



Beating Boredom with Purposeful Activity: *Combining therapeutic recreation and behavioural analytic interventions to maximize client outcomes*

Beth Astles, C.T.R.S.
Recreation Therapist

Stacie Dertinger, M.ADS, BCBA
Behaviour Therapist



Head Injury
Rehabilitation
Ontario

formerly

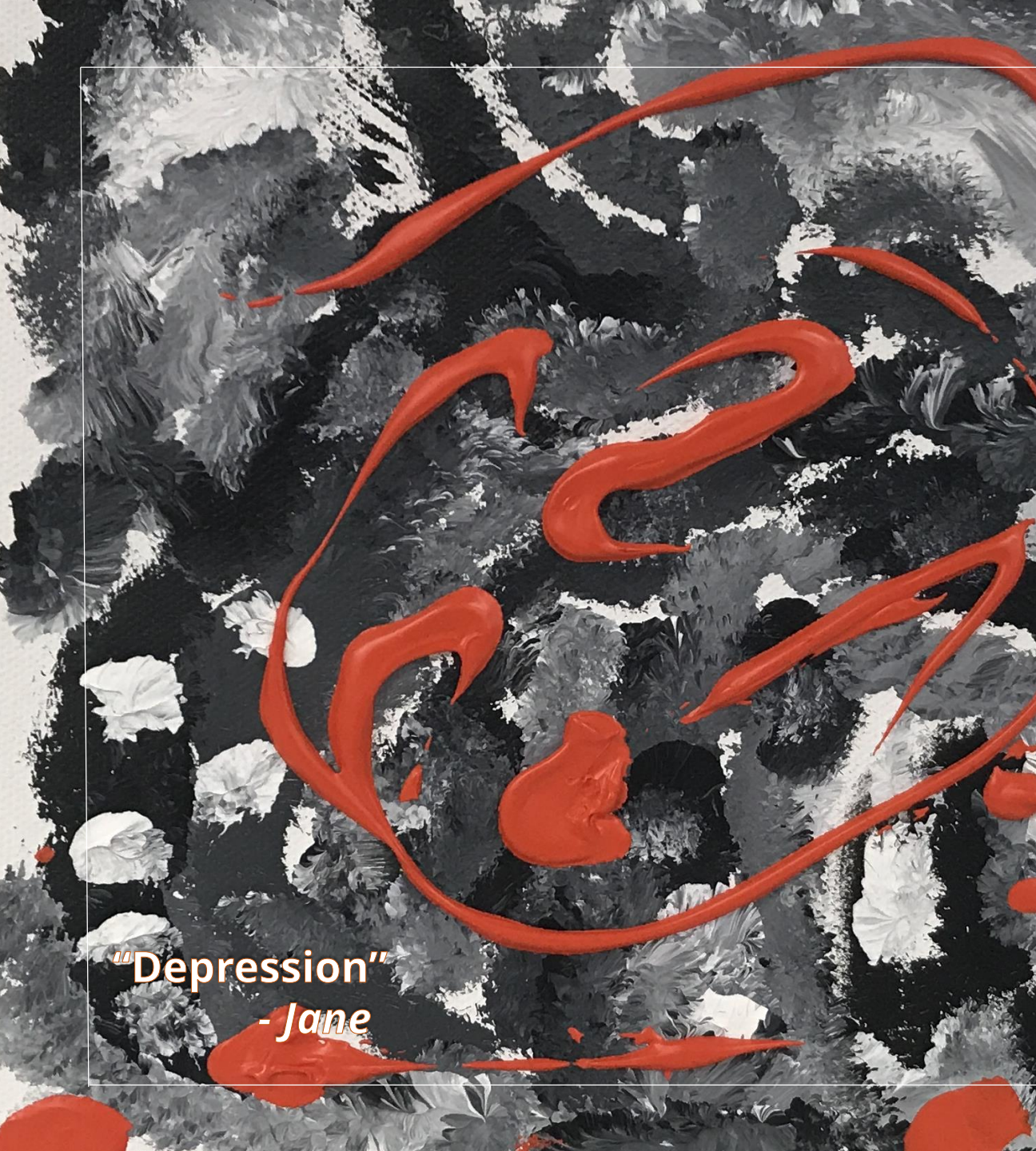


"Untitled"
- Howard Soar

AGENDA

- Who we are
- Enhancing client care through interdisciplinary teams
- Review evidence for the integration of recreation into client programming
- Review of our data
- Breakout brainstorming groups
- Conclusions and takeaways





