

# Illinois Recreational Therapy Association Annual Conference

November 8 & 9, 2010

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 \$89.00 - \$99.00 per room, per night. The block of rooms will be held for ILRTA attendees until October 19<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 through the American Therapeutic Recreation Association. **ATRA has requested that participants use their ATRA number or NCTRC number on their CEU forms. Please come to conference prepared to include one of these numbers when signing up for CEUs.**

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

## **Intern Mart / Exhibits**

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

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

Lunch tickets are available for \$25.00 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.

## **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 2010 Conference

## Monday 8, 2010

7:30-8:15 a.m.

Registration and Continental Breakfast

8:15 –8:30 a.m.

Welcome and Opening Remarks

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

8:30-9:30 a.m.

**Keynote: Professional Milestones – Where Do We Stand?**

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

Measuring our stature as a profession. Have we achieved the status as a true profession? Current initiatives that will advance the profession. What are your options and opportunities as a credentialed professional?

9:30 – 9:45 a.m. BREAK

9:45 – 11:45 a.m.

**Civility ~ the Lost Art of Considerate Conduct**

*Patricia Barrett Malik, Ph.D., Assistant Director of Non-academic Support Services; Director of Beckwith Residential Support Services, Division of Disability Resources and Educational Resources at the University of Illinois*

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?

**FIT WITS: Fostering Improved Thinking While Incorporating Training Strategies**

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

*Chelsey Byers, Adult Life and Aging Educator, University of Illinois Extension*

Keeping our wits fit requires more than just doing crossword puzzles or word searches. There is increasing evidence that brain health is directly related to body health. This should come as no surprise since the brain and the body functions interdependently. However, most people think more about keeping their bodies fit or their hearts healthy than working at maintaining a healthy brain. By attending the FIT WITS program, you can learn about the aging brain and what can be done to keep the brain healthy and engaged.

## **Visual Systems: Why and How?**

*Breane Cory, CTRS, Therapeutic Recreation Coordinator, Rockford Park District  
Aleta Woods, M.Ed., BCBA, Applied Behavior Analyst, Independent Contractor*

What are we doing next? Where are the markers? Who is that? These are all questions we hear from young clients, students and participants all the time. In recreation we often use visual systems and aids for kids with disabilities.....however they benefit EVERYONE! \*Warning\* - Preparation is needed! After we learn the “why” and the “what”, we’ll talk about the “how”. Because we all have very large and full plates, we’re going to show ways to make different Visual Systems as quick and painless as possible with tools you currently have and some extras.

## **11:45 a.m. – 1:00 p.m. LUNCH in the Maple Room and EXHIBITS**

### **1:00-2:00 p.m.**

#### **Creating a Workplace Wellness Program**

*Randy Kohl, Recreation Coordinator, Milwaukee Recreation Department*

Learn how to create, facilitate and evaluate a workplace wellness program the recreation therapy way. Workplace wellness is becoming more popular every day, but who is responsible for facilitating this program; the Human Resources Department or an outside provider? Whether your looking to show a dedication to your employer, want more job security, a new responsibility, or you just want to promote a healthier work environment for you and your employees, this session can provide you with the guidance on how to set up a workplace wellness program.

#### **Twitter and Therapeutic Recreation**

*Sandra Klitzing, Ph.D., CTRS, Associate Professor, Illinois State University*

Have you heard about Twitter? Do you tweet? Are you just a bit curious when you hear people talking about Twitter and tweeting? This session will explain Twitter and how to use it. We will explore together possible ways that Twitter can be used in therapeutic recreation.

#### **Applied Magic**

*Michael Kett, Physical Therapist, Magician*

A unique blend of therapeutic exercise, fun and magic to achieve functional improvement

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

#### **How to Develop an Equine Assisted Activity (EAA) Program. (Part 1)**

*Katherine M. Morse, M.S., CTRS, Fort Wayne Parks & Recreation Department, Indiana, and Indiana Tech University*

*Katharine A. Pawelko, Ph.D., Professor, Western Illinois University*

This session will present the benefits associated with an equine assisted activity (EAA) program for participants. An overview of how to develop an EAA program will be introduced. Specifically, information pertaining to developing these components of the EAA program will be discussed: equipment, program and staff certification, areas/facilities, marketing, volunteers, participants, personnel, funding, private vs. public sector (SRA) orientation of the program, and administration of the program. Related professional organizations and memberships will be mentioned. An opportunity for discussion to share information about other EAA programs, ideas, and experiences in the Midwest region will be included.

