Project SustAIn

2010

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Why the A and the I?
• Youth Experiencing Homelessness
• Brief Intro to Outside In
• History of SustAIn
• SustAIn 2010
  – Methods
  – Data & Feedback
• SustAIn’s Future
• Concluding Thoughts
Youth Experiencing Homelessness

- Runaway or have left their homes
- Pushed out of their homes by their families or caretakers
- A lack of a stable place of residence
- Food or meal insecurity
- Complex psychosocial histories
Outside In:
A Brief Introduction

• Serving youth experiencing homelessness or low-income living since 1968

• Services are provided from a harm-reduction philosophy

• **Mission:** “helping homeless youth and other marginalized people move towards improved health and self-sufficiency”

• **Services:** **Youth services** (i.e., Day Program, Education Resource Center, Job Readiness) & **Clinic/Health Services** (i.e., mental health services, acupuncture, dental services)
Project SustAIn: A Budding Idea

Pacific University School of Occupational Therapy

Outside In (OI)

Innovative Practice Project
OT Students

OI Education Resource Center
Urban Ed Teacher, Matt Eide

Project SustAIn Gardening Program
SustAIn Objective

• Promote self-sufficiency by creating opportunities for the youth of Outside In (OI) to:
  — expand their knowledge base
  — develop new sustainable living skills
  — gain productive hours
  — positively engage with their community

• Integrate use of OT process to serve youth experiencing homelessness or low income living
SustAIn 2010: A New Leaf

• With new OT brains, new ideas are bound to follow

• We wanted to stay true to SustAIn’s original objective

• Provide new opportunity to the youth of Outside In...

Cooking
SustAIn 2010: Service Progression

New Tract Development: Cooking

Group Modules

Individual Work Experiences/OT Sessions
Group Modules: From Seed to Meal

- 3 cooking group modules
  - 2 hours every other week
- Healthy low cost meals
- Cooking without conventional kitchen
- Sustainable skill building
  - Collaborative work
  - Indoor gardening
  - Meal preparation using a recipe
Work Experiences & Individual Occupational Therapy

• 4 individual sessions (currently on-going)

• Examples:
  - Personal and Professional Boundaries activity
  - Off-campus Grocery Store & Budget activity
  - Individual work experience projects
    • Youth lead cooking group module
    • Marketing product and presentation
Data & Youth Feedback

• Group Modules
  — Average 3–5 participants
  — 2 youth attended all 3 modules
  — Youth and staff provided positive feedback

• Work Experiences & OT
  — Consistent attendance of all 4 sessions
  — Transitioned to 2 practicing occupational therapists
  — On-going until June 1st
SustAIn’s Future

• Continued program objective
  — Opportunities for sustainable skills for the youth of Outside In
  • Additional tracts

• Continued use of OT process
  — Collaboration with Outside In youth and health services
  • Transitional role services
Concluding Thoughts

• Occupational therapy has a valuable skill set to offer youth that experience homelessness
• OT facilitates individuals’ success and role transition from street to home living
• Safety to stability
Special Thank You

- Our Youth Participants
- Outside In Staff & Volunteers
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- Jody Victoria, OTR/L, Outside In
- Sandra Rogers, Ph.D., OTR/L
- Pacific University School of Occupational Therapy
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