

Illinois Recreational Therapy Association Annual Conference

November 4 & 5, 2019

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

General Information

Hotel Accommodations

The special ILRTA Conference room rates are \$116.00 per room, per night. The block of rooms will be held for ILRTA attendees until October 13th. 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 127th Street West exit. Turn left at 127th Street 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 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, 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 4, 2019

7:15-8:00 a.m.

Registration and Continental Breakfast

8:00 –8:15 a.m.

Welcome and Opening Remarks

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

Marcia Jean Carter, Re.D., CTRS, University of St. Francis, Joliet, Illinois; Central Michigan University, Mt. Pleasant, Michigan; SUNY Cortland, Cortland, NY, Adjunct online faculty. Editor-in-Chief, Therapeutic Recreation Journal.

8:15 – 9:45 a.m.

Session #1

KEYNOTE: Therapeutic Recreation: Flourishing Through Leisure

Dr. Lynn Anderson, CTRS, CPRP, FDRT, FALS, Distinguished Service Professor, State University of New York at Cortland/Inclusive Recreation Resource Center

Flourishing – joy of living, zest, exuberance, savoring, happiness – is an aspiration we all have for our daily lives and in our quest for well-being. Leisure plays a central role in well-being and is at the heart of the profession of therapeutic recreation. In this session, we will explore the strengths approach in therapeutic recreation, as articulated through the Flourishing through Leisure Model: An Ecological Extension of the Leisure and Well-Being Model and the Upward Spiral Theory of Lifestyle Change, as a framework for why and how leisure can drive sustained positive lifestyle change, well-being, and joy. When recreation therapists design services around the person's unique strengths, goals, dreams, and aspirations, instead of a person's disability or deficits, we help others flourish.

9:45 – 10:00 a.m. Break

Please note the start times and lengths of the following four sessions

10:00 a.m. – 12:00 p.m.

Session #2

NCTRC Examination Preparation

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

Patricia Thomas, MPA, CTRS, TR Certificate Program Coordinator, University of Wisconsin-Milwaukee, Milwaukee, WI

This session will walk NCTRC exam applicants through the examination process to include, but not limited to: Review of job analysis and exam content areas; filling out the application form; and review of the practice test.

Session #3

Effect of Trauma and Stress on the Developing Brain: The Brain Architecture Game

Karla Belzer, MS CTRS, Family Life Educator, University of Illinois Extension

Supporting the healthy brain development is both a tremendous opportunity and an awesome responsibility for Therapeutic Recreation Specialists. Even though brain development begins prenatally, the brain is not fully developed at birth and the environment in which the young child grows up strongly influences how the brain is wired. The impact of toxic stress on the developing brain have long-term physical and mental health implications for Therapeutic Recreation clients. In this session, as you build a brain, you will build understanding of the powerful role of experiences on early brain development including introduction of core concepts from developmental science and how experiences shape the brain - for better or worse.

10:00 a.m. – 11:00 a.m.

Session #4

A Therapeutic Model for Supporting Individuals in Crisis with Emergency Service Personnel

Ted Adatto, CPRP, Manager of Inclusion Services, Northwest Special Recreation Association, Rolling Meadows, IL

Liz Thomas, CPRP, Manager of Special Recreation (Collaborations), Northwest Special Recreation Association Rolling Meadows IL

There is a growing need to provide community-based therapeutic experiences for individuals with disabilities. As such, this raises the likelihood of challenging behavioral incidents occurring in less than optimal locations. Crisis situations involving emergency service personnel have been an increasing trend in recent years. Successful management of these situations is critical to the individuals being served and all parties involved. It is essential for staff to understand the steps needed to prevent a crisis from escalating further. Successful crisis management and positive, collaborative interaction with EMS personnel minimizes safety risks and helps to create a positive community image of individuals with disabilities. This session offers opportunities to experience proactive and responsive strategies aimed at mitigating risk factors, methods to actively support individuals with disabilities engaged with EMS personnel, and overall, to learn to be the calm within the chaos.

