

Connection and Belonging: Utilizing Recreation and Peer Mentorship for Increased Client Engagement

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SEPTEMBER 12-13 ★ SACRAMENTO

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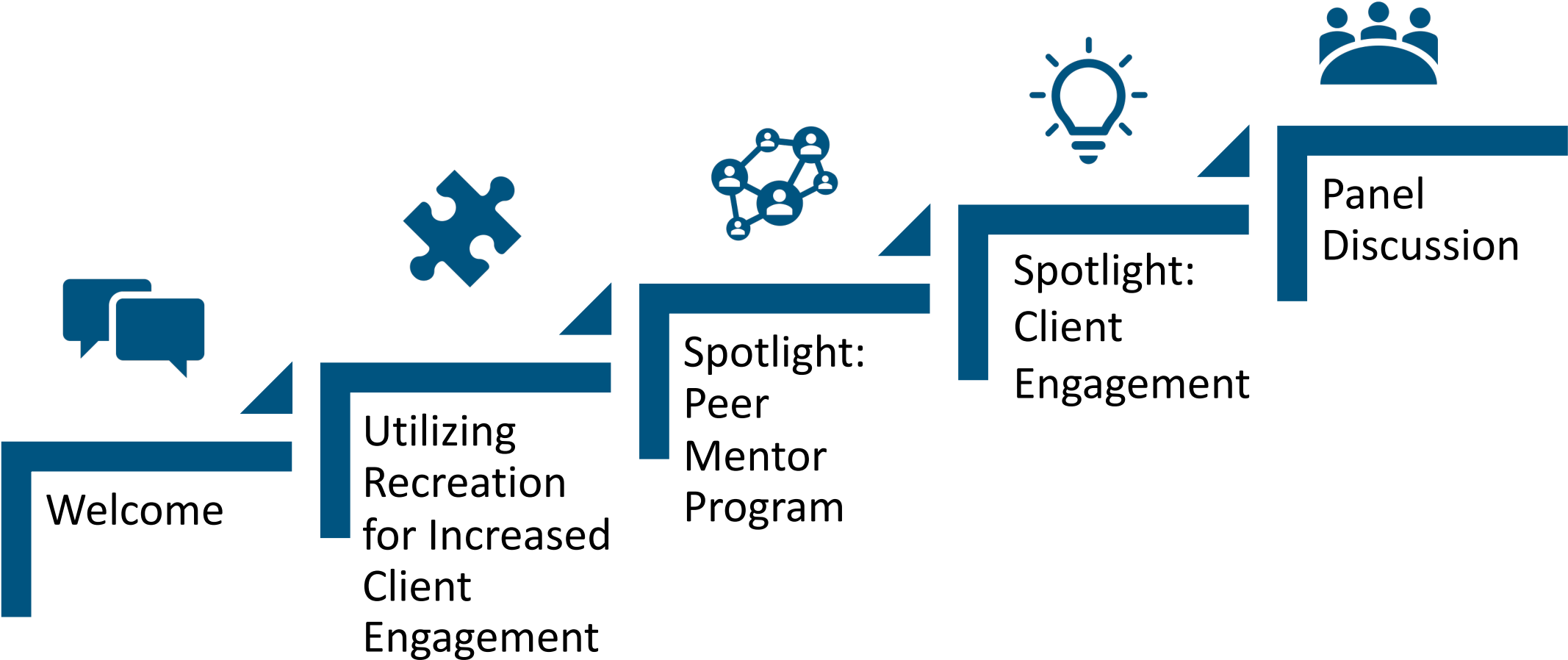
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Agenda



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The National Institute for Medical Respite Care is a special initiative of the National Health Care for the Homeless Council.

