

Illinois Recreational Therapy Association Annual Conference

November 12 & 13, 2012

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

General Information

Hotel Accommodations

The special ILRTA Conference room rates are \$99.00 per room, per night. The block of rooms will be held for ILRTA attendees until October 15th. After that date the block of rooms will be open to the public and available on a first come basis. For hotel room reservations, please call the hotel reservation desk clerk directly at (708) 371-7300. Tell them that you are with the ILRTA Conference, to receive the special room rate. The DoubleTree Hotel Chicago/Alsip is accessible, but please indicate any specific needs you may have to the reservation clerk.

Directions to the Hotel

From Indiana:

I-294 North to the 127th Street West exit. Turn left at 127th St. traffic light. Proceed over Cicero Avenue. Turn right into the hotel parking.

From the North via I-294:

Take I-294 South. Take 127th Street West exit. Turn right at 127th Street and another right into hotel parking.

From I-80:

Take I-80 to I-294 North. Take I-294 North to 127th Street West. Turn left onto 127th Street. Proceed down 127th Street over Cicero Avenue. Turn right into hotel parking.

Continuing Education Units

CEU's can be earned for sessions at the ILRTA Conference. Actual credits awarded will be based on complete educational sessions attended. Each one full hour session = .1 CEU. You must attend the entire session to receive CEUs.

Continuing Education Units have been applied for through the American Therapeutic Recreation Association. **ATRA has requested that participants use their ATRA number or NCTRC number on their CEU forms. Please come to conference prepared to include one of these numbers when signing up for CEUs.**

NCTRC does not pre-approve any continuing education. NCTRC has not reviewed or approved the content of this program, and does not endorse or sponsor any of the activities of the Illinois Recreational Therapy Association.

Intern Mart / Exhibits

Table space will be available to facilities for \$10.00, to display internship information; however space is limited, so make your reservation early! Additionally, facilities are invited to post internship opportunities on the ILRTA intern bulletin board.

We would like students to feel welcomed at the conference. If you are an internship supervisor and are willing to talk with students on an informal basis, please check the box on the registration form.

Lunch tickets are available for \$30.00 each day, for those not registered for conference, but are participating in the exhibit area.

Monday Social

Want to avoid rush hour traffic, catch up with old friends, meet other TRs? Conference attendees are encouraged to stay for the social, on Monday, after conference sessions.

Special Accommodations

If you have any disability that requires materials or services, please contact the ILRTA office at 708 687 4396

For Further Information

For more information about the ILRTA Conference, please call (708) 687 4396.

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

Illinois Recreational Therapy Association 2012 Conference

Monday, November 12, 2012

7:30-8:15 a.m.

Registration and Continental Breakfast

8:15 –8:30 a.m.

Welcome and Opening Remarks

Dorothea S. DiGuido, MS, CTRS, CPRP, ILRTA Treasurer

Marcia Jean Carter, Ph.D., CTRS, Associate Professor, Western Illinois University, QC

8:30 – 9:30 a.m.

Keynote

Sandra Negley, M.S., MTRS/CTRS Coordinator of Therapeutic Recreation, Parks Recreation & Tourism, University of Utah

9:30 – 10:30 a.m.

The World Health Organization's International Classification of Functioning, Disability, and Health: Implications for Recreational Therapy Practice and Education

Marieke Van Puymbroeck, Ph.D., CTRS, Associate Professor and Recreational Therapy Coordinator, Indiana University, Bloomington, IN

This session will describe the International Classification of Functioning, Disability, and Health model, and it's viability for use in RT practice and education. ATRA is supportive of this model, and this model represents a new area of collaboration for RT practitioners, educators, and researchers with other clinical fields.

Ethical Dilemmas in RT Practice: Professional Conduct in RT.

Patricia Thomas, MPA, CTRS, Clinical Associate Professor, University of Wisconsin – Milwaukee (UWM)

There are many forces that influence ethical and professional conduct such as family, education, culture, peers government, personal experiences and more. This session will allow participants to explore ethics and professional conduct in the RT profession. The session will review the ATRA Code of Ethics (revised 2009), ATRA 6 Step Decision Making Model and the NCTRC Professional Conduct Standards. Application of the information will be completed through review of several case studies.

