



## VISN 1

# Recreation Therapy and Creative Arts Therapy



**Putting the Fun back  
into Functional!**

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## VISN 1 Recreation and Creative Arts Therapy Mission Statement

### Mission Statement

The mission of VISN 1 recreation and creative arts therapy, a direct care interdisciplinary service, is to improve and enrich bio-psychosocial functioning through patient-centered activities and evidence-based clinical interventions to maintain or improve health, recovery, functional independence, and quality of life. The intended outcome of the service is independence in life activities based upon Veterans' needs and goals.

The mission is accomplished through the professional skills of therapists, specialists, and assistants through a process of assessment, planning, intervention, and evaluation of services delivered. The mission includes state-of-the-art clinical care, education, technology, and research within the scope of recreation and creative arts therapy service.



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### Manchester VAMC

718 Smyth Road  
Manchester, NH 03104  
Phone: 603-624-4366

### Northampton VAMC

421 North Main Street  
Leeds, MA 01053-9764  
Phone: 413-584-4040 ext. 2350

### Providence VAMC

830 Chalkstone Avenue  
Providence, RI 02908-4799  
Phone: (401) 273-7100

### Togus VAMC

1 VA Center  
Augusta, ME 04330  
Phone: 207-623-8411 ext. 5369, 5371

### White River Junction VAMC

215 North Main Street  
White River Junction, VT 05009  
Phone: (802) 295-9363 ext. 5454

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## VISN 1 Recreation and Creative Arts Therapy Vision Statement

### Bedford VAMC

200 Springs Road  
Bedford, MA 01730  
Phone: 781-687-3146

### VA Boston HCS-(3 Campus)

Phone: 774-826-2036

940 Belmont Street  
Brockton, MA 02301

150 South Huntington Avenue  
Jamaica Plain, MA 02130

1400 VFW Parkway  
West Roxbury, MA 02132

### VA Connecticut HCS

950 Campbell Avenue  
West Haven, CT 06516  
Phone: 203-932-5711 ext. 2204

555 Willard Avenue  
Newington, CT 06111  
Phone: 860-666-6951 ext. 6338

### **Vision Statement**

The vision of VISN 1 recreation and creative arts therapy is to provide activity and creative arts therapy service that is patient-centered, evidence-based, and promotes wellness, recovery, function, meaning, and quality of life.

Recreation and creative arts therapy is provided by professionals who are trained and certified, registered, and/or licensed in their respective fields. They work as integral parts of VA treatment teams.



## What does a Recreation Therapist do?

- A recreation therapist utilizes a wide range of interventions and techniques to improve the physical, cognitive, emotional, social, and leisure needs of their veterans.
- A recreation therapist works with the veteran, their family members and others significant to the improvement of their health condition.
- Recreation therapists assist veterans to develop skills, knowledge and behaviors for daily living and community involvement.
- The goal of recreation therapy is to restore, remediate or rehabilitate in order to improve functioning and independence as well as reduce or eliminate the effects of illness or disability



# VISN 1 Regional Events



## New England Winter Sports Clinic

This event promotes rehabilitation by instructing physically challenged veterans in adaptive Alpine skiing and will provide an introduction to other adaptive activities and sports including snowmobiling, air rifle shooting, basketball, sports massage and other activities



## New England Summer Sports Clinic

This is the inaugural year for this program. The New England Summer Sports Clinic will promote rehabilitation by providing instruction in summer sports and activities to veterans with impairments. The Clinic will offer such sports as water skiing, cycling, kayaking, and fishing to veterans.

For additional information about more local and regional Recreation Therapy Programs, please contact your local VAMC



## National Veterans TEE Tournament

Previously a local program, this new national event provides legally blind and eligible disabled veterans an opportunity to develop new skills and strengthen their self-esteem through adaptive golf and bowling events. Each year, the TEE Tournament uses a therapeutic format to promote rehabilitation, fellowship and camaraderie among participants. The event provides eligible veterans with an opportunity to participate in therapeutic adaptive sporting activities which demonstrate that having a visual or physical disability need not be an obstacle to an active, rewarding life.



## National Veterans Creative Arts Festival

This annual program is the culmination of talent competitions in art, creative writing, dance, drama and music for veterans treated in the VA's national health care system. Each year, approximately 130 veterans exhibit their artwork or perform musical, dance, dramatic or original writing selections in a gala variety show. A professional orchestra accompanies the performance. All veterans invited to participate are selected winners of year-long, national fine arts talent competitions in which thousands of veterans enter, from VA medical facilities across the nation.