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Utilizing Recreation for Increased Client Engagement

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Presenter: Utilizing Recreation for Increased Client Engagement



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+10 years
Unhoused Services

PSH
CoC



+5 years
CTRS: Recreation Therapist

Inpatient
Behavioral
Health



+2.75 years
Medical Respite Team

MRC
Cohorts



Outline



Foundation
Information



Strategies for
Engagement



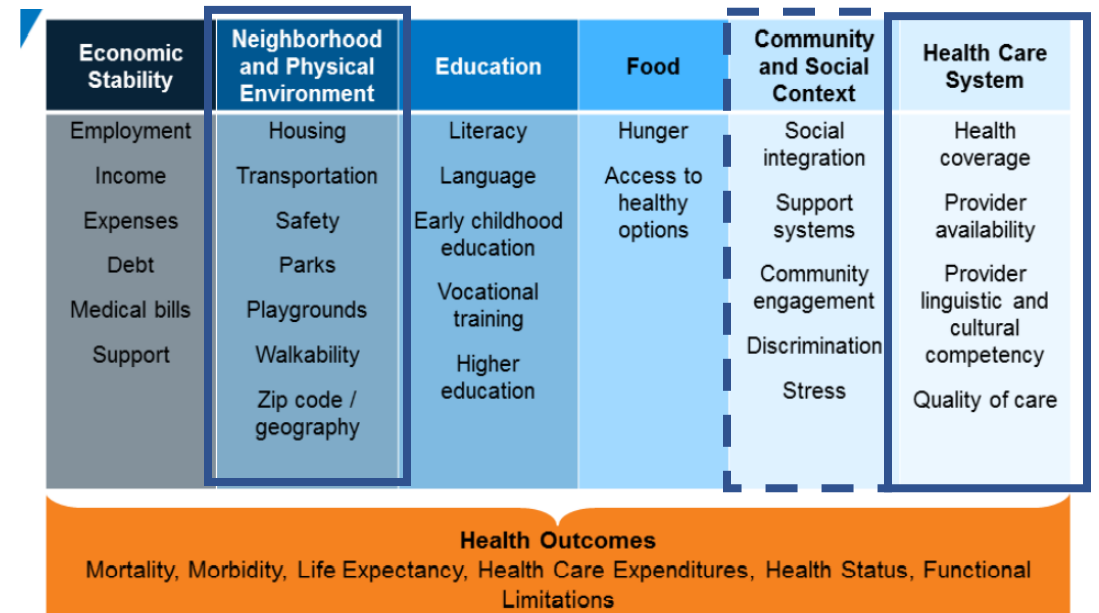
Why is this
important?

Foundation Information

Maslow's Hierarchy of Needs



Social Determinates of Health (SDOH)



Source: Kaiser Family Foundation 2018 Issue Brief: *Beyond Health Care: The Role of Social Determinants in Promoting Health and Health Equity*, Figure 1



Foundation Information

What is Recreation Therapy?

- Recreational Therapy, also known as therapeutic recreation, is a systematic process that utilizes recreation and other activity-based interventions to address the assessed needs of individuals with illnesses and/or disabling conditions, as a means to psychological and physical health, recovery, and well-being.

Core Components

- Emotional
- Cognitive
- Social
- Physical
- Spiritual

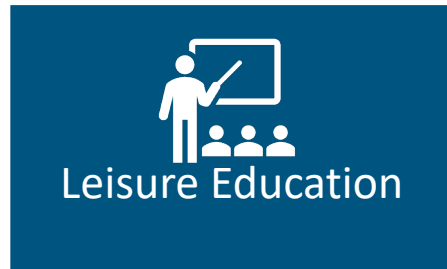
Additional Nontraditional Therapies include

(but are not limited to):