Using iPads in Therapeutic Recreation Practice

Sandra Klitzing, Ph.D., CTRS, Associate Professor/Therapeutic Recreation Sequence Coordinator, Illinois State University, School of Kinesiology and Recreation

If you have an iPad you probably love it! The iPad has also rapidly become embraced by people with a variety of disabilities. There are numerous apps (or applications) that are used by people with and without disabilities. Do you use iPads in your agency? What apps do you use? This session will highlight some of the apps that people with disabilities are using and provide suggestions on how therapeutic recreation specialists can use this technology in practice.

10:30 – 10:45 BREAK

10:45 a.m. – 12:15 p.m.

Ins and Outs of Clinical Supervision

Melissa L. Zahl, PhD, CTRS, Assistant Professor, Illinois State University, Normal, IL

Professional development in recreational therapy is critical in advancing one's skills as well as ensuring high quality client care. However, one area that is overlooked in professional development is clinical supervision. Clinical supervision is one way to enhance and ensure professional competence for the practicing recreation therapist. This session will focus on defining clinical supervision as well as techniques to assist clinical supervisors in facilitating the process of clinical supervision

Exploring the Foundational Concepts of Early Intervention Programs

Heather J. Sedletzeck, CTRS, DT

Early Intervention services are offered in every state...come and learn about the nuts and bolts of Early Intervention and how Recreational Therapists in Indiana have broken through the barriers and have become credentialed to provide EI services.

Creating a Motivating Work Environment

Teresa M. Beck PhD, CTRS, Professor, Grand Valley State University

In today's workplace, therapeutic recreation leaders are looking for ways to keep their employees and volunteers motivated and their teams engaged. A motivating environment is when people are self-motivated and pushing themselves to work hard regardless of whether their supervisor is present or absent; they are giving 110 percent because they want to, not because they have to. This session will examine factors that may contribute to less motivating environments in the Therapeutic Recreation/Human Services and strategies that can be used to developing a more motivating work environment

12:15 – 1:30 p.m. LUNCH

1:30 – 2:30 p.m.

Come On Everybody: Let's Clap Our Hands

Dongsu An, Visiting Scholar, Southern Illinois University

Heewon Yang, Associate Professor, Southern Illinois University

Changho Choi, Graduate Assistant, Southern Illinois University

In oriental medicine, a hand is regarded as a miniature body since our hands consist of numerous muscles and complex nerve systems that are all connected to your whole body systems. The presenters will introduce some clapping techniques and hand-related rhythmic movements that can be easily used as viable TR intervention techniques that potentially produce intervention outcomes.

1:30 – 3:30 p.m.

Conflict Resolution

Megan Behm, MS, CTRS, RN, BSN, Mercy Medical Center

Kim Masino, CTRS, Recreation Therapist, Ingalls Memorial Hospital

Conflict is a normal part of life. Teaching youth how to constructively resolve conflicts is a very important part of an effective behavior management plan. Therapeutic Recreation provides a safe environment for participants to learn and practice conflict resolution skills. This interactive session will address the problem solving principles and strategies that are involved in the conflict resolution process. Participants can expect to take part in activities that teach/ reinforce conflict resolution skills as well as to discuss ways to adapt the exercises for different settings and clientele.

Show Me the Evidence: Evidence Based Practice in Therapeutic Recreation

Teresa M. Beck, PhD, CTRS, Professor, Grand Valley State University

Often in Therapeutic Recreation, practitioners select treatment interventions based on activity analysis, logical reasoning, and common sense in order to achieve behavioral change. What evidence is available to prove that these interventions actually can change client behavior? This session will review commonly used intervention techniques and the research and evidence that supports the outcomes associated with the technique. Interventions discussed include leisure education, anger management, social skills training, assertiveness training, stress management, community integration, sensory stimulation/integration, reality orientation, validation, and reminiscence.

2:30 – 3:30 p.m.

Yoga: An Evidence-based Tool to Add to Your Recreational Therapy Practice

Marieke Van Puymbroeck, Ph.D., CTRS, Associate Professor and Recreational Therapy Coordinator, Indiana University

Yoga is fast growing as a therapeutic intervention. This session will introduce the evidence behind the use of yoga as a therapeutic intervention, and then will provide a sequence that attendees can incorporate into their practice.

3:30 – 3:45 p.m. BREAK

3:45 - -5:15

Diversity: Going Beyond Thinking and Feeling

Jennifer Stoner, MS, CTRS, Hiram, GA

This session begins by looking at what we think, feel and know about diversity in our personal and professional lives. However, it moves us forward into the arenas of ethics, responsibility and action.

