

Who is eligible?

Referrals are accepted from the Illinois Department of Children & Family Services, schools, juvenile court system, local agencies, parents, and Local Area Network (LAN) wraps.

Is there a fee?

The daily program fee for the Therapeutic Recreation Program is \$54.99 per session.

A typical TRP day*

- 2:15-3:30 Students are picked up at school
- 3:30-3:45 Free time
- 3:45-4:15 Homework/reading time
- 4:15-5:00 Recreational/leisure activity
- 5:00-5:30 Dinner
- 5:30-6:00 Life skills group or Aggression Replacement Training (ART) session
- 6:00-7:00 Students dropped off at their homes

*Times and order of activities may fluctuate.



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Therapeutic Recreation Program

An after-school program for kids with behavior issues



Therapeutic Recreation is funded by the
Illinois Department of Children & Family Services



Therapeutic Recreation Program

The **Therapeutic Recreation Program (TRP)** is an after-school program designed for troubled youth between the ages of eight to 17 that examines use of leisure and recreational activities in a constructive way and provides anger management training with an emphasis on developing positive social relationships.

The TRP is one of a continuum of programs provided by Bethany for Children & Families. The program has served children in the Blackhawk Area Special Education district and Illinois Quad Cities for more than two-and-one-half decades.

In that time, the TRP has provided a safe and nurturing recreational and learning environment

in which staff members challenged troubled youth to replace problematic behaviors with

appropriate social skills. Increased emotional and social competency allows them to succeed not only in their educational settings, but also at home and in the community.



Who is appropriate for the TRP services?

The TRP serves boys and girls ages eight to 17 with serious emotional problems that may lead to placement outside the home.

During the academic year, the TRP provides after school programming and, it offers educational and recreational outings during the extended summer hours.

The TRP provides services in cooperation with agencies from a variety of fields, including:

- Special education
- Juvenile justice and court services
- Community mental health
- Foster care.

Behavior Management System

The TRP's behavior management system is a diverse blend of approaches designed to promote self-esteem and accountability.

Personalized daily behavior charts and skills curriculum provides each client with a unique opportunity for growth.

The TRP offers a range of programming activities from cooperative academic games to artistic outlets that allow youth to explore and express a full range of appropriate recreational and social skills.



Curricula used for TRP life skills discussion groups

- Aggression Replacement Training (ART)
- Ansell Casey Life Skills curriculum
- Classroom and Small Group Activities for Teachers, Counselors, and Other Helping Professionals, Volumes I and II

Contact information:

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Keeping *children* safe, strengthening *families*, and building healthy *communities* since 1899