



The Dark Side of Occupational Therapy

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Introduction

- There are roughly 1,950 homeless individuals in the Birmingham, Alabama area.
- The foundation of OT is based on meaningful occupations
- Essential to understand the meaning behind occupations is unique for each person
- Providing education and resources reduces the risk of harm
- Firehouse Ministries is an all-men's homeless shelter located in downtown Birmingham, AL.
- To design and implement a program on safety education resources/educational courses for homeless individuals' "maladaptive occupations" otherwise known as unsafe activities

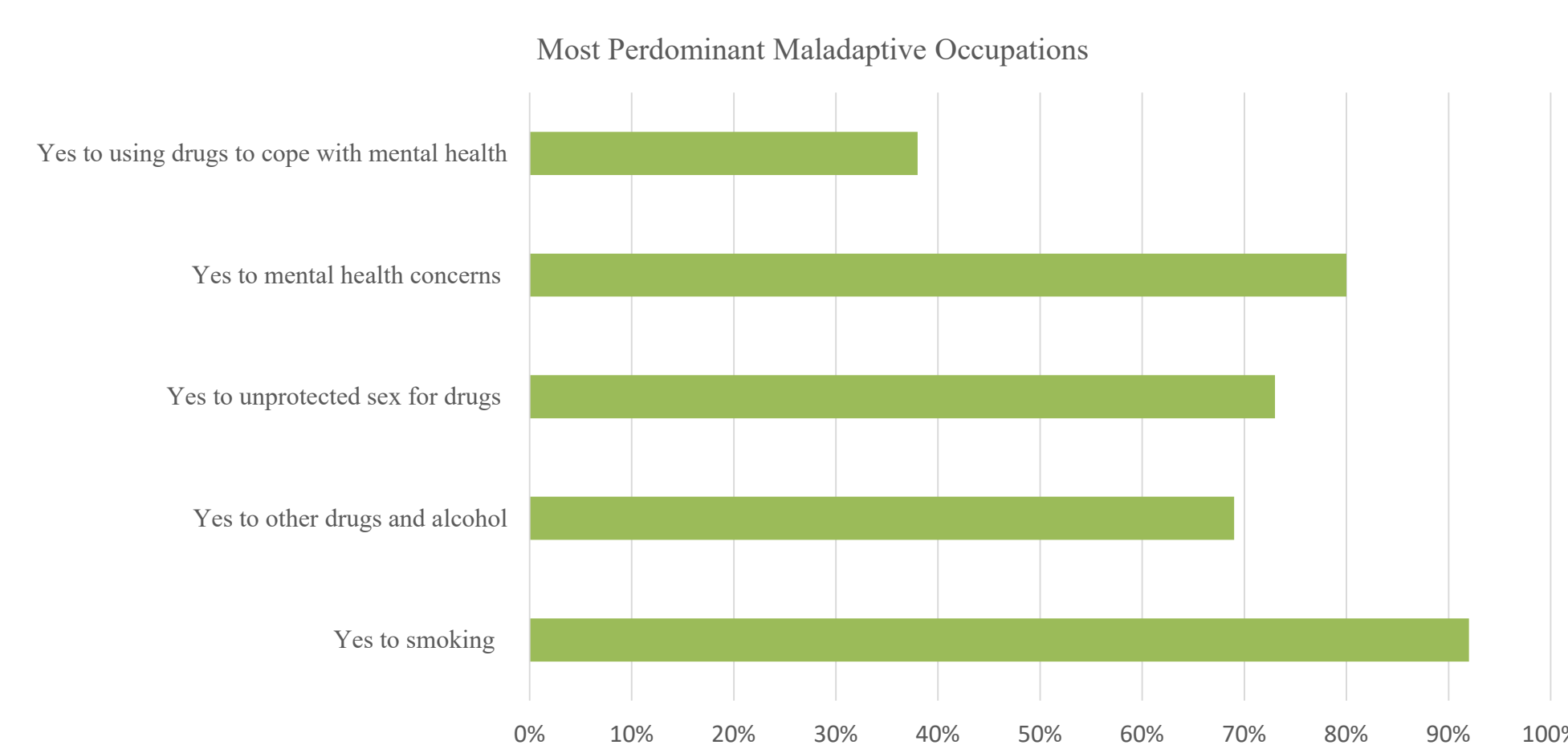
Methods

- Needs Assessment interview
 - Contained 9 questions
 - Inquired about maladaptive occupations
 - 26 interviews conducted
- Given the results, research was conducted by the project facilitator to facilitate five educational courses to educate individuals who are homeless on the more predominant maladaptive occupations
- Five courses were conducted
 - In the classroom at Firehouse Ministries
 - Monday at 11:00 am
 - Courses were 30-60 minutes in length
- Participants
 - Individuals utilizing resources at Firehouse Ministries
 - Individuals who identified as male
 - 26 total participants
- Pre/Post Test
 - Conducted at each of the 5 educational courses
 - Three questions were included
 - Responses remained anonymous

Results

Participants

- Individuals who identify as male
 - Between the ages of 21-75
- Via self-report, 100% of participants struggle with addiction



	Safe Sex Practices for Drugs		Basic Medical Knowledge		Overdose Training		Recovery and Mental health		Firehouse Ministries	
	Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post
Question 1. How much knowledge do you have?	5	2	3	3	4	5	4	5	1	5
	5	5	3	5	4	5	5	5	5	5
	5	5	5	3	1	1	3	4	5	4
	3	3	5	5	5	5	1	1	5	5
	5	5	5	5	3	5	4	4	4	5
	5	4	5	5	3	5	5	5	3	5
	2	4	5	5	3	4	4	5	5	4
	5	5	5	5	5	5	4	4	5	5
	4	4	3	5	4	5				
			5	5						
Question 2. How much knowledge on resources do you have?	1	2	3	5	1	5	5	5	1	5