**3:00 – 4:00 p.m.**

**The Benefits Associated with Equine Assisted Activity (EAA) (therapeutic horseback riding) for Persons with Visual Impairments (Part 2)**

*Katherine M. Morse, M.S., CTRS, Fort Wayne Parks & Recreation Department, Indiana, and Indiana Tech University*

*Katharine A. Pawelko, Ph.D., Professor, Western Illinois University*

This session will review the research results from a study concerning the benefits associated with Equine Assisted Activities (EAA) (i.e., therapeutic horseback riding) for persons with visual impairments. A current review of the literature related to this therapeutic area will be discussed. The perceived benefits of riders associated with this leisure endeavor will be identified. Discussion about recommendations and direction for future studies related to this topic will be covered. Related contact information, resources, and general information about this therapeutic modality will be mentioned.

**2:00-4:00 p.m.**

**Strengthening Partnerships: What Does it Take to Have Successful Collaboration in Work and Life?**

*Patricia Barrett Malik, Ph.D., Assistant Director of Non-academic Support Services; Director of Beckwith Residential Support Services, Division of Disability Resources and Educational Resources at the University of Illinois*

It is imperative that we have successful partnerships in this era of having to do more with less. Wagner and Muller through their work with Gallup have identified eight essential qualities for successful partners: complementary strengths, a common mission, fairness, trust, acceptance, forgiveness, communicating and unselfishness. This session will explore each of these qualities with an opportunity for participants to reflect on their partnerships (both professional and personal) and to what level these qualities are present.

**Exploring Group Process through Icebreakers, Doing and Debriefing Activities**

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

Group process is key to RT/TR interventions in facilitating change in many adult and youth behavioral health settings. This session will review the key components of group process. Examples of student icebreakers, doing and debriefing activities from the University of Wisconsin Milwaukee (UWM) TR Certificate Program will be shared. This session will require participation in active, paper and pencil and computer activities.

**4:00-4:15 p.m. BREAK**

**4:15 – 5:15 p.m.**

**Facilitating a Healthy Aging Community**

*Randy Kohl, Recreation Coordinator, Milwaukee Recreation Department*

Learn how to create and facilitate a wellness environment by addressing the various aspects of health for older adults. We will explore the 8 dimensions of wellness and how to apply them to Recreation Therapy. Although the focus will be primarily community based, the approach should be easily duplicated in a clinical or residential setting.

**“Sense” sation: A Recreation Therapy Program for Individuals with Autism**

*Mike Baig, Recreation Coordinator, Ray Graham Association Gateway Special Recreation  
Ryan Cortez, Recreation Coordinator, Ray Graham Association Gateway Special Recreation  
Ross Oberlin, Recreation Coordinator, Ray Graham Association Gateway Special Recreation  
Sheila Swann-Guerrero, Superintendent, Ray Graham Association Gateway Special Recreation*

Learn new ideas for your Recreation Therapy groups. This session will offer participants with a multitude of hands-on activity ideas that were successfully utilized in Recreation “Sense” sation, a program designed for individuals on the Autism Spectrum at Ray Graham Association Gateway Special Recreation. Come ready, willing and able to gain ideas and have fun in the process.

**Balance and Strength Training for Older Adults**

*Heewon Yang, Ph.D., CTRS, Associate Professor, Southern Illinois University  
Dongsu An, Ph.D., Visiting Scholar, Southern Illinois University  
Hyun-Wook Kang, Ph.D., Visiting Scholar, Southern Illinois University*

The number of fall related deaths continues to increase with every passing year. In this session. The seriousness of fall-related incidents among older adults is addressed and practical balance and strength training programs, such as Balance Retraining Program (based on the Vestibular Rehabilitation Protocols) and other strength training techniques are introduced.

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

# Illinois Recreational Therapy Association 2010 Conference

## Tuesday November 9, 2010

7:30-8:15 a.m.

Registration and Continental Breakfast

8:15 a.m.

