



LAITR/WCSO Pilot Report: Updates from 4/2021-4/2023

Referrals: 31

Discharged Cts: 16

Current Cts: 15

LAITR was added to WCSO’s Reentry Team in April, 2021 to assist clients reentering the community post-incarceration. This report reviews the progress of the program over its first and second year and provides suggestions going forward to maximize success.

Since the program began, LAITR has received 31 referrals—the first 6 of which were considered “pilot” clients. LAITR has hired a second OT who is currently part-time and has a caseload of 5/8 + 1 group while the full time OT has a caseload of 10/10 + 2 groups. LAITR will be starting a women’s group in April 2023 for a total of 4 groups inside the jail.

LAITR communicates with CM and Reentry Coordinator weekly to ID solutions to barriers, with the biggest barrier being loss of contact once in the community. Clients are seen on a weekly basis inside and outside of the facility.

Each client is formally reassessed at 3 months to determine eligibility and readiness for the next phase or reduction in frequency and to quantify progress made. Phase 3 is when frequency reduces to 1x every other week while phase 4 there is a reduction in frequency to 1x per month, otherwise (in phases 1 and 2), clients are seen weekly.

Individual 1:1 Data:

Qualitative Data

Satisfaction survey results completed by 7 1:1 individuals in 2022 and 6 1:1 individuals in 2023 who received over 2 OT intervention sessions:

Q1 - I am satisfied with the occupational therapy services I have received so far.			
	Strongly disagree	0.00%	0
	Disagree	0.00%	0
	Neutral	0.00%	0
	Agree	15.4%	2
	Strongly agree	84.6 %	11

Q2 - The individual sessions I have participated in have been relevant to my life.			
	Strongly disagree	0.00%	0
	Disagree	0.00%	0
	Neutral	7.7%	1
	Agree	15.4%	2
	Strongly agree	76.9%	10
Q3 - I feel that I learned something in my sessions that will help me in the future.			
	Strongly disagree	0.00%	0
	Disagree	0.00%	0
	Neutral	0.00%	0
	Agree	15.4%	2
	Strongly agree	84.6 %	11
Q4 - How are the occupational therapy sessions different than other things you've tried in the past?			
	- It's really impacting my life and how I handle situations		
	- Relationship feel comfortable		
	- They seem to work		
	Other classes are not one on one so it's like all the focus and not on u like you think it should be.		
	They are very warm and caring. Very likeable individuals. They make me feel like looking forward to therapy.		
	- I have never tried anything like this but I enjoy the self knowledge I'm getting		
	This class keep me grounded		
	The ot class actually helps me and if there is something specific that I need help with they will Help.		
	- They teach me newer ways on how to succeed in life		
	-Continuously working on personal problems and is more beneficial over group therapy.		

	To me it's more personal and direct I have learned a lot dealing with OT on life management skills that I can use now and in the future
Q5 - What feedback would you like to provide? Any additional comments or questions?	
	- There great and very helpful on creating goals in your life and achieving them
	I would just like to say thanks for the patience I was shown and the respect I received. Those two things truly go a long way towards allowing one in my position to move forward and not backwards. Thanks!
	- That I am a good person juz overall and I can do wateva I put my mind to
	Don't stop doing what you're doing as t occupational therapy. It's so needed in the community. One of the best unknown secrets that people should know about. So I hope the secret gets out to more people!
	- This is a great program and I have learned so much about myself
	- I gained a lot of tools to this
	- Gained very useful tools
	- I really appreciate OT my life has changed dramatically

Quantitative Data

These numbers represent the average client's scores between initial evaluation and re-evaluation which include a total of 31 participating clients. In this evaluation characteristics that are essential to a successful transition back into the community were assessed. A moderate change is noted by a positive difference of 5< points (1/2 a standard deviation) and a significant change is noted by a positive 10< point difference (full standard deviation).

Emotional & behavioral dyscontrol: pre - 52.8, post - 47.7

General self-efficacy: pre - 45.3, post - 46.6

Meaning & purpose: pre - 50, post 52.8

Perceived stress: pre - 59.3, post - 54.8

Self-efficacy managing emotions: pre - 43.5, post - 46.8

Executive functioning 32.5 (pre for 9 individuals), 30.33 (post 3 individuals)

QOL: pre - 72, post - 82

TRS: 84.4 (pre-4 individuals) 73 (post- 6 individuals)

ACES: 4.08 (no pre/post test as it measures adverse childhood experiences)

The pre score represents where the clients were prior to engaging in occupational therapy and the post represents the improvements made after participating in weekly occupational therapy services after at least 3 months of services. Every measure above has demonstrated at least minimal improvement (positive change of <5) since beginning occupational therapy



demonstrating the positive impacts with no regressions. Moderate positive changes were seen in emotional and behavioral control, perceived stress and trauma response symptoms. Significant improvements seen in quality of life.

It is also important to note that many of these measures can be compared to the general population and during the initial assessment this sample had moderately lower self efficacy and self-efficacy managing emotions and significantly higher stress when compared to the general population. After participating in occupational therapy, these numbers are within normal limits and comparable to the general population. Additionally, the sample has an average ACE score of 4< which is significantly higher than the general population indicating increased traumatic experiences for this population as children and need for trauma informed care.

Goal Areas:

The most common goal areas addressed in our sessions include:

- Emotional regulation
- Time management/organization
- Budgeting
- Sleep
- Leisure
- Health management
- Communication
- Goal setting
- Sobriety
- Social participation
- Healthy habits and routines
- Parenting

Life Skills Workbook Data:

The LSBW is an interactive workbook given to participants that has been modified after initial clients piloted and is now in its second iteration. All 12 sections of the LSBW were analyzed with overall averages reported below for **individual OT participants as well as group participants (95+ individuals)**. A Likert scale was used to obtain satisfaction from participants ranging from 5 (strongly agree) to 1 (strongly disagree) on satisfaction with materials, relevance of materials and learning something for future use. On average, individual participants *and* individuals in the Life Skills group enjoy the LSBW sections and believe it to be both relevant and educational for future use.



