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# SOCIAL PRESCRIBING MEET RECREATIONAL THERAPY

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Recreational Therapy at Grand Valley State  
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- Certified Therapeutic Recreation Specialist (CTRS) for 30 years
- Educational Background: BS in Recreational Therapy; MPA in Non-Profit Healthcare Admin; DHA in Health Admin
- Clinical Background: older adults, memory care, subacute, physical rehabilitation
- Serve as ATRA's Advocacy & Legislative Affairs Directors

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# Introduction



# Goals for Today

Social Prescribing Meet Recreational Therapy

**01**

Introduce audience to  
Recreational Therapy

**02**

Describe connection of  
Recreational Therapy to  
Social Prescribing

**03**

Explain Recreational  
Therapy's role within  
Social Prescribing



# What is Recreational Therapy

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Recreational Therapy defined

Recreational Therapy (RT) is a *systematic process* that utilizes **recreation and other activity-based interventions** to address the assessed needs of individuals with illnesses, disabling conditions, and/or adverse circumstances to **promote psychological and physical health, recovery, and well-being**. Recreational Therapy aims to **restore, remediate, or rehabilitate** the client's level of functioning and independence in life activities. Recreational Therapists work in a variety of clinical and community settings and utilize their **unique expertise** to help individuals **overcome barriers to well-being and/or participation in meaningful leisure activities**.

ATRA

<https://www.atra-online.com/about-rt>



# Education & Training

CTRS is the qualified provider

National Council for Therapeutic  
Recreation Certification (NCTRC)  
= Credentialing body

CAAHEP – CARTE (Council on  
Accreditation of Recreational  
Therapy Education) = accrediting  
body for education

Degree

Minimum of  
bachelor's degree

Clinical  
Internship

Minimum of 560  
hours over 14  
weeks

Credentialing

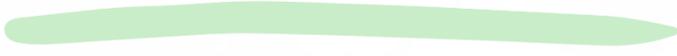
CTRS  
National exam

Other

50 hours of continuing  
educ + professional  
experience  
5-year cycle



# Foundations



Rooted in

- Positive Psychology
- Social Determinants of Health
- Holistic Practices
- Well-being and Quality of Life
- Individualized approach
- Leisure and recreation as meaningful activity
- Health promotion and prevention elements
- Disability within biopsychosocial model (rather than a medical model)



# Recreational Therapy

Our focus with clients

01

## Meaningful activity

- Enrich lives through purpose, meaning, and community
- Enhance well-being through improved function and health promotion

02

## Purpose

- Prescribed activity
- Facilitate coping with the stress of illness, disability, or adversity
- Goal of optimal levels of independence, productivity, well-being, and quality of life.

03

## Quality of Life

- Illness, injury, disability, adversity can negatively impact self-esteem, connection, purpose, and function
- Holistic approach addressing all domains of wellness and function



# Focus Areas

01

Adaptations and modifications to equipment, rules, etc. specific to individual and disability

02

Leisure education – awareness, values, resources, time management, new activities

03

Coping skills – resilience, adjustment, behavior management, emotional regulation, self-esteem, mindfulness

04

Connection and socialization – social and interpersonal skills, loneliness, community involvement

05

Functional skills and abilities – physical, cognitive, emotional & behavioral, social



