Spring 4-9-2021

An Occupational Therapy Approach to Developing Empowerment: Supporting the Recovery of Women Affected by Substance Abuse in a Residential Treatment Facility

Margaret Schneider-Adams
mschneideradams@gmail.com

Molly Schneider-Adams
mschneideradams@gmail.com

Follow this and additional works at: https://repository.belmont.edu/otdcapstoneprojects

Part of the Occupational Therapy Commons, Other Mental and Social Health Commons, and the Substance Abuse and Addiction Commons

Recommended Citation
https://repository.belmont.edu/otdcapstoneprojects/63

This Scholarly Project is brought to you for free and open access by the School Of Occupational Therapy at Belmont Digital Repository. It has been accepted for inclusion in OTD Capstone Projects by an authorized administrator of Belmont Digital Repository. For more information, please contact repository@belmont.edu.
## Mission and Values

**Purpose:** “We exist to empower women for lifetime recovery.”

**Mission:** “We provide a continuum of evidence-based substance abuse and mental health services for women in an environment of faith and healing to restore hope and a lifetime of recovery.”

**Core Values:** “love, faith, hope, wholeness, community, respect, encouragement” (About Us, n.d.)

## Identified Needs

Director of clinical services identified need for a group centered on empowerment to support the organization’s purpose statement.

Empowerment: a lifelong process of building skills and resources in order to make purposeful choices and transform those choices into desired actions and outcomes (World Bank, 2014)

Empowerment for Women in Substance Abuse: 3 pillars
- Self-Perception
- Resource knowledge and access
- Participation (Hunter, Jason, & Keys, 2014)

The Next Door Demographics:
- Most common diagnoses:
  - Opioid Use Disorder, Stimulant or Amphetamine-type Substance Use Disorder, Alcohol Use Disorder
  - PTSD, GAD, Bipolar II Disorder
- 78% Unemployed
- >75% High School Grad or Higher (The Next Door, 2019)

## Capstone Goals

### Project Goals (condensed)
- Develop cultural awareness and increase knowledge of substance abuse, recovery, occupational therapy, and services offered at The Next Door.
- Develop an occupational therapy-based group curriculum, which is evidence-based and client-centered, and pilot at least 4 group sessions.
- Collaborate to determine best way to support sustainability.

### Personal Goals (condensed)
- Enhance group leadership skills including development and management.
- Develop professional communication and assertiveness skills.

## Capstone Outcomes

### Resource Corner and Reference Guides
- Designed with consideration of cognitive dysfunction
- Resources to support transition into recovery
- Educational handouts to increase knowledge access

### Faculty In-Service
- Summary of project outcomes
- Advocacy for role of Occupational Therapy in recovery
- Education on implementation of empowerment factors in daily practice

### Personal Outcomes
- Interprofessional communication and collaboration with staff across departments
- Deeper understanding of population and its unique needs through thorough review of literature, shadowing at multiple points of care, and time spent with population
- Development of group facilitation and documentation skills within a mental health setting

## Empowerment Group Curriculum
- Four biweekly sessions, 1.5 hours each, implemented 3x
  - 1st session: Envision Empowerment
  - 2nd session: Experience Success (goal-writing)
  - 3rd and 4th session topics chosen by group members based on perceived importance

## References available upon request.

I would like to thank my faculty mentor, Dr. Christine Manville, who has inspired me and guided me to stay on course, while giving me the freedom to make my own way. Sincere appreciation also goes out to the staff at The Next Door for their heartfelt acceptance and support throughout my project. Special regards to my on-site expert mentor, Amanda Dunlap, and supervisor, Caroline Clipper, for their continuous encouragement. And finally, the deepest gratitude is extended to the clients at The Next Door, who graciously welcomed my presence, willingly participated, were patient with my learning, and treated me with such warmth.