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## Northeast Reintegration Center Leisure Program

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# Northeast Reintegration Center Leisure Program

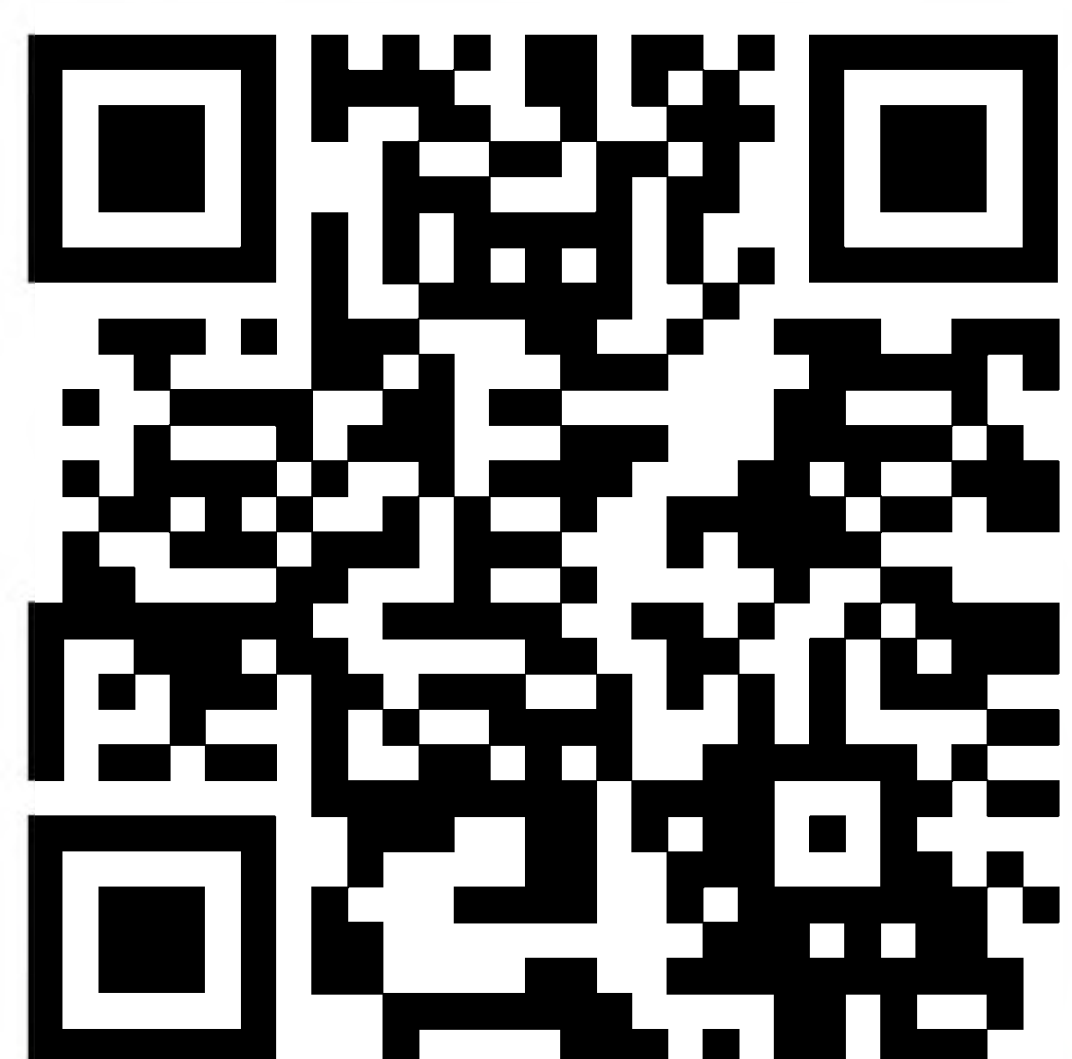
Jessica Mravec OTD/S, Susan Levy Wayne, M.Ed., OTR/L, and Barbara Milliken Ed. D., OTR/L, CVW

## Background and proposal process

Despite being an emerging area of practice, there is still limited literature on the practice of occupational therapy in the criminal justice system. Even though there are so many benefits to leisure participation, the prison population deals with many barriers to participating in leisure activities. The barriers to participation of leisure activities include lack of interest, energy, motivation, ability, social skills, self-efficacy, and awareness (Brosens et al., 2017). I chose to create a leisure program for the women at the Northeast Reintegration Center to promote leisure participation, enhance life skills, and better prepare the women for reentering their communities.

## Brief bio

My name is Jessica Mravec. When I graduate, my goal is to provide client-centered care to underserved populations and those with mental health diagnoses. I am passionate about helping these populations to maximize their quality of life and potential in participation in meaningful occupations. To learn more about my capstone experience and project, scan the QR code below.



## 12-Week Leisure Program

I created a 12-week leisure program that includes: teaching methods, outcome measures, learning objectives, infrastructure, methods to measure efficacy, and weekly session plans.

The program follows the Model of Human Occupation. Throughout the 12 weeks, the women will participate in a variety of leisure activities as well as discussions about leisure and the barriers they encounter.

## Community Resource Guide

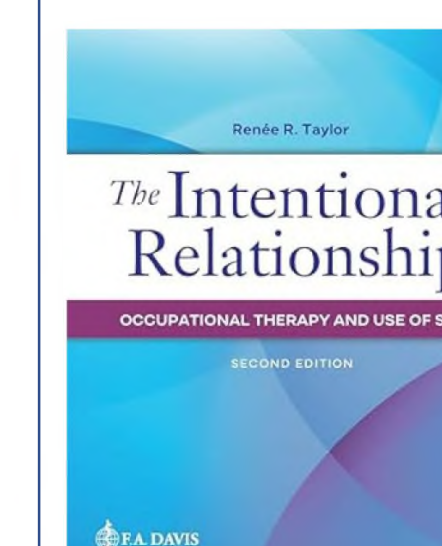
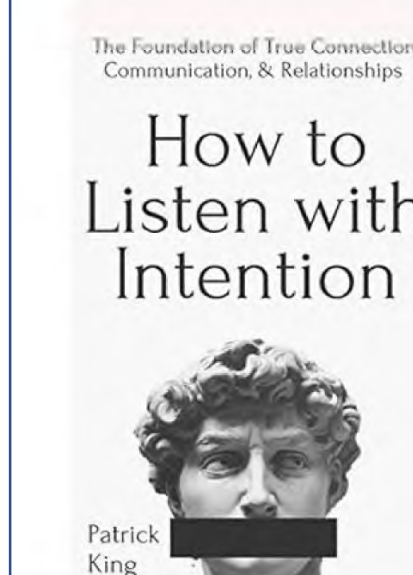
I created a Community Resource Guide for the Northeast Reintegration Center. The counties included in my resource guide are Ashland, Cuyahoga, Lorain, Portage, and Trumbull. These resources are important for the women to have upon release to help them become stable and independent in their communities.

- Crisis Centers
- Parenting and Childcare
- Pregnancy Support
- Career and Skills Development
- Housing Assistance
- Meals and Food Pantries
- Recovery Services
- Transportation
- Community Engagement
- Public Resources
- Support Groups

## Capstone activities

I completed my 14-week capstone experience at Cleveland State University. During my time, I completed the following activities:

- Completed webinars through Cleveland State University on course development
- Completed Diversity, Equity, and Inclusion workshops
- Read about therapeutic relationships, andragogy, and trauma-informed care
- Interviewed and observed professors on the structure and content of their courses
- Completed weekly self-reflections
- Created a survey to interview previously incarcerated women



## Key references

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