

Recreation Therapy

A therapeutic intervention that utilizes recreation and leisure activities as the primary modality of active treatment for health restoration, remediation, habilitation, and/or rehabilitation for Covered Individuals/Family Members who are limited in their functional abilities due to illness, maladaptation, or disability. Recreation Therapy includes structured activities that target the reduction of specific symptoms and maladaptations and/or the enhancement of specific functional skills that necessitate intervention by a professional certified in Recreational Therapy.

Recreation therapy:

- Must be delivered consistent with professional standards of practice
- Must be delivered in the community
- Requires face-to-face contact with the Covered Individual/Family Member to conduct assessments or provide therapy
- Addresses identified individual needs as determined by assessment and in conjunction with the Child and Family Team
- Is provided as a 1:1 service
- Does not include time waiting to provide services.
- Does not include the travel time of the Service Provider to-and-from the location of service, unless the Covered Individual/Family Member is present in the Provider's vehicle
- Does not include supervision of services or tasks outside the scope of professional certification
- Cannot exceed more than four consecutive hours per billable event, unless pre-authorized by the Care Coordinator.

Unit of Service: 15 minutes

Credentialing Requirement: Certification as a Therapeutic Recreation Specialist (CTRS) by the National Council for Therapeutic Recreation Certification **or** certification as a Therapeutic Recreation Specialist/Texas Certified (TRS/TXC) or Therapeutic Recreation Associate/Texas Certified (TRA/TXC) by the Consortium for Therapeutic Recreation/Activities Certification, Inc.