# Interventions

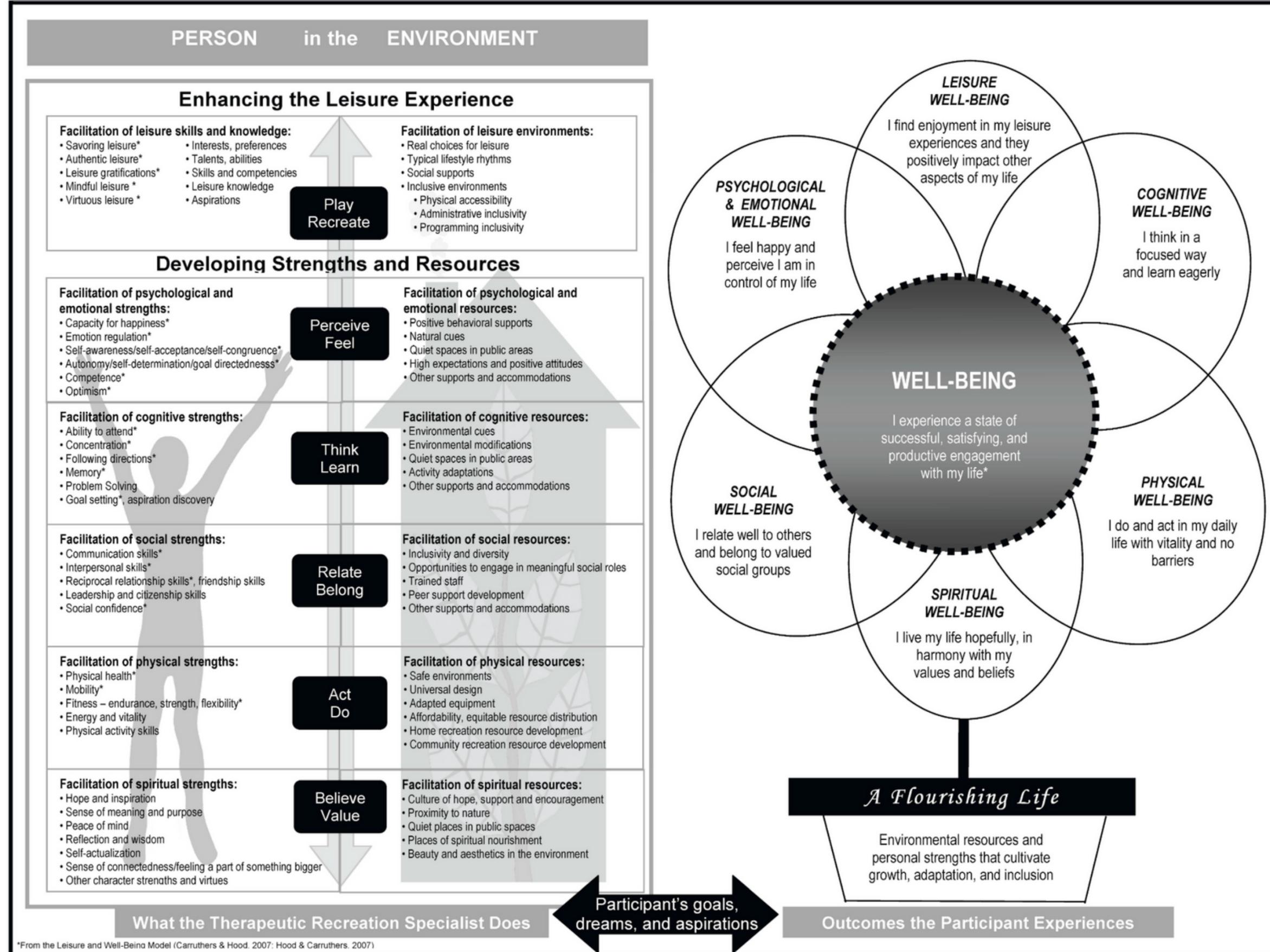


- Therapeutic use of art
- Therapeutic use of music
- Bibliotherapy
- Community integration
- Therapeutic use of horticulture
- Adaptive sports and physical activity
- Adventure-based interventions
- Nature-based interventions
- Reminiscence
- Social skills training
- Aquatic therapy
- Animal-assisted interventions
- Stress management
- Mindfulness
- Anger management
- Virtual reality
- Wellness
- Coping skills groups
- Journaling
- Life roles
- Life review
- Video, card and board games
- Support groups



# Flourishing through Leisure Model

<https://publications.ici.umich.edu/impact/29-1/the-flourishing-through-leisure-model-supporting-well-being-through-leisure>



## Components of TR Service Delivery

### Enhancing Leisure Experience

- Savoring Leisure
- Authentic Leisure
- Leisure Gratifications
- Mindful Leisure
- Virtuous Leisure

### Developing Resources

#### Psychological Resources

- Capacity for Happiness
- Emotional Regulation
- Self-awareness/Self-determination/Self-congruence
- Autonomy/Self-determination/Goal Directedness
- Competence
- Optimism/Hope/Positive illusions
- Sense of Meaning

