Assessing the Occupational Engagement of Forensic Clients

Chantal Wong, OT Reg.(Ont.) MSc. OT, MSc. Physiology
Deidre Arbour, OT Reg.(Ont.), BScOT
Trenton Vey, OT Reg.(Ont.), BScOT
“How will you spend your time in the community following discharge?”

Plans to increase occupations when in the community

....more time in meaningful occupations (volunteering, employment, day programs, and leisure).
The Ontario Review Board annually reviews the status of every person who has been found to be not criminally responsible (NCR) or unfit to stand trial for criminal offences on account of a mental disorder. (Ontario Review Board)

NCR clients typically move through forensic program from the most restrictive to least restrictive setting. This includes the hospital stay, community living with support/supervision with the ultimate goal of an absolute discharge (no longer requiring the support of the ORB).
**Occupation** is defined as ‘an activity a person spends time doing’.

**Occupational Engagement** is defined as ‘enabling individuals to perform and do activities that foster health as well as the potential to participate in the everyday tasks of life’\(^1\).
Purpose

1) Compare the time spent engaging in meaningful occupation between forensic inpatient and outpatient clients.

2) Explore the motivation behind their choice of occupational engagement to understand why it is meaningful.
Hypothesis

1) There is a difference in occupational engagement between inpatients and outpatients

2) Motivation to engage in meaningful occupation changes between inpatient and outpatient forensic clients
Methods

Recruitment – Purposive sampling

• Ontario Shores
  – Inpatient: general forensic
  – Outpatient: forensic outpatient services and forensic ACTT

• Inclusion
  – Between the age of 18-65 years
  – In the above service for at least three months
  – Proficient in spoken English
Methods

Each participant completed a daily activity log for a period of 7 days, detailing hours of activity in the areas of:
- Work, school, volunteer, groups, exercise, leisure, and other

Following the 7 day period, semi-structured interviews were conducted by the research assistant to explore qualitative information relating to importance, enjoyment, motivation, support/barriers, and modifications.
# Results

## Demographics

<table>
<thead>
<tr>
<th>Category</th>
<th>Inpatient (n=21)</th>
<th>Outpatient (n=10)</th>
</tr>
</thead>
</table>
| **Age**        | Average: 39  
                Range: 25 - 70 | Average: 39  
                Range: 30 - 55 |
| **Gender**     | Male: 16  
                Female: 5       | Male: 7  
                Female: 3       |
| **Diagnosis**  | Psychotic Disorder: 20  
                Mood Disorder: 1  
                Personality Disorder: 4  
                Substance Use Disorder: 13 | Psychotic Disorder: 8  
                Mood Disorder: 1  
                Personality Disorder: 3  
                Substance Use Disorder: 3 |
| **Medical Conditions** | Average: 2.6 | Average: 3.6 |
Results

Total Hours Engaged per Occupation

Inpatient

Outpatient

Hours

Work
School
Volunteer
Group
Exercise
Leisure

0 20 40 60 80 100 120 140

Average IP
Average OP
## Results

### Average Hours/Week Engaged in Occupation

<table>
<thead>
<tr>
<th>Occupation</th>
<th>Inpatient</th>
<th>Outpatient</th>
</tr>
</thead>
<tbody>
<tr>
<td>Work</td>
<td>2.73</td>
<td>5.95</td>
</tr>
<tr>
<td>School</td>
<td>2.28</td>
<td>1.74</td>
</tr>
<tr>
<td>Volunteer</td>
<td>1.16</td>
<td>3.88</td>
</tr>
<tr>
<td>Group</td>
<td>1.91</td>
<td>3.25</td>
</tr>
<tr>
<td>Exercise</td>
<td>8.94</td>
<td>6.94</td>
</tr>
<tr>
<td>Leisure</td>
<td>32.8</td>
<td>23.2</td>
</tr>
</tbody>
</table>
Results

Total Hours Engaged in Occupations as Rated Based on Importance

- Hours Very Important
- Hours Somewhat Important
- Hours Not Important
Motivation

Themes identified:

- Freedom/fewer restrictions
- Boredom
- Wellbeing –psychological and physical
- Purpose
- Learning
- Socialization
Themes

Freedom/Fewer Restrictions

– Inpatients
  • More privileges/freedom – “work more to get out of hospital”
  • Access to the community

– Outpatients
  • Do not appear to be motivated by more freedom as they are already living in the community
Boredom

- **Inpatients**
  - Engaged in leisure activities when bored “to kill time”, “to pass the time”, “gives me something to do”; rather than groups or work

- **Outpatients**
  - Participate in volunteer and work as it gives them “something to do”

IP more leisure; OP more volunteer and work
Well-being (physical and psychological)

- Inpatient
  - Groups provide psychological well-being, coping skills, and helps them “talk about things”
  - View leisure as part of psychological well-being

- Outpatient
  - Focus on physical well being: “exercise to stay healthy”

IP and OP participate in exercise to lose weight and improve physical well-being
Themes

Sense of Purpose

– Inpatient
  • Groups and school - learn new skills
  • Volunteer to help find a job; provides job experience
  • Intrinsic

– Outpatient
  • View work as financial gain; receiving a paycheck
  • Extrinsic
Socialization

– Inpatient
  • Groups provide social interaction
  • Groups and leisure provide opportunity to see people, and assist with integrating into the community

– Outpatient
  • Work provides opportunity to socialize; ways to meet new people
  • Exercise provides opportunity to see friends
Discussion

1) Inpatients and Outpatients engage in relatively similar occupations

2) Inpatients engaged in more leisure occupations vs. outpatients are engaged in more work, volunteer and groups

3) Most notable difference: motivation to engage in occupation differs between inpatient and outpatients
Limitations

1) Low sample size and short data collection period

2) Recruitment bias

3) Self report
Future Directions

Longitudinal study
  – Explore time use across forensic clients’ progress from inpatient to outpatient

Explore interventions for supporting occupational engagement
  – Differences in motivation may impact our clinical approach
  – Can these findings be generalizable to other non forensic units
Special Thank You

Alexandra Hernandez
Sarah Murli
Sharminy Nagulendran
Priya Shanmugathas
Esther Lee
References


Questions?
Number of Hours Engaged in Work, Volunteer, Group and Leisure

- Leisure
- Group
- Volunteer
- Work

Results

Number of Hours


Ontario Shores
Centre for Mental Health Sciences
Background

Ontario Review Board – NCR finding

Hospital or community setting

Socio-Economic factors

Transition into the community

Plans to increase occupations when in the community
Results

Participation in Occupation

Work
- Inpatient: 7 participated, 7 did not participate.
- Outpatient: 4 participated, 3 did not participate.

School
- Inpatient: 6 participated, 9 did not participate.
- Outpatient: 4 participated, 7 did not participate.

Volunteer
- Inpatient: 9 participated, 12 did not participate.
- Outpatient: 4 participated, 3 did not participate.
Results

Participation in Occupation

**Group**
- Inpatient: n=7, n=14
- Outpatient: n=5, n=5

**Exercise**
- Inpatient: n=5, n=16
- Outpatient: n=1, n=9

**Leisure**
- Inpatient: n=1, n=20
- Outpatient: n=1, n=9

- Blue: Participated
- Red: No participation