

OCCUPATIONAL THERAPY GROUP WORK IN A PRISON SETTING USING RECOVERY THROUGH ACTIVITY

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AIM

Provide a safe environment to deliver occupational therapy group intervention recovery through activity promoting skills acquisition social inclusion in a group setting within prison environment in all halls by December 2024

RATIONALE

In the current setting of this project set in HMP-Edinburgh, occupational deprivation, loss of self identity and role in conjunction with mental health difficulties are common features. Since the start of our Occupational Therapy service in 2019 our main aim is to support prisoners with their mental health and well-being whilst in prison. Since then our service has been well established and promoted. Consequently, a major influx in the number of referral and increase in waiting list time has been observed due to reduced opportunities, occupational deprivation and lack of meaningful activities due to the restrictive environment.

In a challenging financial climate as well as lack of resources we have to find innovative, creative and evidence based practice interventions to manage the increasing numbers of referral with a minimal amount of staff. In order to address this issue and innovate our practice we have decided to start delivering part of our therapeutic input as a group format as well as 1:1 to maximise resources and provide evidence based Occupational Therapy interventions.

PLAN FOR DELIVERY

- DELIVERING RECOVERY THROUGH ACTIVITY GROUP INTERVENTION OVER 6 WEEKS TO PRISONERS IN RATHO HALL ON LEVEL 1
- GROUP WILL BE HELD ON TUESDAYS AT 14:15 FOR 60 MINUTES
- LIAISE WITH HALL MANAGERS AND BOOK ROOM FOR 6 WEEKS AS WELL AS CARRYING OUT ENEMY CHECKS
- SELECT PRISONERS ON WAITING LIST FROM RATHO HALL (6 MAX)
- MEETING WITH EACH PRISONER PRIOR TO STARTING GROUP TO ASCERTAIN THEIR WISH TO ATTEND
- EXPLAIN ROLE AND REMIT OF OCCUPATIONAL THERAPY DELIVERY AS WELL AS LIMITS OF CONFIDENTIALITY
- ALLOCATE EACH PRISONER TO AN OCCUPATIONAL THERAPIST FOR ASSESSMENT PURPOSE
- LIAISING WITH SPS TO ALERT WHOM WILL ATTEND THE GROUP
- INTRODUCTORY SESSION TO ASCERTAIN RULES AND EXPECTATION FROM STAFF AND MEMBERS OF THE GROUP
- ESTABLISH ROTA FOR 1 OCCUPATIONAL THERAPIST AND OT CSW TO DELIVER SESSION
- ORGANISE AND GATHER RELEVANT MATERIAL FOR EACH SESSION
- ESTABLISH A PLAN WITHIN THE TEAM FOR THE CONTENT FOR EACH WEEK'S SESSION TO SUPPORT MENTAL HEALTH AND WELL BEING THROUGH MEANINGFUL OCCUPATION
- MOHOST SINGLE OBSERVATION TO BE COMPLETED AFTER EACH SESSION
- PROVIDE 1:1 SUPPORT AS REQUIRED
- FEEDBACK QUESTIONNAIRE PROVIDED AT THE END OF EVERY 6 WEEKS TO MEASURE LEVELS OF SATISFACTION AND FURTHER IMPROVEMENTS

FEEDBACK

- "I LIKE HAVING A PROJECT TO FOCUS ON"
- "I LIKE SUPPORT THERE, SOMEONE THERE TO LISTEN"
- "I LIKE PARTAKING IN FUN ACTIVITIES"

Problem identified

- WAITING LIST TIME INCREASING
- PEOPLE NOT BEING SEEN IN TIME
- OCCUPATIONAL DEPRIVATION AND ISOLATION
- SOME HALLS HAVING LESS OPPORTUNITIES FOR ACTIVITIES DUE TO BEING ON REMAND
- LACK OF MEANINGFUL OCCUPATION AND LOSS OF SELF IDENTITY LIVING WITH MENTAL HEALTH DIFFICULTIES WHILST IN PRISON
- CHALLENGING FINANCIAL CLIMATE RESULTING IN LACK OF RESOURCES

THINGS TO IMPROVE

- "OPENING THE GROUP UP TO MORE PEOPLE WITH MORE GROUP ACTIVITY"
- "INSTEAD OF 3 IT COULD BE MORE SO YOU HAVE MORE TO CHAT WITH"

CHANGE IDEA

MAXIMISE CLINICAL TIME WITH THE USE OF GROUP WORK WHILST PROVIDING OCCUPATIONAL THERAPY INTERVENTION AIMING AT SUPPORTING PRISONERS WITH THEIR MENTAL HEALTH AND WELL BEING AND REDUCE OCCUPATIONAL DEPRIVATION

