



Balanced Beings Outdoor Recreation
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Balanced Beings Outdoor Recreation, LLC is dedicated to providing exceptional recreational therapy experiences that promote overall quality of life and well-being through community engagement. We prioritize transparency and clarity in all our interactions, ensuring that participants feel informed and valued. Our team genuinely cares about the impact we have on individuals and our community, fostering a supportive environment for healing, growth and connection. Join us in exploring new leisure activities in the great outdoors while enhancing your mental, social, emotional and physical health through our customized programs. Below you will find our principles, modalities, and approaches.

Balanced Beings Outdoor Recreation Standards of Recreational Therapy Services

Vision

Balanced Beings Outdoor Recreation encourages participants to achieve holistic well-being and personal growth through adaptable, nature and animals based experiences that cultivates resilience, and a lifelong connection to the outdoors and peers.

Mission

Balanced Beings Outdoor Recreation aspires to aid participants to foster personal growth through competent services, and support overall quality of life through holistic, nature and evidence based practices with an inclusive, enjoyable and accessible design to enhance autonomy and intrinsic motivation.

Modalities

- Adventure therapy
- Nature therapy
- Equine therapy
- Art therapy
- Animal Assisted therapy
- Horticulture therapy
- Leisure education

Human Services

- ADD/ADHD
- Autism

- Anxiety
- Depression
- Trauma
- PTSD
- Self Esteem
- Burn out
- Grief and Loss
- Substance Abuse Recovery
- Eating Disorders
- Social Isolation
- Anger Management
- Chronic Illness Management
- Life Transitions (e.g., divorce, job loss)
- Parenting Support
- Stress Management
- Phobias
- Mood Disorders (e.g., Bipolar Disorder)

Approaches

- Strength based approach
- Person centered care
- Self Determination and Enjoyment Model
- A Balanced and Systematic Model for Leisure Education Model
- Leisure and Well-Being Model (LWM)
- Flourishing Through Leisure Model: An Ecological Extension of the Leisure and Well-Being Model
- Leisure Ability Model

Guiding Principles and Values

Adaptable

BBOR encourages adaptability by creating an inclusive, accepting environment that encourages individuals with all skills and abilities to embrace change, learn from challenges, and develop the resilience to thrive in diverse settings.

Wellness

BBOR commits to supporting the well-being of each individual through a holistic approach that addresses the sensory, cognitive, physical, emotional, and social dimensions of health.

Empowerment

BBOR believes in promoting autonomy and self-determination through empowering individuals to take control of their personal growth and well-being.

Intrinsic Motivation

BBOR strives to foster intrinsic motivation, helping participants find their own drive and passion for personal growth and enjoyment.

Courtesy

BBOR values courtesy to oneself, to others and believes in treating everyone with dignity and respect.

Philosophy and Guiding Practice

Balanced Beings Outdoor Recreation (BBOR) promotes self-satisfaction and self-determination through evidence-based outdoor activities, aiming to enhance physical, cognitive, emotional, and social

development for all participants, regardless of ability. Our goal is to help individuals build confidence, improve well-being, and develop lasting skills that enrich their lives. By offering inclusive outdoor recreation, we use strength-based approaches to support participants in growing through activities that bring joy and fulfillment.

Outdoor recreation, including adventure-based learning, offers unique benefits such as improved health, motor skills, coordination, and resilience. Nature's psychological and emotional benefits reduce anxiety, improve mood, and lower stress, while adventure-based activities like paddle sports and archery help strengthen emotional resilience, self-esteem, and motivation. BBOR's programs promote holistic development, including mental health, physical fitness, self-esteem, and social skills, using experiential education that combines direct experiences with individual and group reflection.

Although outdoor activities are emphasized, we recognize the value of indoor recreation in certain situations. Our Certified Therapeutic Recreational Specialist (CTRS) adapts activities to meet the needs of all participants, indoors or outdoors, ensuring enjoyable, inclusive experiences. BBOR serves children, veterans, first responders, and individuals with or without disabilities.

