

Admission Criteria and Follow Up

- Must be a registered client of Surrey Mental Health and Substance Use Services.
- Must be willing to actively participate in treatment planning and follow through activities to increase personal independence.
- Length of follow up will be determined by the needs of the individual and the capacities of the team. Services will range from consultation to assessment, to individual planning, to direct services or community linkage.

Referral Process

Please complete the required Recreation Therapy referral form.

Inquiries

Recreation and Leisure needs;
call Lindsay
Recreation Therapist at
(604) 953-4995, local 3601.

Services Provided

- Individuals will meet with the Recreation Therapist in their home or a mutual location for initial visit.
- There is no cost to the individual.
- We provide functional intervention, leisure education and/or leisure participation specifically related to the needs and/or skill deficits identified by the individual and therapists' assessment.
- One to one and group programming available.
- We can provide assistance to acquire a leisure access pass in order to access community recreation centres.
- Frequency of service/intervention will range from one time visits to once a month to weekly, depending upon the needs and preferences of the individual.
- All participation is voluntary and goals are client driven.



Surrey Mental Health & Substance Use Services

Recreation Therapy Services

BUILDING BLOCKS TO
HEALTH & WELLNESS

Recreation Therapy Services are operated and funded by the Fraser Health Authority, Rehabilitation & Recovery Services. In 2005 Recreation Therapy resources were increased in attempt to provide a broader range of services to the people we see at Surrey Mental Health and Substance Use Services.

The program adheres to the principles and practices of psychosocial rehabilitation and recreation therapy. It is the aim of the program to:

- Improve the functioning of persons with psychiatric disabilities or addictions so he/she can be successful and satisfied in the living, learning, working, social roles and environments of their choice with the most personal independence possible and the least amount of intervention needed.
- Increase the opportunities, abilities and capacities needed to participate in a healthy leisure lifestyle within the community.
- Provide opportunities for and encourage the process of recovery.

Program Objectives

- Individuals will choose their goals and what services available will best help them achieve their goals.
- Provide individuals with the supports needed for them to successfully acquire new skills and meet their stated goals.
- Outcomes will be measured and will identify the individuals' level of success and satisfaction.
- The program will attempt to create a sense of hope and belonging. Develop skills and supports. Improve one's quality of life and maximize one's potential.

Guiding Principles:

- 1) Normalized and community based services where and when available.
- 2) Strengths focus
- 3) Situational assessment
- 4) Skills training
- 5) Environmental modifications and supports.

Program Description:

The focus of *Recreation Therapy Services*

is to assist individuals to develop the skills necessary to achieve their full potential through positive leisure lifestyle and community integration. The program includes several areas of focus: leisure awareness, leisure initiation, functional leisure skills, social interaction skills, activity tolerance and community participation. The program is for clients of Surrey Mental Health and Substance Use Services who want to have the opportunity to improve skills related to living independently and accessing community leisure resources. In conjunction with the recreation therapists, individuals determine skills and deficits through an assessment process. Individuals may be involved in educational groups, one to one follow-up, participation in community groups, and increased access to community leisure resources.