QUESTIONS FOR TEST FOR CHANGE

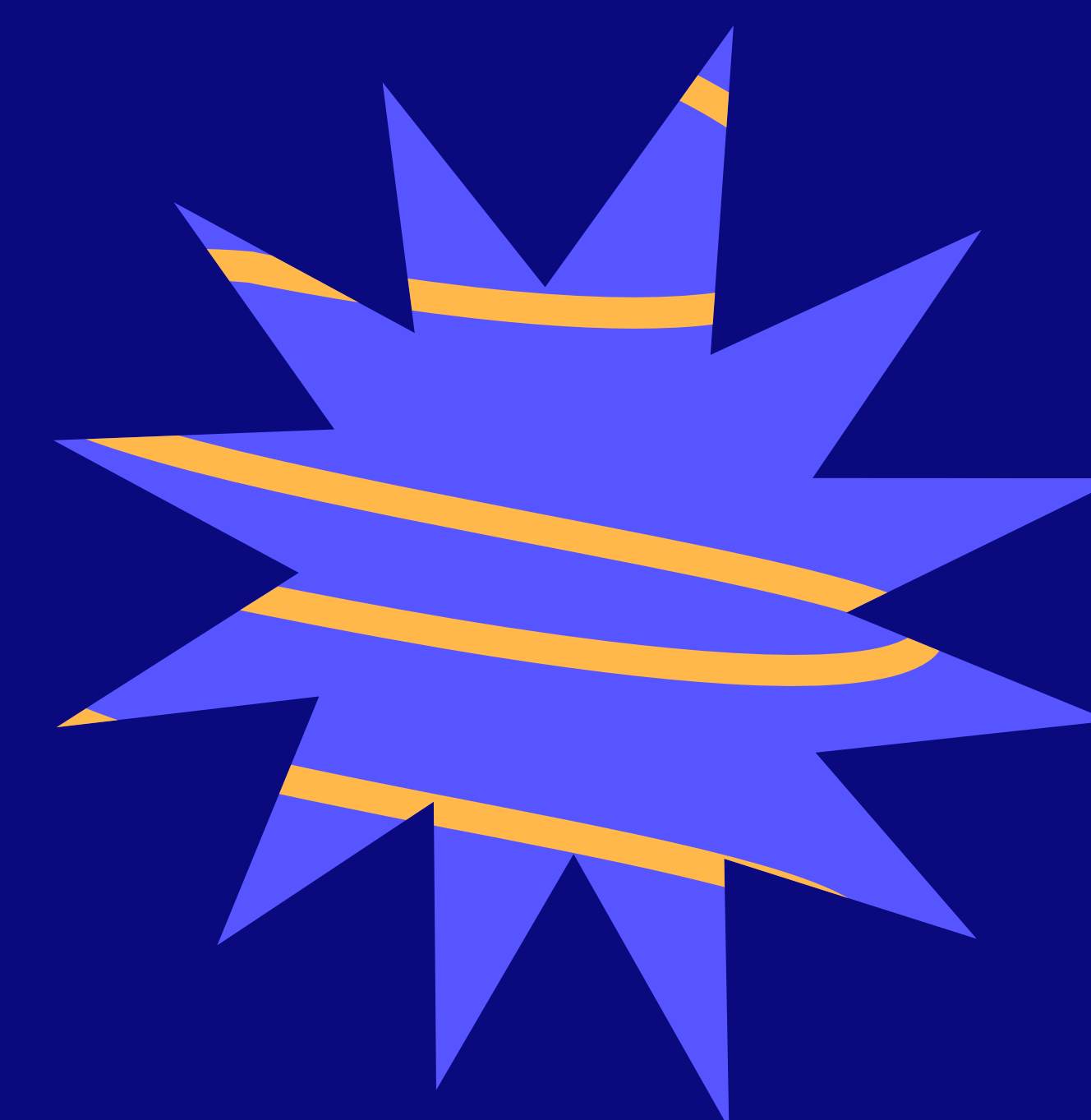
- IS THE CONTENT RELEVANT?
- DO PATIENTS ENJOY ATTENDING THE GROUP?
- IS THE GROUP WORK AN EFFICIENT AND SUSTAINABLE INTERVENTION IN REGARDS TO PROFESSIONAL INPUT?
- CAN WE MAKE THE GROUP BIGGER?
- CAN WE CAPTURE NARRATIVES AND FEEDBACK EFFICIENTLY?



2 PDSA cycles

WHAT'S NEXT?

- Ongoing delivery of the group on a 6 weekly cycle
- Collaboratively establish another group project
- Improve planning and structure of the group
- Improve feedback form to capture narratives
- Record feedback on spreadsheet to compare with other future cycles
- Acknowledge feedback and future of the group explore if the group could become more open
- Explore a possible rotation or delivering different group every second week on the Ratho hall
- Explore expanding our group work to other halls at the hive (Hermiston and Glenesk)
- Introduce MOHOST single observation after each session



PDSA CYCLES

GROUP WORK HMP-EDINBURGH RATHO HALL

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