

# Assessing the Occupational Engagement of Forensic Clients

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**Ontario Shores**  
Centre for Mental Health Sciences

# Practice Informed Research

“How will you spend your time in the community following discharge?”



....more time in meaningful occupations (volunteering, employment, day programs, and leisure).

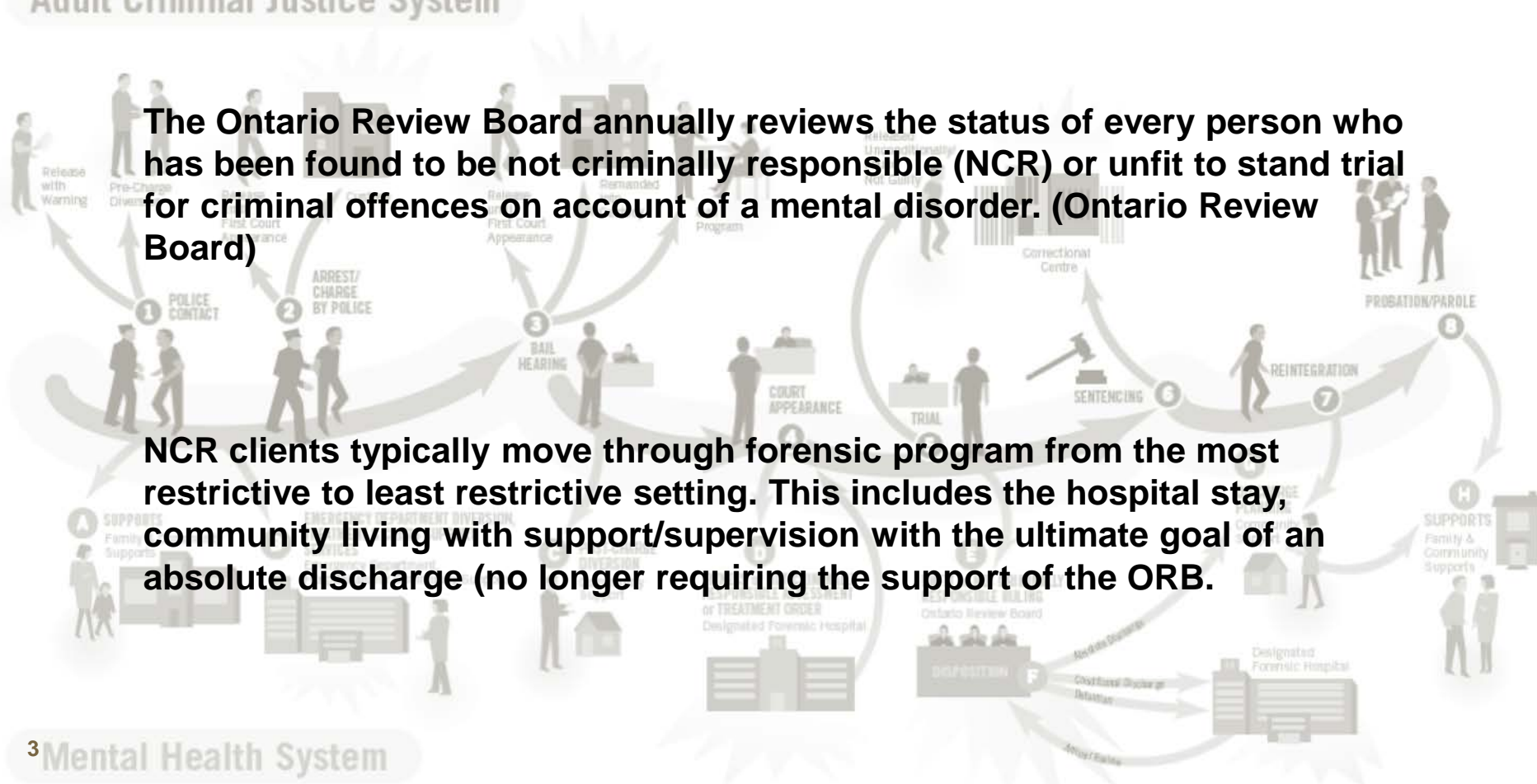
# Background

## Adult Criminal Justice System

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).

