

# 2005 Illinois Recreational Therapy Association Annual Conference

## Passport to the Profession November 7 & 8, 2005

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

### General Information

#### Hotel Accommodations

The special ILRTA Conference room rate is \$89.00 per room, per night. The block of rooms will be held for ILRTA attendees until October 20<sup>th</sup>. 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 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'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 thru the American Therapeutic Recreation Association.

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 Therapeutic Association.

## Intern Mart

Table space will be available for facilities 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.

Several sessions have been planned specifically for students. We encourage clinical supervisors to attend the Internships 101 session on Tuesday, November 8<sup>th</sup>.

We would like students to feel welcomed. 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.

## Monday Evening Dinner

Want to Avoid the Traffic? Want to catch up with old friends? Want to meet other TRs? Conference attendees are encouraged to stay for dinner at the Allgauer's Grill in the DoubleTree Hotel, Monday night after conference sessions. Dinner meal is not included in the conference fee.

Conference Co-Sponsor  
Oak Forest Hospital of Cook County

For Further Information  
For questions or additional information about the ILRTA Conference,  
please call (708) 633-3531.

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

# Illinois Recreational Therapy Association 2005 CONFERENCE

## “Passport to the Profession”

Monday November 7, 2005

7:30-8:15 a.m.

Registration and Continental Breakfast

8:15 –10:15 am

Key Note Address

“Advocacy for the Profession: Are You a Professional Advocate?”

*Ann D. Huston, MPA, CTRS, Executive Director, American Therapeutic Recreation Association*

The future of recreational therapy as a profession is at a crossroads. The future however relies on professional advocacy at the national, state and most importantly, local levels. Learn about what professional advocacy efforts are underway and planned for us to implement at every level. Join us as we continue to advance the profession!

10:30 am-12:00 p.m.

### Supporting the Successful Aging of Older Adults with Developmental Disabilities

*Alan Factor, Ph.D., Associate Director, Rehabilitation Research and Training Center on Aging with Developmental Disabilities, University of Illinois at Chicago*

This session discusses the age-related health changes older adults with MR/DD experience, including the onset of secondary conditions related to their disability. Participants will learn how to identify and respond to these changes and how to incorporate health promotion into daily activities. Content is based on the Rehabilitation Research and Training Center on Aging with Developmental Disabilities' latest research and the supports and training resources based on these findings. The session also examines the concept of successful aging for adults with developmental disabilities, including the transition to retirement and planning for beyond the parents' lifetime.

### The Fabric of Our Lives: The Use of Textiles in Creative Programming

*Carla Bacon Smith, BS, RMT, Activity Director, Manor Care Health Services*

Fabric is part of our lives...from the moment we were first wrapped in a blanket and placed in our mother's arms, it has remained a constant everyday presence with the power to stimulate memories as well as the senses. Discover the unique versatility and benefits of using fabric as a therapeutic medium in creative programs. You will learn simple and innovative “no sew” techniques to produce adult oriented projects that will add color and creativity to your program.

### White, Black or Grey? Ethics and Difficult Cases

*Judith Schleitwiler Wolicki, M.Div., J.D., Chaplain, Vitas Innovative Hospice Care*

Legal and professional standards provide answers and guide TR's approach to ethical questions that come up in practice. But what about the “grey” area? How do you decide the right thing to do when the answers are not clear? This session will offer an overview of legal, professional and ethics standards used to decide the right thing to do, and an interactive discussion of difficult cases.

12:00-1:15 p.m. Lunch & Exhibits

1:15-2:15 p.m

### Exercise is for *EveryBody!* Elastic Band Exercises

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

The National Center on Physical Activity and Disability (NCPAD) [www.ncpad.org](http://www.ncpad.org) provides information and resources to consumers, students, practitioners, organizations and researchers on physical activity and disability. This is an interactive session that will include an overview of NCPAD, current exercise resources, such as online exercise video clips, and a demonstration of elastic band exercises that can be used with people of various abilities. All session attendees will receive an elastic band to exercise with during the session and to bring home.

### **1:15-2:15 p.m. (continued)**

#### **The State of the States in Developmental Disabilities: A Profile of Services in Illinois**

*Mary Rizzolo, Ph.D., Associate Director, Institute on Disability and Human Development, University of Illinois at Chicago*  
*David Braddock, Ph.D., Associate Vice President of the University of Colorado (CU) System, Executive Director of the Coleman Institute for Cognitive Disabilities and the Coleman-Turner Endowed Chair in Cognitive Disability in the Department of Psychiatry at the CU Health Sciences Center*

The results of the new 2005 State of the States in Developmental Disabilities National Study will be summarized, describing notable current trends and issues in residential services and community living for people with developmental disabilities in the United States, with particular attention to services in Illinois.

