



**Response to Call for *Adult
Corrections Capacity Review:*
Enabling Ability through Occupational Therapy**

Respectfully Submitted By:

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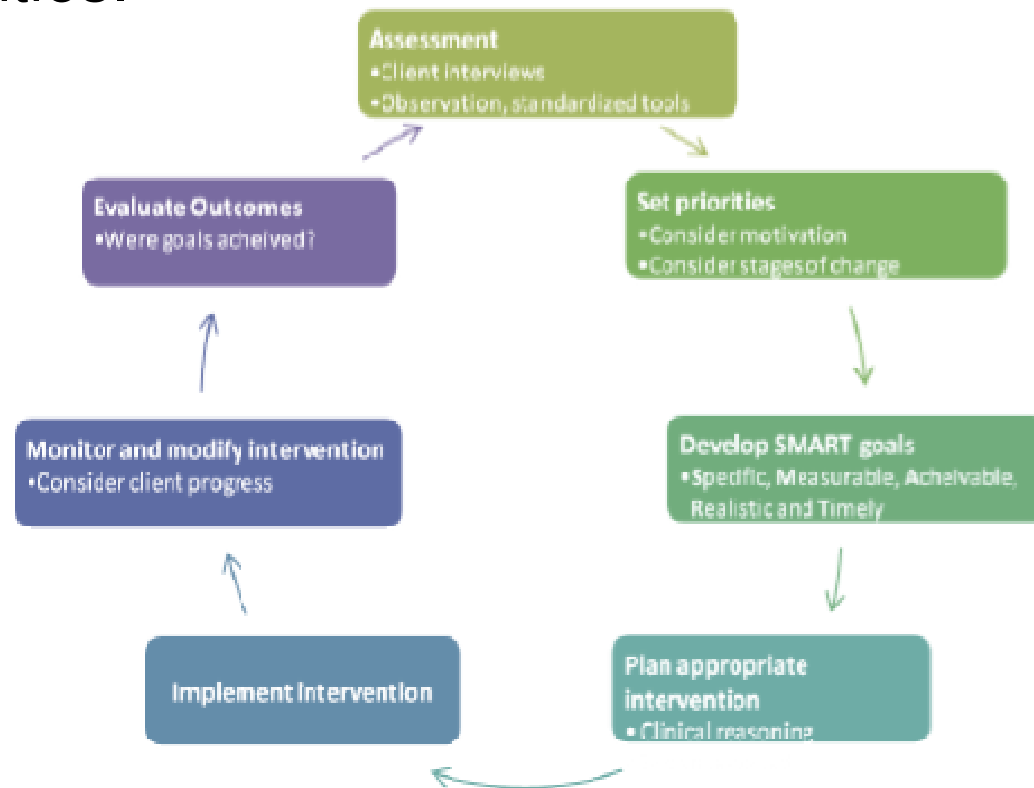


Purpose

- Manitoba Justice is reviewing the capacity of the provincial corrections system to inform the future growth and development of correctional institutions in Manitoba.
- Future growth will consider the need for additional capacity, services, programming and skills training to further the mission, goals, and mandate of Manitoba Justice.
- The goal of this presentation is to illustrate the need for occupational therapy services within the provincial corrections system both through providing services and programming within the institution, and promoting positive community re-entry for offenders.

What is Occupational Therapy?

- Occupational Therapy (OT): is the practice of considering an individual's characteristics (physical, mental, emotional and spiritual) and environment on their ability to complete meaningful occupations and activities.





What is 'Occupation'?

- Occupation refers to the tasks that people do during the course of everyday life
- Occupations are influenced by personal characteristics and the environment
- Engaging in meaningful occupations helps to develop:
 - Sense of self
 - Feelings of accomplishment
 - Sense of purpose, routine and structure in daily life
 - Influenced by personal characteristics and the environment



Contributing Factors to Dysfunction

- When individuals are unable to do what is necessary and meaningful in their lives due to external restrictions, it is considered occupational deprivation.
- Occupational deprivation is thought to play a large role in increased recidivism rates and threatens institutional safety.
- While depriving individuals of activity is harmful, helping them engage in meaningful occupations not only serves to promote health, but also mitigates alienation and antisocial behavior.



Inmates with Disabilities: Identifying the Issues

- Incarcerated individuals face various barriers to functioning.
- This population represents an extremely vulnerable group as they have significant needs that are often undetected or neglected.
- Some disabilities faced by these individuals include:
 - age related disabilities and chronic illness
 - mental health and/or addiction issues,
 - FASD,ADD
 - brain injuries,
 - injuries resulting from violence or accidents.



Inmates with Disabilities: Identifying the Issues Cont.