"Depression"
- Jane

ABOUT US

ABOUT US

Head Injury Rehabilitation Ontario (HIRO) provides a full range of integrated, clinically-based rehabilitation services:

- Mild to severe head injury
- “Dual diagnosis”; chronic disease, mental health and addiction
- Transitional services across continuum of care

*HIRO. We are hope, you are strength.
Together we will reach your full potential.*



ABOUT US

Our Mission:

We provide high-quality, person-centred rehabilitation and care for people with brain injuries to help them adapt, learn and live more independently.

Our Vision:

Every person with a brain injury realizes their full and unique potential.

Our Values:

- Respect
- Learning
- Independence



Head Injury
Rehabilitation
Ontario



A Promise of Hope After ABI

SERVICES OVERVIEW

1. Residential Rehabilitation Services:

- Hamilton –Elmhurst Place, John Reesor Centre (JRC), Transitional Living Service (TLS)
- St. Catharines – Kenny House, Ravenda Place
- Vineland – Cathy Wever Place (CWP), Campden Heights (CH)

2. Outreach Services:

- Locations: Hamilton, Brant, Haldimand and Norfolk counties

3. Group Services:

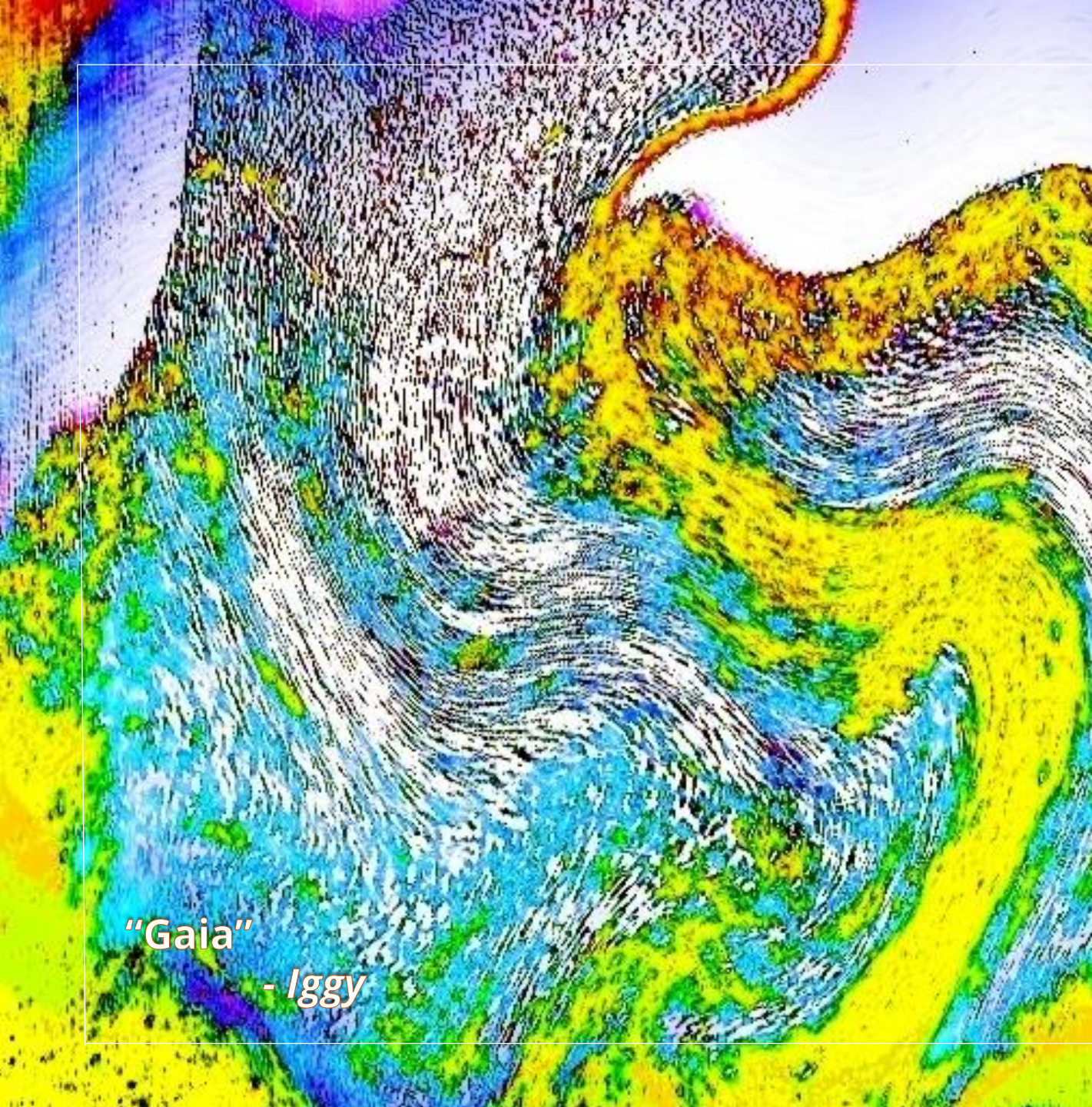
- Locations: Hamilton, St. Catharines, Brantford, and Haldimand Abilities Centre (Hagersville)



