

PROGRAM PLANNING REFERENCE GUIDE

PROGRAM PLAN COMPONENTS	PURPOSE	SOURCES	BEST PRACTICE HINT	EXAMPLE
GROUP NAME				
PURPOSE- CLINICAL RATIONALE	<ul style="list-style-type: none"> <li>• Clinical justification for the program based on evidence and clinical need</li> <li>• Determine the expected efficiency, effectiveness, and potential impact of a new program</li> </ul>	<ul style="list-style-type: none"> <li>• Professional journals</li> <li>• Existing programs</li> <li>• Research studies</li> <li>• Best practices</li> </ul>	Should be correlated with the population and program intent.	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	Group of clients the program is intended to reach	Service areas	<ul style="list-style-type: none"> <li>• RRTP, CLC, Outpatient, PRRC, HBPC</li> <li>•</li> </ul>	Residents in the Residential Recovery Center meeting referral criteria and who exhibit one or more of the deficits addressed.
REFERRAL CRITIREA	Requirements that must be met for a client to be referred to the program	Program participation requirements	<ul style="list-style-type: none"> <li>• Activity analysis to break down requirements for specific activities</li> <li>• Include common conditions based on population.</li> </ul>	<ul style="list-style-type: none"> <li>• Able to participate in group setting</li> <li>• Able to tolerate sitting for 30 minutes</li> <li>• Able to tolerate light exercise</li> <li>• Diagnosed with common condition addressed by intervention: chronic pain, PTSD, SUD, mood disorders</li> </ul>

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RISK MANAGEMENT	Clinical and administrative processes to detect, monitor, assess, mitigate, and prevent risks	<ul style="list-style-type: none"> <li>Review of risks related to specific activities</li> </ul>	<ul style="list-style-type: none"> <li>Analysis of activity for potential risks</li> <li>Analysis of population for potential risks</li> </ul>	<p>Veterans are screened and medically cleared 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"> <li>Inability to participate in group setting</li> <li>Inability to tolerate sitting for 30min</li> </ul>
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DISCHARGE CRITERIA	Guidelines for client discharge from the program	Review of program Review of expectations for participation	Based on service area and requirements for program.	<ul style="list-style-type: none"> <li>Completion of program sessions</li> <li>Decreased endurance and inability to tolerate program</li> <li>Medical or behavioral complications</li> <li>Excessive no-shows</li> <li>Not compliant with group expectations</li> </ul>

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<p>GROUP DESCRIPTION</p>	<p>Provides a concise description that explains what the program is designed to do, how it works, and its goals.</p>	<p>Review existing program descriptions</p>	<p>Description should correlate with the clinical rationale for the program.</p> <ul style="list-style-type: none"> <li>To improve social and communication skills</li> </ul>	<p>This program supports the use of therapeutic drumming and drum circle activities as a treatment intervention to; reduce tension, anxiety and stress, manage chronic pain, improve social connections and foster overall health and well-being. During the group, Veterans will be encouraged to pursue drumming activities post discharge for social connectedness and symptom management. Veterans will be provided with local Drum Circles resources within their community to encourage continued participation in recovery- based activities.</p>
<p>EXPECTED OUTCOMES-SPECIFIC GOALS/OBJECTIVES</p>	<p>Outcomes describe what a participant is expected to learn/gain because of participating in the program - focus on knowledge gained, skills and abilities acquired or demonstrated, and attitudes or values changed. Outcomes demonstrate a program's success.</p>	<p>Specific and Measurable</p>	<ul style="list-style-type: none"> <li>Related to program description, program sessions and population</li> <li>Provide evidence about interventions that work best for certain types of patients under certain circumstances</li> </ul>	<ul style="list-style-type: none"> <li>To improve physical balance, flexibility, coordination</li> <li>To improve social and communication skills</li> <li>To increase motivation</li> <li>To improve relaxation</li> <li>To increase coping skills</li> <li>To increase awareness of leisure lifestyle</li> <li>To identify personal values</li> </ul>

