

Illinois Recreational Therapy Association Annual Conference

October 24 & 25, 2011

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

General Information

Hotel Accommodations

The special ILRTA Conference room rates are \$99.00 per room, per night. The block of rooms will be held for ILRTA attendees until **October 2nd**. 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 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'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.

Special Services

Please attach to your registration form, a written description of services. Requests such as special diet, wheelchair transportation, large print handouts, interpreter, must be made in writing in advance. Accommodation may not be guaranteed for requests received after October 6, 2011.

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

Illinois Recreational Therapy Association 2011 Conference

Monday, October 24, 2011

7:30-8:15 a.m.

Registration and Continental Breakfast

8:15 –8:30 a.m.

WOODS BALLROOM

Welcome and Opening Remarks WOODS BALLROOM

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

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

8:30-10:00 a.m.

Keynote: The Sky's the Limit! Principles of Personal and Professional Outcomes
Norma Stumbo, Ph.D, CTRS, Education Associates

It's time to get re-energized! This keynote will focus on ten principles that will help you reach greater happiness, better health and more peace of mind. Within each principle, we'll talk about various tasks and activities – from more difficult, long term tasks to 10 minute activities that will help you improve your personal and professional quality of life. We'll also talk about the importance of identifying needs, goals and outcomes to achieve 'the sum of our lives' – that is, living with integrity, making a difference, and leaving a legacy.

This will be applied to both your personal and professional lives. This interactive keynote will definitely get you thinking about reaching for the sky and living your best life. This session is your chance to think, dream, and DO!

BREAK 10:00 – 10:15 a.m.

10:15 – 11:15 a.m.

Creating an Environment for Continued Participation

Melissa Zahl, Ph.D., CTRS, Assistant Professor, Illinois State University

Ever wonder why some of your participants continue their involvement in your programs or other recreational activities? It could be based on the environment you created when working with you. An autonomy-supportive environment or climate has been shown to increase a person's intrinsic motivation toward recreation or other life events.

10:15 a.m.– 12:15 p.m.

Boundaries: When to Say Yes – How to Say No

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

Cloud and Townsend state that, "Boundaries are not walls, . . . but anything that helps to differentiate you from someone else, or show where you begin and end." Do you have difficulty setting boundaries with people in your life OR with them telling you no? This session will provide an overview of boundaries including laws of boundaries, common myths and healthy boundaries. Personal exercises and reflection questions will be used throughout the session.

10:15 a.m.– 12:15 p.m. Continued**The Looming ADA Deadlines...Is Your Community Ready?***John N. McGovern, J.D., Recreation Accessibility Consultants LLC*

March 15, 2011 came and went with not much fanfare. That's the date that the new Department of Justice regulations became effective for parks and recreation agencies. But new requirements for existing recreation facilities and sites have a March 15, 2012 deadline. Is your community ready?

11:15 a.m. – 12:15 p.m.**TR Code of Ethics: Is it time to re-consider?***Heewon Yang, Ph.D., CTRS, Associate Professor, Southern Illinois University**Yongho Lee, Assistant Professor, University of Toledo*

Professional codes of ethics are used to guide professionals in their practice and in their moral behavior. Likewise, a professional body to protect clients' rights, to provide quality services, and to promote professional status of the professional organization, mandates code of ethics in health care services. However, a recent study shows that code of ethics in medicine does not function as a practical guideline. Rather, its function is limited to an artifact of professional status. Within the U.S. and Canada there are several different professional organizations for TR and each of them has its own code of ethics. So, this session discusses functional effects of TR code of ethics in day to day practice, and what are the things to consider to make code of ethics more functional.

12:15 – 1:30 p.m. LUNCH**1:30-3:00 p.m.****Happiness Project***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*

Robert Louis Stevenson stated, "There is no duty we so much underrated as the duty of being happy." Is this goal – being happier too self-centered? Does our happiness influence others in our life? How can we support each other in our personal happiness projects? This session will explore Gretchen Rubin's Happiness Project and how to apply its principles and tools to ourselves and clients. This will be an interactive session.

What's In a Name: Therapeutic Recreation / Recreation Therapy*Teresa M. Beck PhD, CTRS*

Professionals frequently find themselves so caught up in the day to day activities of their jobs, that they often forget where their profession had its root and what are current and future issues and trends. This session will provide a historical look at the profession, current service delivery models, regulation of the profession, accreditation of educational programs and other issues impacting the profession.

