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Ride the Wave (The Wave of Recovery): Leisure Time Activities

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The work sheets and information in this booklet was all free to download from websites and everything is referenced. - D.R.M.

Ride the Wave (The Wave of Recovery): Leisure Time Activities

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BAS/MDS 495: Capstone Project

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Abstract

Ride the Wave (The Wave of Recovery) Leisure Time Activities is the title of a leisure time activities booklet that was created by Donnie Martin in partnership with Recovery in Motion (RIM, non-profit organization), as a resource to help reduce occurrences of addiction relapses in the Twin Falls community. The hope is that more recovering addicts will be successful in their recovery and transition into a recovery lifestyle becoming productive members of the Twin Falls community. The leisure time activities booklet is being distributed and edified to recovering addicts in recovery support groups by RIM support group facilitators and by the recovery group, Ride the Wave.

Keywords: activities, booklet, recovery, relapse

Ride the Wave (The Wave of Recovery) Leisure Time Activities

This booklet is the capstone project that I have completed for the Multidisciplinary Studies program. The leisure time activities booklet was created by myself in partnership with Recovery in Motion (non-profit organization) to help reduce the occurrences of addiction relapses in the Twin Falls, Idaho recovery community. The inspiration behind this leisure time booklet is to have a resource for people who attend recovery groups and are just finishing up with addiction counseling and rehab classes. These people are early in their recovery, most are about 1 year clean and sober. At this stage of recovery, people end up with a lot of leisure time on their hands which is one of the biggest relapse triggers. People end up going back to what they used to do with their leisure time, their active addiction.

I didn't use the typical "either/or solution". I used the "how might I" problem statement process from integrative thinking and problem solving that I learned from the textbook, "Creating Great Choices" (Riel & Martin, 2017b). How might I put together a list of recovery lifestyle activities and make them available for people in recovery in our community? I titled this booklet to match up with my Leadership capstone project which is a recovery group for people early in their recovery who have at least 1 year of sobriety. It is called "Ride the Wave" (The Wave of Recovery).

At first, I thought that I would just research outdoor activities and list them along with different types of activities that can be done in groups, with family members, or alone. I was thinking I could list them in seasonal categories in our community and whether or not they were free and sponsored by Recovery in Motion. As I was doing research and thinking about different types of activities, I decided to add self-help worksheets that people could do at home. I also added different art therapies, different group discussion topics, and exercises to relieve

stress and some other mental health behavioral issues. I added RIM's recovery meeting schedule and activities schedule. There are topics and activities for group facilitators to use as the curriculum for group members to use and do, and there are activities and self-help worksheets for individual peers to do in their leisure time. There is even a springtime tea recipe in the back of the booklet just before the survey and references pages.

My thought process was from what I went through when I first found sobriety in January 2016 and I was recovering from a 35-year addiction to Methamphetamines. I thought about the things that helped me to stay clean and sober and this got me thinking about what might help other people who struggle with addiction and are early in their recovery to stay clean and sober. Ultimately, people have to do the work on their own recovery. The only people they have control over are themselves. By having a list of activities and self-help worksheets that they can do by themselves, this will help reduce leisure time and hopefully reduce relapses. Combining these types of activities with group activities, it gives these people the opportunities to share in groups and to be able to establish a support network of others in recovery which is the foundation of creating a successful recovery lifestyle. (donniemartin@u.boisestate.edu)

The overall result is positive. This leisure time activities booklet is valuable to many others. There are topics and activities for group facilitators to use as the curriculum for groups to do, and there are activities and self-help worksheets for individual peers to do in their leisure time. It is valuable to the recovery community and the Twin Falls community in general because it will help reduce relapses and reduce drug crimes. The rate of drug-related crime is slightly lower than the average US city. Twin Falls is in the 65th percentile for safety, meaning 35% of cities are safer and 65% of cities are more dangerous. The rate of drug-related crime in Twin Falls is 0.92 per 1,000 residents during a standard year. People who live in Twin Falls

generally consider the north part of the city to be the safest for this type of crime. (Twin Falls, ID Drug-Related Crime Rates and Maps | CrimeGrade.Org, 2021) In turn, that will help make the community a safer place to live.

I created my own framework details from the MDS capstone project proposal template. First, I brainstormed five mega ideas in three different spheres, professional, social, and personal. Then, I added three more ideas to each sphere considering my creative thinking framework. Then I added two more ideas to each sphere that focused on stakeholders and provided a service. I now had ten mega ideas in total. The next part of the framework was to choose two mega ideas from each sphere. I now reduced the mega ideas down to six in total. I then mind mapped all six mega ideas and chose the one I was most passionate about out of these six and this mega idea became my capstone project/problem.