Opening Remarks

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

8:30-10:30 a.m.

### **Joint Commission Update: Sharing the Responsibility**

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

Keeping abreast of the changes to the Joint Commission (JC) standards and organizational structure can be daunting. This session will focus on some current JC standard changes that may impact RT/TR practice in hospital, behavioral health and long term care settings. Additionally, emphasis will be placed on how you as a competent professional can stay up to date on the changes. Resources will be shared with the participants.

### **Therapeutic Storytelling and Storymaking with Groups**

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

The making and telling of stories provides a creative and entertaining means to address emotional, social, and learning needs. This session will explore the use of such oral traditions with client groups of varying ages and abilities.

### **Adaptive Gardening Put into Practice**

*Nancy Pollard, Horticulture Educator, University of Illinois Extension*

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

Your garden program makes a difference. Learn what the research shows about positive effects of plant-people interaction. (Use this for grant proposals). On the practical side, discover current adaptive equipment available, and how to adapt tools so clients can actively participate. Find out what plants to avoid, and learn the "Secrets of Container Success." We'll also share sample volunteer role descriptions, and possible sources of volunteers to infuse enthusiasm and gardening experience into your program.

10:30 – 10:45 a.m. BREAK

10:45 a.m. – 12:15 p.m.

### **Training Outdoor Adventure Leaders**

*Sean H. Gartland, M.Div., M.Ed., C.T.R.S., Supervisory Recreation Therapist, James A. Lovell Federal Healthcare Center*

Do you use outdoor adventures as a treatment modality? This session will address leadership training in key core competencies for those engaged in outdoor therapeutic recreation programming.

## **National and International Disability Rights: Implications for Practice in Recreational Therapy Settings.**

*Terry Long, Associate Professor, Northwest Missouri State University*

This session will briefly summarize national and international disability rights laws and standards that directly impact the provision of recreational therapy services. Significant attention will be given to rights and related documents that are mentioned in the International Classification of Functioning (ICF) codes. Examples include the United Nations Universal Declaration of Human Rights, and the United Nations Standard Rules for the Equalization of Opportunities for Persons with Disabilities, the right to self-determination or autonomy, and the right to control over one's destiny. Federal disability rights laws and standards will also be discussed such as ADA, IDEA, the Olmstead Act and other movements regarding civil rights of persons with disabilities. Significant attention will then be given to potential strategies for addressing disability rights in practice. Adequately providing for these rights in practice settings and empowering patients to practice these rights in their daily lives will both be addressed. Included in this session will be a "self-study", which will allow attendees to examine the relevance of the presented materials in regard to their own daily work and to identify potential strategies for improvement.

## **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. This will include a demonstration by a service dog whose owner uses a wheelchair. Merlot 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 Merlot's work at a local hospital where he assists in both physical and occupational therapy with patients.

## **12:15 – 2:00 p.m. LUNCH & ILRTA MEMBERSHIP MEETING in the Maple Room**

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

## **Therapeutic Recreation Education: Current Status, Trends, and Future Direction**

*Sydney Sklar, Ph.D., CTRS, Assistant Professor and Department Chair, University of St. Francis*

Results of a recent therapeutic recreation education study will be discussed and compared with study results collected over the past forty years. The study reveals alarming trends and concerns for the future of the profession including rising program eliminations, declining graduate students, decreasing doctoral programs, and fewer faculty positions. Implications and recommendations for professionals and the practice of therapeutic recreation at the local and national levels will be discussed.

## **Therapeutic Tai Chi in a Chair©**

*Gary F. Paruszkiewicz, CSME*

This program of physical activity has been adapted for use by people of almost all ages and abilities. Tai Chi has been proven to increase strength, improve balance and reduce stress. In this session you will learn a basic sequence of movements known as a "Form", as well as effective, full range, full body exercises that are easily learned and practiced while seated.

## **3:00 – 3:15 BREAK**



**3:15 – 4:45 p.m.**

**Learn How to Plan and Implement Programs for People Who Have Survived a Stroke, Spinal Cord Injury or Traumatic Brain Injury.**

*Lisa Cline, CTRS, CBIS, Senior Certified Recreational Therapy Specialist, Memorial Medical Center*

Patients on Rehab units do not stay as long as they use to. It is very difficult to teach new stroke, spinal cord injury or traumatic brain injury patients how to do new or previous leisure activities in such a short length of time. Learn how to develop and implement out-patient programs for people with a physical disability. Learn how to design programs to teach independence with previous or new leisure activity.

