

# **SOUTHERN HIGHLANDS COMMUNITY MENTAL HEALTH CENTER**

## **POLICY AND PROCEDURE MANUAL**

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**Section Number 164**

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### **Policy 164 – Residential Consumer’s Leisure Time**

#### **I. POLICY**

It is the policy of Southern Highlands Community Mental Health Center to provide structured and non-structured leisure time for all residential facilities residents.

#### **II. DISCUSSION**

The purpose of community residential services is to provide a programmed and supervised transition to productive community living. The use of appropriate community resources will assist the staff and resident to effectively use leisure time and make this transition go smoothly.

The concept of leisure time is two fold:

- A. Leisure time can be structured activity that the group as a whole can participate in such as:
  - 1. Picnics, meals out (when appropriate)
  - 2. Educational trips, museum, art shows, etc.
  - 3. Entertainment, bowling, ball games, circus, movies, dances, etc.
  - 4. Fishing
  - 5. Structured Therapeutic Group Meetings
  - 6. Exercise at gyms, parks, neighborhoods, etc.
  - 7. Other activities as approved by team or supervisor

All activities of this nature should be educational or therapeutic. This is an opportunity for residents to show learned social skills such as communication, socialization and money management.

- B. Quiet Time: Although we need and are involved in structured leisure time activities, there should be time allowed for residents to experience quiet time. Time when they can be alone to rest, read, write letters or whatever they choose within certain limits.

Effective use of leisure time requires good planning and execution if it is to be successful.

### **III. PROCEDURES**

- A. An tentative activity schedule will be developed as needed by Program Director or Home Manager.
- B. All residents will be given an opportunity to list specific activities of interest.
- C. The schedule will allow for flexibility for unexpected events.
- D. The Program Director or designated staff will amend the schedule as necessary.
- E. In the event of a state / national emergency or a pandemic, outings might be suspended to ensure the safety and welfare of the consumers.
- F. Outings should not interfere with medication passes. If an outing does interfere with a medication pass, arrangement will be made in advance so that medication pass will not be missed.