11:00 a.m. – 12:00 p.m.

Session #5**Recreational Therapy and Community Based Therapy within Indiana's Medicaid Waiver.***Ethan Pickett, MA, CTRS, Owner, Pure Abilities Recreational Therapy, Fort Wayne, IN*

This session will provide insight a Recreational Therapy (RT) company within Indiana's Medicaid System; explaining the state policies and procedures for successfully assessing, planning, implementation and evaluation of the RT and their clients. Within the session, topics such as inclusion, community outings, community outcomes, and therapist/community collaboration will be assessed. Participants will be educated on the process of advocating for RT and the success of home and community based therapy.

12:00 – 1:15 p.m.**Lunch in the Maple Room****1:15 – 2:15 p.m.****Session #6****NCTRC Overview***Robin McNeal, CTRS, Director of Credentialing, NCTRC, New City, NY*

This session will focus on various aspects of the NCTRC Certification Program including applying for professional eligibility, recertification requirements, and areas of specialization. In addition, the speaker will provide an overview of the changes to the certification standards, special projects, and NCTRC news from the past year.

2:15 – 3:45 p.m.**Session #7****Program Evaluation for Evidence-Based Practice***Teresa M. Beck PhD, CTRS, FDRT, Associate Dean, College of Health Professions, Grand Valley State University, Grand Rapids, MI*

This session will provide an overview of developing a systematic program evaluation process to evaluate program processes, outcomes, and/or impacts of recreational therapy programs.

Session #8**Writing Goals and Objectives Well: The Backbone to being Relevant in Recreation Therapy Treatment.***Wendy Maran MA, CTRS, Senior Lecturer, University of Toledo, Toledo, OH*

There seems to be times when Therapeutic Recreation is questioned as being a relevant and needed treatment. We as Recreation Therapists spend time describing what we do and why it is important and are not always as easily accepted as a viable treatment. Writing strong Goals and Objectives is pertinent for the Recreation Therapy practice and documentation. Using the International Classification Framework (ICF) as a guide can assist therapist in creating strong documentation that could lead to relevancy in practice and professionalism and possibly direction towards reimbursement for services and hopefully less questioning. This session will concentrate on how to use the ICF as a guide to writing stronger goals and objectives as well as choosing interventions that are therapeutically aligned with treatment strategies.

Session #9**Assessing Functional Outcomes in Community Based Programs***Sydney Sklar, PhD, CTRS, University of St. Francis, Joliet, IL
Marcia Carter, ReD, CPRP, CTRS, SUNY Cortland*

This session will introduce an instrument adaptable to assess functional outcomes in a variety of community-based therapeutic recreation settings. Combined with activity and task analysis, practitioners can use the Progress Report instrument to measure functional outcomes in a variety of settings and activities. Participants

will discuss modifications to potentially assess clients' progress in various activities. Participants will be able to apply an assessment and documentation model adaptable to various settings for evidence-based practice.

3:45 – 4:00 p.m. Break

Please note the start times and lengths of the following four sessions

4:00 – 5:30 p.m.

Session #10

Times they are a changin: Identifying needs, filling gaps, and providing quality therapeutic recreation services

Sue Myllykangas, PhD, CTRS, Professor, Northwest Missouri State University, Maryville, MO

Bob Dylan once sang, “*Times they are a changin*” and in today’s fast paced world this has never been more relevant. When was the last time that you assessed the needs of your community and/or participants? What gaps in services do you have now that you may not have had 5 years ago? Has your community/population demographics shifted? This session will present lessons learned from a countywide needs assessment. Methods of designing, implementing, analyzing, and evaluating a needs assessment will be presented. Ways to document program and service outcomes will be shared.

