



**HOPE  
BEGINS  
HERE**



The Zepf Center has been a Behavioral Healthcare resource in Northwest Ohio for almost 50 years. With a rich history of helping both adults and children, we are dedicated to treating the individual through cohesive and evidence-based treatment. Our mission is to create hope, wellness, and recovery through integrated person centered services and community partnerships.

## **WHAT IS RECREATIONAL THERAPY?**

Recreation Therapy is a treatment service designed to restore, remediate and rehabilitate a person's level of functioning and independence in life activities, to promote health and wellness as well as reduce or eliminate the activity limitations and restriction to participation in life situations caused by an illness or disabling condition.

## **WHAT ARE THE OUTCOMES OF RECREATION THERAPY?**

**Improvement in Cognitive Status** – Individuals who participated in various structured recreation therapy interventions achieved the following results:

- Enhanced attention, memory and perception
- Increased decision making, problem solving and organizational skills
- Behavior modification and management strategies
- Reduced confusion and disorientation

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**419.841.7701**



**Improvement in Physical Health Status** - Individuals who participated in various structured recreation therapy interventions achieved the following results:

- Improvement in physical skill development, including fine motor skills
- Increased mobility and muscular strength, decreased pain and stiffness
- Increased flexibility, balance, ambulation, and range of motion
- Improvement in cardiovascular and respiratory functioning

**Improvement in Psychosocial Status** - Individuals who participated in various structured recreation therapy interventions achieved the following results:

- Increased self-esteem, self-confidence, and acceptance of disability
- Increased assertion skills and ability to advocate for self
- Increased skills at managing stressors, anxiety, and boredom
- Increased socialization and decreased symptoms of depression
- Improve overall quality of life

**Improvement in Life, Recreation and Community Activities** - Individuals who participated in various structured recreation therapy interventions achieved the following results:

- Improvement in community functioning and barrier management
- Establishment of new life and leisure activities for continued growth
- Improved ability to cope with substance-related stressors
- Improved decision-making skills and ability to structure time
- Enhanced sober lifestyle and identity

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[www.zepfcenter.org](http://www.zepfcenter.org)

