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Enhancing Discharge Preparation for Adults With Substance Use Disorder Within a Residential Treatment Facility

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BACKGROUND

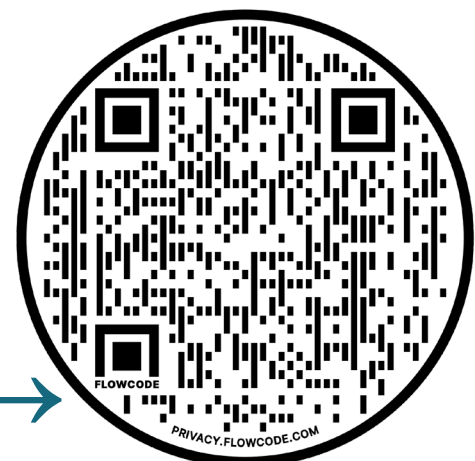
In 2018, an estimated 20.2 million Americans aged 18+ stated that they were recovering from substance use disorder (SUD; Office of National Drug Control Policy, 2020). The community reintegration process is a vital aspect of the recovery journey, which requires sufficient planning and preparation prior to discharge from residential treatment (Read & Stoffel, 2019). Individuals enrolled in a residential treatment program for SUD indicated the following aspects would better prepare them for community reintegration: access to stable and safe employment and housing, connection to aftercare and structured support groups, higher levels of assistance and preparation during the transition to community living and involvement in comprehensive discharge planning (Manuel et al., 2017). Historically, the role of occupational therapy (OT) with this population has been to facilitate the resumption of meaningful roles, identify supportive habits and routines, and address executive functioning deficits related to SUD (Champagne & Gray, 2016; Rojo-Mota et al., 2017). The literature indicates that occupation-based interventions in the domains of social participation, leisure, and work have been the most effective (Leppard et al., 2018; Martin et al., 2008; Rojo-Mota et al., 2017; Wasmuth et al., 2016).

PURPOSE

- To conduct a research study in order to determine OT interventions utilized with adults with SUD and the perceived effectiveness of those interventions.
- To evaluate the discharge needs of adults with SUD receiving residential treatment.
- To develop programming to enhance discharge preparation and utilize the preliminary findings of the research study to advocate for the role of OT at a SUD treatment facility.

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Scan for references →



RESEARCH STUDY

METHODS

The research study sought to explore the question: “Which OT interventions are utilized with adults with SUD and what are occupational therapy practitioners’ (OTP) perceptions of their effectiveness?” OTP who have worked or are currently working with adults with SUD were recruited from across the country via posts on social media, CommunOT, and personal connections to participate in the research study. There were 15 OTP who participated in the 24-question online survey and 2 who participated in an interview via Zoom.

Results

Themes	Subthemes
Variety of interventions utilized	Practical life skills training, occupational exploration and participation, creating routines
Awareness of recovery supports and barriers	Supports: Positive social support network, meaningful occupational engagement Barriers: Lack of social supports, cycle of relapse
Continuum of care transitions	Environmental influences, lost connection of providers

PROGRAM DEVELOPMENT

Needs Assessment

Process	<ul style="list-style-type: none"> • Conducted at a residential treatment center for SUD called Gateway Foundation located in Aurora, Illinois • Interviews were conducted with 29 total clients (25 males and 4 females ranging in age from 18-67 years old) to determine discharge needs. • Informal counselor interviews were conducted to understand the discharge planning process • Group therapy sessions and free time were observed to gain a sense of existing programming
Personal Recovery Outcome Measure	<ul style="list-style-type: none"> • Personal Recovery Outcome Measure (PROM) was administered to 22 clients • 30-item self-report assessment that measures recovery using a ruler and the corresponding statement to begin goal-setting • Statements arranged from lowest level of need to highest level of need (Mental Health Commission of Canada, 2016) • Average adjusted score = 23.2 (highest score possible = 30) • Item 23 = “I feel a part of my community”



23.2



CONCLUSIONS

Client Interview Themes

- Importance of routines to support recovery and structure time
- Establishment of sleep hygiene routines to improve sleep quality
- Opportunities to engage in meaningful roles
- Integration of skill application and practice
- Stress management and self-advocacy skills for the workplace

OBSERVATION OF PROGRAMMING

Structured free time

Goal setting and writing

PROGRAMMING RECOMMENDATIONS

- Goal writing and setting workshop
- Implementation of structured free time
- Opportunities for skill application
- Integration of the routines/time management group developed

APPLICATION OF THE RESEARCH STUDY

Preliminary results of the research study were used to support the developed programming and advocate for the role of OT at Gateway Foundation. Specifically, OTP in the research study stated that successful interventions utilized in practice include sleep routines, stress management, time management, and skill application. Routines were the most selected pattern of occupation addressed and meaningful occupational engagement was stated as a support to lasting recovery for this population.

NEXT STEPS & IMPACT

- Continuation of advocacy for OT’s role with SUD at all Gateway Foundation locations
- Establish a partnership between USAHS and Gateway Foundation as fieldwork site
- Potential project expansion and program implementation for future OTD students
- Need for further OT and SUD literature to increase evidence-based practice