## Where do your Recreation & Creative Arts Therapists Provide Services?

- CLCs (Community Living Centers)
- Outpatient Programs
- Domiciliary Programs
- Substance Abuse
- Community Services
- Mental Health
- Physical Medicine and Rehabilitation
- Health and Wellness Centers



## What Services Do Recreation & Creative Arts Therapists Provide?

- Diversionary Programs (bowling, bingo, etc.)
- Spectator Events
- National Rehabilitation Events
- Community Integration or re-integration
- Adaptive sports programs
- Fitness Programs
- Cultural Activities
- Outdoor Activities (kayaking, hiking, etc.)
- Fine Arts
- Pet Therapy
- Arts and Crafts
- Bedside Activities
- Social Activities (parties, cookouts, etc.)
- Individual and Group sessions
- Cognitive interventions
- Leisure Education/  
Awareness
- Music Groups



## National Veterans Wheelchair Games

The largest annual wheelchair sports competition in the world, this event offers 17 different sports to veterans who use wheelchairs due to spinal cord injuries, amputations and neurological diseases. The Games promote rehabilitation through rigorous competition in such events as basketball, rugby, softball, hand cycling and others. While past Games have produced national and world-class champions, the Games also provide opportunities for newly disabled veterans to gain sports skills and be exposed to other wheelchair athletes.



## National Veterans Summer Sports Clinic

VA's newest national program, the

Summer Sports Clinic promotes rehabilitation of body and spirit by teaching summer sporting activities to veterans with significant physical or psychological impairments. The Clinic offers such sports as surfing, sailing, kayaking, track and field, and cycling to veterans who are newly injured from amputations, traumatic brain injuries, post-traumatic stress disorder and other neurological disorders, all benefitting from the therapeutic environment offered at the Clinic. Each year, the events offered will vary, allowing greater exposure to new adaptive sports and recreational activities.



## National Disabled Veterans Winter

### Sports Clinic

This event is the world leader in promoting rehabilitation by instructing veterans with disabilities in adaptive Alpine and Nordic skiing, and introducing them to a number of other adaptive recreational activities and sports. For many newly injured veterans, including many injured in Iraq and Afghanistan, the Clinic offers their first experience in winter sports and gives them the inspiration to take their rehabilitation to a higher level. Participants include veterans with spinal cord injuries, amputations, traumatic brain injuries, neurological challenges and visual impairments.



## National Disabled Veterans Golden

### Age Games

Life begins at 55; at least it does for more than 600 veterans competing in this national event, the premier senior adaptive rehabilitation program in the United States. It is the only national multi-event sports and recreational seniors' competition program designed to improve the quality of life for all older veterans, including those with a wide range of abilities and disabilities. It is one of the most progressive and adaptive rehabilitative senior sports programs in the world, offering 14 different sports and recreational activities.

## What is the Role of your Recreation Therapist?

### **Provision of Recreation Therapy**

- To improve abilities that make participation in recreation activities possible

### **Education**

- To teach or enhance recreation skills and attitudes that can be used both during rehab and throughout life

### **Recreation Participation**

- To promote health and growth in a rewarding and enjoyable manner

### **Recreation Therapists Encourage Others To:**

#### **Get Well**

Participation in recreational activities contributes to a healthier mind and body

#### **Live Well**

Being as active as possible makes life more satisfying – and fun!

#### **Stay Well**

Once a person feels well, recreational activities can help maintain that sense of wellness.

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## The Role of Your Creative Arts Therapist

### Provision of Creative Arts Therapy Therapy and Education

Creative arts therapists offer various arts modalities and use of the creative process to promote wellness, alleviate pain and stress, foster healthy expression and understanding of emotion, enhance cognitive abilities, learn new skills, relax, and experience pleasure

### Creative Arts Therapy Participation

Provides unique opportunities for social interaction and connection. Prior experience with creative arts is not required.

### Creative Arts Therapists Encourage Veterans to:

**Recreate** their lives by positive change, personal empowerment and healing through the arts

**Rediscover** individual strengths, unique abilities and talents

**Recover** health and wellness



For more than 20 years, the Department of Veterans Affairs has sponsored four national rehabilitation special events for our nation's veterans. In 2008, two additional programs were added to this roster. All of these annual national programs promote the healing of both body and spirit as they motivate eligible veterans to reach their full potential, improve their independence, achieve a healthier lifestyle and enjoy a higher quality of life overall.

Each year, VA sponsors or co-sponsors these programs for U.S. military veterans served by VA medical facilities nationwide. Each program enhances the physical, social and emotional well-being of the veterans who participate. Each event improves the awareness of the therapeutic value of recreation, sports or creative arts therapy in the lives of our nation's veterans. For more information about each of these outstanding programs, contact your local facility