

# Illinois Recreational Therapy Association Annual Conference

November 12 & 13, 2018

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**

ATRA / NCTRC 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.

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, and meet other TRs? Conference attendees are encouraged to stay for the social, on Monday, after conference sessions.

## **Special Accommodations**

The Illinois Recreation Therapy Association will comply with the American Disabilities Act (ADA). We invite any participants with special needs to contact the conference coordinators by phone at 708 687 4396, or by email at ILRTA\_office@yahoo.com, upon registration, for special accommodations.

## **For Further 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 12, 2018**

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, ILRTA President Editor of the Therapeutic Recreation Journal*

**8:30 – 10:00 a.m.**

### **Session #1**

### **Keynote: Civility-The Lost Art of Considerate Conduct**

*Patricia Barrett Malik, Ph.D., Director, Division of Disability Resources and Educational Services, University of Illinois, Champaign, IL*

Civility is more than being polite, it is an awareness of others and how your conduct impacts them. In this day of reaching out through e-mail, texting or social networks, civility seems to have become lost or forgotten among many people. Civility takes a back seat when stress of work, family and life in general is added to these technological means of connecting. However, it just might be that civility is just what is needed to have real connections with people, lessen stress and add to the quality of our lives and those of others. This session will explore civility broadly and share important rules and suggestions for civility for both the lives of therapeutic recreation specialists and their clients. How civil are you in your daily life?

**10:00 – 10:15 a.m. Break**

**10:15 a.m. – 11:45 a.m.**

**Session #2**

**NCTRC Internship Guidelines: Ensuring a Quality Internship**

*Robin McNeal, CTRS, Director of Credentialing, NCTRC, New City, NY*

The internship experience is an integral part of preparing the future professional for practice as a successful Certified Therapeutic Recreation Specialist. The internship supervisor is the link between education and practice for the new professional. In order to best prepare the student, it is necessary that all individuals involved in the internship experience be aware of the current standards for the internship experience. This session provides an in-depth coverage of the NCTRC Internship Standards. The information is geared to internship supervisors and will discuss how to successfully develop an internship experience. It will include the requirements necessary to complete an internship experience and requirements to maintain certification.

**Session #3**

**Mindfulness Techniques Part 2: Attention, Intention, Attitude**

*Debbie Tiger, MS, CTRS, LPC-C, Therapist, Byte and Associates, LLC, Chickasha, OK*

Mindfulness Part 1 was presented at ILRTA in 2015. You do not need to have attended that session to participate in this session. Participants will learn more about how mindfulness can be used as a therapeutic recreation intervention to assist clients of all ages and disabilities to cope in a healthy manner as well as reduce symptoms related to such areas as high stress, anxiety, depression, and pain. We will examine the concepts of attention, intention, and attitude as it applies to mindfulness practice. Additional information will be provided related to defining mindfulness, learning interventions through experiential practice in session, and connecting how this intervention can be applied to TR practice models.

**Session #4**

**Elder Orphans: Can RT/TR assist this growing population?**

*Sue Myllykangas, Ph.D., CTRS, Professor, Northwest Missouri State University, Maryville, MO*

Most people do not think that they will ever need long-term care. This is a huge myth, as 7 in 10 (70%) Americans will need long-term care at some point after the age of 65. So, who will take care of you when you need it? Your spouse, adult children, or other family members? There is a group of aging Baby Boomers who have no one to care for them. They did not marry, have any children, and have limited family connections. This group is known as "Elder Orphans." This session will share information about this group of aging adults and the proactive role that RT/TR could play to meet their health and wellness needs before they find themselves in need of long-term care services. Participants will identify the elders' needs and collaborate to create a list of possible therapeutic interventions for this rapidly growing group of elders.