ATRA Standards of Practice

STANDARD 1: ASSESSMENT

The recreational therapist receives and responds, consistent with standards, regulatory requirements and policies for the setting, to requests, including referrals and physician orders, for assessment and treatment; and conducts an individualized assessment to collect systematic, comprehensive and accurate data necessary to determine a course of action and subsequent individualized treatment plan. Under the clinical supervision of the recreational therapist, the recreational therapy assistant, commensurate with qualifications, assessed competency and defined clinical supervision, assists the recreational therapist in collecting systematic, comprehensive and accurate data.

STANDARD 2: TREATMENT PLANNING

The recreational therapist plans and develops an individualized treatment plan that identifies goals and evidence-based treatment intervention strategies. The recreational therapy assistant, commensurate with qualifications, assessed competency and defined clinical supervision, helps the recreational therapist to plan and develop the individualized treatment plan.

STANDARD 3: PLAN IMPLEMENTATION

The recreational therapist implements an individualized treatment plan, using evidence-based practice, to restore, remediate or rehabilitate functional abilities in order to improve and maintain independence and quality of life as well as to reduce or eliminate activity limitations and restrictions to participation in life situations caused by an illness or disabling condition. Implementation of the treatment plan by the recreational therapist is consistent with the overall or interdisciplinary patient/client treatment program. Under the clinical supervision of the recreational therapist, the recreational therapy assistant leads activities and engages patients/clients, individuals and/or groups, to achieve treatment goals and objectives.

STANDARD 4: RE-ASSESSMENT AND EVALUATION

The recreational therapist systematically re-assesses, evaluates and compares the patient's/client's progress relative to the individualized treatment plan. The treatment plan is revised based upon changes in the interventions, diagnosis and patient/client responses. Under the clinical supervision of the recreational therapist, the recreational therapy assistant assists in the evaluation of the individualized treatment plan.

STANDARD 5: DISCHARGE/TRANSITION PLANNING

The recreational therapist develops a discharge plan in collaboration with the patient/client, family, significant others and treatment team members in order to discharge the patient/client or to continue treatment and aftercare, as needed. Under the clinical supervision of the recreational therapist, the recreational therapy assistant assists in the development of the discharge plan.

STANDARD 6: PREVENTION, SAFETY PLANNING AND RISK MANAGEMENT

The recreational therapist systematically plans to improve patient/client and staff safety by planning for prevention and reduction of risks in order to prevent injury and reduce potential or actual harm. The recreational therapy assistant, commensurate with qualifications, assessed competency and defined clinical supervision, helps the recreational therapist to improve patient/client safety and to plan to improve safety and risk management.

STANDARD 7: ETHICAL CONDUCT

The recreational therapist and the recreational therapy assistant adhere to the ATRA Code of Ethics in providing patient/client treatment and care that are humane and professional.

STANDARD 8: WRITTEN PLAN OF OPERATION

Recreational therapy treatment and care is governed by a written plan of operation that is based upon the ATRA Standards for the Practice of Recreational Therapy, state and federal laws and regulations, requirements of regulatory and accrediting agencies, payers and employers policies and procedures as appropriate.

STANDARD 9: STAFF QUALIFICATIONS AND COMPETENCY ASSESSMENT

Recreational therapy staff meet the defined qualifications, demonstrate competency, maintain appropriate credentials and have opportunities for competency development.

STANDARD 10: QUALITY IMPROVEMENT

There exist objective and systematic processes for continuously improving patient/client safety and for identifying opportunities to improve recreational therapy treatment and care and patient/client outcomes.

STANDARD 11: RESOURCE MANAGEMENT

Recreational therapy treatment and care are provided in an effective and efficient manner that reflects the reasonable and appropriate use of resources.

STANDARD 12: PROGRAM EVALUATION AND RESEARCH

Recreational therapy staff engage in routine, systematic program evaluation and research for the purpose of determining the appropriateness and effectiveness of recreational therapy treatment and care provided.

References:

"Standards of Practice." *ATRA*, American Therapeutic Recreation Association, www.atra-online.com/standards-of-practice. Accessed 28 Jan. 2026.