Effective and Engaging Tools for Reflective Debriefing*Megan Behm, MS, CTRS, RN, BSN, Mercy Medical Center**Kim Masino, Ingalls Memorial Hospital*

Ever find yourself at a loss for how to begin or to keep a reflective debrief going? Ever have engaged participants suddenly "check out" during the debrief? Ever find yourself getting "canned" responses? This interactive session will present an easy to learn, effective and engaging reflective debriefing method. Participants will be active and can expect to walk away with several new activities to add to their "bag of tricks" as well as useful tools to enhance facilitation and keep conversations moving.

BREAK 3:00 – 3:15 p.m.**3:15 – 4:45 p.m****Sharing One's Lifestory**

Molly Hofer, Family Life Educator, University of Illinois Extension

Chelsey Byers, Family Life Educator, University of Illinois Extension

The process of life review described by Dr. Robert Butler as a necessary developmental task of aging, correlates with the therapeutic purposes of reminiscence or sharing life stories. This workshop will cover the importance of sharing our stories, not only as a potential legacy for family members, but as a therapeutic process. Several methods for sharing stories will be introduced including traditional writing as well as photos, scrap booking, keepsakes, poetry, and art.

Ouch-resource limitations-making group interventions therapeutic!

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

Doing more with less—assuring therapeutic benefits through group interventions. Planning, leading, processing outcomes of group therapy sessions. Strategies to individualize the experience, select activities to support theory and evidence based outcomes, and achieve and document therapeutic outcomes while performing in an ethical manner.

The FIM scale – Functional Independence Measure

Sheila Bender, CTRS, Perspective Payment System Coordinator, Ingalls Hospital

The Functional Independence Measure, commonly called “The FIM scale” is a seven-level scale that helps measure performance. This is a reporting tool that Recreational Therapists can use to measure outcomes of rehabilitation for individuals with disabilities. This session will inform the participants how the FIM is used and how it can be applied in any RT setting.

**Join us for the ILRTA Social,
Monday, following conference sessions !**

Illinois Recreational Therapy Association 2011 Conference

Tuesday October 25, 2011

7:30-8:00 a.m.

Registration and Continental Breakfast

8:00 a.m.

WOODS BALL ROOM

Opening Remarks

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

8:15 a.m. – 5:00 p.m. ALL DAY WORKSHOP

Evidence-Based Practice in Therapeutic Recreation: The How and Why

Norma Stumbo, Ph.D, CTRS, Education Associates

This **full day workshop** will focus on explaining why evidence-based practice is so very, very important to our clients and to our future AND will also take participants through the process of *how* to seek and use research evidence to improve their daily practice. This session will review current research about two sets of programs-anger management and community integration – highlighting what the research evidence says are best practices and applying that evidence to therapeutic recreation practices. In addition, the participants will work in small groups and individually, to review research evidence for social skills, sensory stimulation/integration, or PTSD programs, coming up with best practices could/should be implemented in therapeutic recreation services.

Not only will you learn the process of applying evidence-based practice, you will get the latest, best practice information on five sets of TR programs!

Persons with all levels of experience, including undergraduate students, are encouraged to attend. All materials for the day are supplied. Come dressed for comfort and be ready to work diligently. We guarantee that you will not practice the same way after this workshop!

8:15 – 10:15 a.m.

Revisiting Client Interviews: When do I probe? When do I let things be?

Dr. Nancy Navar, CTRS, Professor, University of Wisconsin – La Crosse

This session examines the challenging task of interviewing clients with depth. When do I probe for more information? When is a topic beyond my professional scope of practice? We will discuss answers to these questions, look at interactive techniques, and provide direction for client discussions. Professionals working with cognitively higher functioning clients can benefit from this session.

Walk In My Shoes: Aging Awareness Training

Molly Hofer, Family Life Educator, University of Illinois Extension

Chelsey Byers, Family Life Educator, University of Illinois Extension

Walk In My Shoes is an aging awareness training that will help participants develop a greater understanding of the aging process and the physical changes that occur throughout the lifecycle. Through a train-the-trainer, interactive, and experiential format, participants will develop a greater understanding of the impact of sensory and physical limitations on the lives of older adults. Effective communication skills and other useful information will be provided. This curriculum can be used to help staff members and volunteers to be sensitive to the needs of the clients they are helping. Participants will receive a copy of the curriculum and will be able to provide training in their own facilities.

