

1947

The Infusion of Occupation at a Residential Treatment Facility for Youth: Does Time of Day Matter?

Ann Nolen, Kendal Frazier, Dorothy Gregory, Carol Loma
UTHSC-Memphis, Memphis, Tennessee, United States

Introduction: Maladaptive behavior is an indicator of occupational imbalance or deprivation. (Dirette & Klak, 2004; Quake-Rapp et al., 2008.) The researchers examined critical events, incidents of maladaptive behavior, to determine potential problem areas in the schedule at a residential treatment facility for youth with emotional and behavior disorders.

Objectives: This study aims to construct a methodology for scheduling occupational therapy services to reduce critical events, improve staff utilization, and create a healthier balance of occupations.

METHOD: Using apriori data, the researchers analyzed the critical event pattern of four groups of residential youth (N=51) over an eight week period. Two of the groups were in locked down facilities; one was female. Using SPSS, four chi-square analyses were performed to determine the significance of the frequency of critical events on each group.

RESULTS: Analysis of the data indicated statistically significant results for the hour of day in which critical events occurred at the lock down unit ($p < 0.005$) and ($p < 0.001$) at the main campus. Results for the day of the week for critical events were not statistically significant at the locked down unit, but were statistically significant at the main campus ($p < 0.001$).

CONCLUSIONS: The study identifies periods of occupational imbalance during specific times of the day and certain days of the week. Occupational therapy services could best be implemented within these time frames.

PRACTICE IMPLICATIONS: Using an evidenced based approach, practitioners can more effectively introduce occupation into an already existing program.

Dirette, D. & Kolak, L. (2004). Occupational performance needs of adolescents in alternative education programs. *American Journal of Occupational Therapy*, 58(3), 337-341

Quake-Rapp C., Miller B., Ananthan, G., & Chiu, E-C. (2008). Direct observation as a means of assessing frequency of maladaptive behavior in youths with severe emotional and behavioral disorder. *American Journal of Occupational Therapy*, 62(2), 206-211