



Curriculum Needs Assessment for Program Implementation in a Post-Incarceration and Recovery Center

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Introduction

- An estimated 48.5 million Americans aged 12 and older experienced a substance use disorder (Centers for Disease Control and Prevention, 2024).
- Individuals in recovery often lack skills needed for independent living and community reintegration (AOTA, 2020).
- Occupation-based and life-skills interventions support recovery and community participation (AOTA, 2020).
- A needs assessment identified gaps in life-skills programming within a recovery setting.
- This project emphasizes client-centered, occupation-based practice and promotes health, participation, and quality of life.
- **Purpose:** The purpose of this project is to develop a program that educates individuals recovering from substance abuse based on the gap found from the needs assessment. The results of this needs assessment will drive the development of topics that are identified by participants at the rehabilitation center.

Methods

- The Lovelady Center is a rehabilitation program for women that focuses on community re-entry and recovery from substance abuse.
- Seven participants who are in recovery at different phases were recruited from the Lovelady Center.
- Residents were recruited based on the phase they were in and those that showed interest by signing up through an excel sheet that was emailed out with a description of the program being implemented.
- The different phases were essential to ensure that the participants were familiar with all curriculum offered.
- Individual semi-structured interviews were conducted. A paper survey was given to each participant in addition to the interview to gather data to establish what the residents felt was missing in their curriculum while at Lovelady.
- The survey included open-ended and structured items organized by life-skill themes.

Results

Figures 1-6 Survey Responses



Discussion

- This program aims to enhance the rehabilitation program.
 - In order to implement this program the staff at Lovelady have agreed to collaborate in creating the program and will continue to implement as part of the curriculum.
- Survey Responses**
- From the results, an occupational therapy-based program addressing money management will be developed.
 - The data showed a clear result of a financial literacy gap.
 - There were few individual gaps identified, but not significant to include in the final gaps established.
- Limitations**
- Small number of participants.
 - Residents that did not follow through for their scheduled session.

Conclusion

- Participants identified unmet needs related to life skills and community reintegration.
- Gaps were noted in areas essential for independent living and sustained recovery.
- Findings support the integration of OT services within substance use recovery settings.
- Further investigation to explore the effectiveness of OT-led life-skills interventions on community reintegration outcomes.

References

American Occupational Therapy Association. (2020). Occupational therapy practice framework: Domain and process (4th ed.). *American Journal of Occupational Therapy*, 74(Suppl. 2), 7412410010. <https://doi.org/10.5014/ajot.2020.74S2001>

Centers for Disease Control and Prevention. (2024). *Treatment of substance use disorders*. U.S. Department of Health and Human Services. <https://www.cdc.gov/overdose-prevention/treatment/index.html>

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