SERVICES OVERVIEW – COMMUNITY SERVICES

- Services are HNHB LHIN wide
- Provides caregiver respite
- Supports independent living
- Community collaboration





"Gaia"
- Iggy

**INTERDISCIPLINARY
TEAM**

RECREATION THERAPY

What is it?

A systematic process that utilizes **recreation** and other activity-based interventions to address the assessed needs of individuals with illnesses and/or disabling conditions, as a **means** to psychological and physical health, recovery and well-being. - NCTRC

How does it Benefit our Clients

- Clients gain a sense of purpose
- Building Skills through recreation programs
- Learning new things and try new experiences
- Build friendships and decrease mental health symptoms
- Increasing Mood
- Decreasing behaviours from residential setting
- Increased quality of life.



BEHAVIOUR THERAPY

What is it?

A science of behaviour based on the premise that you can create behaviour changes by focusing on the behaviour itself (rather than less tangible concepts like willpower) by adjusting the environment, antecedents and consequences to the behaviour. Interventions seek to both reduce challenging or interfering behaviour and improve functional skills. (BACB, 2019)

How does it Benefit our Clients

- Allows great access to community and social environments
- Reduces need for intrusive interventions (PRNs, restraints)
- Enhances rehabilitation outcomes

Residential Vs. Group Programming

- Different programming options based on level of behavioural oversight and the opportunity for interventions.