Overall Satisfaction of LSWB: 4.52/5

Satisfaction with materials: 4.54/5

Relevance of activities: 4.51/5

Learned something: 4.52/5

Feedback from individual and group clients regarding LSWB sections:

Stages of Change:

"Honestly, these questions helped me re-evaluate my self and goals, and realized I'm on the right track.

Thank you"- Group Participant

"Very therapeutic and helpful. Need expert to confirm my action and/or give me other options" Group 1

"This section cares how the client thinks and feels. Always treat this as to really help people change and not just a job" Group 2

Goal Setting:

"I was just struggling w/ the accountability buddy, but I think it was me trying to find excuses"

"Got me set an important goal for a better future!"

"It help me Identity my support team and actually lock in on my goal" - group 2

"It gave me an idea how to plan ahead"-LSWB Program

Habits and Routines:

"I enjoyed this section because it helped me realize that even my everyday tasks play a part in me accomplishing a goal"

"I found that it was really helpful in daily life and i will be using this method a lot in the future"-LSWB Program

"I had an amazing experience. I brag about how much fun my OT packets are to the other inmates - they are so jealous, I could tell."

"Reminded me that I have to focus and work on myself instead of putting everything else first, I need to focus on my routine!"

"Recognizing how to prioritize good habits and routines is ideal" - Group

"Helped me change a habit and gain one" - group

"This section helped me realize how documenting goals & habits help me to maintain consistency. Keep pushing us!!" -Group 2

Self care:

"Yes I think this should be a everyday thing and people like me can start using the materials" - LSWB program

"This was good to look at so I can see what I'm neglecting about self-care. Thank you"

"It really opened my eyes to how my relationship was struggling"



"This workbook and class have a big impact on my negative thoughts and more I need this class everyday of my life it bring out the best in me"- Group

Budgeting

"I never got taught these things I am homeless and I kinda felt ashamed and embarrassed. I need to talk one on one about my feelings"-LSWB Program

"I really feel good about this life skill activity it helps me organize my expenses"- Group 1

"Excellent preparation for the world" Group 1

Communication:

"I will apply this information in my communication skill. Thank you I like this it gives me a chance to look at myself"

"Identifying different communication skill is a great skill to apply to tough situations so it was very helpful"- LSWB Group1

"It helped me learn about how I communicate and how I should speak/listen to others"

Leisure:

"This book has given me a better outlook of life and to what lies ahead in the future if I have a positive attitude." -LSWB Program

"Never really thought of all these things to do in my leisure time. Great tool!" LSWB group

"As an adult finding time play is important in your life and health"- group

Strengths:

"I liked this activity identifying my strengths and seeing which ones I need to work on there's always room for improvement"-LSWB Program

"This was a tough exercise because I feel like I dont have many strengths"

"Great way to identify my strengths" LSWB program

Sleep:

"I feel this is helpful and provided a lot of good info. Thank you."

"Sleep is a main ingredient in our lives we need as much sleep as we need to stay awake!"

Time management:

"This was a great way to identify you flaws in time management" -LSWB Group Program

"I was able to actually sit back and reflect on numerous tasks that I was responsible for throughout the last two years. A lot has happened esp w/my granny + probate. So i learned that I need to look @ my multitasking" LSWB group



Emotional management:

"Helped me gain wisdom behind the emotions I feel." -Verbal Feedback

"Helped me remember to stop and think about the emotion and ways to get through the emotion (Neg)"

"The skills I learned are really going to help"

Health management:

"It gave me a different look about working out and being creative with tools I have"-LSWB Program

"I was not aware of some area of health good information"

"I appreciate learning all of the different types of healthy wellness such as social emotional etc, plus all the different types of healthy/unhealthy foods"

"Your health is very important to your daily life and it should be taken seriously"

Feedback regarding in-person Life Skills groups:

Life Skills Workbook has moved to a **group** format in which similar satisfaction data was collected after each **in-person Life Skills group session**, held in the jail, to gauge participants' satisfaction with interactive group activities.

Overall satisfaction with in-person LSWB groups: 4.70

- a good class. i can use the information learned on the outside world
- I think its a good way to open up. great job
- it's different, I really like it
- Perfect timing for what I'm going through. How to change mindset from anger to peace, happiness and productivity
- I believe that life skills should be in all middle school and high school
- very satisfied and learning new things
- excellent guidance for getting ready for the world
- This group will desperately help me with day to day life.
- It made me see how there has to be a balance between work and play. Also it showed more activities I did not think to include in my everyday life.
- it helped me get through my day and find my self within
- I Love The fact That The group all participates and helps go deeper in topics. revealing how we can Improve In our Daily Lives from day to day
- I feel like that your helping make inmates better people. great work from my point of view.
- Great Impact Give me ways to think Differently



Recommendations for Expansion:

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

1. Expansion to meet more needs
 - a. 1:1s and groups insides and outside of correctional facilities
2. Pilot
 - a. Sensory/trauma regulation room inside facilities
 - b. Trauma informed care incorporation
 - c. Juveniles who are justice-involved
 - d. Substance use centers
 - e. Exonerated individuals
 - f. Community violence prevention teams
3. Staff training
 - a. As needed regarding stress management, behavioral management, de-escalation, prompting they can provide our clients to increase carryover of skills learned in OT, etc

*Ariana Gonzalez, OTD, OTR/L,
Executive Director and Founder of LAITR*