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## How Programing and the Enviornment Impact Occupation Participation with Individuals Living on a Secured Unit

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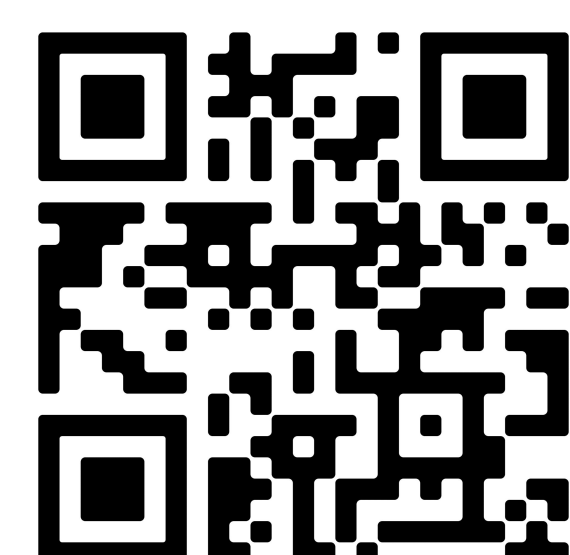
## Background and proposal process

Individuals living on a secured unit are there for many reasons such as, elopement risks, behavior moderation or various conditions such as Anxiety, Alzheimer's, and various mental health conditions. Unfortunately, these individuals are often misunderstood and are at risk for occupation deprivation and social isolation. When choosing Crestmont North, I knew that there was a mental health need along with a need to increase programing for the individuals on the secured unit. Being an Occupational Therapy student, I addressed this need through program development/modification,

Environmental modification and staff education.

### Brief bio

My name is Courtney Gast, and I am 25 years old. I started my Healthcare career journey at the age of 16 where I fell in love with my job as a housekeeper. Wanting to promote independence, I became an STNA, where I then found Occupational therapy. Looking at the future, I see myself working with adults and older adults where I hope to enhance quality of life through rehabilitation, promotion and prevention.



## Capstone activities

Over the course of 14 weeks at Crestmont North I was able to:

- Observe an overall increase in activity participation among individuals living within a secured unit
- Foster a sense of belonging and community between the secured unit and general population.
- Educate and model various ways of interacting and facilitating participation among residents with various health conditions.
- Create an activities center for the back hall to bring purpose and meaning.
- Create an activities binder providing various activities to be completed in group settings.
- Create an activities manual of various responsibilities of activities personnel which featured common diagnoses that maybe encountered along with an updated on-to-one program.
- Provide a sensory kit that followed a sensory menu that may be utilized in a group or one-to-one setting.

## Personal Growth

Throughout my capstone project there were many obstacles that came about, many hardships and many unplanned events. Through out these many events I learned a lot.

- Having a flexible mind set and being open to change. Things do not always go to plan, but to find a way to make the best out of any situation is beyond rewarding.
- Discovered ways to work with various mental health conditions and the importance of mental health services.
- Explored the value of occupational therapy with mental health.
- Improved communication skills

## Key references

- Crestmont Activities Department Manual
- Chao, S.-F., & Chen, Y.-C. (2018). Environment patterns and mental health of older adults in long-term care facilities: the role of activity profiles. *Aging & Mental Health*, 23(10), 1307–1316. <https://doi.org/10.1080/13607863.2018.1484889>
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- Vankova, H., Holmerova, I., Machacova, K., Volicer, L., Veleta, P., & Celko, A. M. (2014). The effect of dance on depressive symptoms in nursing home residents. *Journal of the American Medical Directors Association*, 15(8), 582–587. <https://doi.org/10.1016/j.jamda.2014.04.013>

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