

VISN 4 RECREATION THERAPY/CREATIVE ARTS THERAPY PROGRAM DESIGN/PROTOCOL
NON- SESSION PROGRAM DESIGN/PROTOCOL

TITLE:	Cycles of Recovery
PURPOSE-CLINICAL RATIONALE:	Cycling and other moderate and high-intensity aerobic mind- body exercises have been shown to increase self-efficacy for abstinence, improve mood, decrease urges and cravings, improve sleep, decrease anxiety and could function as a useful coping strategy for individuals in recovery. (Battle and Strong, 2011). Cycling is likely to be effective as both a preventative and treatment intervention.
TARGET POPULATION:	Residents in the Residential Recovery Center meeting referral criteria and who exhibit one or more of the deficits addressed.
REFERRAL CRITERIA:	<ul style="list-style-type: none"> • Able to tolerate sitting and participating in activity for a minimum of 60 minutes. • Potential for independent or SO-supervised leisure participation in a community setting. • Assessed with one or more of the deficits addressed.
RISK MANAGEMENT:	<p>Veterans are screened for health conditions during initial assessment by Primary Care or Service Line Medical Provider and again by Recreation Therapist during the program screening assessment. If concerns are identified, the Recreation Therapist contacts the provider to review the case prior to the Veteran’s participation. If contraindications are found, Veteran will not be admitted to the program. Contraindications may include:</p> <ul style="list-style-type: none"> • Medical issues • Inability to tolerate program • Inability to participate in group programming •
DISCHARGE CRITERIA:	<ul style="list-style-type: none"> • Medical or behavioral complications • Excessive no-shows • Not compliant with group expectations • Not complaint with safety protocols
GROUP DESCRIPTION:	The group supports the use of cycling activities as both a preventative and treatment intervention. The group will provide pre- ride group discussion, cycle ride on VA campus, and post- processing group. The group will focus on developing leisure/recreation interests, coping skills, social interactions, increasing fitness levels and improving overall health and wellbeing to support and enhance ongoing recovery.
EXPECTED OUTCOMES/ SPECIFIC GOALS AND	<ul style="list-style-type: none"> • Increase participation in leisure fitness activity. • Increase skills needed to participate in leisure activities promoting fitness • Identify the importance of physical activity (cycling) in recovery • Identify ways physical activity(cycling) reduces symptoms • Identify ways physical activities (cycling) can be used as coping skills

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OUTCOME MEASUREMENT TOOLS/INSTRUMENTS:	<ul style="list-style-type: none"> • Participant Subjective Self-Assessment- Pre- and Post - Measurement • Mini Stress Test • Participant Self-Reports
GROUP SIZE:	5-8 Veterans
DURATION:	60-120 minutes
SAFETY:	<ul style="list-style-type: none"> • Veterans must wear helmets while cycling • Veterans must adhere to all cycling safety guidelines • All cycles must be equipped with safety identification flags
REQUIRED RESOURCES:	<ul style="list-style-type: none"> • Adapted Cycles • Cycles • Helmets- Safety Regulated • Safety Equipment- flags, lights
STAFFING REQUIREMENTS:	<ul style="list-style-type: none"> • 1 staff per 5 Veterans • Completion of Adapted Cycle Competency • First Aid/CPR Certified
GROUP FORMAT:	<ul style="list-style-type: none"> • Pre-session Measure • Check-In • Brief Discussion of the importance of coping skills/exercise/physical activity in recovery • Cycling • Discussion/Check-In <ul style="list-style-type: none"> ○ Discuss pre/post levels of stress, anxiety, or other emotions ○ Discuss use of activity to manage symptoms • Post- Session Measure
OTHER:	