

# OCCUPATIONAL THERAPY IN THE PRISON SYSTEM



## MENTAL HEALTH & WELL-BEING

- OCCUPATIONAL DEPRIVATION LEADS TO A REDUCTION IN THE OVERALL WELL-BEING OF AN INDIVIDUAL AND CAN CONTRIBUTE TO THE DEVELOPMENT OF PSYCHOLOGICAL AND PHYSICAL ILLNESS, IMPAIRMENT AND REDUCED POSITIVITY. PTSD, ANXIETY, BIPOLAR DISORDER, MAJOR DEPRESSIVE DISORDER

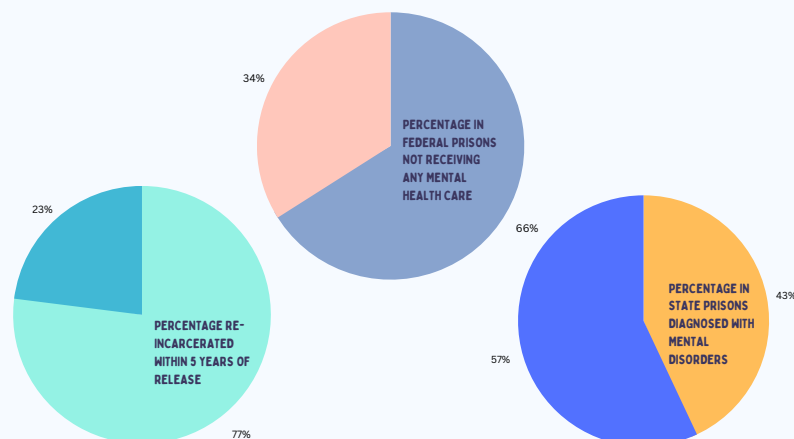
MOST PROGRAMS FOCUS ON RE-ENTRY INTO SOCIETY FOR THOSE WHO ARE BEING RELEASED, BUT THOSE WHO ARE INCARCERATED FOR LIFE SHOULD ALSO HAVE THE OPPORTUNITY TO PURSUE MENTAL HEALTH WELLNESS, MAKE CONNECTIONS, AND MAKE THE REST OF THEIR TIME MEANINGFUL

## DO PRISON SYSTEMS NEED OT?

- INCARCERATION LEADS TO OCCUPATIONAL DEPRIVATION, A STATE WHEREIN INDIVIDUALS ARE "UNABLE TO DO WHAT IS NECESSARY AND MEANINGFUL IN THEIR LIVES DUE TO EXTERNAL RESTRICTIONS"

## STATISTICS

- THERE ARE ALMOST 2 MILLION PEOPLE CURRENTLY IMPRISONED ACROSS FEDERAL, STATE, LOCAL, AND TRIBAL SYSTEMS
- 610,000 PEOPLE RELEASED EACH YEAR
- 43% OF PEOPLE ENROLLED IN CORRECTIONAL EDUCATION PROGRAMS ARE LESS LIKELY TO BE RE-INCARCERATED
- TOTAL U.S. GOVERNMENT EXPENSES ON PUBLIC PRISONS AND JAILS: \$80.7 BILLION +



## INTERVENTIONS FOR WELLNESS

- OCCUPATIONAL THERAPY PROGRAMS IN PRISONS CAN MAKE AN IMPACT ON MENTAL HEALTH, THE DEVELOPMENT OF LIFE SKILLS NECESSARY FOR LONG-TERM ENGAGEMENT IN PRODUCTIVE, POSITIVE OCCUPATIONS AND LEAD TO REDUCTION IN RECIDIVISM

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