**INTREPID CENTER MISSION**

"To enhance life functions/roles of individuals who experience symptoms from a mild TBI (mTBI) event through evidence based evaluation and treatment techniques while also contributing to the development of practice standards in the field."

**GOALS**

- Updated curriculum, interventions and research regarding OT’s role with leisure exploration to improve quality of life for service members.
- Explore clinical improvement needs based on current design and recent DOD report: clinic objectives and design, Inspire and Multi Disciplinary Meetings, discipline flow and pain points.
- Research, develop and trial a six session group protocol for HEAL (Healthy Exploration of Active Leisure) OT group.
- Experience multi-disciplinary approach at Intrepid Spirit Center to understand service member’s experience in the program.
- Enhance clinical understanding and leadership regarding OT’s role with cognition, attention, and vision therapy.

**MILITARY CLINICAL EXPERIENCE**

**EDUCATION:**
- Learn/discuss Army culture
- Research: Military TBI, cognition, leadership, interdisciplinary care
- MFAP: Military Functional Assessment Program
- Multimedia: Hackshaw Ridge, Homecoming, Restrepo, Saving Private Ryan, leadership audio books
- Team meetings: Huddles, Inspire, Multi D

**INTERPROFESSIONAL CLINICAL SESSIONS:**
- SLP: Executive function assessment, treatment
- PT: Neuro com, movement and VOR exercises
- IOM: Intake, acupunture, cupping
- Case Management: Inspire meeting
- Sleep: Sleep study results
- Art therapy: Group session
- Behavioral health: Alpha stim, CBT
- Audiometry: Prism glasses
- Neuro psychology: Alpha Stm, QEEG

**OCCUPATIONAL THERAPY**

- Assessments: NAB Attention Module, COPA
- Vision: COVID, screening, treatment sessions
- Explore/research OT role in cognitive rehabilitation
- 1:1 sessions: Cognitive strategies
  - Human info processing
  - Attention hierarchy
  - Focus strategies
  - Relaxation strategies
  - Memory strategies
  - Dynastrat
  - Build your own therapy hour
- Desk chair assembly activity
  - Groups: Cognitive Gaming, TAG

We completed a cultural study including observation of OT and other discipline sessions, research related to TBI and military life, in-the-field experiences, and functional assessments. With this, we identified several common traits of service members: rigid schedule and dependence on dictated directives, lack of awareness related to the importance of leisure, and a decreased ability for work-life balance. To help solve these problems, we created the HEAL program to increase awareness for the need to change and improve quality of life. Our hope is that OT can provide the awareness of the desire to change, as well as provide the resources for increased leisure experiences to improve all aspects of their lives.

**HEAL: HEALTHY EXPLOSION OF ACTIVE LEISURE**

**PURPOSE:** The purpose of HEAL (Healthy Exploration of Active Leisure) is to increase exposure and promote engagement in leisure activities. Through leisure exploration, patients will gain understanding of the importance of incorporating leisure activities into everyday life as a part of the overall healing process for mind, body, and spirit. Participants will have choice and ownership of activities during each session. Sessions will include active participation in leisure activities in a variety of categories including: cognitive, creative, and/or physical leisure. Leisure experiences will include mindfulness as a tool for stress reduction and encourage engagement of all senses. Through a positive group experience, participants will experience first-hand the benefits and availability of a wide variety of leisure activities while connecting with other service members. Participants will complete assessments and activities to help define areas of personal interest, identify time for leisure, and discuss ways to change habits and routines to promote leisure and ultimately improve quality of life.

**EDUCATION:**
- Army Service Members: Thank you for your openness and vulnerability. It was a privilege working with each of you. Thank you for your service.
- Expert Mentor: Mark Shearer: Thank you for your time, support, candor, patience and challenging conversations.
- I appreciate your willingness to contribute.
- Faculty Mentor: Dr. Christine Mantlo: Your ideas and mentorship have challenged me to think differently. Your support has greatly influenced my growth as a leader OT.
- Intrepid Spirit Center of Excellence Staff and OT Department: Thank you for showing me firsthand the benefits of a holistic integrative clinic and allowing me to be a part of the team.
- Belmont University OT Department and Alumni: The fellowship of this group has been a great support and challenged me throughout the process.

**ACKNOWLEDGEMENTS**

**SITE IMPROVEMENT PLAN**

**DELIVERABLES:**
- Identified clinic concerns – convergent/ divergent thinking
- Identified patient care vulnerabilities
- Mission statement survey and research
- Clinic design – past, present, direction and research
- SWOT analysis Multi D
- SWOT analysis of Inspire
- SWOT analysis of MFAP

**CLINICAL EXPERIENCES:**
- Immersion and integration with the population improves the sustainability and effectiveness of the product.
- Education and change are not solely measured by tangible or visible results. There is significant value in the process; the resiliency developed can be more valuable than the change itself.
- Red teaming and convergent/divergent thinking processes are best completed with a team. This collaboration can help promote buy-in and positively impact success.
- Planning and managing expectations are important tools in program development. However, they should not be limited, as you cannot know what will be the ultimate outcome. Having flexibility to adapt and overcome challenges are also vital learning experiences.
- Clinical care is different for each individual. It is most important for the client to be seen, heard and valued, and feel that they are the decision-maker in their care process.
- When developing new areas of practice and programming, it’s especially important to know the population and advocate for their needs.

**TAKING AWAYS**

- Practical application of school objectives and model of practice through group design and facilitation
- Increase empathy, capacity, and confidence working with vulnerable service members
- Enhance OT’s skills, cognitive rehabilitation and education, group facilitation, vision therapy
- Collaboration with co-workers to develop patient plan of care
- Skill development: time management, written/oral communication, leadership

**DELIVERABLES:**
- OT rationale, model, design, leadership
- Leisure research
- Six 1 hour session protocols
- Session handouts
- SOAP note template
- Skill assessment
- Feedback from SM
- SWAT analysis, reflection, program evaluation
- Staff presentations and training

**GOALS:**
- Experience joyful social active leisure during group sessions
- Increase understanding of the importance of leisure and how it can improve cognitive performance and quality of life
- Prove accessibility of leisure in everyday life
- Empower change in routines and habits related to work life balance and leisure
- Incorporate and apply experience from other disciplines and providers into the group

**LEISURE TOPIC**

Name: Name
Discussion: Discussion
Activity: Activity

- "It was fun! I played the card game with my wife last night."
- "I want to be mindful to take time to do activities I find valuable."
- "I want to reduce the amount of time I spend on my phone and on social media and be more active."
- "I learned that physical activity affects brain processing."

**FOLLOW-UP**

- Clinical integration with the population improves the sustainability and effectiveness of the product.
- Education and change are not solely measured by tangible or visible results. There is significant value in the process; the resiliency developed can be more valuable than the change itself.
- Red teaming and convergent/divergent thinking processes are best completed with a team. This collaboration can help promote buy-in and positively impact success.
- Planning and managing expectations are important tools in program development. However, they should not be limited, as you cannot know what will be the ultimate outcome. Having flexibility to adapt and overcome challenges are also vital learning experiences.
- Clinical care is different for each individual. It is most important for the client to be seen, heard and valued, and feel that they are the decision-maker in their care process.
- When developing new areas of practice and programming, it’s especially important to know the population and advocate for their needs.

**ACKNOWLEDGEMENTS**