

Tutoring Services

School is an important foundation of every person's life. NHH offers hospital based tutoring services in order to help children retain the academic skills they entered the hospital with, and to help adults who are between 18 and 21 still receiving education as part of their Individual Education Plan (IEP). We also provide services if you are interested in obtaining a GED and/or furthering your skills or education.

Vocational Services

Vocational Services at NHH are an opportunity to practice work skills during your stay at New Hampshire Hospital. Our focus is to address specific needs by meeting with you to determine your vocational goals and interests. A variety of jobs are available throughout the hospital including: dietary, clerical, greenhouse, hospitality shop, and recycling. Patients who work receive minimum wage for a maximum of five hours per week. At the time of your discharge vocational services staff may contribute progress information, as appropriate, to your mental health center's vocational program.

For more information about services provided by the Rehabilitation Department, contact a Rehabilitation staff member on your unit, or contact

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A Sampling of Rehabilitation Services you may find at New Hampshire Hospital:

Wellness Groups

Yoga

Pet Therapy

Adventure Therapy

Self Esteem Groups

Ceramics

Drum Circle

Creative Writing

Special Events

Wellness Recovery Action Plan (WRAP)

Community Awareness

Journaling

Fitness

Work

Computer Skills

Social Skills

Movin' in the Morning

Art Therapy



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THE REHABILITATION DEPARTMENT AT NEW HAMPSHIRE HOSPITAL



Providing hope, recovery & wellness

Mission Statement

The Rehabilitation Department is dedicated to providing therapeutic interventions which build on your strengths and empower you to make positive choices. We accomplish this by offering groups which are designed to assist you in decreasing symptoms and developing life skills. Our desired outcome is for you to return to your community with an enhanced quality of life.

Activities Therapy

Activity Therapists work closely with the other therapists, co-facilitating groups offered at the Hospital. We offer additional contact time for developing and reinforcing the positive steps towards meeting your individual treatment goals. We also provide several opportunities for therapeutic leisure activities. These activities range from knitting and computer skills to community trips, horticulture and group sports.

Computer Lab Center

A six station computer lab is located in the Patient Library for your use. You can try out new programs, check email, learn to type, explore the internet or listen to music.



Gift Shop

The Gift Shop is located in the APS lobby. A variety of items for purchase including healthy snacks, postage stamps, calling cards, stationery items, cards, toiletries, gift items, magazines and a variety of small plants from the hospital's greenhouse.

Music Therapy

Music Therapy groups and individual sessions provide an opportunity for you to express yourself through music. This may be structured; such as singing in open chorus, creative; such as song-writing, or active as in drum circle. Groups are designed to promote increased self-awareness, enhance interpersonal skills, provide opportunities for self-expression, and to learn relaxation and stress management techniques.

Occupational Therapy

Occupational Therapy uses a variety of activities to promote healthy functioning in everyday life. Personalized plans and goals are developed for you based on your abilities and interests. Occupational Therapy provides services either in a group setting or individually.

Skills that the OT may help you to develop include daily living skills and cognitive skills. Activities that may be offered to you to enhance or develop these skills include: life skills training, cooking, work skills, community experiences, self-awareness activities, wellness activities, current events, activity planning, and crafts and games. Treatment of physical disabilities, and rehabilitation exercises are provided as needed. Through these experiences you are encouraged to develop a healthy, balanced, and productive lifestyle.

Patient Library

The Patient Library is located on the first floor of the APS building across from Unit C. The library offers a variety of materials and services that you would find in public libraries including a selection of daily newspapers, a variety of current magazines, popular fiction and non-fiction books as well as music CDs and headsets. The library is a quiet environment where patients can relax and read. A six station computer lab is available in the library.

Physical Therapy

Under doctors orders, physical therapy provides you with specific treatment geared to alleviate pain and repair structural or muscle injuries. Gait training, balance, coordination, strength and range of motion exercises are designed to restore functioning.

Recreational Therapy

The goal of Recreational Therapy is to help you understand the value of recreation and leisure in your life. Recreational Therapy utilizes your strengths and interests to promote recovery and wellness. Hospital and community activities provide opportunities for you to develop or enhance your social, emotional, physical, thinking and leisure skills. Recreational Therapy seeks to empower you to improve the quality of your life and maintain a healthy leisure lifestyle through involvement in sports, fitness and leisure planning and community experiences.

