




STRUCTURED ACTIVITIES, COMMUNITY PARTICIPATION AND TRANSITION

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TOPICS IN THIS PRESENTATION

- Benefits of activity treatment to patients with learning disabilities and personality disorder inside and outside of a medium secure unit
 - Case example – a meaningful volunteer job
 - Challenges and successes of engaging service users with multiple barriers, including personality disorder, in community activities
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BROADLAND CLINIC

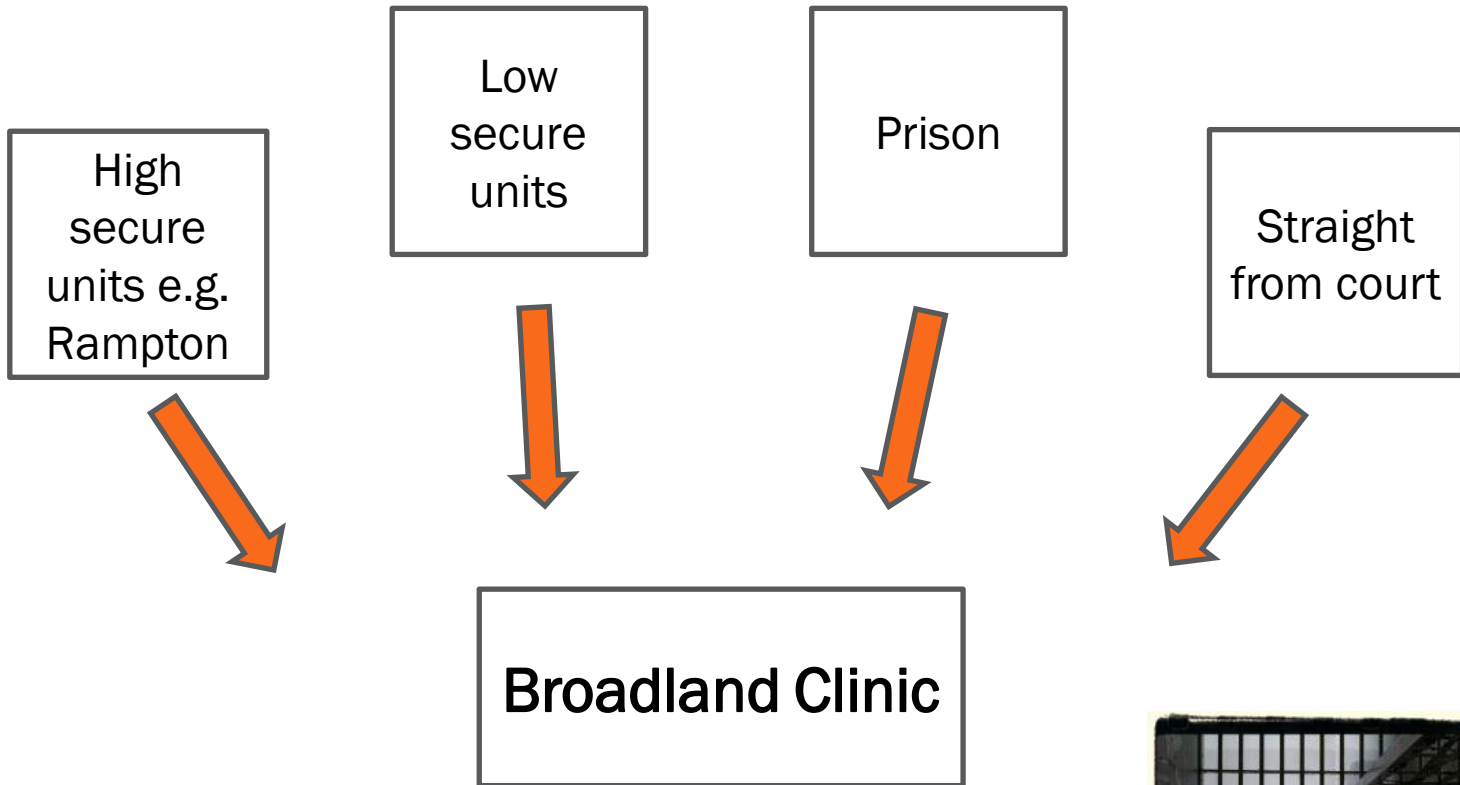
- NHS inpatient unit based at Little Plumstead
- 25 beds
- Male
- Medium secure
- Learning disability / Autism
- Personality disorder
- Offenders
- Under the mental health act



