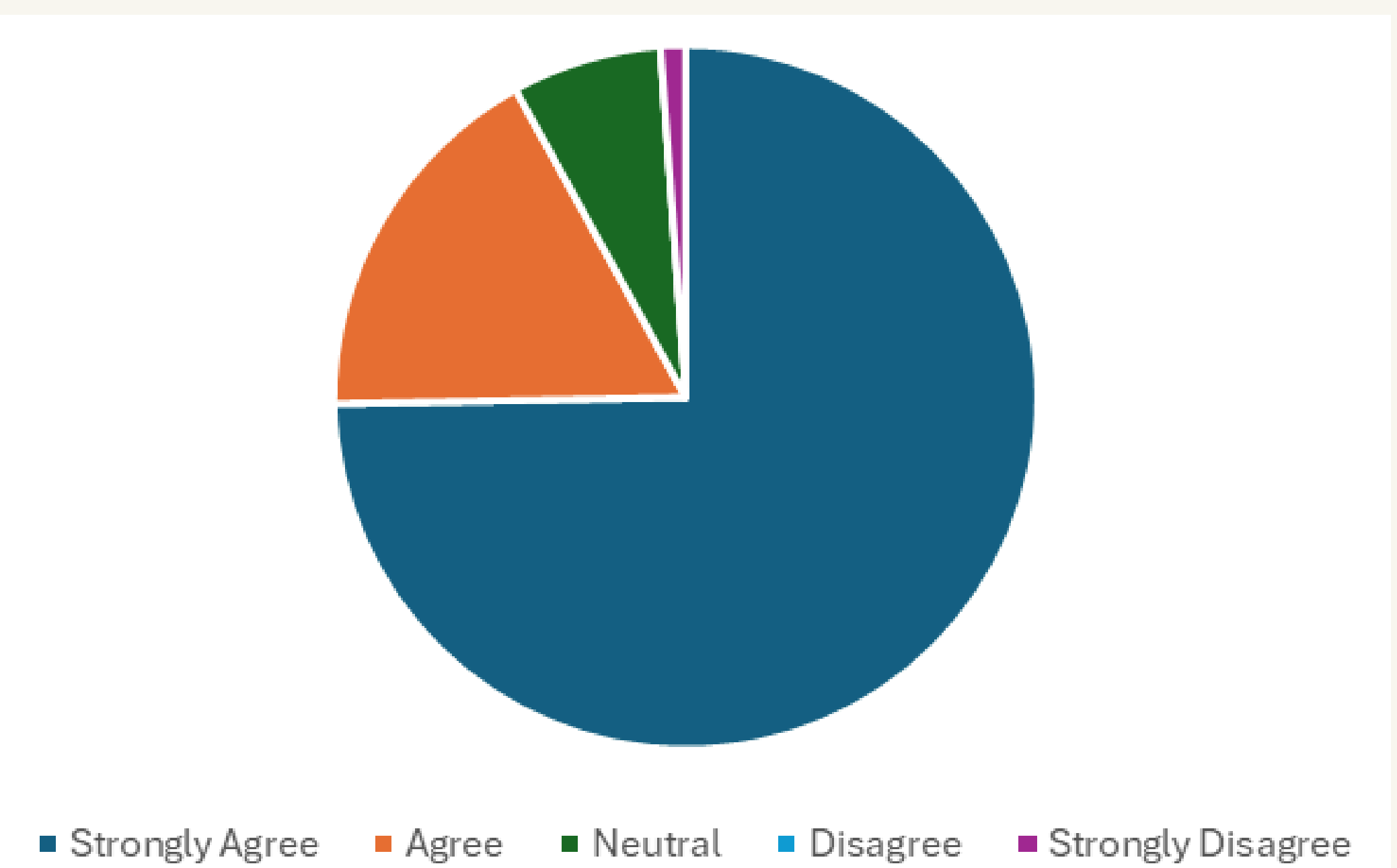


Figure 2

Perceived Helpfulness for Discharge



QUALITATIVE FINDINGS

THEMES

- **Safe space**
 - New support systems
 - New friendships
 - “I found that there's others like me who think like me and I don't feel alone”
- **Being honest about substance use and struggles**
 - Improvement in insight and acceptance
 - “If it wasn't for you I wouldn't have recognized my worries and fears...I didn't want to touch it and now I'm okay with it”
- **Closed groups preferred**
 - Minimized distractions
 - Active discussions
 - “People are open minded. It was helpful to hear their stories. It was more interactive... Selective groups helped”
- **New/different groups preferred**
 - Relevant topics
 - “It's always something new and I've learned so much about myself and addiction”

