Addressing Chronic Homelessness & Mental/Behavioral Health Needs in the Community: Collaborative Level II Fieldwork and Doctoral Experiential Programming

Tina DeAngelis, EdD, OTR/L; Josephine Beker, OTS; Eliza Brooks, OTS, Rebecca Brown, OTS; Jonette Ishmuel, OTS; Alex Manwaring, OTS Jennifer Merz, OTS; Erin Schifferdecker, OTS; Cerissa Zenor Clark, OTS
Thomas Jefferson University, College of Rehabilitation Sciences, Department of Occupational Therapy, Philadelphia, Pennsylvania

OT students worked with a diverse population in a variety of living environments including permanent supportive housing, and safe havens.

### Primary Diagnoses

<table>
<thead>
<tr>
<th>Primary Mental Health Diagnoses</th>
<th>Other Conditions Related to Interventions</th>
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<tbody>
<tr>
<td>Schizophrenia</td>
<td>Stroke and TBI</td>
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<tr>
<td>Generalized Anxiety Disorder</td>
<td>Low Vision</td>
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<tr>
<td>Bipolar Disorder</td>
<td>Chronic Pain</td>
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<tr>
<td>Substance Use Disorder</td>
<td>Parkinson's</td>
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<tr>
<td>Clinical Depression</td>
<td>Joint Replacement</td>
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<td>Post Traumatic Stress Disorder</td>
<td>Trigger Finger</td>
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<td>Carpal Tunnel</td>
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<td>Cognitive Heart Failure</td>
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### Pain Outcomes

- **Berg Balance Scale**
- **University of Rhode Island Change Assessment Scale (URICA)**
- **Manual Muscle Testing (MMT)**
- **Quality of Life Scale**
- **Visual screen**

### Interventions

- **Theories**: Perceiv Environment-Occupation Model, Transactional Model, Human Occupation Model, Biomechanical Frame of Reference
- **Assessment tools**: Utilized the Canadian Occupational Performance Measure (COPM) to identify goals for OT treatment, additional assessment tools were utilized as needed.

### Pain Process for 1:1 Interventions

- 1:1 Interventions: Provided: Health management, leisure activities, money management, emotional regulation, community and functional mobility, job readiness, compensatory strategies, assistive equipment, depression management, offsite facilitation/joint positioning, and pain management.

### Group Themes

- "OT Assisted me to…"

### Consulting

- in adaptive equipment education and training, and self-advocacy for work related experiences.
- 1:1 Interventions with families, young adults and children including money management, sleep routines, child rearing, coping mechanisms, finance management, time management, healthy eating and stress management.
- Observing and assisting the community outreach team on multiple projects including providing resources to individuals without shelter, and those living with opioid addiction.
- Consulting with the social enterprise team to promote resident safety and increase productivity.

### OLDER ADULTS AGING IN PLACE

- Six one-hour falls prevention education and training groups with n=7 older adults (55+) with SMH and previous homelessness focusing on factors precipitating falls and fear of falling (PFO)
- Outcome measurement tool: Fear of falling efficacy scale-international (FEF-10®)
- Results:
  - FES-I pre and post test scores demonstrated there were participants (n=3) that had a decrease in FOD, participants (n=1) that had no change in FOD, and participants (n=3) that had an increase in FOD.
  - Cut-off scores indicate 86% (n=6) of participants had no change in their FOD and 14% (n=1) had decreased FOD (from high concern to moderate concern to moderate concern).
- A Wilcoxon signed-rank test showed there was no statistically significant change in FOF comparing pre and post-FES-I overall scores (Z= .210, p = 0.833) and itemized scores with improved median FES-I scores of 39 pre to 29 post.

### ADULTS RETURNING TO WORK/VOLUNTEER PURSUITS

- Purpose: For participants to demonstrate basic activities of daily living in order to maintain or return to a work/volunteer position for adults with SMH (n=6 adults aged 33-70 years old).
- Programming included 8 one-hour weekly consecutive groups focused on the 6 areas of the outcome tool.
- Outcome measurement tool: Worker Role Interview (WRI® Version 10.0.- Format II highlights the following areas: values, routines, interests, habits, personal causation, environment.
- Results: Quantitative data currently being analyzed: Results currently trending towards statistical significance.

### YOUNG ADULTS AND EMPLOYMENT/EDUCATION RELATED GOALS

- Group-based education program for 8 young adults (aged 21-24), focused on IADL development, to improve perceived stress and promote progress towards employment/education related goals.
- 8 sessions focused on: time management, finance management, stress management, communication skills and anger management.
- Outcome measurement tools: Perceived Stress Scale (PSS-10) and Goal Attainment Scaling (GAS)®
- Results:
  - 7 participants demonstrated a positive change in PSS-10 scores, with only one participant reporting an increase in perceived stress levels following implementation of the group protocol.
  - A Wilcoxon signed-rank test demonstrated no statistically significant change in participants PSS-10 scores from pretreatment to posttest, a trend towards significance was noted (Z=1.69, p=0.091).
  - GAS outcomes can be seen in Fig. 1 where all participants reported positive progress towards goals, with n=7 surpassing the expected outcome established prior to group implementation.

### DOCTORAL CAPSTONE PROJECTS IMPLEMENTED

- "Project HOMEx is a Philadelphia non-profit organization empowering individuals to break the cycle of poverty and homelessness through affordable housing, employment, health care and education (Project HOMEx, 2019)."

- Non-profit community based permanent supportive housing organization in Philadelphia that assist individuals with a history of chronic homelessness and serious mental health illness (SMH).

- The organization provides services including case management, nursing, and peer support to promote transition to permanent housing at the support level best suited for each participant.

### References

- [see supplemental reference sheet]