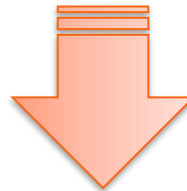
Hertfordshire Partnership 
University NHS Foundation Trust



OCCUPATIONAL BACKGROUND OF OUR PATIENTS



OCCUPATIONAL DEPRIVATION



Volition

- Interests
- Choices
- Personal Causation
- Values
- Dealing with loss

Pattern of Occupation

- Roles
- Routines
- Responsibilities
- Balance

Performance capacity

- Communication and interaction skills
- Process Skills
- Motor skills
- Lack of social contact

MULTIPLE BARRIERS

- Complex trauma
- Diagnosis including emotionally unstable personality disorder and antisocial personality disorder
- Multiple barriers to community and educational engagement
 - Learning disability
 - Autism
 - Mental health condition
 - Trauma
 - Personality Disorder
 - Behaviours of concern



WORKING WITH EUPD

- Emotional instability – the psychological term for this is "affective dysregulation"
- Disturbed patterns of thinking or perception – "cognitive distortions" or "perceptual distortions"
- Impulsive behaviour
- Intense but unstable relationships with others



- Relationships and activities can be easily disrupted
- Service user can struggle with identity
- Challenges in risk assessment for activities
- Staff burnout and reduced expectations of service user
- **But predictive and reliable structured activity is key!!**



10-POINT TREATMENT PROGRAMME

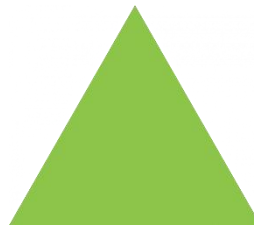
- (1) a multi-axial diagnostic assessment
- (2) a collaboratively developed psychological formulation
- (3) risk assessments and management plans
- (4) a behaviour support plan
- (5) pharmacotherapy
- (6) individual and group psychotherapy, guided by the psychological formulation
- (7) offence-specific therapies
- (8) education, skills acquisition and occupational / vocational rehabilitation
- (9) community participation through a system of graded leave periods
- (10) preparation for transition

ACTIVITY IS THE TREATMENT TOOL OF OT

“(Forensic activity provision) engages people and facilitates their participation in meaningful life activities whilst assisting in the development of their increasing personal capacity and pro-social values, identity and skills.” Duncan (2004)

Ethical and professional duty to provide **purposeful, meaningful** activities to patients in hospital

Just right challenge
Matching person, task and environment



ASSESSING WHAT IS MEANINGFUL - OCAIRS

Occupational Circumstances Assessment Interview and Rating Scale

- Where were you living before this? What was it like? How long were you there? Where were you before that?
- What was your routine like before you came here?
- How do you currently spend your time? What do you like to do?
- What sessions do you take part in? How about free time?
- Are you satisfied with your current routine? Can you do what you want to do?
- What would you like your routine to be like?



makedaisychains

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Occupational Therapists

ask "what matters to you"
not
"what's the matter with you?"

- AOTA president Ginny Stoffel



@makedaisychains

OCAIRS

Occupational Circumstances Assessment Interview and Rating Scale

- What do you value in your life? Who or what is important to you and why?
- Do you feel you know what you are good at in life?
- What things in life do you feel go well? What are you proud of?
- Is there anything that has been difficult for you? How did you handle it?
- What effect do you think the past, such as your risk, has had on your current situation?
- What was happening to you around the time of your index offence? What situation were you in?
- What do you want to achieve while you are here?

