

# Illinois Recreational Therapy Association Annual Conference

## November 2 & 3, 2015

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

### General Information

#### Hotel Accommodations

The special ILRTA Conference room rates are \$114.00 per room, per night. The block of rooms will be held for ILRTA attendees until October 14th. 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 let the reservation clerk know of any specific needs you may have.

#### Directions to the Hotel

##### **From Indiana:**

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

##### **From the North via I-294:**

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

##### **From I-80:**

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

#### Continuing Education Units

CEU pre-approval is in process. ATRA and NCTRC cannot guarantee that this continuing education opportunity will be granted CEUs.

#### 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 the 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 Annual Conference

## Monday – November 2, 2015

**7:30-8:15 a.m.**

**Registration and Continental Breakfast**

**8:15 –8:30 a.m.**

### **Welcome and Opening Remarks**

*Dorothea S. Di Guido, MS, CTRS, CPRP, ILRTA Treasurer*

*Marcia Jean Carter, Re.D., CTRS, Editor of the Therapeutic Recreation Journal, Adjunct Faculty at St. Francis University and Central Michigan University*

**8:30 – 10:00 a.m.**

Session #1

### **Keynote: Living Life with Intention...In Your Work Relationships and Play**

*Sandra K. Negley MTRS, CTRS, FDRT, Assistant Professor, University of Utah, Salt Lake City, Utah*

*As professionals in the health and human service industry we work diligently to improve the quality of life of our clients. We believe in being involved in our profession, supporting our families and friends, and being active members of our community. We endlessly structure our lives with calendars, cell phones, ipads and numerous ways to remind ourselves of the tasks that we must complete. We place value on what we “do”, the doing becomes the focus of our lives. The problem arises when the “being” in our life gets lost. This presentation is going to ask recreational therapists to engage in creating a life directed by intention and “being” or being present in their own life.*

**10:00 – 10:15 a.m. Break**

**10:15 – 11:45 a.m.**

Session #2

**Mindfulness Techniques as a Therapeutic Recreation Intervention**

*Deborah Tiger, MS, CTRS, Assistant Director, Residential/Clinical Services, Cunningham Children's Home, Urbana, IL*

Mindfulness can be a critical therapeutic intervention in TR services in a variety of settings. Mindfulness aids clients in emotion expression, emotion regulation, and self-care. Participants of this session will participate in a variety of mindfulness techniques sequenced to teach clients how to use mindfulness in everyday life in order to improve functioning in a variety of areas including social, emotional, mental, spiritual, and physical functioning. Participants will also discuss through this experience how these interventions fit within the Leisure Ability Model for provision of TR services.

Session #3

**Exceptional Leadership in Recreational Therapy**

*Dawn De Vries, DHA, CTRS, Assistant Professor, Therapeutic Recreation, Grand Valley State University, Grand Rapids MI*

Do you manage? Or do you lead? Being a supervisor or director within recreational therapy is challenging and takes skill in pulling everything together. This session will examine issues involved in managing and leading people, as well as challenge you to think differently about supervising staff, volunteers and your department.

Session #4

**How Is Your Wellness?**

*Donna J. McCauley, CTRS, Professor/Coordinator Recreation Therapy, Moraine Valley Community College, Palos Hills, IL*

Join this session as we reflect on the philosophy of your wellness. As a Recreation Therapist our role and responsibilities on a daily basis, focuses on the wellness of our clients. What are you doing to take care of your Wellness? There are many dimensions of our personal wellness that overlap and work together to create our well-being. This session will help you think about how you are taking care of your aspects of wellness and how they relate to you. Your career as a Recreation Therapist is impacted by your personal Wellness. Specific Wellness Interventions will be presented to implement with your clients. You will be able to take some time to evaluate how each of the areas of wellness: physical, emotional, cognitive, social, spiritual, occupational, and financial relate to you and your clients.

**11:45 a.m. – 1:00 p.m. LUNCH**

**1:00 – 2:30 p.m.**

Session #5

**Journaling is a Process and the Journal, a Place for Processing: Exploring the Use of Therapeutic Writing within Therapeutic Recreation Groups.**

*Megan Behm, MS, CTRS, RN, BSN, Mercy Medical Center, Oshkosh, WI*

Words don't need to be perfectly penned in order to pack a punch. The act of simply expressing them on paper has power in and of itself, but what about in a group setting? This interactive session will explore journaling as a creative and therapeutic addition to TR programming.

