

# Therapeutic Concepts

NEWSLETTER  
Issue#19



## Our Services

### What is Therapeutic Recreation?

Therapeutic Recreation is a specialized therapy service that is provided to individuals with disabling condition, illness, or injury. The goal of Recreational Therapy is to restore, remediate, and rehabilitate functional leisure skills to individuals with specific needs. Recreational Therapy services are unique and specialized to provide individuals with access to recreation opportunities that help support, improve and advance overall health and well being, thereby improving overall quality of life.

### Recreational Therapists

Recreational therapy services are provided by a Certified Therapeutic Recreation Specialist (CTRS). A CTRS requires a bachelor's degree or higher through an accredited University and of the passing of the National Certification Exam through the National Council for Therapeutic Recreation Certification (NCTRC). Recreational Therapists provide access to a fulfilling leisure lifestyle through meaningful activities at home or in the community and that incorporate the emotional, physical, cognitive, and sensory needs of various individuals. CTRS work in acute hospital care, psychiatric facilities, physical rehabilitation, neuro-skill centers, and home/community based treatment programs across the county. The CTRS plays an important role in today's healthcare arena.

*Recreational Therapist of the month, Renee, graduated from Central Michigan University in 2012*

*She enjoys playing the guitar, tennis & spending time with her husband and daughter, Ella*

*Renee's families have said Rec Therapy is their child's favorite session! We appreciate the professionalism, joy and care she brings to the team. Her diverse experience ranges from helping individuals with TBIs, dementia to children with developmental disabilities.*

*Thank you, Renee, for everything you do!*



**CTRS of the Month:  
Renee M.**

■ May 2021

# Therapeutic Concepts' Upcoming Events:

## VIRTUAL:

Adapted Art with  
Rosie

Monday's @ 5:30pm

Skills-Based Camp  
June 21st-July2nd  
July 12th-23rd



## IN-PERSON:

In-clinic Recreational  
Therapy!

Social Skills Group!  
Coming September  
2021



For more information:

<https://therapeuticconceptsllc.com/upcoming-events/>



Special Needs Programming  
38257 Mound Rd, Bldg D, Suite 200  
Sterling Heights



May 2021



*Fun & Creative,  
Adapted Art  
for ALL  
Every Monday!*



*Come see what's been  
growing at  
Therapeutic Concepts  
Clinic!*

*Artist: Emily Alter*

## Craft Corner:

Why are crafts important?

Arts and crafts focus on a variety of developmental areas. They help Children of all ages grow in Motor and Coordination Skills. Simple tasks such as using a pair of scissors or holding a paintbrush help enhance fine motor skills. Art can also focus on expression, emotional development, and communication skills for all young minds.

Check out some of favorite artisits above!

Don't forget to make something for MOM, Mother's day crafts below!  
<https://iheartcraftythings.com/mothers-day-crafts-for-kids.html>

## MARY'S MAGIC MOMENT

*"Proprioceptive input is the key  
to providing self-regulation &  
increased attention & focus!"*



*Company founder, CTRS  
& Special Needs mom*

May 2021

Check out our **NEW**  
Tailored Toys store!



## This Month's Featured Toy:



### Jumbo Brush Set

A small adaptation can make a big difference. With their oversized handles, these brushes are made easy for any artist to grasp.

The set includes four brushes with high quality bristles and easy-clean handles in a plastic storage pouch.

Areas of treatment: Hand Eye Coordination, Mass grasp, Expression, Color recognition



*It is our belief that toys are the universal tools that bridge the gaps and break barriers for all children regardless of their abilities. Toys can be used to serve as a guide and teach valuable social, emotional, cognitive, fine motor, and gross motor skills.*

