Introduction

- There are roughly 1,950 homeless individuals in the Birmingham, Alabama area.
- The foundation of OT is based on meaningful occupations.
- Essential to understand the meaning behind occupations is unique for each person.
- Providing education and resources reduces the risk of harm.
- Firehouse Ministries is an all-men’s homeless shelter located in downtown Birmingham, AL.
- To design and implement a program on safety education resources/educational courses for homeless individuals’ "maladaptive occupations" otherwise known as unsafe activities.

Methods

- **Needs Assessment interview**
  - Contained 9 questions
  - Inquired about maladaptive occupations
  - 26 interviews conducted
- Given the results, research was conducted by the project facilitator to facilitate five educational courses to educate individuals who are homeless on the more predominant maladaptive occupations.
- Five courses were conducted
  - In the classroom at Firehouse Ministries
  - Monday at 11:00 am
  - Courses were 30-60 minutes in length
- **Participants**
  - Individuals utilizing resources at Firehouse Ministries
  - Individuals who identified as male
- **Pre/Post Test**
  - Conducted at each of the 5 educational courses
  - Three questions were included
  - Responses remained anonymous

Results

- **Participants**
  - Individuals who identify as male
  - Between the ages of 21-75
- Via self-report, 100% of participants struggle with addiction
  -37%
  -20%
  -20%
  -13%

Discussion

- **Participants**
  - Majority of participants’ knowledge increased after all five educational courses
  - Safe sex for drugs
  - Basic Medical Knowledge
  - Overdose Training
  - Mental Health
  - Firehouse Resources

Discussion continued

- Overwhelmingly positive results in harm reduction in maladaptive occupations.
- Many reported knowledge they previously held was proven incorrect.
- Many reported the increase in knowledge will decrease the risk of harm.

Limitations & Area for Improvement

- Low barring Shelter – active addiction poses a distraction for education.
- Limited access to the facility during the day.
- Tools used for data collection.
- Difficulty in finding research participants.
- Unwillingness to disclose drug use.

Conclusion

- **Implications**
  - Utilizing data within other shelters.
  - Facilitators can use the topic with the least amount of increased knowledge to provide more education on maladaptive occupations.
  - Data implies a full-time OT could be beneficial to clients.

Future Research

- Perform study with individuals who identify as female.
- Modify pre/post-test.
- Create clearer learning objectives for course presenters.
- Explain the 5-point Likert scale in depth prior to administering.

References


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