



## **LAITR/CSS Pilot Report: Updates from 5/2022-5/2023**

*Referrals: 8*

*Discharged Cts: 2*

*Current Cts: 5*

Over the span of one year, we have received eight referrals for 1:1 OT services. Seven of the eight referrals were from the same parole officer. Two clients have been discharged, five are active clients and one has not yet been evaluated due to issues with their phone and we are in contact with their PO for assistance.

In this report, you will see 1.) the baselines of all of our individuals, 2.) re-evaluation outcomes for the two clients we have done re-evaluations with, 3.) qualitative feedback from participants, 4.) goal areas from all of our individuals, 5.) parole violations and reasons for discharge.

### **Baseline Scores and Outcomes**

Four of the five active clients have started with us within the last 1 month, therefore we do not have outcome data to share for most and have limited baseline data on some individuals as they have not yet finished their evaluation process.

Of the two individuals we do have re-evaluation data for, one has since become homeless thus most of his scores (stress, quality of life) have drastically declined however this individual's anxiety, depression and sleep scores have shown improvement since starting with LAITR OT. The other individual has been discharged from OT.

Due to the limited number of referrals until this past month, we do not have sufficient quantitative outcome scores to share. Despite this, with enough individuals to produce outcomes data, we plan to see similar outcomes as we [have just reported in our report with Washtenaw County Sheriff's Office](#) which include: moderate improvements in emotional and behavioral control, perceived stress and trauma recovery and significant improvement in quality of life.

### **Baseline Scores Worthy of Notice for DOC clients:**

- Higher perceived stress than the general population
- Higher anxiety, depression and sleep disturbances than the general population
- Higher ACEs (Adverse Childhood Experiences) than the general population
- Low TRS scores (Trauma Recovery Scale) indicating high impact of trauma symptoms in daily life
- Significantly lower QOL (Quality of Life) compared to the general population

### **Qualitative Reports**



We sent the following request to 5/5 active clients to respond to the prompt and received 3/5 thus far:

**What do you think of the occupational therapy services you have received so far and what feedback might you have for us?**

**Response #1:** “Its really helpful especially when I’m kinda lost at the beginning of the week it helps me itemize what I need to to say focus and I just wanted to give a big shout out to Spencer morris for everything you rock!”

**Response #2:** “Spencer, I really liked our therapy session. You helped me to understand the importance of leisure activities. How important it is to stay connected to the community. Mr. Spencer was very professional, and made you feel comfortable. He really inspired me to regain my focus”.

**Response #3:** “So far it’s been going well at first didn’t know what to expect, yet it’s not what I thought it would be.. I feel Ariana and Sophie is doing a wonderful job helping, explaining the areas we are working on.”

## **Goal Areas**

All goal areas based on 6 total participants. Below are the goals of 2/2 discharged clients and 4/5 active clients (one active client is still in evaluation process):

- 5/6 individuals had goals for: Sleep.
- 4/6 individuals had goals for: Budgeting, Health management, Communication/Community Engagement and Emotional Regulation/Stress Management.
- 3/6 individuals had goals for: Education and Healthy Habits and Routines.
- 2/6 individuals had goals for: Work Exploration/Employment, Technology Use, and Time management.
- 1/6 individuals had goals for: Home Maintenance, Work Life Balance, Caregiving, Transportation, Resources, Exercise, Strengths and Housing.

## **Parole Violations and Discharges**

- Two clients have been discharged since the start of services.
  - One individual was discharged at the end of their parole after five months of sporadic engagement with only six total intervention sessions. Despite sporadic engagement and reports of feeling he “had to participate”, at discharge his PO reported “I do think you helped him whether he felt it or not. He is a very tough nut to crack.”
  - The other individual was discharged due to return to jail before we could finish our evaluation process with him.



- Besides the client who returned to jail before we could finish our evaluation, none of our clients have had any parole violations since being involved with LAITR OT.

### **Recommendations for Expansion:**

Due to the perceived progress clients have made with occupational therapy thus far, it is LAITR's recommendation to expand services in the following areas:

1. Increase caseload and reach within Washtenaw County and Jackson County
2. Increase reach to inside facilities prior to release
3. Increase reach to alternative facilities like SAI
4. Provide Life Skills Groups at CSS

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