

Introduction of client:

The client is a child named Scott. He is physically healthy and a smart young man. As far as his social life, he attends an elementary school close to his house where he is in first grade. No bad behavior has been reported at school thus far, but he has no interest in making nor having friends. His family reports that his only hobbies include watching violent television shows and playing violent video games.

He was admitted to Sunshine Children's Hospital yesterday by his mother after a major behavior incident. After taking his mother's credit card without permission and using it to withdraw money, he went to his local Walmart to buy a toy. Police found him on his way to the store and took him home. This isn't the first time he has shown bad behavior. The family reports him making multiple attempts to start his house on fire, being physically aggressive towards his two older sisters which has become an increasingly frequent occurrence, as well as showing other types of aggression. So much so that a few days ago he killed a baby turtle that belonged to one of his sisters.

He has been diagnosed with conduct disorder by a psychiatrist and has been attending weekly therapy sessions with a child psychologist with no notable improvement in behavior. His goals are to find another hobby which is healthy for him and can replace video games, participate in leisure activities which are appropriate for his age, and increase positive social interactions with peers.

Demographics

The client is six years of age and is male. He and his family of five live in an urban area of Connecticut. He is socially limited when it comes to friends.

Highlight the critical factors that pertain to the mental health of the individual.

The most concerning factor as far as Scott's mental health and behavior is anything to do with the possibility of harming his family. This includes his aggression towards his sisters and the result of at least some of his aggression which was killing the baby turtle. His aggression is also apparent when it comes to his attempts to start fires in his home. These things signify the poor condition of his mental health.

Identify a minimum of three (3) critical factors that directly or indirectly related to recreational therapy.

Scott has no friends and that is a concerning factor in his mental health and which can be worked on through recreational therapy. He needs to be able to learn and practice how to have positive social interactions with people, specifically his peers. Another factor is he spends all his time playing violent video games and watching violent shows. He needs to be exposed to other

leisure activities that can refocus him on something other than violence. Along with that, another factor is that his current choice of activities are not age appropriate for him due to the nature of the violence. If he can find other activities that he enjoys doing that are more appropriate for his age and good for his development, his behavior may change.

Give a rationale as to why a recreational therapist should provide treatment for this individual.

A recreational therapist can expose Scott to a variety of leisure activities so he can find other ways to fill his free time rather than filling it with violence. Giving him other and more wholesome options for activities may have a significant impact on his behavior. Also, if the recreational therapist can involve kids his age in these activities and help Scott to learn good and positive ways to interact with them, his social life will most likely benefit.