Junior Internship

Acadia Health Care: Vantage Point
Fayetteville, AR

Allison Marx
Vantage Point Mission Statement:

“To provide a vision for the mental health community of Northwest Arkansas that incorporates best-practice treatment in a safe and nurturing environment to help guide our clients on a path of recovery. To hold ourselves accountable to those we serve and to empower them to be our partner in achieving their goals.”
This is where most group TR sessions are held. This is only a fraction of the whole picture! This is the closet where most of our “gym” equipment is held.
Office

This is our office and part of our closet at Vantage Point. We use most of these puzzles and games for on unit activities.
This is the honors room. The honors room has a play station, Wii’s, art stations, piano, and an air hockey table. When patients reach a certain level and a certain number of points during their treatment, they can “buy” the honors room. The patients have one hour in the room.
Organizational Chart:
Weekly Schedule and Attendance Sheets

This is an example of an attendance sheet that we use to keep up with patients and their attendance in TR. The weekly schedule is put out on Friday of every week so each staff member understands which group they are responsible for.

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Week of June 2017

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Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday
# Group Schedule

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*On Unit TR sessions are also provided as available*

*Effective: May 2017*
This is an example of an admission sheet that is used to keep track of new admissions. Each morning a staff member will retrieve the census and update the attendance sheet. (Names are fake)

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Interventions Used:

- Health and Fitness
- Self-Esteem Building
- Problem Solving
- Relaxation
- Self-expression
- Education/Teaching
- Trust
- Anger management
- Social Interaction
- Teambuilding
- Stress Management

These are all interventions used by the TR department at Vantage Point. All are evidence based and have an explanation at the top of each progress note describing how the activity involves certain interventions.
Most Common Diagnoses:

- Geriatric population: psychosis, dementia, and combative behaviors.
- Adult population: substance abuse, detox, suicidal ideation, and depression.
- Acute Adolescent population: suicidal ideation, homicidal ideation, and depression.
- Sub-acute Adolescent population: suicidal ideation, homicidal ideation, and depression.
- Children population: oppositional defiance disorder and aggressive behaviors.
- Every patient receives therapeutic recreation at least 5 times a week.
Supervisor and Staff:

- Supervisor: Stacy Penquite
- Staff:
  - Elizabeth: TR Aide
  - Tessa: CTRS
  - Kelsey: TR Aide-Weekends
  - Emily: TR Aide
  - Jerry: TR Aide-Weekends
  - Rory: TR Aide-Weekends
This assessment is made by TR staff and is used for every patient admitted.
This is the progress note that we use daily. After each group session, the staff member who was in the group session will fill out a progress note for each patient who attended.
Examples of Documentation:

Therapeutic Recreation Assessment

**Patient Information**

- **Name:** [Redacted]
- **City, State:** [Redacted]
- **School/Occupation:** [Redacted]
- **Gender:** [Redacted]

**Physical Precipitants:** [Redacted]

- **Strengths:** [Redacted]
- **Weaknesses:** SI, MI, depression

**Recreational/Lifestyle Interests**

- **List activities, hobbies, or interests you pursue:** [Redacted]
- **How often do you pursue these activities?** [Redacted]

**Social Interactions**

- **What activities do you enjoy with your family members?** [Redacted]
- **What activities do you enjoy with your friends?** [Redacted]

**Summary and Recommendations**

- **Anticipated Outcomes:** [Redacted]
- **Recommendations for Discharge:** [Redacted]

**TH Signature:** [Redacted]

CTRS Signature: [Redacted]
Examples of Documentation:

**Therapeutic Recreation**

**Group Progress Note**

**35 year old female**

**DATE:** 6/21/17  
**START TIME:** 11:15  
**END TIME:** 12:00

- **Therapeutic Recreation**
- **Title:** Block Blast

**FOCUS:** Session is intended to monitor if participation in an active activity can affect the mood of patient. The activity is a team-based athletic game, which allows patients to release stress and build self-esteem. The game is designed to challenge the anger management skills as well as ability to control impulsivity. Session also allows pt to engage in a team activity with individual task.

