

Illinois Recreational Therapy Association
Annual Conference

FOCUS ON THE FUTURE

November 12 & 13, 2007

The DoubleTree Hotel Chicago/Alsip
5000 W. 127th Street
Alsip, IL 60803

Some of the scheduled sessions:

Keynote: Principles of Personal and Professional Outcomes

Norma J. Stumbo, Ph.D., CTRS, FALS, University of Illinois

The relationships between goals, activities and outcomes are prominent both in your personal life and in your professional life. Learn more about these relationships and what you can do to live with integrity, make a difference, and leave a legacy.

Managing Your Life – 10 Strategies from Calvin and Hobbes

Patricia Barrett Malik, Ph.D., CTRS, Assistant Director of Non-academic Services, Division of Disability Resources and Educational Services-University of Illinois, Urbana-Champaign

Being a recreation therapist is demanding, especially with the current corporate and healthcare climate. Join us as we take time to explore ways of managing your life, including your job, via a little Calvin and Hobbes humor and insight. This session will be substantive with a humorous twist.

The Lion, the Witch and the Wardrobe: Handling Emotions and Conflicts in the Workplace

Dr. Nancy Navar, CTRS, Professor and Director of Therapeutic Recreation, University of Wisconsin, La Crosse

This session addresses the “emotional labor” inherent in a professional therapeutic recreation position. Relationships with co-workers, clients, and one’s self will be discussed. Emotions and conflicts vary depending upon the metaphors that guide our lives (lions, witches, wardrobes); life philosophies; clinical beliefs; personal and professional skills. No solutions are guaranteed, yet exciting discussions, helpful insights, and practical steps will occur. Come participate in a session fostering self-awareness and professional alternatives.

Re-examining APIE – A Healthy Global Approach

Marcia Jean Carter, Associate Professor, Western Illinois University

Technology, the WHO-ICF, and Healthy People 2010 are among the factors refocusing the TR process from an illness or disability perspective to health and quality of life outcomes. Also, cultural sensitivity and an ethic of caring are influencing the helping relationship. Identification of specific strategies TRSs can incorporate in each phase of the APIE process to ensure a re focusing on theory-driven, evidence-based practices.

Clinical TR- Not Just for Rehab Anymore!

Karen K. Chapman, CTRS, OSF Saint Francis Medical Center

Most clinical CTRS's are struggling to find ways to keep their departments viable if they are not counted in the 3 Hour Rule. This session provides a look at how one therapist took TR to the whole hospital, focusing on which areas would benefit the most and who was willing to help along the way.

Getting Behind the Network!

Donna J. McCauley, MS, CTRS, Associate Professor, Recreation Therapy, Moraine Valley Community College
Sandra Klitzing, Ph.D. CTRS, Associate Professor Recreation Therapy, Illinois State University

What role do you play in advocating for the Therapeutic Recreation Profession? This session will focus on making sure that people across the country continue to build the network. Join us as we discuss what practitioners, educators and students have done, and what still needs to be done.

Nothing is So Practical as a Good Theory: Advancing RT Services Through Theory

Bryan P. McCormick, Ph.D., CTRS, Associate Professor, Indiana University

This session will present an approach to using social psychological theory as a basis for RT practice from assessment to evaluation. The advantage of using theories in supporting RT interventions will be discussed. In addition, the theory of self determination will be presented as one model of how theory can be used in assessing, planning, implementing and evaluation of RT services.

Low Tech-High Impact Assistive Technology

Cilla Sluga, Illinois Assistive Technology

Including people with disabilities into all activities increases their opportunities to be a full participant in community life. This session will focus on some very low tech ways to include someone with a disability in recreational activities.

Enabling Gardens: Design Methods and Strategies for Safe and Comfortable Lifelong Gardening

Gene Rothert, HTR, Horticultural Therapy Services, Chicago Botanic Garden

Increasing evidence points to many healthful benefits when people interact with plants and nature. Gardening is among the top recreational activities of Americans, and gardeners clearly recognize it as a healthy activity for the body and spirit. For many years Horticultural Therapists and others have been channeling these benefits in therapeutic programs at healthcare and human service agencies serving people with disabilities, older adults and those recovering from illness. Whether used for clinical outcomes or simply safe, comfortable recreation, many program participants find traditional down on your hands and knees gardening too challenging. This session will describe accessible gardening features and design solutions for creating a barrier free garden that enable safe, comfortable lifelong gardening.

Speed Mentoring

Kristen Fischer, Student, University of St. Francis
Kenny Riley, CTRS, Children's Memorial Hospital Child and Adolescent Psychiatry

Come participate in this great networking opportunity. Students and young professionals meet with an experienced professional in the field of Recreation Therapy in a fun and interactive way. This fast paced session will include multiple face to face 5 minute interview/conversations similar to the notion of "speed dating". Everyone will meet several new contacts with an opportunity to continue the amazing conversations that began during the session. This is a great opportunity to meet a new mentor or new intern.