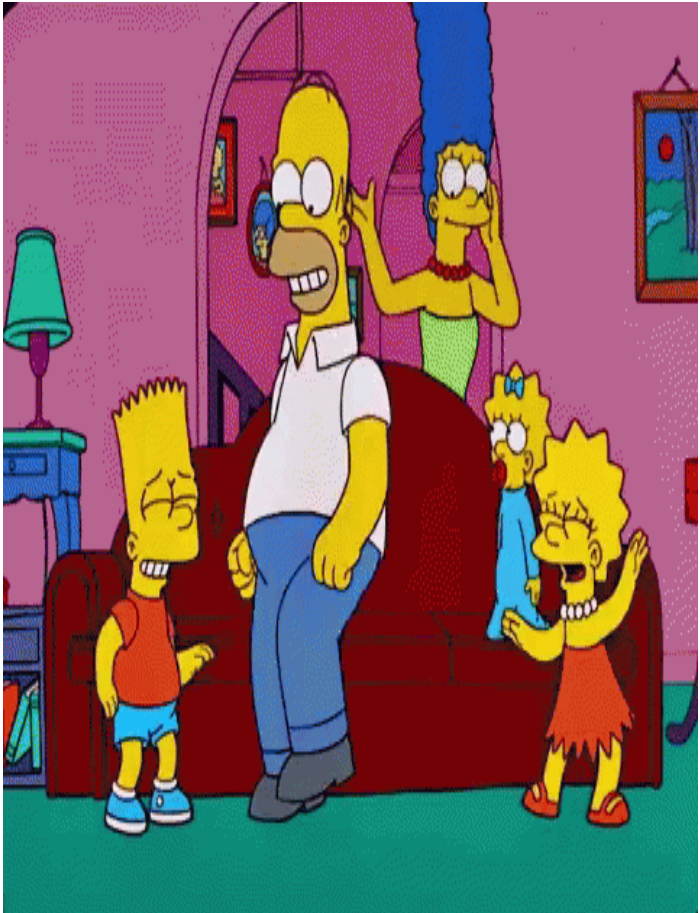




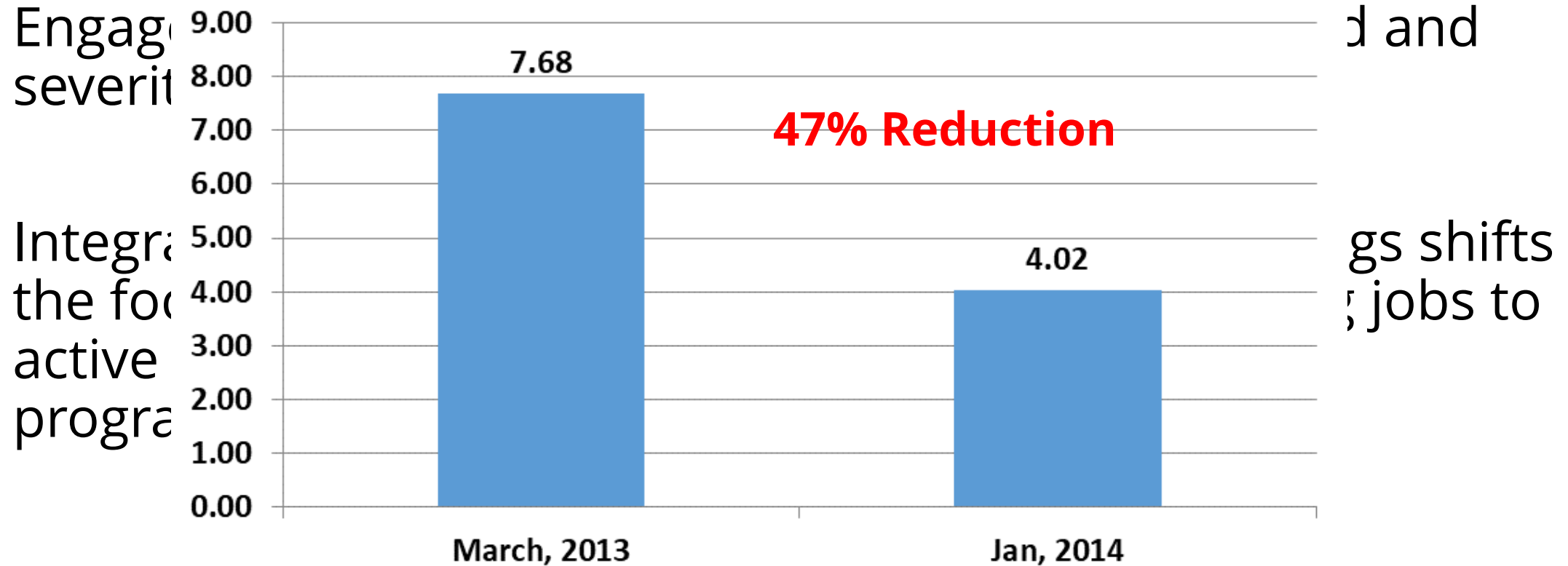
"Sail Away"
- Nicole

STUDY METHODS

DECREASING CHALLENGING BEHAVIOURS



OUR HYPOTHESIS



METHOD

▶ **To decrease social interruptions**

Off task conversations, side conversations etc.

▶ **To increase Social engagement**

Encourage interaction between clients

▶ **To decrease interfering**

Used when someone is verbally aggressive, wandering, interrupting programs or others

▶ **To Increase Active participation**

Used to encourage clients to participate in programs when fully capable of doing so