My approach is unique in that I went a bit further in solving this problem by incorporating both my Leadership Certificate Capstone project and my MDS Capstone project. I created a recovery group called “Ride the Wave” (The Wave of Recovery) for my Leadership Certificate team capstone project and created the “Ride the Wave” (The Wave of Recovery) Leisure Time Activities booklet from my MDS Capstone project to be used as a resource tool for the recovery group and the recovery group facilitators to use as the curriculum. Not only can the individual peers (addicts in recovery) use the leisure time activities booklet to help prevent relapses in their own leisure time at home, the peers in the group can use the booklet to help them prevent instances of potential relapses, they can also build a support network of people in recovery which is vital in creating a strong foundation for a successful transition into a recovery lifestyle.

I accomplished completing both capstone projects, creating a recovery group and creating a leisure time activities booklet, which coincided in helping solve the problem of reducing occurrences of addiction relapses due to idle leisure time which is one of the biggest relapse triggers for recovering addicts. By partnering up with RIM, I also am able to give back to the recovery community that I am so passionate about by helping the struggling addict and creating a resource for Recovery in Motion to use, (Leisure Time Activities booklet), now that I am no longer volunteering there. I volunteered at RIM from July 7, 2019 through December 23, 2021 60 + hours a week while attending Boise State University full time in the online MDS program, Applied Leadership certificate program, and the public health Certificate program.

I could have approached the project/problem just as a leisure time activities booklet that focused on what kinds of things to do to fill leisure time. Seasonal activities, outdoor activities, indoor activities, individual activities, and group activities. There are multitudes of websites that have all different kinds of activities to do for people that want some ideas in this area.

My solution is more innovative than other solutions because I am combining self-help activities and group activities created for addiction and mental health behavioral recovery into one booklet that both individual people can take home to use and group facilitators can use during group meetings. I discussed this booklet project with the Director of Recovery in Motion, John Brennen, and he told me that I had come up with a resource that no other recovery center has as far as he knew of. He is very excited about having this resource for RIM to use. I say my solution is far more innovative than other solutions.

My research is valuable to others because I assembled a substantial list of leisure time activities into a booklet that any and all people in recovery from drug and alcohol addiction and mental health behavioral issues, can refer to for activities to do by themselves or with others, be

it family activities or group activities that promote recovery, positivity, comradery, self-awareness, and improve their emotional intelligence all the while fill their leisure time and reduce or even prevent relapses. I am taking a lot of the guesswork out of what to do with their leisure time and this is very valuable to the peer stakeholders (addicts in recovery).

Next in the line of stakeholders is Recovery in Motion, the non-profit organization that I partnered up with. They benefit from the leisure time activities booklet because they can help addicts in recovery by providing this booklet to them that I have created and work with them in a group setting doing leisure time activities. Recovery in Motion is a non-profit organization that offers resource help, recovery coaching, peer support, and recovery group/self-help meeting. This booklet allows them more possibilities to help addicts in recovery to transition into a successful recovery lifestyle and reduce relapse episodes. The group facilitators benefit because they have a valuable resource curriculum to use.

The community benefits because creating and providing this leisure time activity booklet for access to addicts in recovery will reduce drug related crimes and reduce the drug offenders by filling recovering addicts' leisure time with activities that will promote successful recovery lifestyles, free from active addiction and crimes related to addiction. In turn, the community becomes a safer place to live and because the more people who stay in recovery, the lower the drug crimes and activity making the community a safer place to live in.

Recovery in Motion is really excited about starting a group just to facilitate from the leisure time activities booklet. The impact is very positive for me, for Recovery in Motion, and the addicts in recovery who will no doubt have long lasting benefits from the leisure time activities booklet. I printed out surveys pertaining to the leisure time activities booklet and RIM

distributed them to group members to fill out at support meetings after they had an opportunity to examine the booklets and do some of the activities.

The ratings were positive, 40% excellent, 40% very good, 10% good, and 10% fair taken from the survey I created and distributed. What was liked most about the booklet, don't know yet, the suggestions, very helpful, the work sheets, the whole thing, I liked how it worked the peers to assess themselves on triggers, and the new activities. There were 40% females and 60% males who filled out the survey. My hope is that the community as a stakeholder will have a positive outlook on this leisure time activity booklet as well.

Recovery in Motion is going to pay for printing more booklets as needed. There are over 100 pages in this booklet. "Ride the Wave (The Wave of Recovery) Leisure Time Activities" has self-help worksheets, group discussion topics, art therapy projects and suggestions, exercises to alleviate anxiety and stress, and there is a Springtime Tea recipe in the very back just before the Reference page. My cost was \$141.32 for printing. Recovery in Motion will pay for all future printings as well. All in all, this project has a positive outcome and I can see that this booklet will help many people in the future too.