Session #6

**Post Traumatic Growth and Therapeutic Recreation**

*Sandra Klitzing, Ph.D., CTRS, Professor Emeritus, Illinois State University, Champaign, IL*

There is an emerging body of literature that indicates people who live through trauma can experience personal growth as a result of struggling with the trauma. The phenomenon is called posttraumatic growth. This session will suggest how therapeutic recreation specialists can draw on the literature about posttraumatic growth to select or design programs, activities, and interventions to address the needs of clients who are dealing with trauma.

Session #7**Building a Network to Advance the Therapeutic Recreation Profession.**

*Julie A. Eggleston, MS, CTRS, Executive Director, Kishwaukee Special Recreation Association, DeKalb, IL*  
*Katherine Morse MS, CTRS, CPRP, Owner, Leisure for Life of Indiana, Fort Wayne, IN*

In this world of being connected through social media like Facebook, Twitter and Linked-in have we lost the human connection. In this session we will explore ways to make professional connections and keep them to help advance the TR/RT profession.

**2:30 – 2:45 BREAK**

**2:45-3:45**

Session #8**ATRA – Moving Forward Towards the Future**

*Dawn De Vries, DHA, MPA, CTRS, ATRA President; Assistant Professor, Grand Valley State University, Grand Rapids, MI*

This session will talk about the current happenings of ATRA, as well as issues and trends affecting the recreational therapy profession. Audience participation and discussion will be incorporated to identify how we can make our profession stronger and move forward towards the future. Participants will increase their understanding of the current state of affairs, and will be challenged to be a part of the solution.\_

**Please note: the following sessions vary in length: 3:45 – 4:45 p.m. and 3:45 – 5:15 p.m.**

**3:45 – 4:45 p.m.**

Session #9**Therapeutic Outcomes: Preparing for Evidence-based Practice using Activity and Task Analysis**

*Marcia Jean Carter, Re.D., CTRS, Editor of the Therapeutic Recreation Journal, Adjunct Faculty at St. Francis University and Central Michigan University*

The session will overview/review the APIE steps with an indepth review of the planning phase focusing on achieving therapeutic outcomes through activity and task analysis. The benefits and factors influencing activity and task analyses will be presented as will the 5 potential domains for therapeutic outcomes. Within the domains, the levels of engagement will be outlined. Design of instructional sequences with potential adaptations, modifications and supports will aid professionals in presenting evidence-based participant centered experiences.

Session #10**Evaluating Assessment in Community TR**

*Kacie Jankowski, CTRS, University of St. Francis, Joliet, IL*  
*Donna Lozano, M.Ed., CTRS, Internship Coordinator, Rocky Mountain MS Center – King Adult Day Enrichment Program, Westminster, Colorado*

This session will focus on a review of assessment as a concept, considerations for tools and utilization, and application as part of the process of providing TR services. There will be time provided for small group discussion and a problem-solving brainstorming session after learning of an existing community-based program that provides care and services based on the assessed needs of clients.

Session #11**Indoor Ecotherapy: Nature Photographs Accompanied by Musical/Natural Sounds***Jun Kim, Assistant Professor & WFR, Southern Illinois University, Carbondale, IL**Robert Rados, Ph.D. & Instructor, Southern Illinois University, Carbondale, IL**Namyun Kil, Ph.D. & Teaching/Research Assistant, Southern Illinois University, Carbondale, IL**Heewon Yang, CTRS, Professor, Southern Illinois University, Carbondale, IL*

How can clients with limited access to the outdoors, experience the benefits of the beauty of the natural world? The concept of "Ecotherapy" is regarded as an applied eco-psychology and refers to healing and growth that can be nurtured by healthy interactions with natural resources and sounds. Presenters will demonstrate audio-visual methods for attendees to experience a form of "Indoor Ecotherapy", by using technology to combine nature photographs accompanied by music and natural sounds. Research studies support that ecotherapy may decrease psychological problems and increase positive meaning of life. The application of the APIE process for the practice of ecotherapy will be introduced and the incorporation of indoor-based ecotherapy will be discussed, based on current research.

**Monday Social**

Want to avoid the 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.