Session #11

Incorporating Mindfulness to Increase Patient Outcomes in Recreation Therapy Practice

Holly Eichner, M.Ed., CTRS, Associate Lecturer, University of Toledo, Toledo, OH

Mindfulness is a meaningful practice for increasing patient empowerment. This session will offer practical ways to integrate mindfulness throughout RT programming to empower patients to increase self-awareness, self-regulation, coping and to increase mood. Session will discuss a variety of ways to integrate mindfulness in programming across populations.

Session #12

Communication Challenges and Strategies for Helping People with Dementia

Chelsey Byers Gerstenecker, MA, Family Life Educator, University of Illinois Extension, Champaign, IL
Karla Belzer, MS, CTRS, Family Life Educator University of Illinois Extension

When a client has dementia, communication can be very difficult as the disease advances. Forgetfulness, Agitation, repetition, and mood fluctuations can make situations stressful and frustrating, and many healthcare professionals and family members worry that they will say or do the wrong thing and make matters worse. Come and learn about common communication problems caused by Alzheimer’s disease and other dementias, and strategies for better interactions and interventions.

4:00 – 5:00 p.m.

Session #13

Speed Networking in Therapeutic Recreation: Students and Professional Relationships

Kris Johnson, MS, CTRS, Assistant Professor of Therapeutic Recreation, Aurora University, Aurora, IL
Donna McCauley, Ph.D, CTRS Professor Recreation Therapy, Moraine Valley Community College
Palos Hills, IL

This highly interactive session is designed to help students establish networks with therapeutic recreation professionals and learn about best practices in the field.

Session: Non CEU**Calling All Students! Creating Opportunities for Involvement in ILRTA**

Rachel E. Smith, CTRS, Instructional Assistant Professor, Illinois State University, Normal, IL

*Donna McCauley, Ph.D, CTRS Professor Recreation Therapy, Moraine Valley Community College
Palos Hills, IL*

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

This session is designed specifically for therapeutic recreation students! We are looking for students to come and share their ideas about how ILRTA could become a model for student involvement. This promises to be a highly interactive session. There will even be select prizes given away!

Monday Night Social

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, following conference sessions.

**Illinois Recreational Therapy Association
Annual Conference**

Tuesday – November 5, 2019

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, University of St. Francis, Joliet, Illinois; Central Michigan University, Mt. Pleasant, Michigan; SUNY Cortland, Cortland, NY, Adjunct online faculty. Editor-in-Chief, Therapeutic Recreation Journal.

8:15 – 9:45 a.m.

Session #14**We Are Recreational Therapy: Current and Ongoing Issues Affecting the Field of Therapeutic Recreation**

Randy Wyble, DHEd, CTRS, Associate Professor, Therapeutic Recreation, Grand Valley State University, Grand Rapids, MI

This session will look at current and ongoing issues that affect the field of therapeutic recreation. Issues which ATRA is devoting time, money and energy to address will be presented with an opportunity for input and discussion. Additionally, the role of ATRA in its mission to empower recreational therapists will be examined.

9:45 – 10:45 a.m.

Session #15**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.

Session #16**Collaborative Model for a Therapeutic Recreation Post Transition Program***Andrea Griffin, Superintendent, Northwest Special Recreation Associatio, Rolling Meadows, IL**Liz Thomas, Manger of Special Recreation (Collaborations), Northwest Special Recreation Association, Rolling Meadows, IL*

There is a growing need to provide community based therapeutic day services for individuals with disabilities transitioning out of High School. For many graduates with disabilities the services they receive in High School abruptly end on their 22nd birthday. This is an end to a familiar routine. Living successfully in their home communities as independent as possible has long been considered critical to young adults with disabilities and their quality of life. The ability to engage in activities in the community can provide opportunities for young adults to meet people with like interests, develop new skills, and experience the satisfaction of shared accomplishments while making meaningful contributions to their community. This helps to create a positive balanced adult life. In this session participants will learn the core components of establishing a therapeutic adult day program model.