Forsyth et al 2006









THE WHERRIES



Activity Programme

December 2020

	 9:30	 10:00	 11:30	 1:00	 2:45	 6:00
Monday	Ward Morning Meeting	Wherries Activity at Wherries - you choose Ward Activity on ward - you choose at morning meeting		Ward ADL Support or Ward Activity or Walk or Hairdresser (Hairdresser dates 21 Dec/ 11Jan/ 1 Feb/ 22 Feb/ 15 Mar)	Wherries Recovery College Dungeons & Dragons or Gym or Internet	Evening Activity
Tuesday	Ward Morning Meeting	Wherries Arts & Crafts Ward Activity - you choose at morning meeting		Ward Psychology Session with Leila at 2pm	Wherries Recovery College Music For All or Gym or Internet	Evening Activity
Wednesday	Ward Morning Meeting	Wherries Retro Gaming Ward Activity - you choose at morning meeting	Steering Group (fortnightly)	Ward or Wherries ADL or Ward Activity or Walk or Opening Doors 2.30pm	Wherries Recovery College Men's Health (week 1-6) Anti Bullying (week 7-12) or Gym or Internet or Equality & Diversity Meeting (3rd Wednesday of the month – Vicki & Desire)	Evening Activity
Thursday	Ward Morning Meeting	Wherries Activity at Wherries - you choose or Yoga Session Ward Activity - you choose at morning meeting		Ward ADL or Ward Activity or Walk or House Meeting	Wherries Recovery College Sensory Awareness or Gym or Internet or Patient Voice (10th December, 14th January, 11th February)	Evening Activity
Friday		Wherries The Galley Shop		Ward ADL or Ward Activity or Walk	Wherries The Café	Evening Activity
Saturday & Sunday	Ward Activities					

Your Section 17 leave is on Wednesday mornings volunteering at The Walled Garden



PeoplePlus

skills for growth

**EDUCATION IN
SECURE
SERVICES**

**LITTLE
PLUMSTEAD
HOSPITAL**

The Team

Dan – Education Manager

(Focuses on a wide variety of skills and subjects)

Chris – Art and Music Tutor

Jyl – Practical Skills Tutor

Steph – English and Maths Tutor

(All tutors work across both Broadland Clinic and Astley Court)

Approach Summary

- Assess, develop and maintain levels of Literacy and Numeracy.
- Work alongside OT Team in the co-ordination of the Recovery College.
- Assist in developing practical and creative skills through art and music.
- Work alongside service users to deliver education in the areas which they request or which will be beneficial to them.
- Co-ordinate with MDT to assist in the creation of goals and targets in service users recovery journey.

WHAT MOTIVATES OUR PATIENTS?

Since my arrival here, it has been a pleasure of mine to take on jobs in the garden. We have the chance to grow our own fruit and vegetables which, if I don't eat them whilst out there, eventually end up in *The Wherries'* kitchen and being enjoyed by my fellow patients.

We have several raised beds which vary from an assortment of herbs to strawberries and tomatoes and several lower beds which have produced potatoes and rhubarb each year.

Gardening is a great chance to be active, get your hands dirty and take the initiative to grow your own fruit and vegetables. I would encourage fellow patients, with summer coming up, to sign up for Gardening sessions. You don't need any prior knowledge or experience (as I have proved in my approach to the garden)... just a willingness to work.

We hope to be able to increase our planting and produce this summer but we can only achieve this with your support.



THE VALUE OF ROLES INSIDE THE CLINIC

Real Work Opportunities: establishing an accessible vocational rehabilitation programme within a forensic intellectual disability service

Alyssa Cox, Hayley Simmons, Ginny Painter, Pippa Philipson, Rachel Hill and Verity Chester

“Patients demonstrated skills development throughout the employment process, including general work-based skills, punctuality and time management, managing duties, responsibility, specific role-related skills, interpersonal skills and personal presentation.”