## 3 Mental Health System





# Background

**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’<sup>1</sup>.

# 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

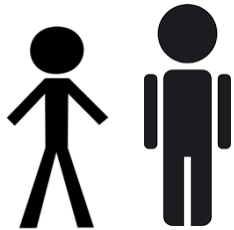
- Ontario Shores
  - Inpatient: general forensic
  - Outpatient: forensic outpatient services and forensic ACTT
- Inclusion
  - Between the age of 18-65 years
  - In the above service for at least three months
  - Proficient in spoken English

# 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

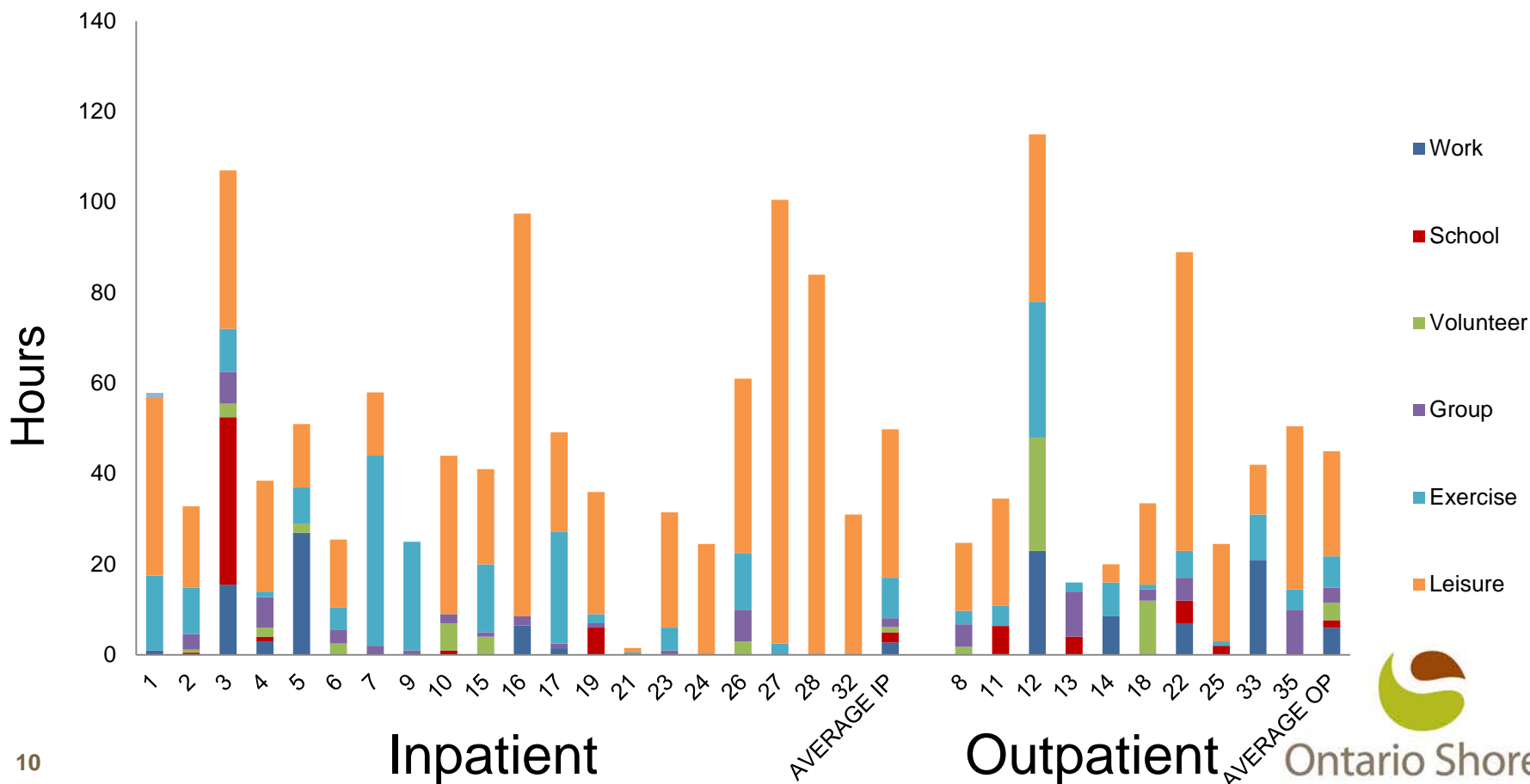
## Demographics

Category	Inpatient (n=21)	Outpatient (n=10)
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



