

Using Social Cognitive Theory
to Address Community
Inclusion in Adults with
Opioid Dependence

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Overview

- Every day, 130 people in the United States die from an opioid overdose ("Opioid Overdose Crisis", 2019).
- Limited community programs offering services to adults in early recovery.
- Providing safe leisure experiences in the community could result in lower recidivism rates and long term sobriety.

Social Cognitive Theory

- Proposes that learning occurs through social conditions and is influenced by people, behaviors, and their environment ("Behavioral Change Models", 2019).

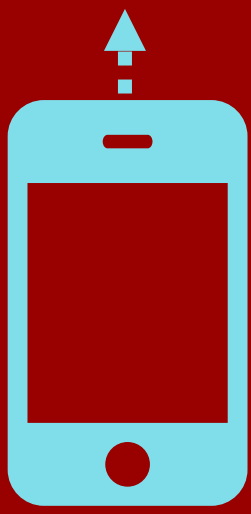
Linking Theory to Practice

- Lack of current research on SCT for community inclusion.
- Those without sober environments may be less inclined to engage in sober behaviors.
- SCT could be used to combat unhealthy behaviors by change of environment and social influences.

IMPLICATIONS

- The CTRS can use Social Cognitive Theory in designing and implementing community-based recreation services and leisure education interventions for opioid dependent adults.
- Focus on skill development and components of SCT to engage in healthy leisure habits for long term sobriety.
- Public education, creating or identifying sober recreation resources in the community, and sober support systems are the important aspects for the therapist to incorporate into treatment.

Social Cognitive Theory is a
feasible and effective tool for
addressing community inclusion in
opioid dependent adults.



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Components of Social
Cognitive Theory:

- 1.Reciprocal Determinism
- 2.Behavioral Capability
- 3.Observational Learning
- 4.Reinforcements
- 5.Expectations
- 6.Self-Efficacy

References

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Poster Title: Using the Social Cognitive Theory to Address Community Inclusion in Adults with Opioid Dependence:

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Abstract:

Every day, 130 people in the United States die from an opioid overdose ("Opioid Overdose Crisis", 2019). With relapse rates and recidivism rates at an all-time high and limited effective aftercare treatment options (Sederer & Marino, 2018), providing safe leisure experiences in the community may have a positive effect on lasting sobriety. Due to the societal stigma around addiction there are limited community programs that provide safe leisure environments for adults in early recovery (Kidorf, Brooner, Peirce, Gandotra & Leoutsakos, 2018). Since acquiring the necessary skills and knowledge to participate in leisure are useful for successful leisure engagement (Dattilo, 2015), adults who lack skills and confidence to engage in leisure may benefit from recreational therapy interventions that aid in skill development and leisure education programs. This poster seeks to explore the use of the Social Cognitive Theory in opioid dependent adults to increase self-efficacy and build necessary skills needed for community inclusion.

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