

Illinois Recreational Therapy Association Annual Conference

November 10 & 11, 2014

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

General Information

Hotel Accommodations

The special ILRTA Conference room rates are \$109.00 per room, per night. The block of rooms will be held for ILRTA attendees until October 21st. 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 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, meet other TRs? Conference attendees are encouraged to stay for the social, on Monday, after conference sessions.

Special Accommodations

If you have any disability that requires materials or services, please contact the ILRTA office at 708 687 4396

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 2014 Conference

Monday – November 10

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, Professor Emeritus, Western Illinois University-Quad Cities

8:30 – 10:00 a.m.

Keynote: Oh the Places You Will Go: Using Your TR Knowledge and Skills (and a little Dr. Seuss) in Living Your Best Life

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

The Dr. Seuss book entitled, Oh, the Places You Will Go – is often given to new high school and college graduates with its Seuss version of important life lessons as one ventures out into the world. But what advice does it have for those of us in the RT/TR profession who work in constantly changing environments? For those of us in a variety of life phases? This session will be both reflective – challenging - and interactive as we explore how to maneuver in an ever changing world where we support people with disabilities to live their best life (and our own).

10:00 – 10:15 a.m. Break

10:15 – 11:45 a.m.

Cultural Competence in Therapeutic Recreation: Issues of the Heart

Jennifer Stoner, M.S., CTRS, Music Teacher, Bill Arp Elementary School

This session will look at therapeutic recreation and cultural competence on both an individual professional level and an agency level. Participants will answer the question: What policies, practices and interventions foster positive cultural relationships between therapeutic recreation specialists and their clients?

Evidence Based Practice with Individuals Who Have Cerebral Palsy

Dawn DeVries, DHA, MPA, CTRS, Assistant Professor, Grand Valley State University

Therapeutic recreation specialists can significantly impact quality of life and functioning for individuals who have Cerebral Palsy. This session will review characteristics and background information on Cerebral Palsy (CP), present details on evidence based practice (EBP), and describe the role of therapeutic recreation in with individuals who have CP.

Professionalism in Recreation Therapy: Your Role

Patricia Thomas, MPA, CTRS, Clinical Associate Professor, University of Wisconsin

This session will discussed general and specific characteristics of professionalism in RT. Issues such as education, certification, state recognition advocacy and others will be briefly explored. Actions steps to be taken by professionals will be identified.

11:45 a.m. – 1:00 p.m. LUNCH

1:00 – 2:30 p.m.

The Role of Debriefing Activities in RT Group Process

Patricia Thomas, MPA, CTRS, Clinical Associate Professor, University of Wisconsin

Group process is key to RT interventions in facilitating change in many adult and youth behavioral health settings. This session will review the key components of group process. Focus will be on sharing debriefing activities and application of processing questions. Examples of student 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.

Professional Burnout in TR: Got It? Get Rid of It

Heather Sedlesek, CTRS, DT, President, RT Solutions, Inc.

Feeling stressed or in a rut? Need to hear some positive words about our profession? If you answered yes, this session is for you! Can you remember what sparked your interest in the field of Recreational therapy and lit your flame? In this session, we will share stories on what led us to make the choice to become a CTRS and share our greatest success story with the ultimate goal of reaching inside ourselves to pull out the excitement that we had as new therapists! Information will be shared that you can use at home to re-light your flame and fan that flame once you get to the everyday grind.

Using Pinterest in Therapeutic Recreation

Sandra Klitzing, Ph.D., CTRS, Professor Emeritus, Illinois State University

Pinterest is a content sharing internet service that allows users to share images on virtual boards. This session will explore how CTRSs can use Pinterest to plan and facilitate therapeutic recreation interventions. For example, CTRSs can use Pinterest to identify and plan various activities to use as interventions; to demonstrate various pieces of adaptive equipment; or as a supplement to more traditional community resource programs. Attendees will explore how they might use Pinterest in their own practices.

2:30 – 3:30 p.m.