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<p>OUTCOME MEASUREMENT TOOLS/INSTRUMENTS:</p>	<p>Data collection tools to evaluate the success of interventions and determine which intervention approaches comprise best clinical practice.</p>	<ul style="list-style-type: none"> <li>• Professional journals</li> <li>• Existing Programs</li> <li>• <b>Google Scholar</b> <a href="https://scholar.google.com/">https://scholar.google.com/</a></li> <li>• <b>Health Measures</b> <a href="http://www.healthmeasures.net/">http://www.healthmeasures.net/</a></li> <li>• <b>VA Library</b> <a href="https://www.va.gov/library/LiteratureAlert.asp">https://www.va.gov/library/LiteratureAlert.asp</a></li> </ul>	<ul style="list-style-type: none"> <li>• Should be standardized- valid and reliable</li> <li>• Should correlate with program outcomes.</li> </ul>	<ul style="list-style-type: none"> <li>• PROMIS</li> <li>• BSI-18</li> <li>• Pain Scales-Likert</li> <li>• Geriatric Depression Scale (Long &amp; Short Forms)</li> <li>• Hamilton Anxiety Rating Scale</li> <li>• Leisure Competence Measure (LCM)</li> </ul>
<p>GROUP SIZE:</p>	<p>Determines number of participants based on group content/intervention</p>	<ul style="list-style-type: none"> <li>• Existing programs</li> <li>• Service area guidelines</li> <li>• Staffing</li> </ul>	<ul style="list-style-type: none"> <li>• Consider processing time</li> <li>• Consider the population and level of assistance needed</li> <li>• Consider complexity of intervention</li> </ul>	<p>5 -10 Veterans 2-8 Veterans</p>
<p>DURATION:</p>	<p>Determine the time needed for all group programming</p>	<ul style="list-style-type: none"> <li>• Existing programs</li> <li>• Service area guidelines</li> <li>• Staffing</li> </ul>	<ul style="list-style-type: none"> <li>• Consider processing time</li> <li>• Consider the population</li> <li>• Consider location</li> <li>• Consider complexity of intervention</li> </ul>	<p>30 minutes 60 minutes 120 minutes</p>
<p>SAFETY:</p>	<p>Determine safety requirements/guidelines based on activities and interventions</p>	<ul style="list-style-type: none"> <li>• Activity analysis for inherent risks in activities</li> <li>• Published safety recommendations for specific activities</li> </ul>	<ul style="list-style-type: none"> <li>• Should be relevant to activities and programming</li> </ul>	<ul style="list-style-type: none"> <li>• All Veterans are required to wear an approved helmet</li> <li>• Use a secured support for additional balance</li> <li>• Wear comfortable loose clothing</li> <li>•</li> </ul>

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REQUIRED RESOURCES:	Determine the resources required for program implementation	Activity analysis for determination of needs.	Room size Room set-up Equipment IT equipment Manuals Worksheets	Mats Stress Reduction Worksheets Projector Table with chairs Quiet room
STAFFING REQUIREMENTS:	Determine the number of staff needed to facilitate the program	<ul style="list-style-type: none"> <li>• Existing programs</li> <li>• Service area guidelines</li> <li>• Staffing</li> <li>• Published activity guidelines (water sports, outdoor activities, yoga)</li> </ul>	<ul style="list-style-type: none"> <li>• Consider processing time</li> <li>• Consider the population</li> <li>• Consider level of assistance needed</li> <li>• Consider risks associated with activity</li> <li>• Consider location</li> <li>• Consider complexity of intervention</li> </ul>	1 RT for every 5 Veterans 2 RT's 1 RT and 1 RTA
GROUP FORMAT:	The structure of the group- the way the group is arranged or set out	<ul style="list-style-type: none"> <li>• Existing programs</li> <li>• Activity analysis</li> </ul>	<ul style="list-style-type: none"> <li>• Consider the activity</li> <li>• Consider the intent/goals</li> <li>• Consider spacing</li> </ul>	Pre- Session Measure Introduction of Topic Brief Discussion to Relate Topic to Recovery Session Activity Group Discussion/Process Wrap-up- Lessons Learned Post- Session Measure
SESSIONS:	Highly structured sessions and often follow a manual or a preplanned curriculum.	<ul style="list-style-type: none"> <li>• Existing programs</li> <li>• Activity analysis</li> <li>• Leisure Models</li> </ul>	<ul style="list-style-type: none"> <li>• Correlate with the overall program</li> <li>• Goals/objectives correlated to program goals</li> <li>• Well planned and developed-sequential</li> </ul>	Leisure Education Program Sessions <ul style="list-style-type: none"> <li>• Leisure Awareness</li> <li>• Leisure Appreciation</li> <li>• Values Clarification</li> <li>• Leisure and Recovery</li> </ul>

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