**A Potpourri of Ideas for Your Recreation Therapy Groups-Calling All Ages**

*Lynn Bunnell, Sibshop Facilitator, Advocate Medical Group Pediatric Developmental Center*

*Deidre Omahen, Sibshop Facilitator, Advocate Medical Group Pediatric Developmental Center*

*Sheila Swann-Guerrero, Sibshop Facilitator, Advocate Medical Group Pediatric Developmental Center*

Learn tried and true ideas for your Recreation Therapy groups. This session will offer participants with a multitude of hands-on activity ideas that were successfully utilized in Sibshops at Advocate Medical Group Pediatric Developmental Center. We invite you to learn how the activities used can be applied to all age groups from young children, teens, adults and seniors and in most Recreation Therapy groups. Come ready, willing and able to gain ideas and have fun in the process.

**A Jazzed-up Therapist: Tips and Tricks for Effective Attention-Getting**

*Heewon Yang, Ph.D., CTRS, Associate Professor, Southern Illinois University*

*Dongsu An, Ph.D., Visiting Scholar, Southern Illinois University*

*Hyun-Wook Kang, Ph.D., Visiting Scholar, Southern Illinois University*

The success of your TR therapy sessions may depend on how you begin your sessions. This presentation will emphasize the importance of getting clients' attention and establishing rapport with the clients. A variety of interesting attention-getting methods and techniques (e.g. quotes, puzzles, pictures, individual and partner games, etc.) will be introduced during the session.

**ILRTA Conference – Registration Form  
November 8th & 9th,  
2010**

**Register by October 15, 2010 and SAVE MONEY!**

Name (Mr. Ms. Dr.) \_\_\_\_\_ Agency /Job Title \_\_\_\_\_

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

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

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

*Conference fee includes continental breakfast, lunch, and Professional CEU's*

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

- I would like to reserve table space to provide information on opportunities at my facility (\$10.00)
- I am interested in speaking with potential interns

**Full Two Day Conference**

*(includes a free 2011 ILRTA membership)*

	<b><u>Postmarked by Oct. 15</u></b>	<b><u>Postmarked after Oct. 15</u></b>
<b>Professional</b>	\$195.00	\$215.00
<b>Student</b>	\$ 55.00	\$ 65.00

**One Day Attendance**

*(includes a free 2011 ILRTA membership)*

<b>Professional</b>	\$125.00	\$135.00
<b>Student</b>	\$ 40.00	\$ 50.00

If you are registering for one day, please indicate day of attendance     Monday     Tuesday

Table space for T.R. Agency Exhibit                    \$10.00  
Table for Vendors    \$50.00  
Additional Lunch Tickets \$25.00                         \$ \_\_\_\_\_  
TOTAL FEES ENCLOSED:                                     \$ \_\_\_\_\_

Please make check payable and mail to:

**ILRTA**  
Post Office Box # 587  
Oak Forest, IL 60452

**ILRTA MEMBERSHIP INFORMATION**

*Membership year: January 1, 2011 to December 31, 2011*

Please select membership category:            Professional \_\_\_\_\_            Associate \_\_\_\_\_            Student \_\_\_\_\_

Please select your region of the state:        Northern \_\_\_\_\_            Central \_\_\_\_\_            Southern \_\_\_\_\_

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

Please select your service area:

<input type="checkbox"/> Child life	<input type="checkbox"/> Community	<input type="checkbox"/> Corrections	<input type="checkbox"/> Developmental Disabilities	<input type="checkbox"/> Skilled Nursing
<input type="checkbox"/> Education	<input type="checkbox"/> General Med.	<input type="checkbox"/> Gerontology	<input type="checkbox"/> Physical Medicine/Rehab	<input type="checkbox"/> Substance Abuse
<input type="checkbox"/> Schools	<input type="checkbox"/> Special Rec.	<input type="checkbox"/> Pediatrics	<input type="checkbox"/> Psychiatric/Mental Health	Other _____

