

# Therapeutic Recreation in Forensic Mental Health



at Thunder Bay Regional Health Sciences Centre

# Our Introduction to TR in FMH

## Mark

- Graduated from Confederation College in 2003 (Recreation and Leisure)
- Hired to temporary position at LPH in 2003
- Hired to permanent full-time position at LPH in 2004
- Moved to TBRHSC in 2005 as permanent full time in Forensic Mental Health

## Nicole

- Graduated from Confederation College in 2016 (Recreation Therapy)
- Hired at TBRHSC (Forensic Mental Health) in July 2016
- Became permanent full-time in January 2017



# Forensic Mental Health

Our unit treats and rehabilitates individuals that have committed a crime, but have been found “not criminally responsible (NCR)” because of their mental illness at the time of the index offence.

“The role of the forensic mental health system is **not to punish**. It is to help rehabilitate and reintegrate people into the community” (CAMH, 2012).

# Index Offence

- An Index offence is the crime(s) the patient committed, thus resulted in their admission to the Forensic Unit and Ontario Review Board.

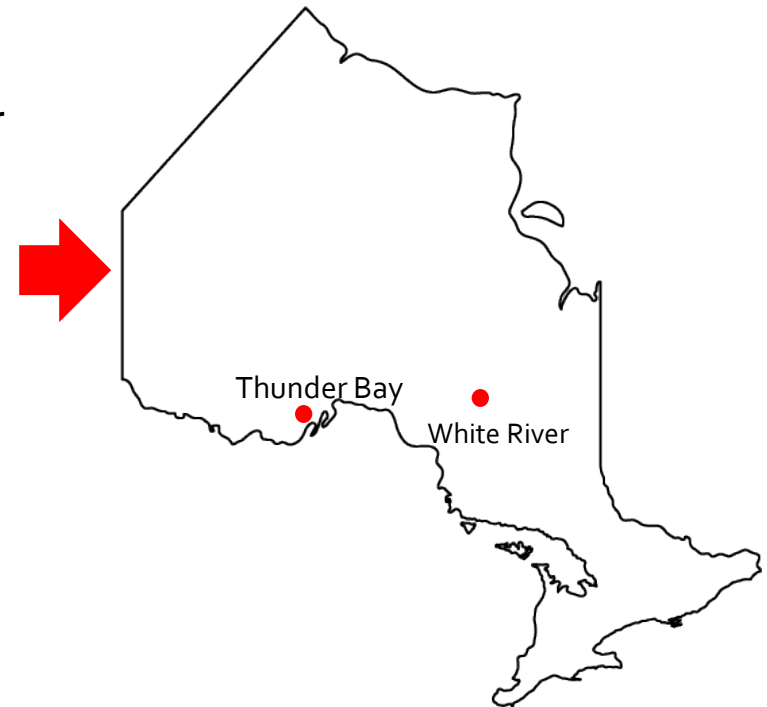
## Examples:

- Assault (sexual, with weapon, etc.) - **Most common**
- Uttering threats, threatening bodily harm or to cause death
- Abduction
- Mischief
- Damage to Property
- Murder
- Theft
- Breaking and entering
- Possession of drugs or firearms
- Breach of Probation



# In-patient Population

- We are a 20 bed, secure adult unit
- Patients are from places between the Manitoba border and White River
- Majority of the population is male
- Majority of the population is Indigenous
- Currently, ages range from 18 to 70 years old
- Variety of diagnoses –Schizophrenia, FASD, Bi-Polar disorder, addictions, intellectual and developmental disabilities



# FMH Multidisciplinary Team

## INPATIENT SERVICES

- Psychiatry
- Psychology
- Nursing
- Social Work
- **Therapeutic Recreation**
- Occupational Therapy
- Spiritual Care

## OUTPATIENT SERVICES

- Psychiatry
- Psychology
- Nursing
- NWO Sexual Behaviours Program
- Court Support Worker
- Case Managers



# Patient Privileges

While receiving treatment, patients can earn privileges. Privileges are earned and lost based on behaviour. Privilege levels include:

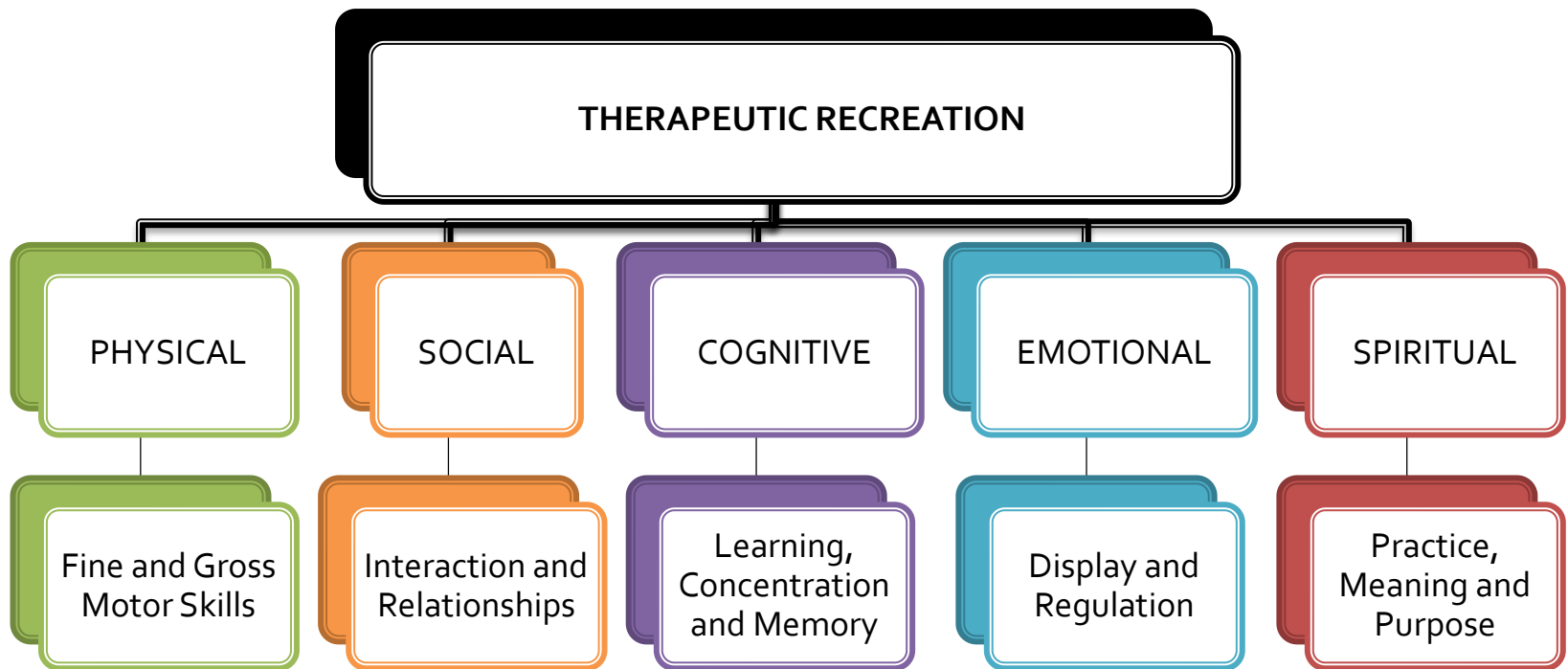
Level	Details
<b>Restricted</b>	On Forensic ward only
<b>Yard Access</b>	Supervised access to Forensic secure yard
<b>Escorted Community Access</b>	1:1 supervised community outings
<b>Supervised Hospital Access</b>	Supervised group activity off Forensic ward, on hospital property
<b>Limited Indirectly Supervised Hospital Access</b>	Unsupervised limited access to hospital property
<b>Indirectly Supervised Hospital Access</b>	Unsupervised access to hospital property
<b>Supervised Community Access</b>	Supervised group activity in the community
<b>Limited Indirectly Supervised Community Access</b>	Unsupervised limited access to the community
<b>Indirectly Supervised Community Access</b>	Unsupervised access to the community

# Therapeutic Recreation

- TR is an educational and therapeutic intervention to assist people, with various abilities to develop and maintain healthy leisure skills.
- Leisure skills can improve a person's health, functional ability, independence and quality of life.



# 5 Domains of TR



# The Role of a TR in Mental Health

- Support and assist patients to develop and maintain leisure lifestyle skills.
- Develop a positive attitude toward leisure involvement.
- Offer individual and group goal-oriented programs.
- Increase awareness and access to cultural/social and recreation opportunities in the local community.
- Assist patients to build skills towards becoming active members of the community.