▶ **Rule Review**

When rules of group need to be re-explained due to clients behaviour

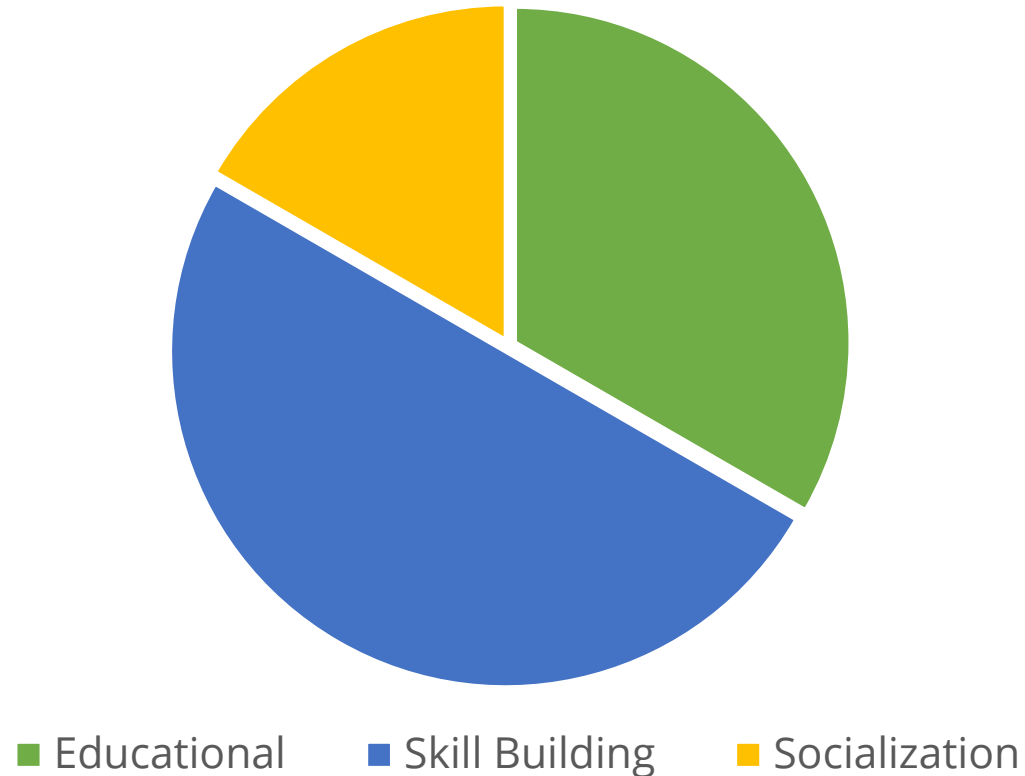
▶ **Facilitation prompts**

When leading a group and needing to refocus the group to the task at hand



METHOD

Breakdown of the Type of Programs Run
During Structured Programming



▶ Educational

- ▶ Behavior Therapy, Social Work and Nursing Presentations
- ▶ “Mancave”

▶ Skill Building

- ▶ Lunch & Learning- preparing to cook the meal for Group
- ▶ Creative Expression