- Mental illness is prevalent in institutions due to the stressful environment of prison and several social/environmental factors that lead to crime cycles
- Additionally there has been an increased presence of ABI and FASD in prisons.
- OT's are trained to understand cognition and physical and mental illness and it's impact on daily life.
- When working in the field of mental health, OT's are equipped to work with individuals facing a variety of mental health and cognition related challenges including:
 - Addiction
 - Severe and persistent mental illness (schizophrenia, bipolar disorder, depression, etc)
 - Stress related disorders
 - FASD, Brain Injury



Inmates with Disabilities: Identifying the Issues Cont.

- Occupational Therapists can intervene with this population using activities that help people learn to engage in and cope with daily life.
- This might include self care tasks, time management skills, budgeting, shopping, homemaking and recovery skills



Determining Capacity for Occupational Therapy within Manitoba Justice

- Occupational therapy student placements have occurred at Headingley Correctional Centre, and Agassiz Youth Centre.
- The goal of these placements was to identify how occupational therapy may support existing service provision, and how the addition of an occupational therapy presence would further the mandate and goals of Manitoba Justice.

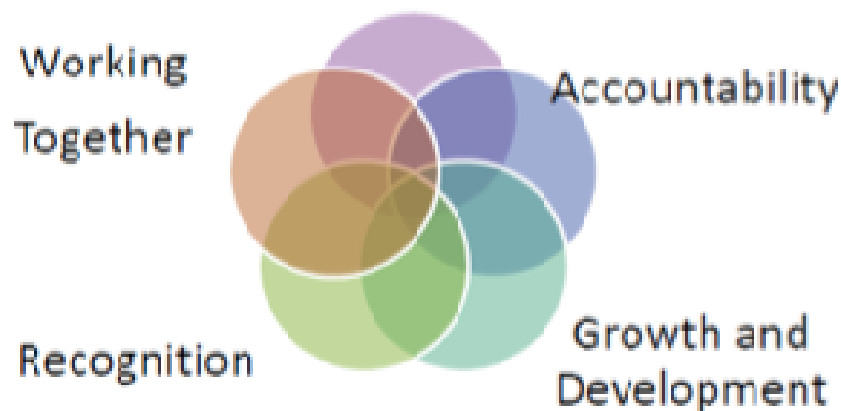


Background: OT Student Placements

- Agassiz Youth Centre & Manitoba Youth Centre
 - A comprehensive needs assessment was conducted to identify the need for occupational therapy services with youth involved in the criminal justice system
- Headingley Correctional Centre
 - A comprehensive needs assessment was conducted identifying the need for OT at Headingley Correctional Centre
 - OT service was provided within the Differential Needs Unit working specifically with Mentally Disordered Offenders.

HCC and Occupational Therapy Values

Respect



Values of HCC

Values of OT

Client-centred care





Background: OT Student Placements

- The 2009 needs assessment suggested that:
 - Provision of OT services would complement existing programs and services
 - The addition of an OT to existing correctional teams would provide expertise in grading and modifying activities, developing relevant and proactive programming, delivering individual and group-model interventions, addressing the offenders' physical and mental health, developing life roles, and facilitating socialization and community integration pre-release to the community.



Background: OT Student Placements

- Other roles for OT's were identified including
 - consulting with correctional teams regarding specific offenders with problematic behaviors
 - providing recommendations regarding environmental supports to facilitate concentration and behavior change
 - providing consultation regarding risk management issues, providing tailored intervention based on areas of risk
 - developing tailored release and community reintegration plans for provincial offenders



Themes: Assessment

- *Assessment* : the administration of standardized tools to assess cognitive, functional, physical, and independent living skills
- OT assessment is essential in providing additional documentation to support institutional correctional plans, facilitate the development of tailored release plans, and to address areas of difficulty which may contribute to an offender's offence cycle.



Themes: Assessment

- In 2010 assessments were administered to inmates within the Differential Needs Unit at HCC.
 - *Cognitive Assessments:*
 - screen for cognitive impairments
 - suggest the need for further in-depth occupational therapy assessment,
 - provide insight into how to effectively tailor programs and services to best meet the inmates needs
 - *Independent Living Assessments:*
 - determine the inmate's level of functional independence while in HCC and upon release.
 - Inform institutional programming,
 - suggest relevant community supports upon release helping to maintain a crime free, pro-social lifestyle; thus reducing rates of recidivism.



Themes: Assessment

- *Functional Assessments:*
 - address the holistic strengths and challenges of offenders within the Differential Needs Unit.
 - seeks to assess an individual's level of cognitive functioning as it relates to their independence within community settings.
 - provide tremendous insight into an inmate's thought and problem solving processes and can help to illuminate areas of both strength and difficulty.