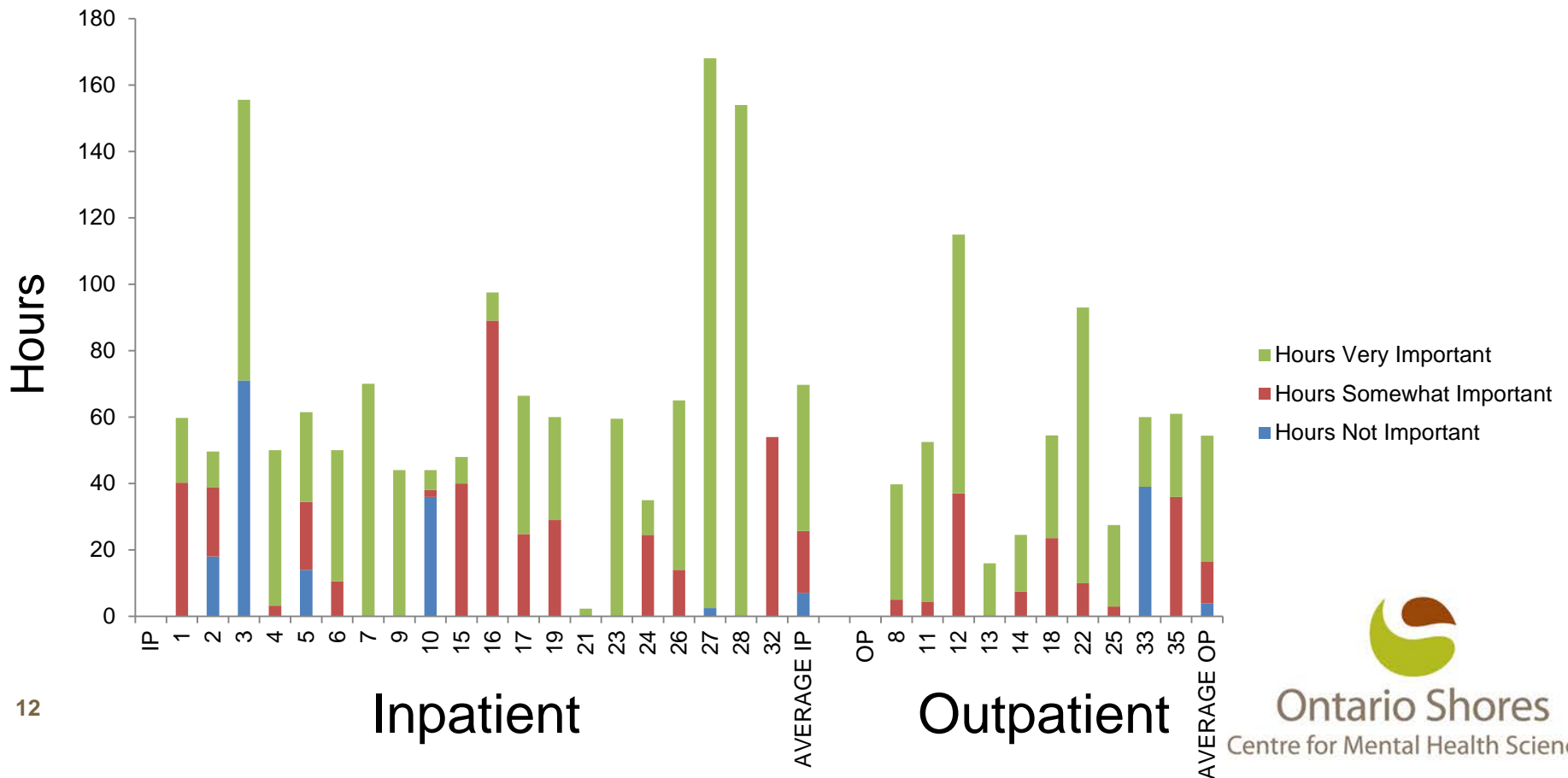
# Results

## Average Hours/Week Engaged in Occupation

<b>Occupation</b>	<b>Inpatient</b>	<b>Outpatient</b>
Work	2.73	5.95
School	2.28	1.74
Volunteer	1.16	3.88
Group	1.91	3.25
Exercise	8.94	6.94
Leisure	32.8	23.2

