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## **Outcome Study of the Living Skills Recovery Curriculum with Mentally Ill Chemically Addicted (MICA) Clients**

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**Introduction:** The Living Skills Recovery Curriculum, published by the author, is a standardized form of intervention for MICA clients that incorporates 12-Step methodology into a living skills acquisitional training program. A three year quasi-experimental outcome study of the curriculum was performed with 99 MICA clients at a New York City hospital.

**Methods:** The Living Skills Recovery Curriculum consists of four modules: time management, stress management, activities of daily living, and social skills. Two modules were run simultaneously in the clinic for four months. When they finished the other two modules were run for four months. This pattern of psychoeducational training took place for 2 1/2 years. Clients were assigned modules based on their need for treatment in each area. Clients not assigned a module were in the control group. The total number of subjects in the experimental group was 99 and control group was 65. The following outcome measures were gathered for each module: pre and post-tests, attendance, number of objectives met, number of topic related goals achieved, whether or not clients reported that they learned new material and made changes in their lives, staff observations, and clean time. Clean time was measured in the number of clean days, number of relapses, and average length of relapse before, during, and after the curriculum.

**Results:** Results from paired and independent T-tests, percentages, and Pearson Product Moment Coefficients demonstrated that clients treated with the Living Skills Recovery Curriculum showed significant improvements ( $p < \text{ or } = \text{ to } .05$ ) in time management, stress management, social skills, and activities of daily living than clients in the control group. Results from ANOVAs demonstrated that stress management, social skills, and activities of daily living training from the Living Skills Recovery Curriculum significantly increased ( $p < \text{ or } = \text{ to } .05$ ) clean time in the experimental group verses controls. **Conclusion:** The Living Skills Recovery Curriculum is an effective method for improving living skills and clean time in MICA clients.

**Contribution:** This efficacy study provides a best practice model for occupational therapy practice with MICA clients.