Illinois Recreational Therapy Association

**Annual Conference****Tuesday – November 3, 2015****7:30-8:00 a.m.****Registration and Continental Breakfast****8:00 –8:15 a.m.****Welcome and Announcements***Dorothea S. Di Guido, MS, CTRS, CPRP, ILRTA Treasurer**Marcia Jean Carter, Re.D., CTRS, Editor of the Therapeutic Recreation Journal, Adjunct Faculty at St. Francis University and Central Michigan University***8:15 – 9:45 a.m.**Session #12**My plan just went down the drain! What do I do now? Strategies for Turning Ordinary Activities into an Outcome-focused Therapeutic Experience.***Megan Behm, MS, CTRS, RN, BSN, Mercy Medical Center, Oshkosh, WI*

It has happened to most of us. Suddenly it is not possible to lead the therapy group/ activity that we so carefully planned. The reasons are endless: it's raining, we can't go outside, some of the equipment is missing, there are not enough participants, we are short on time, etc. This interactive session will present strategies that can be used to transform ordinary games into outcome-focused therapeutic experiences based on assessment of the group's needs and situation. Special attention will also be given to activities that require minimal to no equipment or prep time.

Session #13**Core Competencies Needed for Health Care Professionals**

*Teresa M. Beck, PhD, CTRS, Associate Dean, College of Health Professions, Grand Valley State University, Grand Rapids, MI*

*Patricia K. Thomas, MPA, CTRS, TR Certificate Coordinator, Occupational Studies Undergraduate Coordinator, University of Wisconsin – Milwaukee (UWM), Milwaukee, WI*

*Major challenges face the healthcare and human service systems. Healthcare and human service professionals, including recreational therapist, need to be aware of the core competencies as identified in the Quality Chasm Report from the Institute of Medicine (2001) and the role healthcare and human service professionals play in facilitating the development of these competencies not only for themselves, but students studying recreational therapy, respective colleagues, and the healthcare or human service system in which they are employed.*

Session #14**Using the APIE Process to Provide Inclusive Recreation Services**

*Heather K. Andersen, CTRS, MS, Doctoral Student, Adjunct Faculty, University of St. Francis, Joliet, IL*

The APIE process is considered a best practice in TR service delivery. This session will provide a brief overview of this process and how TR professionals can use this process when providing inclusive recreation and the impact it has on inclusive recreation service delivery. Throughout the session, attendees will work through case studies to gain a better understanding of how to use the APIE process in inclusive recreation.

Session #15**TR/RT Intern Supervision: Guidance towards Standardization in our Field.**

*Peggy Holmes-Layman, Ph.D, CTRS, Professor, Eastern Illinois University, Charleston, IL*

What guidance do practitioners have for intern supervision? Agency intern manuals, recent NCTRC guidelines in relation to the internship, and useful tools such as the Clinical Performance Appraisal tool in the ATRA Standards of Practice, can help make intern supervision more effective and organized. Group discussions will allow for consideration of material as it applies in your own agency.

**9:45 – 10:00 a.m. BREAK**

**Please note: the following sessions vary in length:**

**10:00 – 11:00 a.m., 11:00 – 12:00 p.m. and 10:00 a.m. – 12:00 p.m.**

**10:00 – 11:00 a.m.**

Session #16**NCTRC Changes and Implications for Students and Practitioners**

*Sandra Klitzing, Ph.D., CTRS, Professor Emeritus, Illinois State University, Champaign, IL*

The National Council for Therapeutic Recreation Certification (NCTRC) conducted a job analysis in 2014. The results of that analysis was released in January 2015. Changes reflected in the 2014 Job CTRS Job Analysis will have implications for students, educators, and agency internship supervisors. This session will discuss these changes. Also, in 2014 NCTRC began offering CEUs for internship supervision. This session will advise agency internship supervisors on how to qualify for CEUs.

Session #17**The King Adult Day Enrichment Program: A Practical Application of TR in the Community**

*Donna L.V. Lozano, M.Ed., CTRS, Internship Coordinator, Rocky Mountain MS Center – King Adult Day Enrichment Program, Westminster, Colorado*

The King Adult Day Enrichment Program (KADEP) is an award-winning, innovative, community-based and cost-effective day program alternative to nursing home placement for younger adults with multiple sclerosis, brain injury and other acquired neurological conditions. KADEP provides a dynamic array of classes and activities, nursing care and other services designed to enhance the physical, emotional, cognitive and social well-being of each participant. Built on Therapeutic Recreation principles and practices, KADEP offers vital weekday respite

and peace of mind to caregivers and strives to maximize the functioning, independence, wellness and quality of life of all who attend.