- Adventure Therapy
- Music Therapy
- Art Therapy
- Horticultural Therapy

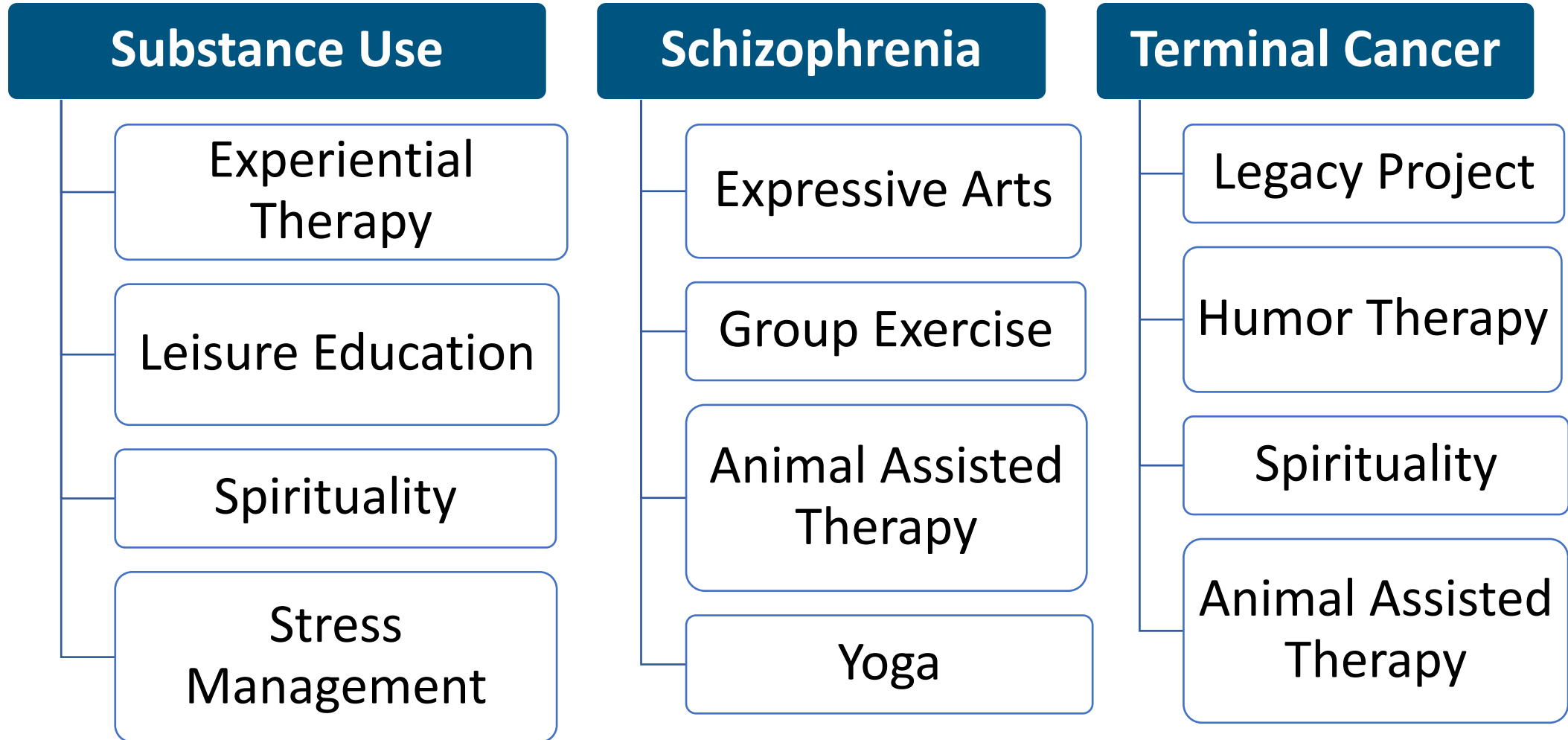


Therapeutic Recreation Interventions include (but not limited to):



3

Evidence Based Practice (EBP) and Interventions listed by Diagnosis



Evidence Based Practice (EBP) and Interventions listed by Diagnosis

Major Depressive Disorder (MDD)

Leisure Education

Experiential Therapy

Exercise

Animal Assisted Therapy

Expressive Arts

Traumatic Brain Injury (TBI)

Community Reentry Outing (CRO)

Leisure Education

Trivia Cognitive games

Wii Fit

General Anxiety (GA)