### **1:15-3:15 p.m.**

#### **How the Brain Learns: Implications for Leisure**

*Norma J. Stumbo, Ph.D., CTRS, FALS, Professor, Therapeutic Recreation, Illinois State University*

Scientists are discovering more each day about how the human brain learns. We can use this information to make our Leisure Education programs more impactful, using the best techniques possible to help our clients learn more quickly and deeply. Be ready to activate your own brain and LEARN ways to improve your LE intervention programs!

### **2:15-3:15 p.m.**

#### **Clinical Practice Guidelines: Development, Implementation, Quality Improvement and Barriers**

*Sarah Crabill, MPH, CTRS, Policy Analyst, American Academy of Physical Medicine and Rehabilitation*

Clinical practice guidelines have become more prevalent in medical practice as evidence-based medical information grows. As clinical practice guidelines become more pervasive, it is important that clinicians understand the process by which they are developed, disseminated and utilized. This session presents issues in the development, implementation, quality improvement and barriers to the acceptance of clinical practice guidelines through examples and discussion.

#### **Understanding Autism Spectrum Disorder and the Benefits of Social Skills Training**

*Carol Rolland, Ph.D., Director of Developmental Pediatric Services for Advocate Illinois Masonic Pediatric Developmental Center*

Autism spectrum disorders (ASD) are increasingly common. Understanding autism is key to providing effective and successful programs that meet the needs of individuals with ASD. We will provide an overview of ASD and discuss the implications of social interactions, communication and behavior in recreation programs and the benefits of a social skills training program.

### **3:15-3:30 p.m.**

**Break**

### **3:30-5:00 p.m.**

#### **ADA Update: What is the Status of New and Revised Accessibility Standards?**

*Robin A. Jones, MPA, COTA, Director, Great Lakes ADA and Accessible IT Center*

The US Access Board has developed several guidelines which will enhance the physical environment for people with disabilities. They have yet to be adopted by the US Department of Justice as enforceable standards. This leaves architects, developers, code officials, state and local government leaders and advocates wondering what to do next. This session will focus on the status of the ADA at the federal level and what that means locally. The session will be interactive and encourage participants to ask questions and discuss the pro's and con's of proposed revisions.

#### **When Independent Functioning is Not Independent**

*Sydney Sklar, Ph.D., CTRS, Assistant Professor, University of St. Francis*  
*Stephen Anderson, Ph.D., CTRS, CPRP, Professor, University of Florida*

Facilitating self-determination is central to a professional philosophy of empowering participants, however, attachment to community and an emphasis on *interdependence* is key to individual empowerment, and often overlooked. This session will discuss the agency's role in facilitating the *outcome* of client self determination as supported by clients' social networks, ultimately helping clients feel a greater sense of control over their lives. Recent research on this topic will be presented with an emphasis on application.

#### **Scrap It! Express It! Process It!**

*Megan Behm, CTRS, Recreation Therapist, Oak Forest Hospital of Cook County*

A light and interactive session that will explore the importance of self-expression. Participants will explore different methods of self-expression, with a special emphasis placed on scrap booking and journaling. Emphasis will be placed on the therapeutic process used to tailor these activities to meet the specific needs and therapeutic outcomes of our diverse clientele.

# Illinois Recreational Therapy Association 2005 CONFERENCE

## "Passport to the Profession"

Tuesday November 8, 2005

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

**Registration and Continental Breakfast**

**8:15 a.m.**

**Opening Remarks**

**Dorothea S. Di Guido, MS, CTRS, President, ILRTA**

### **8:30-10:00 a.m.**

#### **The World Health Organization's International Classification of Functioning, Disability and Health: Implications for Therapeutic Recreation**

**Dr. Marieke Van Puymbroek, CTRS, Assistant Professor, University of Illinois**

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

#### **Building Bridges Across the Generation Gaps**

**Molly Hofer, MA, Family Life Educator, University of Illinois Extension**

The good news is that people are living longer and living longer well. There are more generations than ever living and thriving in all aspects of American life. In many cases, each generation comes with its own perspective. Sometimes these perspectives are quite different and clash with one another. Learning to cope with the misunderstandings that can result from intergenerational relationships at home, at work, and in the community is very valuable. Come and learn more about what perspectives today's generations share and how they differ and how to communicate effectively to build bridges across the generation gaps.