**11:45 – 1:00 p.m.**

**Lunch in the Maple Room**

**Session #5**

**Enhancing Group Decision Making Skills Among Adults with Intellectual Disabilities through the Use of YootNori**

*Chungsup Lee Ph.D., CTRS, Assistant Professor, California State University Long Beach, Long Beach, CA*

*Heewon Yang, Ph.D. CPRP, CTRS, Professor, California State University, Long Beach, Long Beach, CA*

*Junhyoung Kim, Ph.D. CTRS, Assistant Professor, Texas State University*

Adults with intellectual disabilities tend to have low intellectual function (e.g., mental disabilities) and overall adaptive behaviors (e.g., everyday social and practical skills). In particular, problem-solving skills and communicating with others are one of the primary challenges. Yootnori, which is a traditional Korean board game, was modified to enhance communication skills including group decision-making skills. The presenters will introduce the basic characteristics of adults with intellectual disabilities, instruct how to play the modified Yootnori, and explore the ways to process the clients' experience to produce desirable intervention outcomes.

**Session #6**

**Fall Prevention for the Recreational Therapist working with Older Adults**

*Dawn DeVries, DHA, MPA, CTRS, FDRT, Associate Professor, Grand Valley State University, Grand Rapids, MI*

Falls are a leading cause of disability and hospitalization for older adults and can lead to placement in a nursing home. Within the recreational therapy toolbox, there are a number of interventions that recreational therapists can use and implement to reduce the risk of falls among older adults in the community and within institutional settings. This session will look at assessments for fall prevention, interventions, treatment plans and evaluation to improve the functioning and quality of life of older adults.

**Session #7**

**Professional Competence: Exploring the Advantages of NCTRC Online Portal and Marketing Materials**

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

As professionals in the field of TR, we use the National Council for Therapeutic Recreation Certification (NCTRC) web page to seek out information and forms for initial certification and recertification. NCTRC offers much more. How often do you use the website to help you organize your documents for recertification through Option 1 (Work Experience and Continuing Education)? How often do you use the marketing materials to help educate others on the value of the CTRS? This session will explore the advantages and instructions of using the optional section of the online portal for maintaining your continuing education documents. Additionally, time will be devoted to showcasing and discussing the use of selected new marketing materials available to several different audiences.

**2:30 – 2:45 p.m. Break**

**2:45 – 3:45 p.m.**

**Session #8**

**Use of Hand and Finger Movement as Recreation-Based Brain Fitness (RBBF)**

*Jaesung Park, CTRS, Ph.D. student, Clemson University, Clemson, SC*

*Heewon Yang, Professor, Ph.D., CTRS & FDRT, California State University Long Beach,*

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

Performing simple tasks using our hands and fingers can help enhance the cognitive functions of our brain. This session will introduce the concept of Recreation-Based Brain Fitness (RBBF) programs, which will particularly focus on the use of our hands and fingers, for clients with limited cognitive functions. The presenters will introduce and demonstrate various types and techniques of hand and finger exercise activities and the audience will be provided with sample hand and finger exercise resources for their future practice. The application of the RT process (APIE) to Hand and Finger Movement programs will be also discussed.

## **Session #9**

### **The Therapeutic Recreation Evolution of APIED in Behavioral Health Acute Care**

*Thomas Tyrell, CTRS, Presence St. Joseph's Medical Center, Joliet, IL*

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Join me for a trip through the growth and change in the behavioral health setting over the past thirty years. The role of a CTRS in a facility plays a vital role in the health and well-being of each individual; the way that we provide care and treatment has changed due to the shortened lengths of stay. So, how can we stay effective? This presentation will focus on the modifications and adaptations to assessment, planning, implementation, evaluation, and documentation throughout the years. Due to the ever changing health care setting, these changes are inevitable and it is our responsibility to adapt the way we provide recreational therapy treatment.

## **Session #10**

### **The Secrets of Successful Therapeutic Recreation Leaders**

*Kris Johnson, MS, CTRS, Assistant Professor of Therapeutic Recreation, Aurora University, Aurora, IL*

Recreation therapists must have a solid foundation of leadership knowledge and skills to be able to effectively work with their clients, be a respectable team member, and move the profession forward. This session is unlike many typical leadership workshops as it focuses on developing purpose, the importance of failure, personal leadership qualities, the use and abuse of power, as well as different leadership styles and their situational use with various therapeutic recreation interventions, settings, and clientele. This promises to be a highly interactive session.

