



# SPECTRUM Services

“Helping you be you in this social world we live in”

## RECREATION THERAPY

Spectrum provides Recreation Therapy services in the clinic and community settings. Our therapists work with clients to address their unique needs in support of their interests. Our therapists create a personalized plan in collaboration with the individual and their family.

### Collaborative Solutions

Spectrum therapists focus on providing collaborative solutions for individuals with social anxiety and social communication challenges, including those diagnosed with Autism Spectrum Disorders, Giftedness, Asperger’s Syndrome, Attention Deficit Disorder (ADD/ADHD), and Non-Verbal Learning Disorder (NVLD)

### Outside Engagement

Getting out in the social world isn't always easy but we believe that it's important. Recreation therapy aims to support clients in engaging as fully as they desire with the world around them while supporting emerging skills and teaching new ones.

### Benefits of Recreation Therapy

In addition to improving overall well-being by increasing engagement and participation in life, recreation therapy:

- Increases Social Skills
- Provides Social Opportunities
- Develops Coping Skills
- Build Self-Confidence and Self-Esteem
- Inspires Creativity
- Promotes Physical and Mental Health

Recreation Therapy is an important way for people to generalize their therapy work out of the therapy room and in to a natural social environment.

## GET STARTED TODAY

To learn more about Spectrum Social and Recreation Services please visit our website at <https://www.spectrumsocial.net> or call the office at (512)524-5482