### **8:30 a.m.-12:15 p.m.**

#### **Everything You've Wanted to Know to Prepare for Taking the NCTRC Exam**

**Norma J. Stumbo, Ph.D., CTRS, FALS, Professor, Illinois State University**

This three hour session will explain the sitting requirements for the exam, the content on the exam, and how best to prepare for it. This session is intended for graduating seniors or new professionals who plan on taking the exam in 2006 or certificants who plan on re-certifying in 2006 through taking the exam. (Note: This session and the presenter do not represent NCTRC and do not guarantee certification.)

### **10:00-10:15 a.m.**

**Break**

### **10:15 -11:15 p.m.**

#### **Recreational Therapy and CMS Coverage and Reimbursement: ATRA's RT Medicare Project**

**Ann Huston, MPA, CTRS, Executive Director, ATRA**

This session will review the various stages of coverage and reimbursement for recreational therapists in long term care, inpatient rehabilitation and mental health settings. Learn about ATRA's strategies in working with the Center for Medicare and Medicaid Services (CMS) and the exciting new agenda for Part A services. Bring your questions!

### **10:15 a.m.-12:15 p.m.**

#### **The MISA Client: Programming for the Mentally Ill Substance Abuser**

**Ann Marie Lank, CTRS, Somerset Place**

This session will focus attention on the increasing number of substance abusers among the mentally ill, and how the challenges we as caregivers face. Emphasis will be placed on leisure education, as well as the development of groups for each stage of recovery.

### **11:15 a.m.-12:15 p.m.**

#### **Move, Groove and Shake It!**

**Dawn Drake, PTA, Oak Forest Hospital of Cook County**

Come on let's get the ball rolling and groove your way to fitness. Join this dynamic exercise program instructor and learn more about an exercise program that will benefit you and your clients!

**12:15-2:00 p.m.**

**Lunch, ILRTA Membership Meeting, and Exhibits**

**2:00 -3:00 p.m.**

**Internships 101: What You Need to Know About Looking for an Internship**

*Dr. Marieke Van Puymbroek, CTRS, Assistant Professor, University of Illinois*

*Dr. Megan Janke, CTRS, Assistant Professor, University of Illinois*

This panel session will provide information and guidance to students about seeking an internship and finding the right placement. Panel members will include internship supervisors from a variety of facilities who will offer an insiders view of what sets an intern candidate apart from the rest.

**Therapeutic Recreation: Broadening the Community Identity**

*Marilyn Krieger, CPRP, CTRS*

Community Therapeutic Recreation Practitioners are focusing efforts on benefits based programs. People with disabilities are finding more opportunities to become an integral part of their communities. The efficacy of TR services extends beyond the individual and to families and communities.

**2:00 – 4:00 p.m.**

**The 8<sup>th</sup> Habit: Discovering Your Voice and Inspiring Others to Find Theirs**

*Patricia Barrett Malik, Ph.D., CTRS*

Being an effective individual or organization is no longer optional in today's continuous changing work environment. We are each called to greatness - discovering our own voice. As therapeutic recreation specialists we are also called to inspire our colleagues and consumers to find their voices. This session will be interactive in nature providing an overview of Covey's 8<sup>th</sup> habit with applicability to professionals within a variety of positions. Those in administrative leadership positions can use the information from this session to explore ways to support and inspire staff while those serving mainly as therapists can use the information to motivate their clients toward reaching clinical goals.

**3:00 – 4:00 p.m.**

**Graduate Studies in Therapeutic Recreation: Practical Guidelines for Pursuing Masters and Doctoral Degrees**

*Heewon Yang, CTRS, Assistant Professor, Southern Illinois University*

*Lei Guo, Ph.D. Candidate, Southern Illinois University*

This session will provide general information about graduate studies in the therapeutic recreation field. Specifically, the importance of pursuing a graduate degree, factors to consider before you apply for a graduate program, what graduate students do, and career opportunities after their graduation will be discussed. Presenters will provide the audience with a descriptive list of TR graduate programs and interactive open discussion will be followed.

