



INTRODUCTION

- Incarcerated youth with greater self-efficacy and aspirations for the future after release are more likely not to reoffend in the future ¹.
- Occupational therapy (OT) has been effective in raising general self-efficacy and aspirations among adult prisoners and youth ^{2,4}.
- No studies gauged the role of OT in raising self-efficacy and aspirations among incarcerated youth using standardized assessments ³.

PURPOSE

- This study seeks to investigate if occupation-based, client-centered interventions influence general self-efficacy and aspirations for the future among incarcerated youth receiving occupational therapy in a juvenile justice setting.

METHODS

- Mixed-methods study design; MOHO framework
- **Sites:** Occupational Therapy Training Program - San Francisco (OTTP-SF)



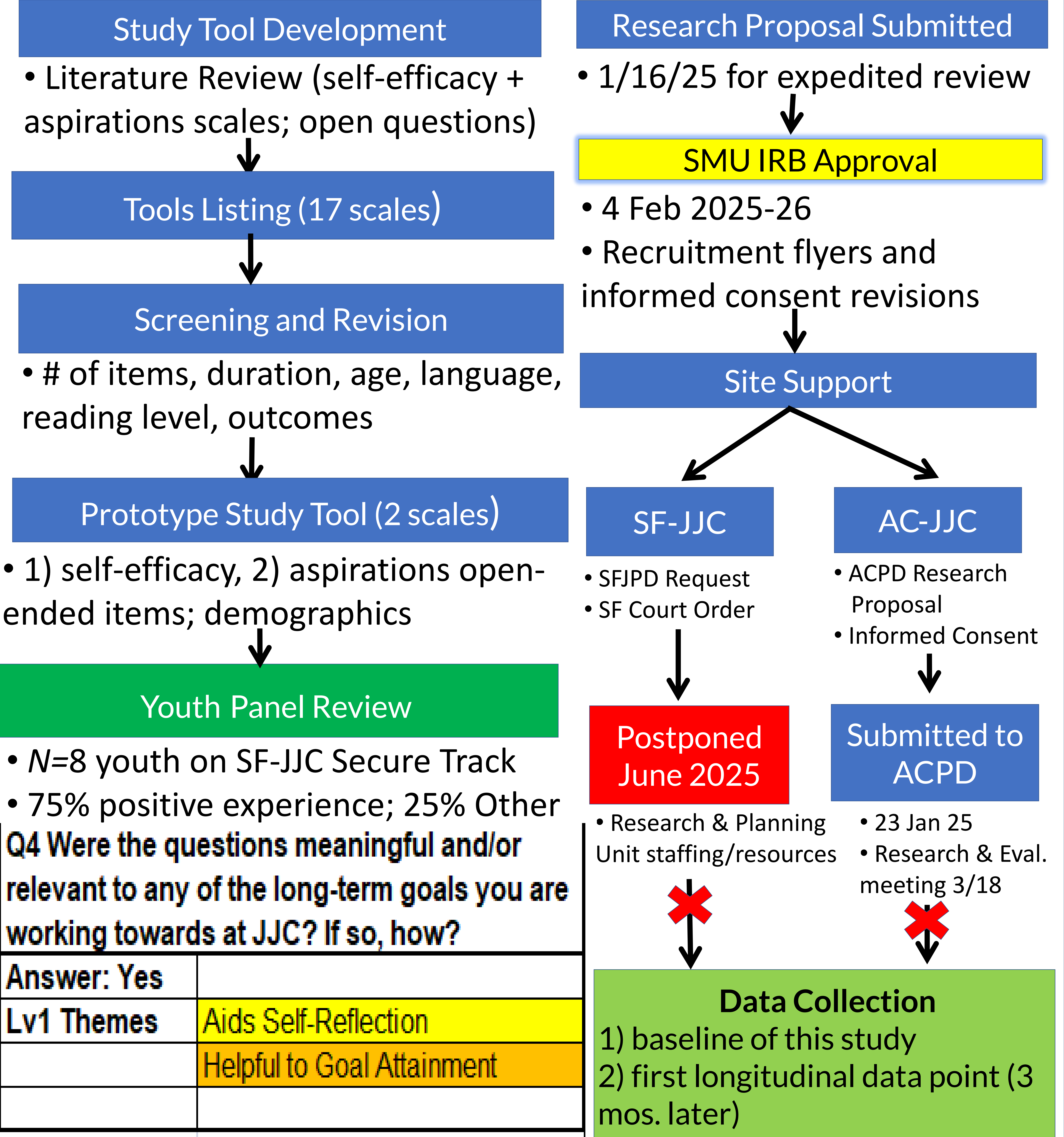
SF-JJC



AC-JJC

- **Participants:** 18-25 years old, serving a long-term commitment (1-7 years), receiving OT
 - Anonymous survey (28 items): 20 closed-ended/3 open-ended questions: self-efficacy, aspirations, OT experiences; demographics (5)

Development of a Pilot Study on Relationships Between Occupational Therapy, Self-Efficacy, and Aspirations in a Juvenile Justice Setting
Daniel Chin, OTD student



- **Interventions:** occupation-based, client-centered



Sensory-based



Occupation-focused

and



- **Data Analysis:** dependent T-test; thematic analysis of open-ended questions
- **Secondary Projects**
 - Reentry Services – Org. Profiles
 - Quality Management – AC-JJC Services
 - SF-JJC Clinical Support

CHALLENGES and LIMITATIONS

- Politics
- Access to Population
- Site Support
- Participant Trust (Buy-In)
- Sample Size

REFERENCES

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*Additional references are available on request

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