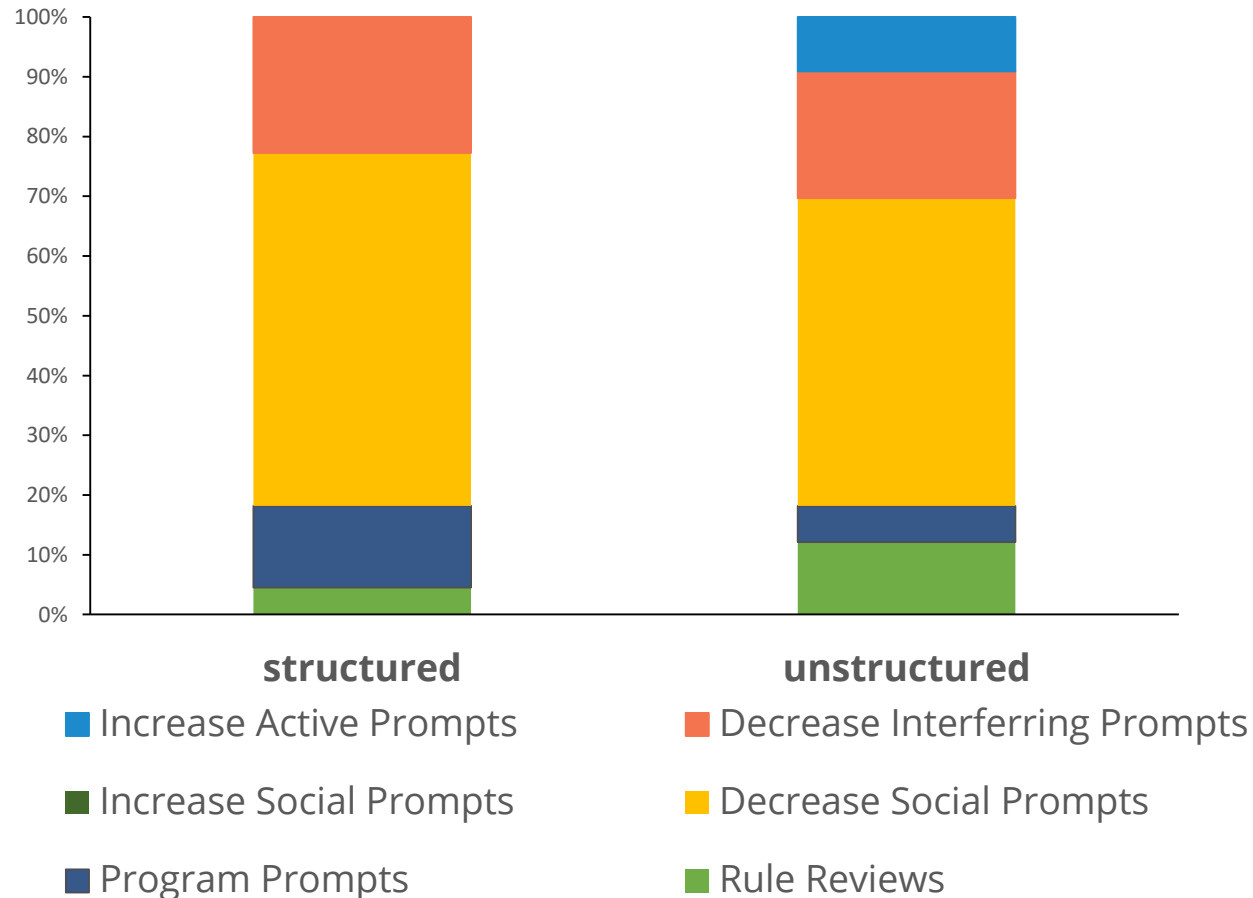
▶ Socialization

- ▶ Friday Night Programs



RESULTS

Comparison of Types of Prompting Needed During Structured and Unstructured Programs as a Percentage of All Total Prompts



- ▶ Similar prompting was given for decreasing off-task social behaviour in both programs
- ▶ both programs also required relatively similar rates of decreasing interfering behaviour prompts
- ▶ Prompts to increase active engagement were only required in unstructured programs
- ▶ More rule reviews were required in unstructured programs

CLIENTS PERSPECTIVE : Benefits of Structured Programs



Head Injury
Rehabilitation
Ontario



A Promise of Hope After ABI

CLIENTS PERSPECTIVE : Enhance Quality of Life



Head Injury
Rehabilitation
Ontario



A Promise of Hope After ABI

DISCUSSION

CONCLUSIONS



LIMITATIONS

- Limited sampling of data
- No comparison group
- No tracking of challenging behaviour

FUTURE DIRECTIONS

- Full research study comparing the occurrence of challenging behaviour to task demands and request refusals in residential and group environments
- Collecting data on the number of structured vs. unstructured recreation programs in residential homes
- Examining the effects of increasing structured programs in residential settings



COLLABORATION: Benefits that Enhance Client Experience

1. Client's receive Optimal (ABI Rehabilitation) Services
2. Team Approach Fosters Communication & Success
3. Ensuring Best Practice with current knowledge & trends
4. Maximizing the Strengths on your care team
5. Using a Person-Centred Care Approach
6. Building a Research profile to share with professionals



BREAK OUT GROUPS – Brainstorming Solutions



What Tools and Methods can you use?

- What do you do now
- What haven't you tapped into on your team
- Can you identify team strengths
- Think outside of the box.

