

## Volunteer Services

The Volunteer Services Program provides opportunities for you to volunteer within New Hampshire Hospital. We offer opportunities to participate in a variety of volunteer activities for the benefit of non-profit organizations, such as animal shelters and food pantries. Our goal is to increase volunteer opportunities and experiences as part of your recovery and providing meaningful structure.

## Vocational Services

Vocational Services provides vocational training, skill building and support through treatment focused employment opportunities. You may have an opportunity to work at NHH during your admission. A variety of jobs are available in the NHH Vocational Program. Worksites include Clerical, Greenhouse and Recycling. We try to provide work opportunities based on your preferences and interests. Patients who work receive minimum wage up to five hours per week. Vocational Therapists hope to provide positive work experiences, promote work skills as part of recovery and provide education on resources available in your community, such as Supported Employment. Please see the Rehab Staff on your unit or your treatment team if you are interested in working.

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

Some of the Rehabilitation services and groups you may find at New Hampshire Hospital:

Illness Management & Recovery (IMR)  
Wellness Recovery Action Plan (WRAP)  
Dialectical/Cognitive Behavior Therapy Skills  
Wellness  
Substance Recovery  
Movin' in the Morning  
Physical Activity (Gym)  
Yoga  
Relaxation/Mindfulness  
Spiritual Services  
Pet Therapy  
Creative Expression  
Art Expression (Peace/Love)  
Journaling  
Music Expression  
Life Skills  
Cooking  
Sensory Education  
Volunteer Services Group  
Fit for Life  
On Unit Crafts/Games  
Leisure Education  
Brain Gym  
Therapeutic Work Program



## Rehabilitation Department



Providing Hope, Recovery and Wellness

## Mission Statement

The Rehabilitation Department is committed to providing therapeutic interventions and groups that meet individual needs and build on your strengths to enhance functional life skills, promote recovery, wellness and your quality of life. We strive to provide care that incorporates the recovery principles of patient choice, empowerment and skill building. The goal of these principles is to work with individuals to restore a sense of hope in their lives by helping them identify new ways of working through challenges and adapting new strategies to manage stressful events. We recognize the importance of both the mind and body in treatment and our program incorporates wellness principles and elements of holistic care to promote an ongoing opportunity for learning, growth and personal development.

## Patient Library

The Patient Library offers a variety of materials and services that you might find in public libraries including a selection of daily newspapers, popular fiction and non-fiction books and current magazines. The library is a quiet environment where patients can relax, read or enjoy looking at our saltwater aquarium.

## Gymnasium

Physical activity and exercise are essential factors not only with physical but emotional well-being. The rehabilitation staff provide daily gym groups with access to weight training, treadmills, exercise bikes and team games such as basketball. These activities help you develop a positive connection to an exercise routine and its benefits towards overall wellness.

## Greenhouse

The hospital greenhouse is a highly therapeutic area due to the light provided from all the windows and beautiful array of lush plants. The vocational rehabilitation and volunteer services staff assist patients to create and maintain this beautiful environment for everyone to enjoy. The greenhouse is part of our employment opportunities through our Vocational Services.

## Recreational Therapy

Recreational Therapists (RT) are part of your treatment team. Our purpose is to promote an understanding of the value of recreation, play and leisure as it relates to your recovery. Recreational Therapy focuses on your strengths, and incorporates your personal interests to promote wellness and independence. Involvement in individualized treatment and therapeutic groups such as Mental Health Matters, Wellness, Fitness, Creative Expression, or Leisure Education can help you to develop and enhance your cognitive, emotional, physical and social skills. Recreational Therapy promotes a healthy leisure lifestyle to improve your overall quality of life.

## Activity Therapy

Activity Therapists (AT) are part of your treatment team and provide group and individual services. ATs lead and co-lead groups to provide education, promote engagement in leisure activities, and help you develop positive coping skills and wellness tools. We promote expressive and physical outlets to promote an improved sense of well-being and ability to manage current or ongoing challenges.

## Physical Therapy

You may be referred to Physical Therapy during your admission. Physical therapy provides you with specific treatment geared to increase strength, alleviate pain or promote recovery after an injury.

## Occupational Therapy

Occupational Therapists (OT) are part of your treatment team. Groups and individual sessions may be provided to promote a balance of self-care, rest, leisure, productive activities and increase independence in your activities of daily living. You may be involved in activities such as cooking groups, life skills, sensory groups and other skill based and self management groups to promote healthy functioning in everyday life. OT focuses on helping you achieve your individualized goals, recovery and improve your functional independence. OT can also assess your skills, and provide you with recommendations and resources to support you to live independently and successfully in your community. Treatment and rehabilitation from illness or injury are provided as needed to promote your health and safety.

## Music Therapy

Music Therapy groups and individual sessions provide an opportunity for you to express yourself through music, songwriting, singing, music appreciation or drumming. Sessions are designed to promote increased self-awareness and enhance interpersonal skills. They also seek to provide opportunities for self-expression, and to learn relaxation and stress management techniques.