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Enhancing Leisure Participation in an Inpatient Mental Health Setting

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BACKGROUND

- Rates of mental health issues have significantly increased in the US in the past decade (American Psychological Association, 2019)
- Leisure engagement enhances mental health treatment outcomes (Jeong & Park, 2021)
- Barriers to leisure exploration and participation exist in inpatient mental health settings (Ikiugi et al., 2019)
- Occupational therapy has shown efficacy in cost-effective approaches to improve mental health outcomes (Burson & Fette, 2017)

PROBLEM

- Leisure exploration & participation are under-utilized modes of mental health treatment in inpatient mental health (Ikiugi et al., 2019)
- Multi-faceted barriers to leisure engagement exist in the inpatient mental health setting (Raphael et al., 2021)
- Treatment approaches and mental health outcomes can be enhanced by addressing barriers to leisure (Bowser et al., 2017)

PURPOSE

To enhance *leisure exploration and participation* by shifting the perspectives concerning the efficacy, emphasis, and implementation of leisure during inpatient mental health treatment.

Identifying and addressing barriers to leisure engagement aimed to increase emphasis on leisure, guiding the development of educational programming and occupation-centered approaches.

METHODOLOGY

Theoretical Support

- *Person-Environment-Occupation-Performance (PEOP) Model* – valued roles, tasks, activities, and performance (Baum & Christiansen, 2005)
- *Model of Human Occupation (MOHO)* – volition, habituation, & performance capacity (Kielhofner et al., 1980)

Qualitative Data Gathering

- Perspectives of barriers, importance, and use of leisure engagement at site
 - *Extrinsic* factors
 - *Intrinsic* factors
 - Development of educational programming
- Needs assessment – SWOT analysis
- Clinical observation

SWOT Analysis

STRENGTHS	WEAKNESSES
<ul style="list-style-type: none">▪ Mediation of psychosocial barriers▪ Pt proactiveness to seek treatment▪ Multidisciplinary staff	<ul style="list-style-type: none">▪ Staffing issues → burnout, secondary stress, understaffing▪ Consistent OT coverage▪ Interdisciplinary communication (i.e., electronic communication)
OPPORTUNITIES	THREATS
<ul style="list-style-type: none">▪ Advocacy for consistent OT coverage▪ Community pet therapy services▪ AOTA legislative efforts▪ Federal government block grant funding	<ul style="list-style-type: none">▪ Overburden of mental health services▪ Economic climate▪ Potential increase in homelessness▪ Financial insecurities▪ Loss of employment & health insurance

RESULTS & ANALYSIS

Staff Perspectives on Leisure

- OT presence was influential in increased leisure engagement
- Role of patients in decreased leisure engagement
- Safety concerns and staffing factors

Patient Perspectives on Leisure

- Mitigates mental health struggles
 - Self-efficacy
 - Mood stabilization
 - Education of mental health maintenance
- Extrinsic factors
 - Physical environment
 - Understaffing
- Psychosocial factors (Whiteford et al., 2019)
 - Housing and financial insecurities

CLINICAL IMPLICATIONS

- Reconsidering inpatient mental health treatment approaches with an increased focus on leisure engagement can enrich service outcomes
- OT's efficiency in assisting mental health treatment demands
- Mental health is a rising public health impacted by existential factors
 - COVID-19 pandemic – exacerbation of depression and anxiety (Hayward, 2021)
- Continued efforts to advocate for an expanded OT presence in mental health

REFERENCES



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