**3:45 – 5:15 pm**

## **Session #11**

### **Integrating Music into TR Programs for Early Stroke Rehabilitation**

*Nicole Cummins, CTRS, University of Michigan, Michigan Medicine, Ann Arbor, MI*  
*Christopher Byrd, CTRS, Pure Abilities, Fort Wayne, IN*

Evidence Based Practice supports early integration of music for Stroke rehabilitation. Using APIED, this session will provide the participant with assessment guidelines, treatment planning and implementation ideas, as well as detailed goals for documentation while integrating music into TR programs specifically for stroke recovery. Cost effective resources will be provided.

## **Session #12**

### **Advocacy: What Every Recreational Therapist Should Know and What RTs Can Do**

*Dawn DeVries, Associate Professor, Grand Valley State University, Grand Rapids, MI*

Advocacy is an important part of every recreational therapist's job – advocacy for clients, for recreational therapy. However, we often neglect to think about advocacy in the context of legislation and governmental action. We expect that to be someone else's job – to advocate for our clients and profession in the national arena. Learn about federal public policy and the legislative process, and see what is happening at the national level that impacts you.

## **Session #13**

### **Meaningful Therapeutic Interventions for Individuals diagnosed with Alzheimer's Disease**

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

Every 3 seconds someone is diagnosed with Alzheimer's disease. With this staggering statistic, this session will share valuable knowledge about the etiology, symptoms, and functioning characteristic of person diagnosed with the disease. As Recreation Therapist we understand how vitally important it is to plan and implement beneficial interventions that engage their physically, emotional and social well-being. Join this session as we share meaningful therapeutic interventions that can affect their quality of life.

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8:00 –8:15 a.m.

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

*Marcia Jean Carter, Re.D., CTRS, ILRTA President, Editor of the Therapeutic Recreation Journal*

8:15 – 9:45 a.m.

### Session #14

#### **Let's Keep Talking About Sex: A Continued Discussion of the Role of the CTRS**

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

This is a continuation of the discussion started at the 2017 ILRTA Conference with a focus on discussion. Human sexuality and sexual expression are a natural part of a healthy satisfying life. Yet, the sexual lives of persons living with disabilities has been stigmatized and minimized in society. This session will review the stigmas often associated with persons living with a disability and sex. A broad definition of sex will be discussed. The majority of time will be devoted to discussion on how the provision of a sexual education program may fall under the duties and responsibilities of the CTRS based on the ATRA Standards of Practice and Ethical Code of Conduct. Case studies will be used to facilitate the discussion. This session is intended for mature adults who desire an open and honest discussion.

### Session #15

#### **TR Requirements for CVA patients within a Comprehensive Certified Stroke Program**

*Nicole Cummins, CTRS, University of Michigan, Michigan Medicine, Ann Arbor, MI*

*Karen Goodman Nellet, CTRS, Trinity Health, St Joseph Mercy Hospital Ann Arbor, Ann Arbor, MI*

This session will address the CVA patient, program planning and implementation strategies for early intervention stroke rehabilitation, and the requirements for TR departments looking to obtain the Joint Commission's Comprehensive Stroke Certification.

### Session #16

#### **De-puzzling TR and Web Accessibility**

*Marsha Schwanke, M.S., CTRS, Web Specialist, Southeast ADA Center, Atlanta, GA*

The Web is increasingly enmeshed and vital in many aspects of life such as education, work, health care, recreation, and social interaction. The Web is used for receiving and providing information and interacting with society. Web accessibility is even recognized as a basic human right in the United Nations Convention on the Rights of Persons with Disabilities (2006). But, various barriers often prevent equal access and limit equal opportunity to the Web for people with disabilities. However, you can be part of the de-puzzling solution. Discover the basic "corners" of web access. Explore the "edges" in the web experience of people with disabilities. Develop awareness of evaluation tools to integrate when building "content" for your TR programs and materials. Come engage in a practical framework to understand the "pieces" that will help you promote and provide more accessible resources to a diverse audience, the community, and the TR profession.

