

Unhealthy Use of Leisure time in adults with concurrent disorders receiving residential treatment

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OVERVIEW

- Individuals with mental health and addiction issues have been found to engage in maladaptive leisure activities.
- Feelings of boredom and a lack of meaningful activity can affect patient engagement and therapeutic relationships.
- Healthy leisure has been shown to be a protective factor against risk behaviors.

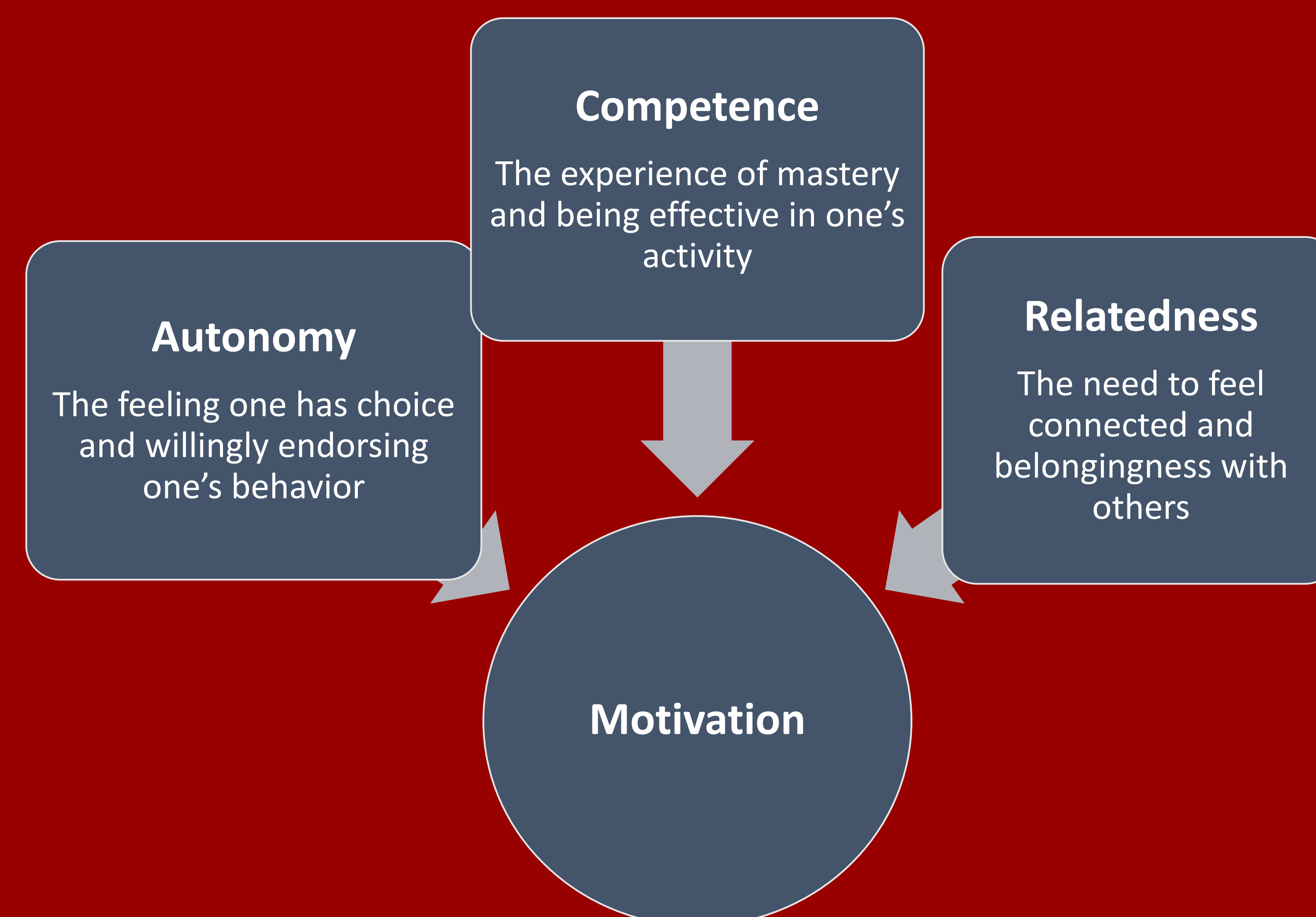
SELF-DETERMINATION THEORY (SDT)

- SDT describes how human motivation, personality, and optimal health are interconnected.
- There are two main types of motivation, intrinsic and extrinsic motivation which influence how we behave and how we meet our basic needs.

SDT AND HEALTHY USE OF LEISURE

- Autonomy, competence and relatedness have been shown to enhance self-motivation and mental health.
- Adults with concurrent disorders may struggle with intrinsic motivation and rely on extrinsic factors.
- Theory provides an applicable framework for TR services in residential behavioral health settings.

Self-Determination Theory provides an ideal framework for therapeutic recreation professionals working in residential behavioral health settings to support change, growth and the healthy use of leisure time.



IMPLICATIONS FOR PRACTICE

- RT programs in residential treatment should be structured to optimize patient choice, facilitate skill building and assist with the development of supportive relationships.
- RT's can facilitate client growth and autonomous motivation by using a strengths-based counselling approach and creating supportive social environments.
- Leisure Education programs can
 - assist clients and families to understand how intrinsically motivated leisure can support positive emotions and foster good mental health.
 - assist clients to develop an awareness of unhealthy leisure and personal constraints to healthy leisure.
- RT's can advocate for cultural change by educating colleagues and management about SDT and its relevance to residential program planning.

References

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