RECREATIONAL THERAPY IN PSYCHIATRIC HOSPITALS
SETTING CHOICE: FRIENDS HOSPITAL

The role of the recreational therapist is to provide therapy to people with various psychological disorders and people going hardships that require emotional and mental care. This can be done in group therapy or one-to-one therapy.

The functional impairments may entail memory issues, expressing emotions and dealing with social situations and social cues.

Friends Hospital does not use the APIE process but the hospital use the SOAP process.

The process of SOAP involves an individual process to create and gather information about the patient from various health professionals. Subjective focuses on the problem, objective focuses on the behavioral observations, assessment involves using the information given to create goals, plans and using the plan to implement them. The individual can suggest what could be done with their problem while working with their team. APIE means assessment, plan, implementation and evaluation.

TREATMENT APPROACH IN PSYCHIATRIC CARE (CRISIS)
- The facility is locked, there are 192 beds and we have to keep them inside for their well-being.
- They do not have children as a demographic in their hospital. They have teenagers, adults and elderly community.
- The RT works with nurses, doctors, social workers, various types of therapists (art, music, movement), psychologists, and psychiatrists.
- Modalities that were used were? Games, Art, Music, Sports, Dance
- The theories used at this faculty are: Psycho-Analytic Theory, Diversion Theory, and Catharsis Theory.

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**RECREATIONAL THERAPY INTerventions FOR (SETTING).**

### Intervention with adolescents from ages 13 to 18 years old

Adolescents from ages 13 to 18 years old

THE RT works with a group of teenage girls for an hour who were dealing with depression and substance abuse.

The activity being used is expressive art therapy.

Expressive art therapy allows an individual to express emotions.

Consideration: Watching for suicide attempts, drug use, and or depressive behaviors.

### Intervention with Older Adult Unit

Group of elderly who were dealing with memory and depression issues

They are 65 years and older

Using holistic therapy to improve daily functions and QOL.

Playing games like bingo to working on memory function.

RT would assess the abilities based on productivity (identify numbers, letters, and use fine motor skills) of the bingo game.

Consideration: This population could get fatigued easily mental and physically. They may be unable to hold the chips during bingo.

### Intervention with Two Adult Units

- Intensive care unit for heavily cognitive impaired patients and or severe and persistent mental ill individuals

  - Group therapy for substance abuse and rehab

  - Medications to reduce depression

  - Play various sports to reduce stress and maintain focus.

  - A consideration for this population is they might be involved in this activity, they might mental not be able to do the task.

### References


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