9:45-10:00 a.m. BREAK

**Please Note:****Sessions 17 & 18 are scheduled 10:00 – 11:00 a.m.****Session 19 is scheduled 10:00 a.m. – 12:00 p.m.****Sessions 20 & 21 are scheduled 11:00 a.m. – 12:00 p.m.****10:00 – 11:00 a.m.****Session #17****NCTRC Recertification and Areas of Specialization: Continuing Professional Competence***Robin McNeal, CTRS, Director of Credentialing, NCTRC, New City, NY*

This session provides an in-depth coverage of recertification standards and requirements for the areas of specialization. Continuing education, professional experience, and re-examination will be described in detail. Utilization of the 2014 NCTRC National Job Analysis Study in relation to recertification requirements will be discussed.

**10:00 – 11:00 a.m.****Session #18****Individualized Therapeutic Behavior Strategies & Interventions in Community Based Recreation Programming***Carrie Gascoigne, CTRS, Therapeutic Recreation Supervisor, Bolingbrook Park District – Lily Cache Special Recreation Association, Bolingbrook, IL*

The session will look at using the APIE(D) process to develop individual behavior plans for participants in a variety of community-based recreation settings. Behaviors exhibited due to cognitive impairments, sensory overload, anxiety, or other diagnosis can impact the success of a program and the individual in the program. Understanding how to identify triggers or other factors that influence behavior can improve interactions amongst staff and other participants while allowing the participant to feel safe and to be fully included in leisure and recreation activities. Various levels of functioning will be addressed along with different interventions and strategies that can be used in a variety of settings.

**10:00 a.m. - 12:00 p.m.****Session #19****Cultural Humility: Are We There Yet?***James R. Belanger, LCSW, CADC, Manager, Health & Wellness Department, Haymarket, Center Chicago, IL*

Over the past few years cultural competency has slowly been replaced with the concept of cultural humility. This session will explore the concept and continuum of cultural humility through guided discussions, short lectures, experiential activities, and self-assessments. These activities will assist participants in identifying their personal cultural identities and how they may affect the therapeutic relationship. Additionally, participants will identify hidden personal biases and areas for potential growth.

**11:00 - 12:00 p.m.**

**Session #20**

**Quality Community-based TR Internships**

*Nicole Kohler, CTRS, SOAR Program Manager, City of Bloomington Parks & Recreation, Bloomington, IL*  
*Rachel E. Smith, CTRS, Instructional Assistant Professor, Illinois State University, Normal, IL*

Supervising internship experiences is not only a collaborative effort between the agency and the University, but also between the internship supervisor and the student. Providing a well-rounded quality internship in a community setting can be a challenge, but also a very valuable experience for the next generation of recreation therapists. This session will discuss ways to implement the job task analysis requirements set forth by NCTRC while providing a comprehensive internship experience for the student. All topics will revolve around supervising internships in a community-based setting with input from various agencies and universities. We will discuss compensation, intern projects, agency agreements, assessment, communication and more. Bring your questions and ideas for this informative and interactive session.

**Session #21**

**Strategic Planning for the Future: Creating an Active Strategic Plan for ILRTA with Member Assistance**

*Tracey Crawford, MS, CTRS, CPRP, Executive Director, Northwest Special Recreation Association, Rolling Meadows, IL*

*Julie A. Eggleston, CTRS, MS, Instructor, Western Illinois University, Macomb, IL*

This session is to assist in increasing the audience's knowledge of the strategic planning process and how to apply the process in assisting the ILRTA organization to create its own strategic plan and action steps. Update, on Board discussion regarding vision, mission, values with participation of audience and review of member input thus far to create an active strategic plan.

**12:00 – 1:45 p.m.**

**Lunch, ILRTA Members' Meeting and Awards in the Maple Room**



**1:45 - 2:45 p.m.**

**Session #22**

**Recreational Therapy Interventions to Foster Positive Growth and Manage Behaviors among Individuals on the Autism Spectrum**

*Katherine M Morse, CTRS, Owner Leisure for Life of Indiana, Fort Wayne, IN*

*Caroline Kracium, CTRS, Owner, Beyond Recreation of Indiana, Ossian, IN*

This session will overview best practices and evidence-based practices on interventions, modalities and specific leadership strategies that promote success and achievement of recreational therapy goals among youth and adults with ASD.

