NORTHERN NEVADA ADULT MENTAL HEALTH SERVICES (NNAMHS)

POLICY AND PROCEDURE

SUBJECT: RECREATION THERAPY SERVICES

NUMBER: NN-PC-PD-05

ORIGINAL DATE: 03/17/89

REVIEW/REVISE DATE: 09/19/90, 09/25/91, 08/10/94, 06/08/95, 11/05/98, 01/07/02, 12/01/05, 11/19/09, 09/15/12, 10/18/12

APPROVAL: Cody L. Phinney Agency Director

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I. PURPOSE

To define, identify, and describe the goals and scope of services provided by the Recreation Therapy staff at NNAMHS.

II. POLICY

NNAMHS Recreation Therapy Services will provide therapeutic activities allowing consumers the opportunity to express themselves both mentally and physically to gain insight, understanding, and development of a positive and healthy leisure lifestyle. Therapeutic activities will be designed in a continuum of care beginning with improving functional ability, moving towards leisure education, and ending with self-directed choices for recreation participation limited to: physical, emotional, self-esteem, independence, socialization, cognitive stimulation, attention span, reality orientation, sensory integration, leisure awareness, and leisure skill development.
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III. PROCEDURE

1. Recreation Therapy activities are individualized based on the consumer's initial assessment whose aim is to achieve the following goals:
   a. To increase awareness and understanding of self and existing disability.
   b. To provide and promote healthy outlets both physically and mentally.
   c. To provide for participation in previously acquired or newly gained recreational interests.
   d. To provide for awareness of leisure needs and development of a positive leisure lifestyle.
   e. To provide knowledge and awareness of leisure and community resources.
   f. To improve social skills in relation to active leisure participation.
   g. To develop self-confidence through meaningful activities and positive reinforcement.
   h. To assist the consumer in attaining the highest level of independent leisure functioning.
2. Certified Therapeutic Recreation Specialists staff will meet the training/educational requirements established by NNAMHS, State Personnel, and the National Council for Therapeutic Recreation Certification as contained in the state class specification.
3. Therapeutic Recreation staff will provide direct services to NNAMHS inpatient units and NNAMHS outpatient services along with assisting program directors in evaluation and providing for consumer and program needs.

4. Recreation Therapy Activity Services will include creative, intellectual, physical, emotional, and social. Leisure education and individual leisure counseling are also available for assessment, evaluation, and independent functioning.
5. Programs will also provide for awareness of community leisure resources including active participation in community events, organizations, clubs, and facilities. Consumer awareness may be gained through weekly scheduled leisure education/counseling.
6. The Recreation Therapy staff will provide assessments, treatment planning, evaluation, and documentation. Assessments include evaluation of leisure behavior, psychosocial, and sensorimotor to determine consumer's awareness, independent functioning, and abilities.
7. The Recreation Therapy staff participates on administrative and clinical committees and on interdisciplinary treatment planning and review conferences.