“HE NEEDS A BETTER ROUTINE”

- Structured days are challenging with PD
- Whilst all patients need a meaningful routine, “a better routine” is not a person centred goal in itself
- Norfolk Adult Safeguarding report
- Note all patients get up on the day that Amy visits...

THIS IS AMY

**AMY IS VISITING US, WITH HER OWNER
DAVID, EVERY THURSDAY MORNING**

**Please tell us if you want to spend
some time with Amy.**

**You could do this at the Wherries or
take her for a walk.**



**AND OUTSIDE OF
THE FENCE?**



WORKING WITH OUTSIDE AGENCIES



ST-EDS

Employability skills for young people



CITY
COLLEGE
NORWICH

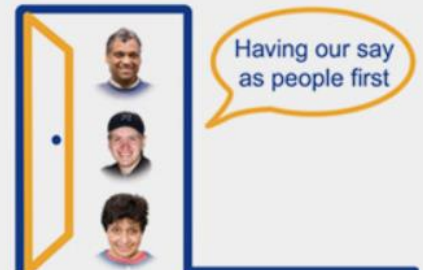
PACT Animal Sanctuary

We've made a pact to help animals

Tel: 01362 820775

FELINE CARE

rescue sanctuary advice rehoming



Opening Doors

Formerly People First of Norfolk

THE WALLED GARDEN

- A profitable community interest company with seed funding from HPFT
- A local community asset
- Ten employed paid staff
- Forty volunteers
- Five patient volunteers – so far!



APPROACHING OUTSIDE AGENCIES

What is meaningful to that patient

Patient Task Environment Fit

Consent to info share

Capacity

MDT discussion on risk presented in this activity

Organisational guidelines

Ethical disclosure

Panel meetings

Coproduced careplans



DISCLOSURE LETTER

Name, Address

Dear (manager)

My name is (patient). I would like to work at (place). I have previous experience stacking shelves at (place). I really want to help people and do a good job.

I will come with one member of staff, to help me while I'm working. The member of staff will stay with me. I want to work for a short period of time. Before I come over to work, the staff will make sure I'm relaxed and safe, ready to work.

I have had risks in the past, but I'm working on this with the help of my team and my psychologist. My care team and I are happy to talk to you about this, and how I will stay safe. I hope you will be willing to give me a chance.

Thanks very much

(patient)



MORE THAN JUST AN OFFENDER?

I go to work in the office at *Opening Doors* (self-advocacy service) every Thursday from 10.30am – 12pm. When I go to work, I wear a suit and look smart. When I arrive at *Opening Doors*, I put my name tag and badge on, go to the office and tidy my desk before going to a meeting with Katie who works there. At the meeting, Katie tells me my tasks for the day. I carry out lots of tasks at work such as:

Answering the telephone and writing down messages,
Photocopying, Laminating, Computer work and typing

I feel really positive and pleased with myself after my day at work. It's a great experience for me and I hope to go to work on my own in the future.



X's Opening Doors



I go every week. If I can't go, please ring
01603 631433 to tell them



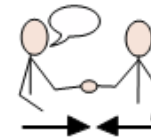
I bring my bag, lunch, diary and pens.



I dress smartly – suit, tie, boots and badge.



When I arrive I have to check in.



I speak to Lou or Jo, who tell me which jobs to do.



I answer phone calls and take messages.



I have a coffee break and offer to make drinks for other
people.



ACTIVITY AND TRANSITIONS

- Transitions are a singularly difficult time for EUPD patients
- Discharge pathway discussed from admission
- Maintain meaningful work
- Local transitions
- Further afield



CONCLUSIONS

Meaningful activities and work assist recovery

Assessment of individuals is essential

Staff should have high expectations of service users to develop new identities, and hold hope for them

We need to fit person, environment and task to adapt around PD

We can develop great relationships with current work placement providers, or create opportunities ourselves

PERSON TASK AND ENVIRONMENT MUST FIT





Vicki Malcolm vicki.malcolm@nhs.net

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