Changing the Payer Source...Medicaid Waivers and Private Practice

Heather Sedletzke, CTRS, DT

Both Medicaid Waivers and Private Practice are hot topics in Recreational Therapy these days. This session will provide valuable information on both topics and how you can explore potential opportunities in your state.

Creative T.R. Groups on a Budget

Emily Marino, CTRS, Allendale Association, Lake Villa, IL

Bridget Puchalla, CTRS, Allendale Association, Lake Villa, IL

Alissa Sperber, CTRS, Lori Gresnick, RS, Amy Bailey, TRS;

JeremyArcher, RS; Michele Bruhn, RS; and Heather Kiddoo, RS, Allendale Association, Lake Villa, IL

Let's admit it, we are all on a tight budget. However money should not hinder the level of treatment we provide our clients. This session is experiential in nature and will highlight activities that require simple resources/equipment. The session will provide several different T.R. group activities and interventions to use with youth at risk and other populations. PLEASE COME READY TO PARTICIPATE!

Want to avoid the rush hour traffic? Want to catch up with old friends? Want to meet other TRs? Join us for a Social, on Monday, following conference sessions!

Illinois Recreational Therapy Association 2012 Conference

Tuesday November 13, 2012

7:30-8:00 a.m.

Registration and Continental Breakfast

8:00 –8:15 a.m.

Welcome and Announcements

Dorothea S. DiGuido, MS, CTRS, CPRP, ILRTA Treasurer

Marcia Jean Carter, Ph.D., CTRS, Associate Professor, Western Illinois University, QC

8:15 – 9:15 a.m.

General Session - Licensure Across the Profession

Marcia Jean Carter, Ph.D., CTRS, Associate Professor, Western Illinois University, QC

Sandra Negley, M.S., MTRS/CTRS Coordinator of Therapeutic Recreation, Parks Recreation & Tourism, University of Utah

Debbie Tiger, MS, CTRS, Special Therapies Coordinator, Cunningham Children's' Home

Update and audience participation summarizing state taskforce activities, national forum, and previous ILRTA input. Review criteria for official recognition as a qualified healthcare provider in Illinois. Audience review of taskforce statements and consideration of definitions/positions on state licensure.

9:15 – 10:45 a.m.

CARF Survey Readiness – The Role of Recreational Therapy

Vickie L. Scott, Program Manager, Hook Rehabilitation Center, Nineveh, IN

This session will discuss how to prepare for a CARF survey at your facility with emphasis on the role of recreational therapy staff in the process.

Employee Evaluation for Dummies and Rebels

Jennifer Stoner, MS, CTRS, Hiram, GA

Evaluation is something we often do not like to do or have done to us. Sometimes it is because we feel inadequately prepared and sometimes it is because we think it is a lot of work for nothing. This session looks at the "why's," "what's," and "how's" of evaluation in an attempt to help both the evaluator and the evaluatee whether they like it or not!

RT Curriculums – What Content is Covered – Why is this Important to Me?

Donna McCauley, MS, CTRS, Professor /Coordinator Recreation Therapy, Moraine Valley Community College

Sandra Klitzing, Ph.D., CTRS, Associate Professor/Therapeutic Recreation Sequence Coordinator, Illinois State University, School of Kinesiology and Recreation

Have you ever asked yourself this question. If so then this session is for you! If I hire a recent RT graduate do I know what knowledge they gained through their Course work and how this will impact my agency? This session is intended to benefit Practitioners by informing them on what is covered in RT curriculums today!

Growing New Roots: Horticulture Therapy Programming

Kristy De Boer, Horticultural Therapist/Landscape Designer, Growing New Roots, Independent Contractor

Shelly Genis, Corporate Volunteer Coordinator, Smith Senior Living

Are you tired of playing bingo and bowling with your program groups? Are you looking to spice up your current calendar while meeting each of your client goals? Then it's time to branch out and grow new roots by learning about the benefits of adding horticultural therapy to your programming.

10:45 – 11:00 a.m. BREAK

11:00 a.m. – 12:30 p.m.

Internship Issues – Update for Practitioners

Dr. Peggy Holmes-Layman, Professor, Eastern Illinois University, Department of Recreation Administration

This session will be an opportunity to update your knowledge on providing a great experience for the TR intern student, and enhancing the collaboration between the agency and the university. Topics will include the changes that will be effective from NCTRC in 2013 and the implications for practitioners, as well as existing guidelines for the internship experience, including those from ATRA and University Accrediting bodies. Various topics that should be included in an agency internship manual that practitioners develop will also be presented.