**10:00 a.m. – 12:00 p.m.**

Session #18

**Experiences or Just Happenings: The Role of Reflection in Therapeutic Recreation**

*Jennifer Stoner, M.S., CTRS, Music Teacher, Douglas County School District, Hiram, GA*

Participants will gain a hands-on understanding of the vital role learning from experience through reflection plays in therapeutic recreation. The session will focus on reflection as a vital communication skill and how it impacts three areas of practice. Personal reflection on cultural issues can improve the client/therapist relationship, client reflection can facilitate change, and professional reflection can promote effective clinical and internship supervision.

Session #19

**Creating a Healthy Balanced Life**

*Sandra Negley, MTRS, CTRS, FDRT*

This presentation will involve the participant in developing a personal balanced-life plan as well as skills for the therapist to assist clients in learning how to live a healthy-balanced life. The session will look at assessing clients for healthy living behaviors, explore the development of interventions, and evaluate sustainability for healthy living. This session is intended to be an experiential learning process. Participants will be actively involved in defining healthy living and learning interventions to address the major concepts...mind...body...soul, attitude, stress-less, relationships, leisure/recreation/play.

**11:00 a.m. – 12:00 p.m.**

Session #20

**Distance Teaching and Learning in TR/RT**

*Patricia K. Thomas, MPA, CTRS, TR Certificate Coordinator, Occupational Studies Undergraduate Coordinator, University of Wisconsin – Milwaukee (UWM), Milwaukee, WI*

Distance education (DE) is part of many organizations concerned with education and training. The profession of recreation therapy has DE courses, certificates and degree programs. The professional organization (ATRA) offers continuing education through a distance format. This session will explore various DE formats in general and in relation to recreation therapy. In addition topics of access, flexibility and quality will be addressed. Myths associated with distance education will be addressed to help inform adult learners.

Session #21

**Evidence Based Practice I: Basic Skills for Recreation Therapists**

*Terry Long, PhD Assistant Director – School of Health Science and Wellness, Northwest Missouri State University, Maryville, MO*

Evidence based practice has become an expectation in healthcare, but implementing such practice can be overwhelming and intimidating. This session will focus on explaining basic principles of EBP in the context of recreation therapy services. Case studies (articles) will be presented and critiqued in groups to help demonstrate how EBP can serve as a tool for implementing the APIE Process. Participants are encouraged to attend the afternoon session during which they will actually apply the principles presented in this session by locating literature-based evidence of best practices for their particular work setting.

**12:00 – 1:30 p.m. LUNCH, MEMBERSHIP MEETING and AWARDS**

1:30 – 2:30 p.m.

**Session # 28**

**TR Legislative and Standards Update 2015**

*Marcia Jean Carter, Re.D CPRP, CTRS, Editor of the Therapeutic Recreation Journal, Adjunct Faculty at St. Francis University and Central Michigan University*

*Deborah Tiger, MS, CTRS, Assistant Director, Residential/Clinical Services, Cunningham Children's Home, Urbana, IL*

*Update on federal legislation including House bill 1906 (Inpatient Rehabilitation Therapy Act of 2015) and state legislative activity including Music Therapy license (Public Act 99-0397). Report on NCTRC-ATRA licensure initiative, and status of returns for professional survey on CTRS practice profile in Illinois.*

**Please note: the following sessions vary in length:**

**2:30 – 4:00 p.m., 4:15 – 5:15 p.m. and 2:30 p.m. – 4:45 p.m.**

**2:30 – 4:00 p.m.**

Session #22

**Therapeutic Recreation Program Ideas for Clients with Anxiety Disorder**

*Evan Coulson, Teaching Assistant & Ph.D. Candidate, Southern Illinois University, Carbondale, IL*

*Namyun Kil, Ph.D. & Teaching Assistant, Southern Illinois University, Carbondale, IL*

*Jun Kim, Ph.D. & Assistant Professor, Southern Illinois University, Carbondale, IL*

*Heewon Yang, CTRS, Professor, Southern Illinois University, Carbondale, IL*

In the United States, the lifetime prevalence of anxiety disorders is 29% and anxiety disorders represent one of the most prevalent psychiatric conditions in the United States. This session will introduce definition, classifications, causes, diagnosis, symptoms/characteristics and general treatment options of anxiety disorders. In particular, theory-based treatment guidelines and principles for therapeutic recreation intervention ideas are explored. The application of the recreation therapy process (APIE) to activities and programs for clients with anxiety disorders will also be discussed. Lastly, presenters will demonstrate several sample therapeutic recreation activities.