DISCUSSION

DISCUSSION

- Statistically significant improvement in participant future outlook
- Statistically significant improvement in readiness to change
- Statistically significant improvement in perceived control over life
- Decrease or lack of change in scores related to dishonesty and shame upon pre-assessment, indicating improved insight and acceptance
- Moderate, positive correlation between readiness to change and number of groups attended

LIMITATIONS

- Unexpected discharges affect data collection
- Language barrier prevents data collection from individuals who do not speak English
- Patient reports of dishonesty and shame affect self-assessment scoring

IMPLICATIONS FOR OT

- Increased knowledge of efficacy of interventions among substance use recovery population
- Foundation to support implementation of group OT interventions for substance use recovery population in mental health facilities
- Future studies can further refine data collection methods and explore efficacy among individuals recovering from specific substances
- Future studies can explore efficacy among Spanish speakers

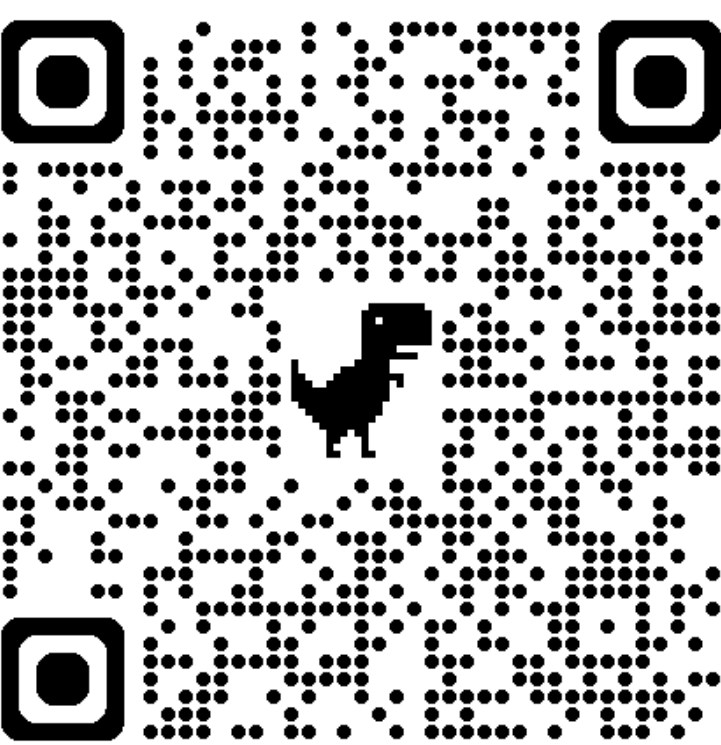
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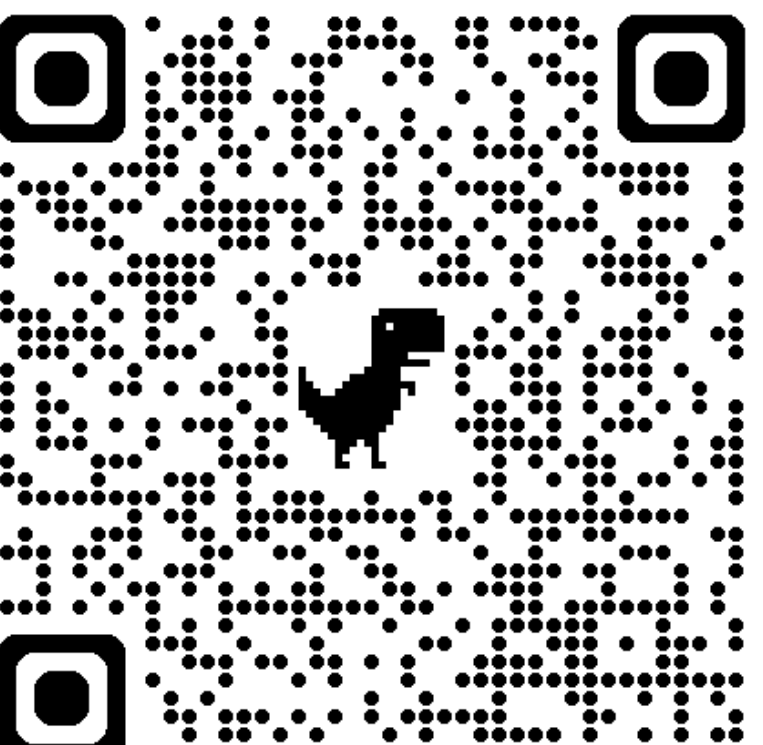
SCHOLARLY DELIVERABLES



EDUCATIONAL
MATERIALS



PROGRAM OUTLINES



REFERENCES