

VISN 4 RECREATION THERAPY/CREATIVE ARTS THERAPY PROGRAM DESIGN/PROTOCOL
STRUCTURED SESSION PROGRAM DESIGN/PROTOCOL

TITLE:	Leisure Education
PURPOSE-CLINICAL RATIONALE:	Boredom, lack of engagement in activities and participation in substance related leisure activities were the most identified precipitators to relapse (Backiyaraj, 2016). Evidence indicates participation in healthy leisure and recreation behaviors is strongly association with higher rates of recovery, enhanced wellbeing, less frequent reports of psychiatric symptoms, fewer relapses and increased social engagement. (Dattilo, 2018). Leisure education interventions are designed to increase self-awareness, explore leisure values, motivations, and perspectives, develop leisure-related knowledge and skills, and enhance self-determination (Taylor and Francis, 2017). Leisure education programs help participants realize the importance of developing a healthy leisure lifestyle that supports ongoing recovery and overall wellbeing.
TARGET POPULATION:	Outpatient Veterans, Veterans in RRC
REFERRAL CRITERIA:	<ul style="list-style-type: none"> • Able to tolerate sitting and participating in activity for a minimum of 60 minutes. • Able to participate in group setting and group processing • Assessed with one or more of the deficits addressed.
RISK MANAGEMENT:	<ul style="list-style-type: none"> • 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: • Medical issues/complications • Inability to tolerate program • Inability to participate in group programming
DISCHARGE CRITERIA:	<ul style="list-style-type: none"> • Discharge from RRC or outpatient program • Completed 6 program modules • Excessive no-shows • Not compliant with group expectations
GROUP DESCRIPTION:	The purpose of this program is to enable participants to develop a healthy leisure lifestyle that supports recovery and fosters overall health and wellbeing. Participants will explore personal values, coping skills, interests, and strengths; increase leisure- awareness; determine a healthy life-balance, develop a personal discharge plan and identify community leisure and recreation resources. The participants will have the opportunity to practice lifestyle changes, create balance and develop healthy coping skills that will enable them to pursue meaningful leisure and life experiences.
EXPECTED OUTCOMES/SPECIFIC GOALS:	<p>Goal #1: Identify personal strengths</p> <ul style="list-style-type: none"> • Objective #1 Resident will identify at least 2 personal strengths

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	<ul style="list-style-type: none"> • Objective #2 Identify at least two ways to challenge your comfort zone • Objective# 3 Click or tap here to enter text. <p>Goal #2: Identify how healthy leisure lifestyle impacts recovery</p> <ul style="list-style-type: none"> • Objective #1 Identify at least 2 ways a healthy leisure lifestyle benefits recovery • Objective #2 Identify at least 2 ways leisure can be used as a coping skill in recovery • Objective# 3 Identify at least 2 personal benefits of participating in leisure activities <p>Goal #3: Identify personal values</p> <ul style="list-style-type: none"> • Objective #1 Complete leisure values questionnaire • Objective #2 Identify top three personal/ leisure values • Objective# 3 Complete Leisure Satisfaction Survey <p>Goal #4: Identify personal leisure interests</p> <ul style="list-style-type: none"> • Objective #1 Identify at least 2 leisure interests to meet personal needs • Objective #2 Identify at least 2 two new leisure interests • Objective# 3 Complete leisure interest survey <p>Goal #4: Identify the need for work/life balance</p> <ul style="list-style-type: none"> • Objective #1 Identify at least 2 benefits of a healthy leisure/life balance • Objective #2 Complete Life Balance Worksheet • Objective# 3 Click or tap here to enter text. <p>Goal #5: Identify ways to participate in activities and maintain sobriety/recovery</p> <ul style="list-style-type: none"> • Objective #1 Identify at least 2 activities that are relapse triggers • Objective #2 Identify at least 2 strategies to utilize to manage triggers with activities • Objective# 3 Identify at least 2 “safe” activities for recreation/leisure participation
OUTCOME MEASUREMENT TOOLS/INSTRUMENTS:	Leisure Satisfaction Leisure Attitude Completion of Post Discharge Plan Program Attendance Leisure and Life Measure
GROUP SIZE:	5-8 Veterans
DURATION:	60 min
SAFETY:	Veterans must adhere to all group guidelines for shared information
REQUIRED RESOURCES:	Session Measures

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	Session Handouts Facilitation Guide Leisure/Recreation Post Discharge Plan
STAFFING REQUIREMENTS:	1 Recreation Therapist per 8 Participants Leisure Attitude
GROUP FORMAT:	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
OTHER:	

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SESSION TITLE/#	DESCRIPTION	GOALS	ACTIVITIES	OTHER
Leisure Appreciation	Assist participants to become aware of leisure and the benefits to be gained through recreation. Assessing attitudes toward leisure is an important component within leisure appreciation	<ul style="list-style-type: none"> • Identify personal leisure interests/preferences • Identify leisure attitudes • Explore and challenge personal comfort zone • Identify personal strengths 	Introduction to Leisure Skills My Strengths Leisure Skills and Hobbies	
Leisure Awareness	Participants examine their leisure lifestyles to become aware of values, patterns, and behaviors reflected in their lifestyles, as well as barriers	<ul style="list-style-type: none"> • To increase awareness of different types of leisure activities • To identify personal leisure patterns • To develop a healthy leisure-work balance 	Leisure-A-Holic- Leisure/Work Balance Leisure are you Complete? Leisure/Recreation Playdough Pictionary	
Values Clarification	Participants can increase awareness of personal values that may have a bearing on lifestyle decisions and actions; process that allows for values to be analyzed and clarified. This process may be helpful for self-improvement, increased well-being, and interactions with others.	<ul style="list-style-type: none"> • To explore and acknowledge personal values • To identify top 3 personal values • To identify how personal values effect decision making • To identify how personal values impact leisure/recreation choices and lifestyle 	Values Clarification Worksheet Values and Goals What are my three top Values Worksheet	
Leisure and Recovery	Participants can increase awareness of using leisure as a coping skill to manage symptoms, for relapse prevention	<ul style="list-style-type: none"> • To raise the awareness of leisure activities being effective as positive coping strategies. 	Leisure and Benefits Leisure Skills Checklist	

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	and to develop a healthy leisure lifestyle.	<ul style="list-style-type: none"> • To increase awareness of stress management and relaxation techniques • To increase awareness of how a healthy leisure lifestyle contributes to recovery and overall health and wellbeing • To increase understanding of how boredom impacts recovery 		
Staying Sober in Leisure Time	To increase awareness of how to maintain sobriety and continue to participate in activities of choice.	<ul style="list-style-type: none"> • To identify “high risk” activities that may trigger substance use • Develop action plan to manage high risk activities • Identify “safe” activities for leisure/recreation participation. 	High Risk- Low Risk Extreme Activities Some- Not All	
Leisure Planning	Participants can plan and select activities to support sobriety/recovery and develop a plan for continued participation.	<ul style="list-style-type: none"> • To develop leisure/recreation participation action plan 	Leisure/Recreation Post-Discharge Plan	

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