

## **METROPOLITAN STATE HOSPITAL**

Located in Norwalk, CA, Metropolitan State Hospital is a psychiatric hospital which houses approximately 700 Individuals ranging from eighteen and up. Our facility is divided into three different programs serving acute, chronic, forensic and skilled nursing. Our facility is accredited by the California Board of Recreation and Park Certification. Metropolitan State Hospital continuously works on improving our services and ensuring that all employees remaining current in new the most up to date treatments available.

### **HOSPITAL MISSION**

Providing evaluation and treatment in a safe and responsible manner, seeking innovation and excellence in hospital operations, across a continuum of care and settings.

### **HOSPITAL VISION**

Caring Today for a Safe and Healthy Tomorrow

Yvette Troncoso, M.S., CTRS/RTC  
Clinical Coordinator of  
Recreation Therapy Interns  
Program Assistant, Program II  
Metropolitan State Hospital  
11401 S. Bloomfield Ave.  
Norwalk, CA. 90650  
☎: (562) 977-3058  
💻: [Yvette.Troncoso@dsh.ca.gov](mailto:Yvette.Troncoso@dsh.ca.gov)



## ***RECREATIONAL THERAPY***

*A Vital Piece to  
Comprehensive  
Health Care*



## **RECREATION THERAPY MISSION**

Recreation therapy or therapeutic recreation is the use of recreation services to improve or maintain physical, mental, emotional and/or social functioning to assist individuals in expressing independent lifestyles. Therapeutic recreation services involve a continuum of care, including therapy, leisure education and recreation participation. The purpose of therapy is to improve functional behaviors. This is most appropriate when clients have functional limitations that relate to or inhibit their potential leisure involvement. The purpose of leisure education is to provide opportunities for the acquisition of skills, knowledge and attitudes related to leisure improvement. The purpose of recreation participation is to provide opportunities that allow for voluntary client involvement in recreation interests and activities. These activities are also known as diversional or enrichment activities and are provided outside of active treatment hours.

## **RECREATION THERAPY INTERNSHIP GOAL**

This internship is to provide post academic students with the opportunity to develop clinical skills in concert with the creative use of theoretical materials. Interns will increase their capacity to serve as a valued professional peer. Such experiences will assist interns in promoting recreation therapy as a viable intervention and in learning how to advocate for patients using this modality.



## **Internship Description**

Our internship program is a 680 hours program which consists of caseload documentation, planning implementing and leading groups. All interns will be responsible for organizing and executing community outings. Interns will be required to complete a special project and a case study prior to completing their internship hours at Metropolitan State Hospital. Our Internship program is seeking interns who are motivated to learn, hard working, interested in entering the medical field to improve and enhance the quality of life of our Individuals.