#### Social Resources

- Communication Skills
- Interpersonal Skills
- Reciprocal Relationship Skills
- Social Confidence

#### Cognitive Resources

- Ability to Attend
- Concentration
- Following Directions
- Problem Solving
- Memory
- Goal Setting

#### Physical Resources

- Physical Health
- Physical Fitness
- Memory
- Goal setting

#### Environmental Resources

- Social Connectedness & Social Networks
- Community Engagement/Empowerment

## Leisure and Well-Being Model (Hood & Carruthers, 2007)

Positive affect, emotion, and experience

### Well-Being

A state of successful, satisfying, and productive engagement with one's life and the realization of one's full physical, cognitive, and social-emotional potential

Cultivation and expression of one's full potential

Proximal and Medial Goals

Distal Goals

# From Public Health England

## Social prescribing – addressing people’s needs in a holistic way

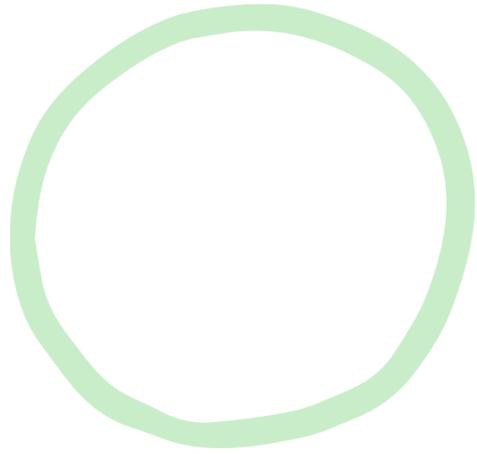
GPs and other health care professionals can refer people to a range of local, non-clinical services, supported by a link worker or connector



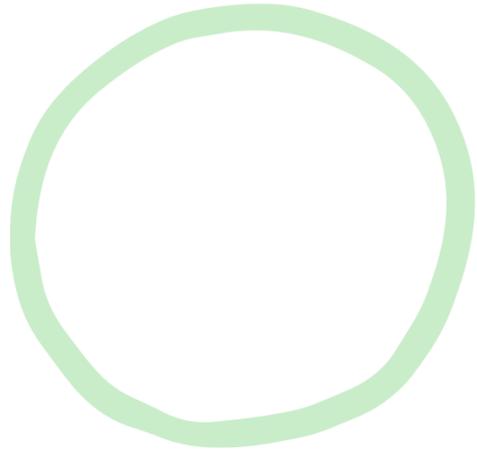
# Social Prescribing & Recreational Therapy



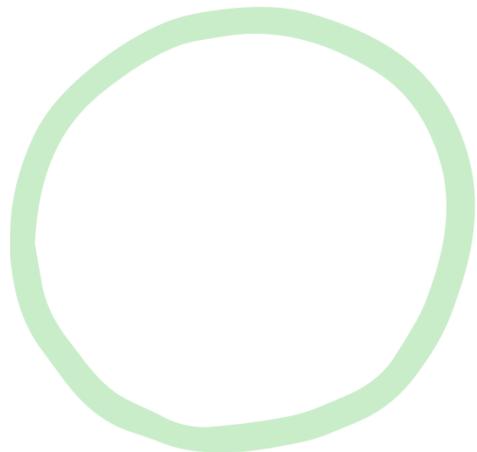
- Focus on holistic care and well-being
- Integration of arts and nature into healthcare
- Emphasis on community-based connections and resources
- Many of the same outcomes
- Promotion of engagement, socialization, and connection to reduce isolation and meet psychosocial needs
- Social prescribing seeks to connect people to social activities and resources within their communities and to maintain that engagement
- Recreational therapists provide interventions to facilitate access to activities and resources to meet individualized assessed needs, overcome barriers, and become involved in their communities
- Recreational therapy is specifically focused on helping people with disabilities, older adults, chronic conditions, and ongoing challenges in both residential and community-based settings



[American Therapeutic  
Recreation Association](#)



[Intersection of Social  
Prescribing & RT](#)



[National Council for  
Therapeutic Recreation  
Certification](#)

# Resources