	3	5	1	3	5	5	4	5	5	5
	5	5	3	3	2	5	5	5	5	4
	3	4	5	5	4	5	4	4	2	5
	5	5	5	3	4	5	1	1	4	5
	5	4	1	3	4	4	3	4	5	5
	2	4	5	5	2	2	5	5	5	4
	2	4	3	5	3	5	4	5	5	5
	3	4	3	5	3	4				
			3	5						
Question 3. How satisfied are you with the resources?	4	3	2	1	4	5	1	1	5	4
	2	1	2	1	1	1	1	5	5	1
	1	1	1	1	2	1	2	2	2	2
1 = Very Satisfied	3	2	3	3	2	1	5	4	1	1
2 = Satisfied	1	1	3	3	2	1	2	2	2	1
3 = Neutral	1	1	3	3	2	1	2	2	2	1
4 = Unsatisfied	2	2	4	3	2	1	1	1	2	2
5 = Very unsatisfied	4	2	2	2	3	2	2	1	1	1
	4	2	2	1	3	2	1	1	1	1
	2	3	2	2	2	1				

Note. For questions 1 and 2: 1 being a little knowledge and 5 being a lot of knowledge

Discussion

SURVEY RESPONSES

- Majority of participants' knowledge increased after all five educational courses
 - Safe sex for drugs
 - Basic Medical Knowledge
 - Overdose Training
 - Mental Health
 - Firehouse Resources

Discussion continued

- Overwhelmingly positive results in harm reduction in maladaptive occupations
- Many reported knowledge they previously held was proven incorrect
- Many reported the increase in knowledge will decrease the risk of harm

LIMITATIONS & AREA FOR IMPROVEMENT

- Low barring Shelter – active addiction poses a distraction for education
- Limited access to the facility during the day
- Tools used for data collection
- Difficulty in finding research participants
- Unwillingness to disclose drug use

Conclusion

Implications

- Utilizing data within other shelters
- Facilitators can use the topic with the least amount of increased knowledge to provide more education on maladaptive occupations
- Data implies a full-time OT could be beneficial to clients

Future Research

- Perform study with individuals who identify as female
- Modify pre/post-test
- Create clearer learning objectives for course presenters
- Explain the 5-point Likert scale in depth prior to administering

References

Firehouse Ministries. (2020, 7 May). Resources for Homelessness Outreach Birmingham. <https://firehouseshelter.com/resources/>

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