**Session #23**

**Sundowning Syndrome and Indoor Ecotherapy: An Effective Therapeutic Recreation Service**

*Robert Rados, Ph.D., MHA, Assistant Professor, Southern Illinois University Carbondale, Health Care Management Program, School of Allied Health, Carbondale, IL*

*Jun Kim, Ph.D., Assistant Professor, Southern Illinois University, Department of Public Health and Recreation Professions, Carbondale, IL*

*Namyun Kil, PhD, ICGIS, CTRS, Assistant Professor, University of Wisconsin-La Crosse, Department of Recreation Management and Therapeutic Recreation, La Crosse, WI*

*Contributing Researcher: Shintaro Kono, Ph.D, Assistant Professor, Southern Illinois University, Department of Public Health and Recreation Professions, Carbondale, IL*

Previous research conducted by these researchers utilized “indoor ecotherapy” as a therapeutic recreation activity (TRA) for ten residents living in a memory care unit at a Midwest long-term care facility. The TRA consisted of viewing a video of nature photographs, with classical music that appeared to improve residents’ tranquility levels and enhanced their subsequent quality of life experiences.

This session will review how the same TRA regime of “indoor ecotherapy” was used with memory care residents, who experience “sundowning” (sundown syndrome), which is a neurological phenomenon associated with increased confusion and restlessness occurring in the afternoon and evening. The benefits and implications for use of “indoor ecotherapy” as an accepted TRA with residents with dementia will be discussed.

**Session #24**

**Therapeutic Expression through Creative Crafting**

*Susan M. Winstead, CTRS, Des Plaines, IL*

Session will focus on therapeutic process of creating a craft item through reminiscent or memory process. The use of crafting as a modality to allow participant to use functional skills and address psycho-social, cognitive, sharing/turn-taking through expressive arts will be addressed. Different medium will be explored using conventional craft supply materials with instruction to create a therapeutic experience for the participant. Discussion on adapting the craft project for any age group or ability will be featured. A variety of strategies to incorporate the therapeutic recreation process into final product will be explored.

**2:45 – 3:00 p.m. Break**

**3:00 – 4:30 p.m.**

**Session #25**

**Adapted Therapeutic Gardening: Assessing needs, designing spaces and creating purposeful interventions**

*Sue Myllykangas, Ph.D., CTRS, Professor, Northwest Missouri State University, Maryville, MO*

Increasingly, professionals in RT/TR are finding themselves in charge of maintaining garden and outdoor spaces; often without any experience and limited knowledge. These spaces can be used therapeutically if designed correctly. This session will share information and results from a therapeutic gardening partnership with a facility treating persons with traumatic brain injuries. Information regarding the partnership, process of the needs assessments, design of the sensory garden space, therapeutic interventions, and results from the partnership will be presented. Learn to use the APIE Process to design and utilize therapeutic spaces.

**Session #26**

**Involvement in TR Organizations**

*Debbie Tiger, MS, CTRS, LPC-Candidate, Director, Chickasha Public Schools, Alternative Education, Chickasha, OK*

Involvement in state and national TR organizations can provide a CTRS with valuable experiences including networking, skill development, advocacy efforts and much more. The top ten reasons to get involved will be discussed per a national voluntary poll of CTRS's. Student involvement will also be discussed and the impact of getting involved at an early point in one's career. Barriers to being involved in TR committee and board work will be discussed and challenges to those barriers will be addressed.

**Session #27**

**Stroke Survivor Support Group; Developing and Maintaining a Community Educational Program for Stakeholders.**

*Sheila Bender, CTRS, PPS Process Specialist, Silver Cross Hospital, Shirley Ryan Abilitylab, New Lenox, IL*

*Penny Eriks, BSN, RN, Silver Cross Hospital, New Lenox, IL*

*Stroke Support Group Survivors and Family Members*

This session will look at one particular community support group effectively facilitated for over 6 years. Benefits of support groups, role of RT/TR will be discussed, and results of a recent membership survey will be shared. This presentation will also include a panel of Stroke Survivors and their families discussing their experience and personal outcomes of their support group involvement.