- **Patient did not attend group:** □ NA
- **Reason:**
- **Participation offered:**
- **Patient accepted alternatives:** □ YES □ NO □ NA

**PARTICIPATION LEVEL:**
- □ Active □ Minimal □ None □ Other:

**INTerventions:**
- □ Health/fitness □ Problem Solving □ Self Expression □ Education/Teaching □ Social Interaction
- □ Self-esteem Building □ Relaxation □ Stress Management □ Trust □ Anger Management □ Teambuilding

**Patient Behavior/Response:**
- □ Confused □ Disoriented □ Hostile □ Irritable □ Restless □ Cooperative □ Agitated □ Tearful
- □ Withdrawn □ Thrombosing □ Uncooperative □ Supportive □ Defensive □ Sharing □ Appropriate □ Calm
- □ Mopopallenging □ Distractible □ Aggressive □ Attentive □ Other:

**Affect:**
- □ Antitious □ Sad □ Labile □ Angry □ Hat □ Tearful □ Calm □ Appropriate □ Blunted
- □ Guarded □ Depressed □ Lethargic □ Inappropriate □ Flustered

**Cognitive:**
- □ Preoccupied □ Oriented □ Alert □ Confused □ Inattentive □ Appropriate □ Delusional □ Hallucinating □ Other:

**Patient Response to Intervention and Summary of Progress:** □ No progress □ Some progress

Pl. attended group TR session in the gym. Pl. presented with a non-depressed mood and an energetic affect. Pl. was able to maintain appropriate boundaries during the activity. Pl. was observed appropriately interacting with peers and staff. Pl. became agitated by a negative peer who was antagonizing her. Pl. became isolated and withdrawn from the group after remaining isolated. Pl. was observed sitting on the wall by herself. Pl. was encouraged by TR staff to participate and refused. Pl. reported that she did not enjoy the activity. PL expressed that her mood did not improve after the TR session.

**Staff Signature:**

**Date:** 6/21/17  
**Time:** 11:45

**Therapeutic Recreation**

**Group Progress Note**

**17 year old female**

**DATE:** 7/20/17  
**START TIME:** 11:15  
**END TIME:** 12:00

- **Therapeutic Recreation**
- **Title:** Moon Ball

**FOCUS:** Inpatient’s mood was elevated and anxious. Activity incorporates anger management, problem-solving, goal setting, and therapeutic exercise. Pl. was able to identify what they enjoy doing and set goals on how they want to achieve it. This activity is set up on a closed floor with clear boundaries regarding when one can engage in the activity. Pl. was encouraged to set a goal and engage with others to achieve it. Pl. showed improvement in mood and engaging with others. Pl. ability to stay focused on task.

- **Patient did not attend group:** □ NA
- **Reason:**
- **Participation offered:**
- **Patient accepted alternatives:** □ YES □ NO □ NA

**PARTICIPATION LEVEL:**
- □ Active □ Minimal □ None □ Other:

**INTerventions:**
- □ Health/fitness □ Problem Solving □ Self Expression □ Education/Teaching □ Social Interaction
- □ Self-esteem Building □ Relaxation □ Stress Management □ Trust □ Anger Management □ Teambuilding
- □ Other:

**Patient Behavior/Response:**
- □ Confused □ Disoriented □ Hostile □ Irritable □ Restless □ Cooperative □ Agitated □ Tearful
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**Affect:**
- □ Antitious □ Sad □ Labile □ Angry □ Hat □ Tearful □ Calm □ Appropriate □ Blunted
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**Cognitive:**
- □ Preoccupied □ Oriented □ Alert □ Confused □ Inattentive □ Appropriate □ Delusional □ Hallucinating □ Other:

**Patient Response to Intervention and Summary of Progress:** □ No progress □ Some progress

Pl. attended the group TR session in the gym. Pl. presented with a non-depressed mood and a calm affect. Pl. required no redirection throughout the session. Pl. was observed playing with the ball and laughing appropriately with peers. Pl. demonstrated appropriate social interactions with peers and staff. Pl. was able to maintain boundaries with peers. Pl. was cooperative and engaged in the session. Pl. reported that she enjoyed the activity and that her mood improved after the TR. Pl. expressed that she released frustration through the activity provided. Pl. was observed displaying outward signs of happiness by laughing and smiling in TR. Pl. skill to continue to improve mood and coping skills.

**Staff Signature:**

**Date:** 7/20/17  
**Time:** 13:45
Examples of Documentation:

Example of an Oklahoma Medicaid patient.
Information I would have liked to know going into my Junior Internship:

- I would have liked to known more about the population at the hospital I was working at.
- I would have liked to have know the work load and more of what I was expected to do.
- I would have liked to have known more about the assignments and how the internship class would be graded.
- Everything else was very clear! There was not much that I didn’t have trouble figuring out 😊
My favorite experience:

My favorite experience that happened while at Vantage Point was when a patient came up to me and said “Your TR groups are my favorite. They make me so happy and you are so positive.” This was a very rewarding experience for me. It was such a small gesture that went a long way.
My worst experience:

Leaving! I do not want to leave Vantage Point. The employees have been so welcoming. The TR staff are so nice and helpful. I wish I didn’t have to move back. This summer has been very eye opening and a great experience for me as an individual and as a student.