The Empower Me Program One Year Follow Up: From Probation to Public Servant

Dr. Terry Long, Assistant Professor, Northwest Missouri State University, Empower Me Camp Director

This session will briefly summarize the history and purpose of the EmpowerMe Program for adjudicated youth. An update on the 2006 EmpowerMe participants will be presented, including their involvement in the public achievement process. Through this process, 8 adolescent boys were able to identify a community concern, develop a strategy for that concern, and implement the strategy in a successful manner. The efforts of these young men led to the development and implementation of a youth camp for "troubled kids". Based on their desire to "give other kids a chance to do what we did", the EmpowerMe participants were able to make a significant contribution to their local community.

Sharing Your Successes: Simple Suggestions for Navigating the Presentation and Publication Process.

Dr. Terry Long, Assistant Professor, Northwest Missouri State University, Empower Me Camp Director

Ever think how great it would be to share your daily successes with other professionals? This presentation will address the challenges the average professional faces in negotiating intimidating tasks, such as documenting outcomes, writing and submitting manuscripts to journals or other publications, and submitting proposals for presentations. Emphasis will be placed on simplifying these processes in a way that makes the process easier and beneficial for you. Key to this process is matching your project with the right mechanisms for sharing.

The Impact of Physical Activity and Recreation on Autism

Sheila Swann-Guerrero, CTRS, Information Specialist, National Center on Physical Activity and Disability

Individuals with autism may be at risk for leading inactive lifestyles due to the characteristics of this condition. The social deficits and restrictive interests and behavior impairments associated with autism often limit participation in recreation and physical activity opportunities. Research studying the effect of physical activity on autism has produced promising results. This session will include a comprehensive review of literature on this topic and its implications for incorporating physical activity into Therapeutic Recreation programming.

Documentation: Latest Standards and Best Practices

Norma J. Stumbo, Ph.D., CTRS, FALS, University of Illinois
Kathy Murphy, CTRS, Provena St. Joseph Medical Center
Thomas Tyrell, CTRS, Provena St. Joseph Medical Center

Documentation is a tool that allows a service provider the opportunity to paint a dynamic picture of the person served. Effective documentation is not only a method of communication, but also serves as document reviewed by regulatory agencies, insurance reviewers, payors, physicians, nurses, case managers, therapists, other clinical team members, and potentially legal review. Documentation needs to reflect quality and provision of specialized care, appropriateness and utilization of services, and outcomes. This session will review rationale for quality documentation, principles of documentation, common methods of charting, and guidelines/standards for documentation in Physical Medicine & Rehabilitation and Inpatient Behavioral Health.

Evidence-Based Practice Will Make Your Practice Easier and Better

Norma J. Stumbo, Ph.D., CTRS, FALS, University of Illinois

Come to this session to find out more about evidence-based practice and how you can use it to justify your services, improve your delivery to clients, and target specific outcomes. It truly will make your job easier and your programs more impactful. All participants will be actively involved in an exercise about how to "do" evidence-based practice. Come ready to think!

**The Illinois Recreational Therapy Association is a State Chapter Affiliate of
The American Therapeutic Recreation Association**

ILRTA Conference – Registration Form
November 12 & 13, 2007
 Register by October 27, 2007 and SAVE MONEY!

Name (Mr. Ms. Dr.) _____ Agency /Job Title _____

Mailing Address (Home preferred) _____

Work Phone _____ Home Phone _____

Email _____ FAX _____

Conference fee includes continental breakfast, lunch, and Professional CEU's

Please indicate special diet considerations _____

- I would like to reserve table space to provide information on internship opportunities at my facility (\$10.00)
- I am interested in speaking with potential interns
- I will attend the Monday Social (right after sessions)

	<u>Postmarked by Oct. 27</u>	<u>Postmarked after Oct. 27</u>
Full Conference		
ILRTA member	\$165.00	\$185.00
Professional non-member (2008 membership included)	\$195.00	\$215.00
Student	\$ 55.00	\$ 65.00

Daily	Please Check <input type="checkbox"/> Monday <input type="checkbox"/> Tuesday		
ILRTA member		\$ 95.00	\$105.00
Professional non-member (2008 membership included)		\$125.00	\$135.00
Student		\$ 40.00	\$ 50.00

Table space for Intern Mart \$ 10.00

Current Members may renew now for 2008 ! \$ _____

TOTAL FEES ENCLOSED: \$ _____

Please make check payable to: **ILRTA** Send to: **ILRTA**
 Post Office Box # 587
 Oak Forest, IL 60452

ILRTA MEMBERSHIP INFORMATION
 Membership year: January 1, 2008 to December 31, 2008

Please select membership category: Professional \$30 _____ Associate \$25 _____
 Supporting \$25 _____ Student \$15 _____
 Organization \$75 _____

Please select your region of the state: Northern _____ Central _____ Southern _____

ATRA member: Yes _____ No _____

Please select your service area:
 ___ Child life ___ Community ___ Corrections ___ Developmental Disabilities ___ Skilled Nursing
 ___ Education ___ General Med. ___ Gerontology ___ Physical Medicine ___ Chemical Dependency
 ___ Schools ___ Special Rec ___ Pediatrics ___ Psychiatric/Mental Health ___ Substance Abuse

Other _____