8:15 – 10:15 a.m. Continued**The Wave of the Future: iPad, iPhone, iPods and apps!**

Deidre Omahen, Director of Training and Affiliates, National Lekotek Center
Ann Bouchard, Manager of Direct Services, National Lekotek Center
Hayley Anderson, Family Play Specialist, National Lekotek Center

There are apps (applications) for everyone and almost anything! Come learn about how to use this exciting new technology with your clients. This session will help you navigate through the thousands of apps available. Even if you are unfamiliar with apps you should still attend this session to get acquainted with this technology.

BREAK 10:15 – 10:30 a.m.**10:30 a.m. – 12:00 p.m.****Therapeutic Recreation Responds to LGBTQ Bullying**

Sandra Klitzing, Ph.D., CTRS Associate Professor, Illinois State University, School of Kinesiology and Recreation

Many youth are bullied; however LGBTQ youth are bullied more frequently than other youth. Reports show 9 out of 10 LGBTQ youth were physically harassed or assaulted in the past year. Bullying and harassment can result in decreased life satisfaction, increased depression, and even suicide. This session will ask therapeutic recreation professionals what we have done to prevent bullying and identify other actions we can take.

The Road to Happiness: Job Expectations and Job satisfaction Among CTRS's

Terry Long, Associate Professor, Northwest Missouri State University

This presentation will briefly summarize findings from a recent study regarding the relationship between specific job related expectations and job satisfaction among CTRS's. This summary will be followed by an interactive discussion of how this information is useful to professionals in their daily work, as well as strategies for fostering job satisfaction. Implications for education, training, and ongoing clinical supervision will be presented.

Helping Clients Improve: Communication and processing techniques (and the bonus of making your sessions billable).

Debbie Tiger, MS, CTRS, Special Therapies Coordinator Cunningham Children's
Allison Henning, BS, CTRS, Special Therapies Specialist, Cunningham Children's Home

This interactive session will help professionals of all levels to assess their use of processing techniques and improve on those skills to help clients achieve their goals in treatment. We will experience activities together that can aid in the processing of objectives and goals to help clients connect recreation therapy groups to goal areas. Some terms covered will be front-loading, debriefing, problem solving and the use of open/closed questions. We will also discuss Medicaid changes briefly in the State of Illinois and how billable sessions are those that are connecting therapeutic interventions through processing to client goals/objectives, actively assisting clients in making changes (from the perspective of the speakers' experience in a residential youth setting for Emotionally/Behaviorally Disordered youth).

12:00 – 1:30 p.m. LUNCH & ILRTA MEMBERSHIP MEETING**1:30-2:30 p.m.****Learning about Licensure**

Marcia Jean Carter, Ph.D., CTRS, Associate Professor, Western Illinois University, QC
Debbie Tiger, MS, CTRS, Special Therapies Coordinator, Cunningham Children's Home

This session will provide: A review of credentialing alternatives, the status of licensure across the USA, a reflection on NCTRC legal recognition document, the Pros and Cons and relationships of various professional credentialing alternatives, and exploratory strategies in Illinois.

BREAK 2:30 – 2:45 p.m.**2:45 – 3:45 p.m.****Hands and Health: The Use of Clapping and Hand Massage Techniques***Heewon Yang, Ph.D., CTRS, Associate Professor, Southern Illinois University**Dongsu An, Ph.D., Visiting Scholar, Southern Illinois University**Yongho Lee, Assistant Professor, University of Toledo*

In oriental medicine, a hand is regarded as a miniature body since our hands consist of numerous muscles and complex nerve systems that are all connected to your whole body systems. The presenters will theoretically explain some of the mysteries of our hands from the perspective of oriental medicine. The presenters will also introduce hand massage and some entertaining clapping techniques as viable TR intervention techniques to enhance our health while having fun.

Activity Ideas for Your Recreation Therapy Groups*Sheila Swann-Guerrero, MS, CTRS, Ray Graham Association Gateway Special Recreation and Advocate Medical Group Pediatric Developmental Center*

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 community based programs and in Sibshops Recreation. Come ready, willing and able to gain ideas and have fun in the process.

2:45 – 4:45 p.m.**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.

3:45 – 4:45 p.m.**Are you Entering or Re-Entering the Recreation Therapy Profession?***Donna J. McCauley M.S., CTRS, Professor/Coordinator Recreation Therapy, Moraine Valley Community College*

If you are getting ready to start as a professional in Recreation Therapy or have been out of the workforce and would like to return, this session is for you! Join us as we discuss helpful tips to helping you secure the position you want. We will cover resume writing, interviewing techniques, portfolios, volunteering, networking and much more. We will discover together what resources to tap into for finding agencies hiring.