Insight Into Recreational Therapy Philosophy, Models, and Modalities in Behavioral Health Settings
Disclosure to Audience

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Recreational Therapy

"Recreational Therapy means a treatment service designed to restore, remediate and rehabilitate a person’s level of functioning and independence in life activities, to promote health and wellness as well as reduce or eliminate the activity limitations and restrictions to participation in life situations caused by an illness or disabling condition” (American Therapeutic Recreation Association, 2015).
Common Recreational Therapy Program Goals in Behavioral Health settings

- Improve the functional behaviors of the clients we serve. (Such as physical, cognitive, emotional, and social functioning)
- Increase knowledge of leisure, self-awareness, positive leisure and play attitudes, and positive decision making skills.
- Increase communication skills, relationship building skills, and self presentation skills.
- To educate clients on traditional and nontraditional leisure activity skills.
- Increase knowledge of individual leisure resources upon discharge.

*To achieve these program goals, you will first need to adapt a RT practice model.*
Why adopt a RT practice model?

- Recreational Therapy models of practice help with program development and assist with program accountability.
- The model will define how the RT program is practiced in the facility.
- When choosing the model you are choosing a philosophical orientation as well as the framework for deliver methods in your RT program.
Things to consider before choosing a practice model

- The practice model must co-exist within the context of the larger healthcare and human service delivery systems.

- Currently most RT services are being delivered in the health arena, practicing under a medical model.

- With the wide variety of settings in which RT services are being provided, you also may have to co-exist with other larger healthcare delivery models, such as:
  - Psychosocial Model of Disability
  - Rehabilitation Model
  - Wellness Model
Things to consider before choosing a practice model

- The practice model must also co-exist with accrediting bodies, state regulations, public policy, and legislation.
Types of Practice Models

There are two styles of practices models

- Content Models: Identifies the substance of the RT services.
- Process Models: Identifies the procedures of how the RT services will be implemented in the facility.
What RT practice models are currently being implemented?

There are many different RT models of practice being implemented currently, due to:

- The wide variety of settings in which recreational therapy takes place.
- The wide variety of clientele served (ages, diagnosis, cultures)
- The wide variety of assessment tools used.
- The wide variety of modalities being implemented.
What RT practice models are currently being implemented?

Service Models

- Leisure Ability Model
- Health Protection/Health Promotion Model
- Therapeutic Recreation Outcome Model
- Therapeutic Recreation Service Delivery Model

Outcomes/Service Delivery Models

- Optimizing Lifelong Health and Well-Being
- Leisure and Well-Being Model
- Leisure Spiritual Coping Model
- Self-Determination and Enjoyment Enhancements
Leisure Ability Model

- Known as the only “pure” leisure outcomes model.
- Has been in practice the longest (Petersen & Gunn, 1978)
- Is relevant to many RT setting, not specific to one group, used in group or one on one programming
- Strengths: uses system’s approach for program design; well defined purpose and goals for interventions.
- Concern: that the strong leisure orientation is not with current healthcare focus on functional outcomes.
Health Promotion/Health Protection Model

- Primary goal focuses on health and wellness
- Recreation and leisure are the means of reaching these goals.
- Founded on humanistic concepts, high level of wellness, stabilization and actualization tendencies, and health
- Ties RT closely with healthcare providers.
- RT’s role is to assist client in achieving the highest level of health-enabling the client to recovery following a threat to health (protection) and to achieve optimal health (promotion).
- Concerns: Merit and worth are questionable.
- Strengths: it’s endeavor to align RT with current trends in healthcare.
Therapeutic Recreation
Outcome Model

Model focuses functional domains:
- Leisure Function
- Cognitive
- Psychological
- Physical
- Spiritual
- Social

Model focuses quality of life:
- Feelings of satisfaction
- Contentment
- Joy
- Self-determination,
- Well-being
- Mastery

The role of the RT is to assist the client in achieving highest possible level of health and well-being through leisure and non-leisure experiences.
Therapeutic Recreation Service Delivery Model

- RT’s goal is to empower the client to achieve desired goals and optimally experience a sense of fulfillment, satisfaction, mastery, and well-being.

- Works on a continuum, client may enter at any point on continuum and may receive more than one service at a time.
RT’s role “Facilitate the adoption of healthy leisure lifestyles that prevent or minimize the impact of disabling or dysfunctional conditions, or secondary consequences for person who already experience a chronic or disabling condition, while promoting optimal health and well-being”

Strength: Relevance to society at the start of 21st century.

Concern: Hard to grasp
Leisure and Well-being Model

- Based on positive psychology and leisure behavior, choosing to not focus on the clients problems or diseases/disorders.
- Intended to be applied in all settings.
- Concern: How to communicate in clinical setting due to the demands on active treatment and compliance with accrediting bodies.
Leisure Spiritual Coping Model

• Process model, not a content model.

• Grounded on theoretical and empirical findings that spirituality can play an important role in recovery for people with mental illness, and that recreation and social activities have been identified as spiritual activities.
Self-Determination and Enjoyment Enhancements

- Based on the thought process that self-determination and enjoyment can lead to functional improvement and personal growth.

- Strength: By focusing on self-determination, enjoyment and functional improvement makes it align well with the health and human services emphasis.

- Concern: No clear entry point on model diagram.
After adapting a practice model.....

- After adapting a RT practice model you will begin to plug in service modalities.

- Modalities (also known as interventions) are the services used to help achieve the desired outcomes of the clientele being served.

- Modalities are planned, implemented, and evaluated in regards to:
  - RT practice model
  - Program goals
  - Client specific goals and objectives
Recreational Therapy Modalities

A list of currently practiced modalities but not limited to:

- Aquatic Therapy
- Adventure Based Counseling
- Expressive Therapies
- Therapeutic Play
- Horticulture Therapy
- Animal Facilitated Therapy
- Community Reintegration
- Reminiscence
- Stress Management
- Relaxation Therapy
- Adaptive Sports
- Anger Management
- Cognitive Stimulation
- Communication
- Pain Management
- Physical Functioning
- Sensory Stimulation Activities
- Snoezelen
- Substance Abuse
Time to engage in group!

Get up and begin to participate in a few of the modalities that you would experience if you were a resident at the Summit Program!
Questions?

Any questions, comments, or concerns?

Thank You for your time and effort in today's session!