Yoga

Horticulture

Exercise

Small group activities

Evidence Based Practice (EBP) and Interventions listed by Diagnosis

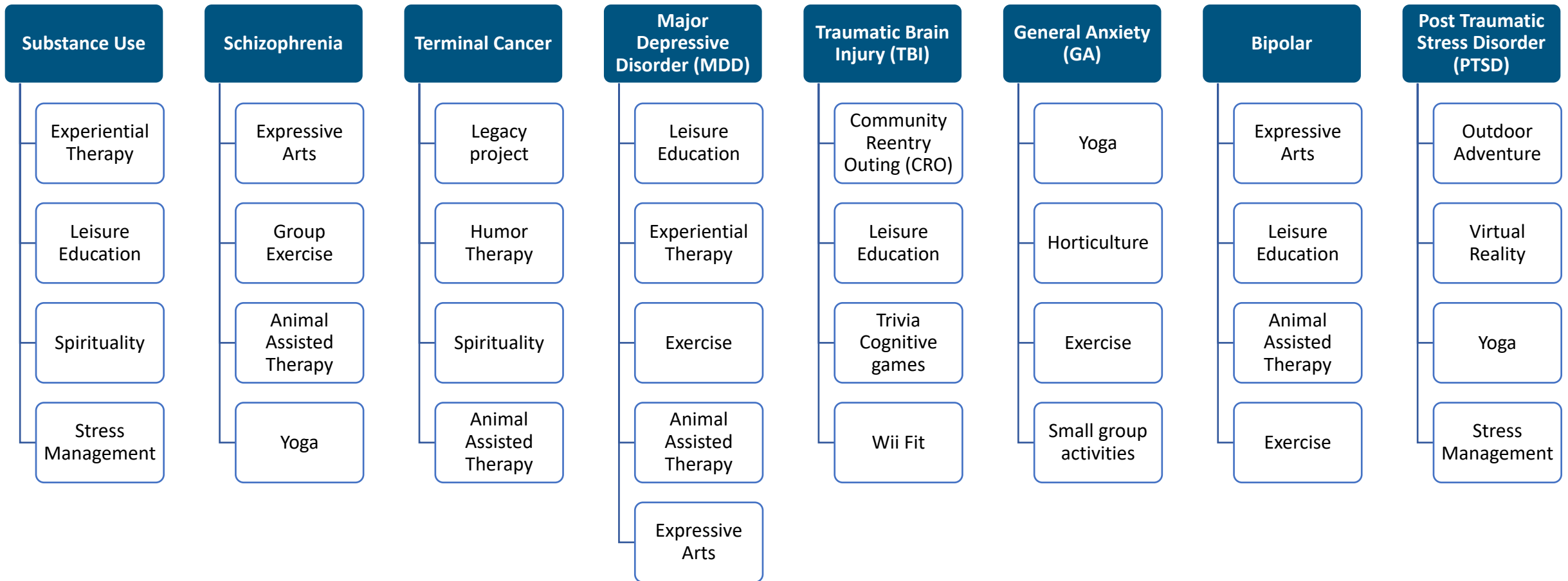
Bipolar

- Expressive Arts
- Leisure Education
- Animal Assisted Therapy
- Exercise

Post Traumatic Stress Disorder (PTSD)

- Outdoor Adventure
- Virtual Reality
- Yoga
- Stress Management

Evidence Based Practice (EBP) and Interventions listed by Diagnosis



Where to start?

**BIG
TASK**

**SMALL
TASK**

Marijke

Strategies for Engagement



Survey
Consumers



Use survey responses
to guide program
design and planning

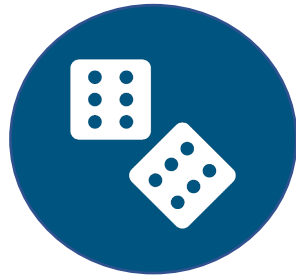


Utilize
volunteers and
local experts

Strategies for Engagement



Set regular
and
ongoing
time



Provide a
Variety of
engagement
Options



Client
choice and
challenge
by choice



Positive
reinforcement

Why is community engagement important?



Improves health outcomes



Improves housing outcomes



Builds trust



Positive Socialization



Improves Quality of life

RECREATIONAL THERAPY



"JUST HAVING FUN" IS JUST THE TIP

IMPROVED SOCIAL SKILLS.
REDUCED PAIN LEVELS. DECREASED ANXIETY. INCREASE POSITIVE SELF-IMAGE. BETTER SELF-REFLECTION.
IMPROVED PLANNING SKILLS.
IMPROVED GROSS MOTOR FUNCTIONING. IMPROVED SELF-ESTEEM. DECREASE IN NEGATIVE SELF TALK. DECREASE RISK FOR DISEASE. IMPROVED SENSE OF SELF-CONCEPT.
INCREASE CONFIDENCE.
BETTER ATTENTION. BETTER COPING SKILLS.
INCREASE COMMUNITY ENGAGEMENT.
DECREASE NEGATIVE EMOTIONS.

@letsgetirect

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