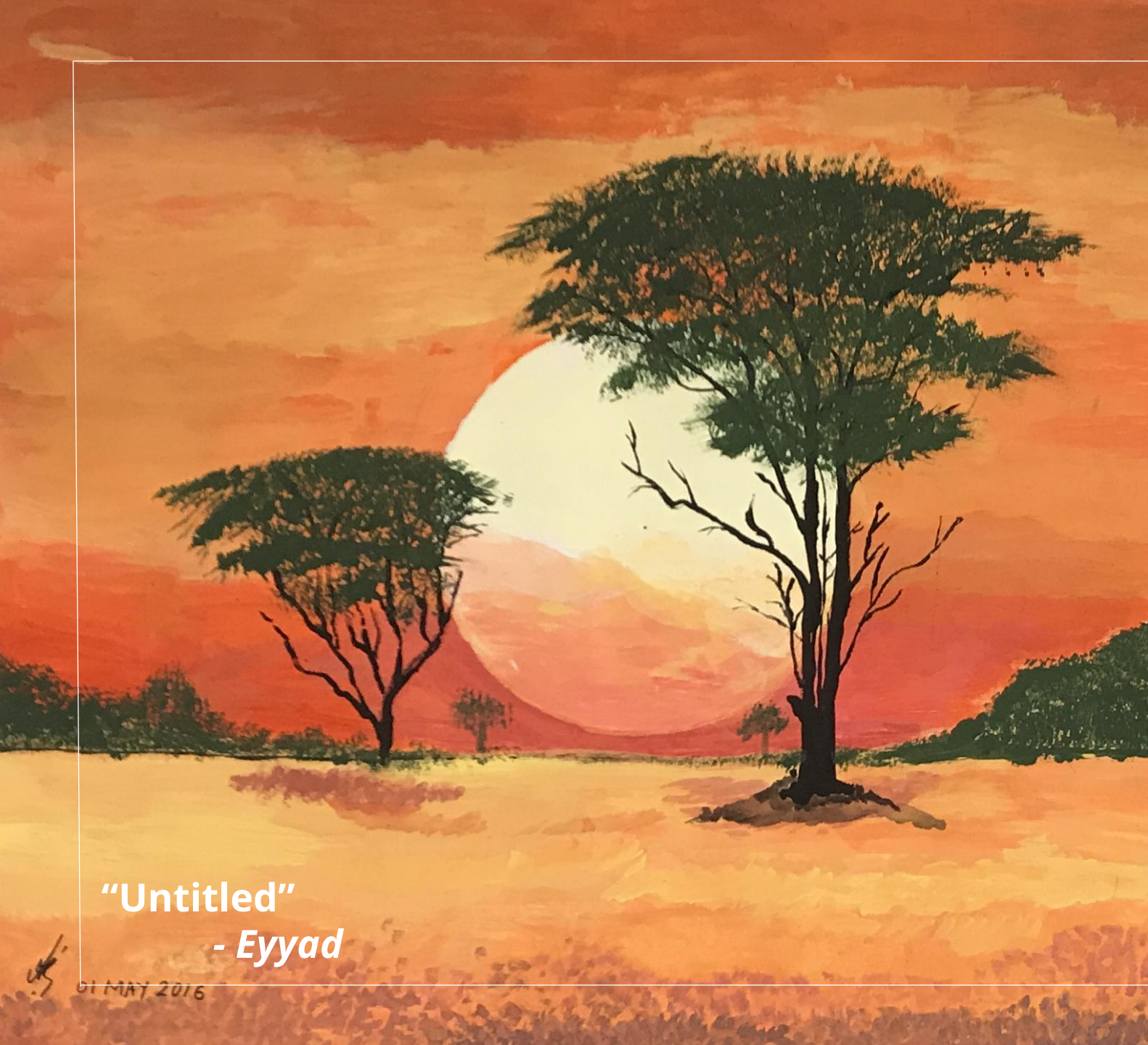
What are the benefits of Collaboration

- What benefits will your clients receive
- What benefits with the staff team receive
- What are the benefits for the agency
- What are the benefits for the profession



LET'S DISCUSS





“Untitled”
- Eyyad

01 MAY 2016

FINAL THOUGHTS

FINAL THOUGHTS

Benefits of an Interdisciplinary Approach

Community vs. Residential/In-Patient

Maximizing Current Resources

Structured vs. Unstructured Time

Recreation Therapy as a Behavioural Intervention





Head Injury
Rehabilitation
Ontario

QUESTIONS

"Bumble bee"

- Gary Lee

REFERENCES

- About behaviour analysis (2019). Retrieved from:
<https://www.bacb.com/about-behavior-analysis/>
- Ball, J., Fazil, Q. (2012). Does engagement in meaningful occupation reduce challenging behaviour in people with intellectual disabilities? A systematic review of the literature, *Journal of Intellectual Disabilities*, 17(1), 64-77, doi:
10.1177//1744629512473557
- Mansell, J., Elliot, T., Beadle-Brown, J., Ashman, B., & Macdonald, S. (2002). Engagement in meaningful activity and 'active support' of people with intellectual disabilities in residential care, *Research in Developmental Disabilities*, 23(5), 342-352
- About recreation therapy (2019). Retrieved from:
<https://www.nctrc.org/about-nctrc/about-recreational-therapy/>