Session #17**Use of Therapeutic Interventions to Manage Behaviors in Mental Health***Carrie Gascoigne, CTRS, Therapeutic Recreation Supervisor, Bolingbrook Park District – Lily Cache Special Recreation Association, Bolingbrook, IL*

Recreation Therapists in community settings are seeing an increase in the number of youth with mental health diagnosis requiring services to successfully integrate into programs. To provide quality care within a scope of practice, it is important to understand behaviors that are associated with a diagnosis, such as suicidal ideation, attention seeking behaviors, emotional dysregulation, self-harming, anxiety, mood disorders, and dual diagnosis. Recognizing these as symptoms rather than purposeful behaviors allows for the implementation of effective therapeutic interventions for successful integration into community programming, while maintaining safety of participants and staff.

Session: Non CEU**Pawsative Reinforcement: How a Service / Therapy Dog Can Be Used for Rehabilitation***Lee Kriska, Rehabilitation Resource Assistant and Service Dog Trainer*

This session will discuss how dogs can be utilized in various ways, and will include a demonstration by a service dog whose owner uses a wheelchair. This dog has been specifically trained to perform retrieving a phone, helping do laundry and picking up coins off the floor. This session will also include an explanation of the service dog's work at a local hospital where he assists in both physical and occupational therapy with patients.

BREAK 10:45 – 11:00 a.m.

11:00 a.m. – 12:30 p.m.

Session #18

The ADA is Changing...or is it? Implications for Recreation Therapists and Therapeutic Recreation Service Providers

John N. McGovern, JD, Partner, Principal in Charge, WT Group, LLC Accessibility Practice Hoffman Estates, IL

The current Presidential Administration has restricted the enforcement of some civil rights initiatives, but the Americans with Disabilities Act (ADA) enforcement remains robust and in the favor of people with disabilities. It has also restricted the issuance of federal regulations in many areas, including accessibility. This session will review the status of pending federal regulations, and importantly, the new Illinois Accessibility Code (IAC), which is more stringent than federal requirements in many ways.

This session will review implications for Recreation Therapists in the discharge and referral process, as well as in the delivery of client services. It will also discuss the ways in which a Recreation Therapist can influence community outreach for the benefit of clients, and serve as a resource to parks and recreation providers, nonprofits, and businesses in the sport and fitness industry.

12:30 – 2:00 p.m.

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

2:00-3:30 p.m.

Session #19

Space Invaders: We're not the enemy! Mentorship as part of your role as a manager and advocate for Therapeutic Recreation.

*Sue Myllykangas, PhD, CTRS, Professor, Northwest Missouri State University, Maryville, MO
Dixie McGary, MS, CTRS, Recreation Therapist/Business Director Vintage Gardens Assisted Living St Joseph, MO*

Space Invaders, The 1978 video game focused on destroying enemy ships as they descended upon your world. This session offers participants a glimpse into similar situations in the TR world as experienced by a professor training the next generation of practitioners. Links to TR management, administration, and advocacy of the profession practices will be discussed. Experiences and lessons learned from 13 years of teaching a 2-week, and experiential class will be presented

Session #20

Creating Your Own Elevator Speech for Recreational Therapy

Patricia Thomas, MPA, CTRS, TR Certificate Program Coordinator, University of Wisconsin-Milwaukee Milwaukee, WI

This session will help participants develop their own brief description (elevator speech) of recreation therapy utilizing the NCTRC Job Analysis, tips from the business literature and an easy 4 step formula. Participants will be asked to critique some sample descriptions as part of the process.

Session #21

Inclusion Training for Your Part-Time and Seasonal Staff: Valuable Tools and Resources for Recreational Therapists

Dr. Lynn Anderson, CTRS, CPRP, FDRT, FALS, Distinguished Service Professor, State University of New York at Cortland/Inclusive Recreation Resource Center, Cortland, NY

Inclusion of people with disabilities in programs and services is a basic expectation for parks and recreation departments and the right thing to do. Yet training part-time and seasonal staff and volunteers, especially younger staff, can be difficult for many reasons. This session will provide valuable tools, including an online tool for inclusion training for staff and an Inclusion Toolkit app. Using the Inclusion Ambassador Training, a free 3-hour online training administered by the Inclusive Recreation Resource Center, you can assure that all your staff are inclusion ambassadors. The free Inclusion Toolkit app provides on-demand valuable inclusion tips and tools customized to your setting.