# Results

## Total Hours Engaged in Occupations as Rated Based on Importance



# 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



# Themes

## 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

# Themes

## 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



# Themes

## 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

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Esther Lee



# References

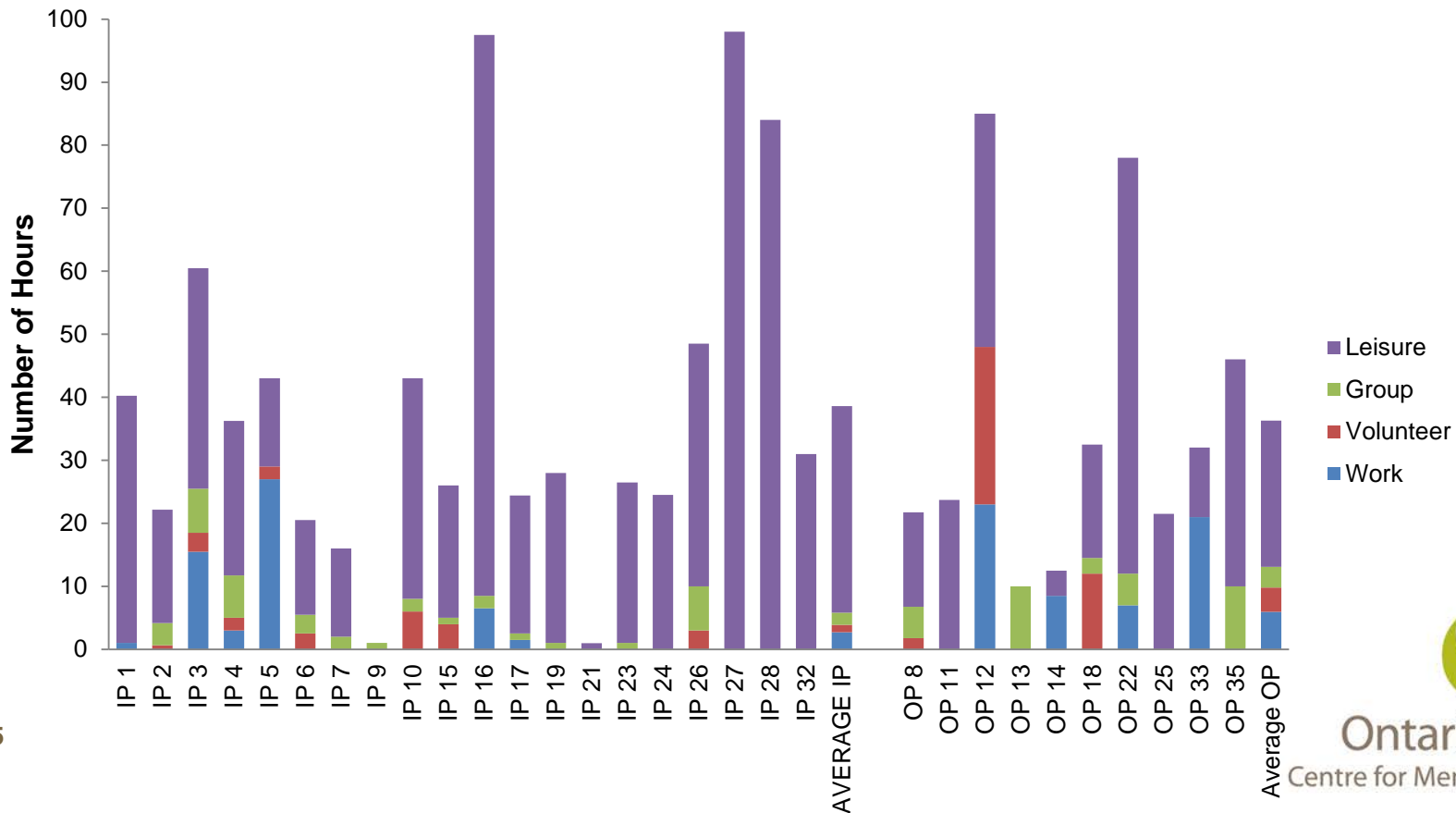
- <sup>1</sup>Townsend, E. & Polatajko, H. (Eds.).(2007). Enabling occupation II: Advancing an occupational therapy vision for health, well-being, & justice through occupation. Ottawa, ON: CAOT Publication ACE.
- <sup>2</sup>Craik, C., and Stewart, P. (2007). Occupation, Mental Illness and Medium Security: Exploring Time-Use in Forensic Regional Secure Units. *British Journal of Occupational Therapy*, 70(10), 416-425.
- <sup>3</sup>Lin, N, Kirsh, B., Polatajko, H. & Seto, M. (2009). The nature and meaning of occupational engagement for forensic clients living in the community. *Journal of Occupational Science*, 16(2), 110-119
- <sup>4</sup>O'Connell, M., Farnworth, L. & Hanson E. (2010). Time use in forensic psychiatry: A naturalistic inquiry into two forensic patients in Australia. *International Journal of Forensic Mental Health*, 9, 101-109.
- <sup>5</sup>Tjornstrand, C. (2012). Engagement in Community-based Day Centre's for People with Psychiatric Disabilities. *Faculty of Medicine and Department of Health Science/Occupational Therapy and Occupational Science, Faculty of Medicine Doctoral Dissertation Series*.
- <sup>6</sup>Vaismoradi, M., Turunen, H. & Bondas, T. (2013). Content analysis and thematic analysis: Implications for conducting a qualitative descriptive study. *Nursing & Health Sciences*, 15, 398-405.