Session #23

**Should We Stay or Should We Go?: Masters Degree as Entry Level into Therapeutic Recreation**

*Teresa M. Beck, PhD, CTRS, Associate Dean, College of Health Professions, Grand Valley State University, Grand Rapids, MI*

There has been intermittent discussion in the therapeutic recreation profession as to whether entrance into the profession should stay at the baccalaureate level or be increased to the master's level. Many allied health science professions are already at the master's or clinical doctorate level and others are considering a master's degree (i.e. music therapy). Physical therapy assistant is currently an associate's degree, but the profession is considering moving its entry level requirement to a bachelor's degree. With this "credential creep", what does the therapeutic recreation profession need to do to maintain and or grow its presence in health and human services.

**2:30 – 4:45 p.m.**

Session #24

**Evidence Based Practice II: A Practical Workshop for Recreation Therapy Professionals**

*Dr. Terry Long, PhD, Director – School of Health Science and Wellness, Northwest Missouri State University, Maryville, MO*

This session will provide participants with the opportunity to search for, retrieve, and examine supportive evidence related to specific recreation therapy interventions related to the his or her particular area of practice. Basic search techniques will be presented that allow for EBP methodologies to be implemented in daily practice. Please bring your cell phone, i-pad, or laptop device to this session to use in this interactive group session. It is recommended you attend the EBP Part I Session that is scheduled for earlier in the day prior to attending this session, but it is not required.

Session #25**Hold That Thought: A Session on Memory and Aging***Molly Hofer, MA, Family Life Educator, University of Illinois Extension, Chicago, IL*

Come and learn about the importance of socialization, intellectual challenge, and other healthy habits for mind and body as brain health contributors for yourself and your clients. You will learn about different types of memory, normal changes in memory associated with aging, and various intellectual challenges that can be modified or replicated as a therapeutic intervention with clients. And, strategies for lessening normal everyday forgetfulness will also be highlighted.

**4:00 – 4:15 p.m. BREAK** (in two hour sessions, break will be determined by presenter)

**4:15 – 5:15 p.m.**

Session #26**The Role of Therapeutic Recreation in Community-Based Adult Day Programs***Carolyn J. Nagle MPA, CTRS, CPRP, Executive Director, Fox Valley Special Recreation Association, Aurora, IL**Tracey M. Crawford CTRS, CPRP, Executive Director, Northwest Special Recreation Association, Rolling Meadows, IL*

There continues to be an increasing need to provide community based day services for individuals with disabilities transitioning out of High School. For many graduates with disabilities the services they received in High School abruptly end. In Illinois, Special Recreation Associations are addressing ways to creatively collaborate with agencies that provide life services for individuals with disabilities to create opportunities to meet the growing needs of adults with disabilities in community-based settings. The presentation will provide an update of two unique collaborations, two other Adult Day program models offered here in Illinois, the pros and cons of collaborations, the core program components, eligibility, placement criteria and the role of the therapeutic recreation in community-based adult day programs.

Session #27**Creative Special Event – Historic Hollywood***Donna J. McCauley, CTRS, Professor/Coordinator Recreation Therapy, Moraine Valley Community College, Palos Hills, IL**Moraine Valley Community College Recreation Therapy Students*

Students attending Moraine Valley Community College to pursue a degree in Recreation Therapy are enrolled in a course titled Older Adult Recreation and Wellness. One of the many competencies of the course includes Planning, Implementing and Evaluating a Major Senior Special Event! This year's event took place on Thursday Oct 22nd with a theme of Historic Hollywood. Participants enjoyed various activities related to Singing, Dancing, Crafts, and Trivia that were planned by the students. Join this session as the students share the experience of creating activities that were implemented for seniors from various settings: Long Term Care, Assisted Living, Adult Day Care, and Residential Facilities.