Session #22

The CTRS as an Educator: Using Strong Patient Education Practices to Facilitate the Recovery Model in Practice

Holly Eichner, M.Ed., CTRS, Associate Lecturer, University of Toledo, Toledo, OH
Wendy Maran, Senior Lecturer, University of Toledo, Toledo, OH

As a Recreation Therapist we must engage patients using a variety of techniques but often the CTRS fails to see their role as an educator. This session will discuss the importance of patient education and how to encourage Recovery through strong education practices.

3:30-3:45 p.m. BREAK

3:45 – 5:15 p.m.

Session #23

Therapeutic Recreation Foundational Knowledge and Facilitation Techniques for RT's Serving Individuals with Dual Diagnoses.

Nicole Schmidt Allen, MEd, Activity Therapist, Clyde L Choate Mental Health and Development Center
Anna, IL

This session will focus on the incredibly unique and complex population of adults who have developmental and psychiatric diagnoses. In this session, "dual diagnosis" will refer strictly to an intellectual disability coupled with a psychiatric disorder. We will explore the challenges of developing RT interventions for this population and encourage critical thinking in regards to treatment considerations including safety, behavior plans, and the importance of trauma-informed care. This session will also cover basic background information regarding State-Operated Development Centers. We will conclude our session with a facilitated activity and debriefing, followed by a Q&A/Discussion.

Session #24

Clinical Mental Health for Beginning Therapeutic Recreation Practitioners

Michelle Carson, MS, CTRS, OSF HealthCare Saint Elizabeth Medical Center, Ottawa, IL
Jordan Morahn, TRS, OSF HealthCare Saint Elizabeth Medical Center, Ottawa, IL

One in five U.S. adults experience mental illness in a given year (NAMI, 2019). Current and prospective TR professionals need to be aware of the more common mental illnesses, the signs and symptoms of, and how TR can positively impact individuals on an inpatient behavioral health unit. Through this interactive session, participants will be able to ID/LIST seven common mental illnesses along with basic signs and symptoms of each; develop basic treatment plan goals, objectives and interventions for specific mental illnesses; and explore TR modality implementation techniques

Session #25**Developing Professional Competence in Recreation Therapy: the International Classification of Functioning, Disability and Health**

Sherri Hildebrand, M.Ed., M.S., CTRS, Instructional Assistant Professor, Illinois State University, Normal, IL

As the healthcare profession continues to focus on patient-centered care, it has become increasingly important that we develop the professional competence needed to design interventions specific to our clients' needs to demonstrate measurable outcomes. With the International Classification of Functioning, Disability and Health (ICF) as our guide, the CTRS will better meet individual client needs and more clearly demonstrate the efficacy of the profession.

Session #26**Wits Workout: An Engaging and Interactive Brain Health Program for Older Adults in Therapeutic Recreation Settings**

Molly Hofer, MA, Family Life Educator, University of Illinois Extension, Chicago, IL

Drawing on brain health and aging research, University of Illinois Extension Educators, Molly Hofer and Chelsey Byers Gerstenecker, developed *Wits Workout*, a 24 session curriculum guidebook designed for professionals or lay leaders to facilitate their own brain exercise classes. This interactive model serves a need in increasing socialization, reducing isolation, and promoting intellectual engagement in older clients, all of which complement current aging brain health research. Through its interactive dialog and experiential activities, *Wits Workout* can assist recreation therapists in helping their clients maintain or adopt long-term health promoting behaviors through ongoing brain exercise classes.