**Tried and True Programming for Acute Adult & Adolescent Mental Health**

*Tom Tyrell, CTRS, Provena St. Joseph Medical Center*

*Gail Motes, CTRS, Provena St. Joseph Medical Center*

*Amy Cowan, CTRS, Provena St. Joseph Medical Center*

This session will offer program activities for patients in the acute mental health arena.

**4:15-5:15 p.m.**

**Lending a Paw: The Benefits of Having a Service Animal**

*Karl Krizka, Arts Coordinator, Ray Graham Association*

*Lee Krizka, Service Animal Owner*

Participants will meet "Taz", a certified service dog, get a basic understanding of the responsibilities of the dog and owner, the legal aspects of owning a service dog, and how the ADA defines a service animal. There will be a live demonstration of the assistive duties Taz regularly performs, followed by a question and answer session.

**Accessible Urban Cycling**

*Mike Wehner, CTRS, Senior Recreational Therapist, Schwab Rehabilitation Hospital*

Handcycling is an exciting and progressive way to actively explore the neighborhoods within the city of Chicago. Come and see how Schwab Rehabilitation Hospital has overcome the unique challenges associated with making cycling accessible in an urban setting. Session will include the general elements of the Schwab program, stories from many of our urban adventures, suggestions for starting a handcycling program, guidelines for selecting appropriate participants and the demonstration of handcycles and adaptive accessories.

**2005 ILRTA – Registration Form**  
 Register by October 20, 2005 and SAVE MONEY!

Name (Mr. Ms. Dr.) \_\_\_\_\_ Agency /JobTitle \_\_\_\_\_

Mailing Address (Home) \_\_\_\_\_  
 \_\_\_\_\_

Work Phone \_\_\_\_\_ Home Phone \_\_\_\_\_

Email \_\_\_\_\_ FAX \_\_\_\_\_

Conference fee includes continental breakfast and lunch.

Please indicate special diet considerations \_\_\_\_\_

I would like to reserve table space to provide information on internship opportunities at my facility

I am interested in speaking with potential interns

	<u>Postmarked</u> <u>by Oct. 20</u>	<u>Postmarked</u> <u>after Oct. 20</u>
Full Conference		
ILRTA member	\$140.00	\$160.00
Professional non-member (2006 membership included)	\$170.00	\$190.00
Student (2006 membership included)	\$ 50.00	\$ 60.00
Daily		
ILRTA member	\$ 75.00	\$ 85.00
Professional non-member (2006 membership included)	\$105.00	\$115.00
Student (2006 membership included)	\$ 35.00	\$ 45.00
CEU Fee	\$ 10.00	
Table space for Intern Mart	\$ 10.00	
Current Members may renew now for 2006!	\$ _____	
TOTAL FEES ENCLOSED:	\$ _____	

Please make check payable to: **ILRTA**

Send to: **ILRTA**  
**c/o Oak Forest Hospital**  
**Therapeutic Recreation Department**  
**15900 S. Cicero**  
**Oak Forest, IL 60452**

**ILRTA MEMBERSHIP INFORMATION**  
 Membership year: January 1, 2006 to December 31, 2006

**Please select membership category:**

**Professional member** \$30 \_\_\_\_\_ (NCTRC# \_\_\_\_\_)  
**Associate member** \$25 \_\_\_\_\_ **Supporting member** \$25 \_\_\_\_\_  
**Student member** \$15 \_\_\_\_\_ **Organizational member** \$75 \_\_\_\_\_

**Please select your region of the state:**

**Northern Region** \_\_\_\_\_ **Central Region** \_\_\_\_\_ **Southern Region** \_\_\_\_\_

**ATRA member:** Yes \_\_\_\_\_ No \_\_\_\_\_

**Please select your service area:**

\_\_\_\_ **Child life**    \_\_\_\_ **Community**    \_\_\_\_ **Corrections**    \_\_\_\_ **Developmental Disabilities**    \_\_\_\_ **Skilled Nursing**  
 \_\_\_\_ **Education**    \_\_\_\_ **General Med.**    \_\_\_\_ **Gerontology**    \_\_\_\_ **Physical Medicine**    \_\_\_\_ **Chemical Dependency**  
 \_\_\_\_ **Schools**    \_\_\_\_ **Special Rec**    \_\_\_\_ **Pediatrics**    \_\_\_\_ **Psychiatric/Mental Health**    \_\_\_\_ **Substance Abuse**

**Other** \_\_\_\_\_