Themes: Tailored Individual and Group Model Interventions

- Individual interventions may be delivered through motivational interviewing, addressing thinking errors contributing to offense cycle, and working to develop both short-term and long-term goals to facilitate a pro-social lifestyle. Crisis intervention and suicide intervention may also be delivered by an occupational therapist.
- Occupational therapists have considerable expertise in the development and facilitation of group work. Interventions may also be delivered in a group-model, and may include the development of life skills, vocational skills, budgeting, cooking, time management, anger management, communication skills, social skills,, addictions, and relapse management.





Themes: Structuring Daily Schedules

- Many inmates struggle with initiation of activities as well as communicating their desire to engage in an activity with another inmate.
- OT's can assist offenders to develop structured day plans, including educating and encouraging inmates to participate in existing institutional programming and services.
- A more structured recreation period with an OT facilitator may help promote routine, organizational skills, intrinsic motivation and interpersonal skills.



Functional Challenges Experienced by Individuals in Correctional Settings



Occupational Challenges

- Money management and bill payment
- Housekeeping and maintaining residence
- Meal preparation
- Sleeping
- Leisure activities
- Medication management
- Practical independence



Themes: Complementary Role of OT on Existing Correctional Teams

- By integrating OT assessments into risk assessments and case management models, the correctional team will develop a better understanding of the inmate's needs both while incarcerated and upon release.
- OT's can provide support and consultation to correctional institution staff regarding implications of environment and occupation on all aspects of the offender, mental health education, group facilitation skills and other skills to provide high quality service provision to provincial offenders.
- OT's can provide support to corrections medical teams regarding physical health issues (e.g., injury related to inmate fights, suicide attempts, falls, aging inmate population).



Themes: Risk Management

- Addressing dynamic risk factors support for the individual & his/her corrections team
- HCR-20 factors that can be mitigated including:
 - Clinical factors : Lack of Insight , Negative attitudes, Active Symptoms, Impulsivity, Unresponsive to Treatment
 - Risk Management scale: Plan lacks feasibility, Lack of Personal Support , Exposure to destabilizers, Noncompliance with remediation attempts, stress



Themes: Risk Management

- LSI- risk management factors could address dynamic/movable factors in the areas:
 - Antisocial attitudes
 - Antisocial thoughts, cognitions and ways of thinking
 - Employment
 - Family
 - Leisure and recreational activities
 - Substance abuse problems
 - Antisocial peers or criminal associates



Themes: Supporting the Transition from Institution to Community

- Transitioning from prison to community is challenging
- Without proper support & access to service offenders are at risk of homelessness, substance abuse, financial strain, and lack of a social support network.
 - In the 2010 Winnipeg Street Health Report, 300 individuals were interviewed who had been homeless for at least the past 30 days. Of those interviewed twenty-four per cent (24%) of respondents stated that they had been in jail in the past year.



Themes: Supporting the Transition from Institution to Community

- Occupational Therapists can play a key role in planning for community reintegration while offenders complete their probation terms.
- Occupational Therapists can serve as a consultant on the team, completing comprehensive assessment, and recommending probation conditions that are a good fit with the inmate's physical, social and cultural needs, and the environment in which the individual is being discharged to.

Functional Challenges Experienced by Individuals in Correctional Settings

Personal Challenges

- False sense of independence
- Faulty thinking and cognition
- Poor decision making
- Lack of recognition of long term consequences
- Lack of education
- Poor judgment & decreased awareness of personal safety
- Lack of problem solving skills
- Addictions and substance use
- Health conditions
- High anxiety levels
- Impulsivity
- Difficulty controlling emotions
- Slow to learn new concepts
- Lack of healthy coping skills



Occupational Therapy Skills

Motivational Interviewing

- Principles and techniques
- Communication skills:
 - Paraphrasing
 - Reflecting
 - Synthesizing

Stages of Change

- How to facilitate increased awareness into challenges and deficits
- Facilitating movement through the stages of change

Risk Assessment & Case Management

- Using assessments to inform levels of supervision
- Suggest relevant intervention plans to address criminogenic needs
- Increased understanding of inmate's needs while incarcerated and upon release



Conclusion

- When individuals demonstrate an inability to participate in activities of daily living for reasons relating to change in function (thinking, feeling, or doing), illness or disability, and/or barriers in the social, institutional, or physical environment there becomes a need for occupational therapy.
- Occupational therapists are an essential addition to the correctional team as they provide support to inmates and staff in developing personal release plans through assessment and treatment of mental health, cognitive and physical challenges.



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