I could have approached this work as a team project. I think that if I had a team of five people including myself, this would definitely enhance innovation. The old saying goes, "two heads are better than one". Five heads would be a huge collaboration of enhanced innovation. The people I would have asked to join a team are all recovering addicts and they are all creative and innovative in the addiction and mental health behavioral recovery field. These are the same people that I asked to be my team followers for my Leadership capstone project.

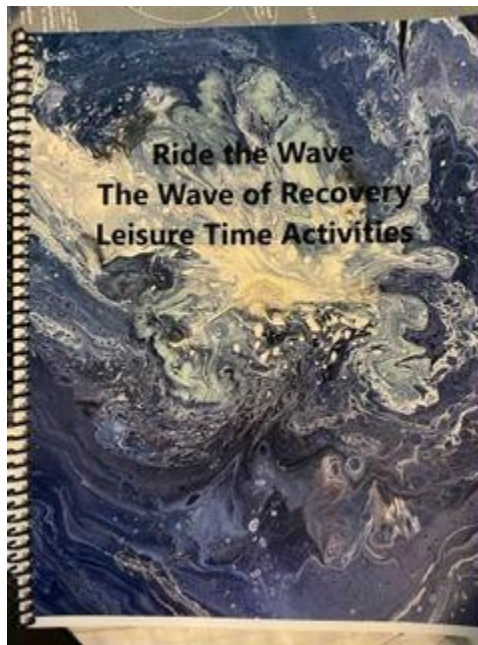
The positive results is my expected outcome for this project because I have been working in the addiction and recovery field for over forty years combined, 35-years in active

addiction and over 6-years in recovery from active addiction and I have put together the best activities that support lifelong recovery and help to prevent triggers for relapses from idle leisure time which is one of the biggest relapse triggers in drug and alcohol addiction from that life experience. Ideally, the result that I would like is for everyone who uses this booklet to not go through any relapse episode and lead a long successful life of recovery.

I learned that my idea was very innovative. I discussed the leisure time activities booklet with RIM's director, John Brannen who was very excited about my project. As far as he knew there has not been anything like what I created in any recovery center that he knows of. Hearing this added more inspiration and motivation for me to expand on the material for the booklet so that not only is this booklet focused on the recovering addict as an individual and addicts in recovery groups as a whole, but it also includes material for the group facilitator to focus group meetings on different topics for discussions and group projects. I benefited from this project because I am giving back to the recovery community that I am so passionate about helping by creating a resource booklet of leisure time activities that actually can help to solve the problem of reducing the episodes of addiction relapses in the community. Recovery in Motion (non-profit organization) benefits because they hold recovery support meetings for struggling addicts and addicts in recovery and they are using this leisure time activities booklet to facilitate a group and giving copies of this booklet to the group members and individual peers. They are able to help reduce the episodes of addiction relapse. The community benefits from the use and distribution of the leisure time activities booklet because episodes of addiction relapse are reduced and therefore drug related crimes are reduced and the community and its residents are safer. I was able to enhance my problem-solving skills by creating a resource for helping to reduce episodes of addiction relapses in the community and in the recovery community. I

enhanced my research skills by researching different types of material for the leisure time activities booklet and finding different resources for that research. I enhanced my leadership and collaboration skills by working with Recovery in Motion (non-profit organization) to distribute and use the leisure time activities booklet and to collect the data from the surveys that were filled out by the peers and facilitators. I enhanced my creative and organizational skills by creating the leisure time activities booklet and having it printed and distributing it.

(This is a pic of a copy of Ride the Wave leisure Time Activities booklet)



STUDENT PROJECT MANAGEMENT TABLE**March-April 2022**

MODULE	DATE RANGE	WORK/TASKS TO COMPLETE
Module 1	March 7- March 14	Goals for this week: Research in our community, peer reviewed journals, articles, websites, blogs
Module 2	March 15- March 20	Goals for this week: Research in our community, peer reviewed journals, articles, websites, blogs
Module 3	March 28- April 3	Goals for this week: Interviewing several stakeholders to get suggestions on areas of interest for the leisure time activities
Module 4	April 4-10	Goals for this week: Create the booklets and initiate the circulation
Module 5	April 11- April 17	Goals for this week: Create the booklets and initiate the circulation
Module 6	April 18- April 24	Goals for this week: Collect the data from the surveys/questionnaires and present the final project Final project due
Module 7	April 25- April 29	Reflect on project

(This is the time table I used for this project so I could stay on schedule.)

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