# Benefits of TR in Mental Health

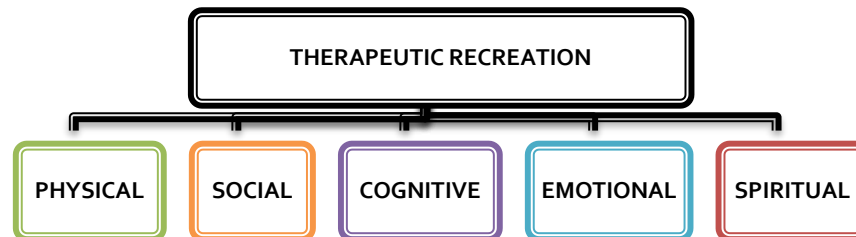
## INCREASE

- Self-identity, Self-esteem
- Physical activity
- Social skills
- Independence
- Motivation
- Quality of Life

## DECREASE

- Depression & Anxiety/Stress
- Isolation
- Risk of health problems
- Confusion & Disorientation

(All aspects/qualities of the 5 Domains)



# Challenges Faced

- Stigma and stereotypes associated with mental health
- The “revolving door” of re-admissions and discharges
- Patient motivation
- Patient commitment
- Patient behaviour



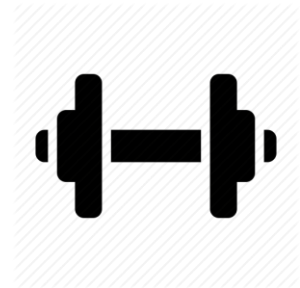
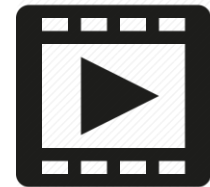
# Solutions to Challenges

- Provide education to students on FMH
- Inform patients of the benefits of participating in recreational activities
- Be aware of patient behaviours
- Remind patient of their goal
- Have a flexible schedule
- Be aware of new opportunities



# Forensic Unit Programs & Activities

- Crafts
- Movie Nights
- Pool Tournaments
- Weight Room
- Sports
- Walks
- Bingo
- Current Events Group
- Video Games and Board Games



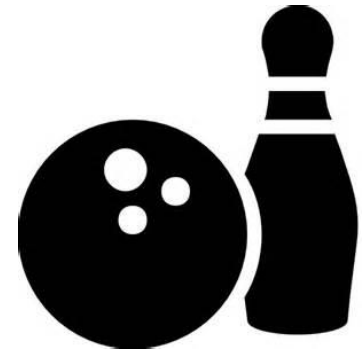
# Forensic Unit Programs & Activities



# Community Programs & Activities

- A large portion of our job is to reintegrate our patients into the community. We use outings to demonstrate healthy leisure activities for patients to do after discharge.

- Swimming
- Movies
- Bowling
- Walking Group
- Mini Putt
- Frisbee Golf
- Concerts
- Sporting Events
- Sweat Lodge





# Community Programs & Activities





# Forensic Mental Health Unit

At TBRHSC



# Dining Area



# OT Kitchen



# Billards Room





# Quiet Room/Library



# Patient Room



# Weight Room





# Tuck Shop



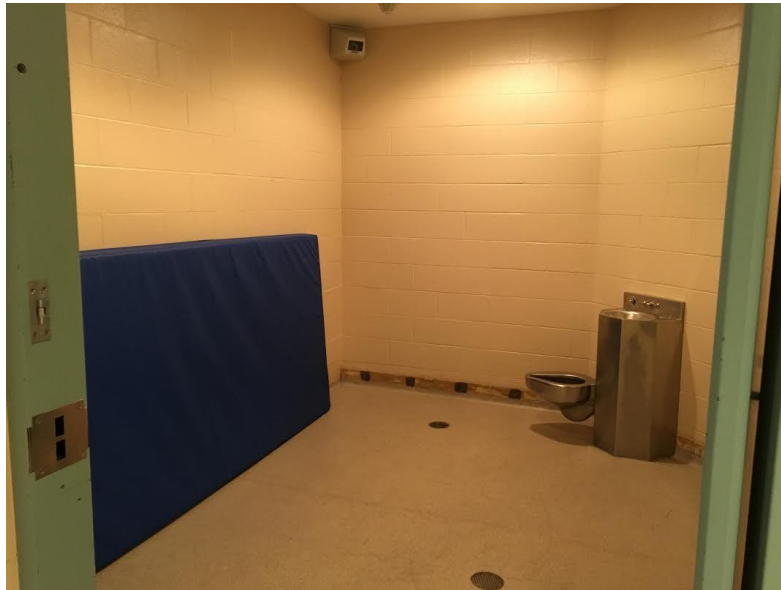
# Yard





# One of two Seclusion Rooms

- When patients need to be removed from the unit to preserve their safety or the safety of others



# Contact Information



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Thank you. 😊