Flourishing: Helping Our Clients to Flourish as Well as Ourselves!!

Debbie Tiger, MS, CTRS, Special Therapies Coordinator, Cunningham Children's Home

This session will focus on hands on experiences and discussions to explore how we can flourish as individuals to manage our own stress as professionals as well as how we can help our clients to flourish and feel more positive about themselves. We will discuss positive psychology theories based on the work of Dr. Martin Seligman and interventions presented in his latest book: *Flourish (2011)*

The Road to Happiness: Job Expectations and Job Satisfaction Among CTRS's

Terry Long, Associate Professor, Northwest Missouri State University

Diana Walker, CTRS, Activity Specialist, Lincoln Regional Center

This presentation will briefly summarize findings from a recent study regarding the relationship between specific job related expectations and job satisfaction among CTRS's. This summary will be followed by an interactive discussion of how this information is useful to professionals in their daily work, as well as strategies for fostering job satisfaction. Implications for education, training, and ongoing clinical supervision will be presented.

12:30 – 2:15 p.m. LUNCH and MEMBERSHIP MEETING

2:15 – 4:15 p.m.

Sharing the Asset Message

Mary Hess, MS, Asset Specialist, DeKalb County K.E.Y.S. Initiative (Keep Encouraging Youth to Succeed)

In this session, participants will learn about Search Institute's framework of Developmental Assets. These assets protect individuals from engaging in risky behaviors and build inner power to promote positive behaviors. Participants will learn how they can be successful asset builders and how they can empower others to be asset builders too.

Creative/Expressive Arts

Megan Behm, MS, CTRS, RN, BSN, Mercy Medical Center

Creative/ Expressive Arts can be a very powerful part of the therapeutic process. Such modalities can be used to boost motivation and increase enjoyment. They also can open the doors of communication and self-awareness. This interactive session will explore a number of Creative/Expressive Arts modalities and how they can be used to teach social skills development, cognition, emotional health, positive self-expression, and facilitate change. The session will explore the meaning of creativity, things that hinder creativity, and how to set up creative arts groups. Participants can expect to learn a few new creative arts activities as well as how to adapt them to meet the needs of client groups and therapeutic outcomes.

Effectively Training Staff

Tracey Crawford, CTRS, CPRP, Executive Director, Northwest Special Recreation Association

This session is designed for anyone responsible for training staff. Supervisors will learn the important keys to preparing a successful training and gain several tips and techniques to help staff gain the most out of trainings.

4:15 – 5:15 p.m.

The Continuum of Care – Clinical to Community - Standardized Therapeutic Recreation Discharge and Referral Process – A review and working session.

Sheila Bender, CTRS, PPS Coordinator/Recreational Therapist, Ingalls Hospital/Silver Cross Hospital

Have you ever worked with a patient/client in a clinical setting that would have benefited from community recreation involvement, post hospitalization? Do you know how to make a community referral? Are there programs in the community offered to benefit your population served? If you receive a referral from an agency, do you know what to do with it? This session will review the current guidelines for the Discharge and Referral Process that was developed by ITRS and how it can be best utilized to improve your patient/client's continuum of care.

Fostering Growth Through Everyday Moments: the Immeasurable Outcome of Wisdom

Terry Long, Associate Professor, Northwest Missouri State University

Some of the most powerful moments in life come from just a few words or actions. This presentation will explore the power of these moments for all of us as individuals. Through this reflection, awareness of the potential for change and the development of wisdom can be fostered. Ultimately, as helping professionals, this awareness can be a valuable tool as we work toward client outcomes. By recognizing the potential of our own words and actions, no matter how simple, the therapeutic relationship is empowered to achieve its full potential.

Social Stigma on Disability and the Impact on Therapeutic Recreation (TR) Practice

Patricia Thomas, MPA, CTRS, Clinical Associate Professor, University of Wisconsin – Milwaukee (UWM)

The portrayal of persons with disabilities in our popular culture may influence the values, beliefs and stereotypes of the individuals we serve. The stereotypes may also impact the delivery of RT services. This session will allow participants to reflect on these messages, the impact and how to become a change agent. First person examples of stigmas and stereotypes will be imbedded throughout the presentation.