Questions?



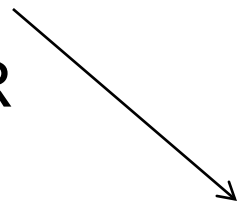
# Results

## Number of Hours Engaged in Work, Volunteer, Group and Leisure

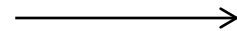


# Background

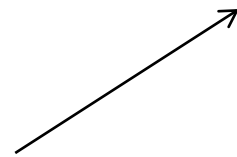
Ontario  
Review  
Board –NCR  
finding



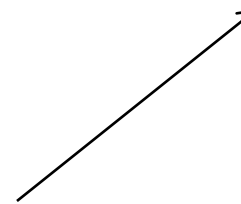
Hospital or  
community  
setting



Socio-  
Economic  
factors



Transition  
into the  
community



Plans to  
increase  
occupations  
when in the  
community



# Results

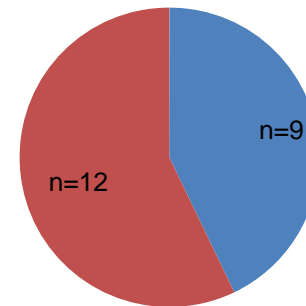
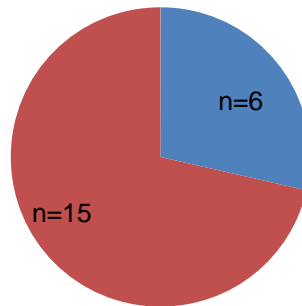
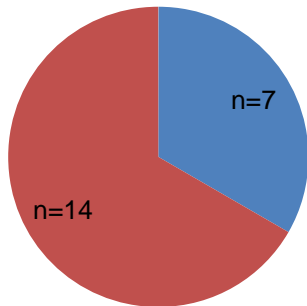
## Participation in Occupation

Work

School

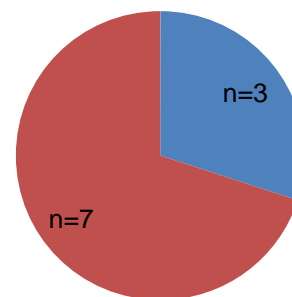
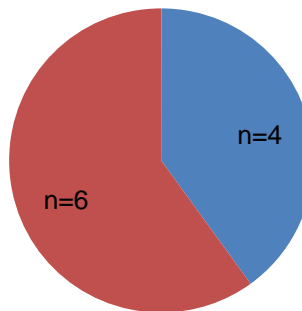
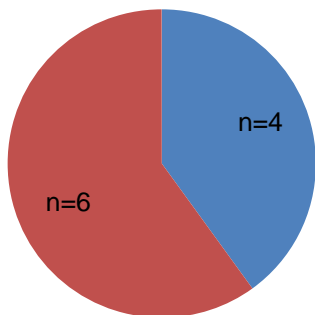
Volunteer

Inpatient



■ Participated  
■ No participation

Outpatient



# Results

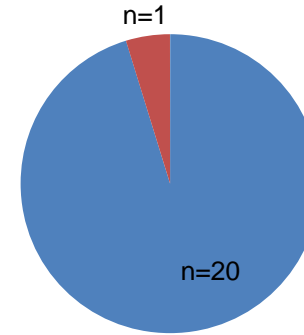
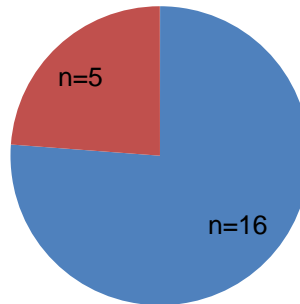
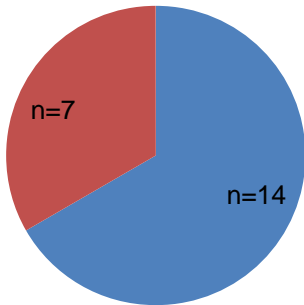
## Participation in Occupation

Group

Exercise

Leisure

Inpatient



■ Participated  
■ No participation

Outpatient