Brain Fitness for Older Adults

Heewon Yang, Professor & CTRS, Southern Illinois University

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

Nicole Wagenschutz, Graduate Student, Southern Illinois University Carbondale

The term Brain Fitness is commonly used in the context of self-help books and commercial products, but the scientific support for Brain Fitness in healthcare setting are somewhat limited. This session will present some scientific data about the benefits of Brain Fitness, introduce types and contents of Brain Fitness that can be implemented by recreation therapists in geriatric settings, and provide the audience with sample resources available for Brain Fitness.

The Role of Therapeutic Recreation in Community-Based Adult Day Programs

Carolyn J. Nagle MPA, CTRS, CPRP, Executive Director, Fox Valley Special Recreation Association

Tracey M. Crawford CTRS, CPRP, Executive Director, Northwest Special Recreation Association

There is a growing need to provide community based day services for individuals with disabilities transitioning out of High School. For many graduates with disabilities the services they received in High School abruptly end. In Illinois, Special Recreation Associations are addressing ways to creatively collaborate with agencies that provide life services for individuals with disabilities to create opportunities to meet the growing needs of adults with disabilities in community-based settings. The presentation will specifically address two unique collaborations, two other Adult Day program models offered here in Illinois, the pros and cons of collaborations, the core program components, eligibility, placement criteria and the role of the therapeutic recreation in community-based adult day programs.

3:30 – 3:45 p.m. BREAK

3:45 – 5:15 p.m.

Creating a Niche for TR in Restorative Services for the Elderly in SNFs

Dawn DeVries, DHA, MPA, CTRS, Assistant Professor, Grand Valley State University

Building on last year's session on "Creating a Niche for TR with the Elderly", this session will specifically focus on recreational therapies role in restorative programs in skilled nursing facilities. We will explore in more depth the who, what, why, and how of developing a collaborative restorative nursing program..

"But I Can't Sing": Music as a Therapeutic Intervention

Jennifer Stoner, M.S., CTRS, Music Teacher, Bill Arp Elementary School

This session is particularly intended for attendees with little musical background and focuses on using music in both treatment and leisure education with individuals with disabilities.

Treating Individuals with Developmental Disabilities throughout the Lifespan.

Heather J. Sedletzeck, CTRS, DT, President, RT Solutions, Inc., Terre Haute, Indiana

Treating individuals with Developmental Disabilities can be a challenging task given that the abilities of the person can be so different. In this session we will talk about some of the most common and some of the uncommon disabilities I have seen in my practice and where Recreational Therapy fits in treating these individuals. We will look at individual case studies and brainstorm the best interventions.

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8:00 –8:15 a.m.

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Marcia Jean Carter, Re.D., CTRS, Professor Emeritus, Western Illinois University-Quad Cities

8:15 – 9:45 a.m.

A Supervisor's Guide for Problem Solving and Decision Making, Using Best Practices in Inclusive Recreation

Heather Andersen, CTRS, MS, Inclusion Manager, Fox Valley Special Recreation Association

People with disabilities are choosing to participate in an inclusive setting more and more and the needs of clients are changing. Inclusion can be a great experience for all involved, but not without challenges. This session will discuss trends, common challenges and how to use best practices when faced with a challenging situation along with other tips and guidelines for providing an the least restrictive environment for clients with a variety of disabilities.

Health Care and Older LGBT Adults

Sandra Klitzing, Ph.D., CTRS, Professor Emeritus, Illinois State University

Increasingly recreational therapists are working with older adults. Among those older adults are people who are LGBT. The session will help recreational therapists create safe environments to prevent discrimination and support the emotional, physical and social well-being of these older adults within the larger context of providing recreational therapy (RT) services. Whether an individual self identifies or not as LGBT, it does not preclude the need for the recreational therapist to provide a welcoming and supportive environment within RT services. Like many aspects of diversity, knowledge of common needs related to being an LGBT older adult will enhance the delivery of RT programming.

What's Up with Docs? The Need for Doctorates in RT Higher Education

Sydney Sklar, Ph.D., CTRS, Assistant Professor & Chair, Recreation, Sport and Tourism Management University of St. Francis

Heewon Yang, Ph.D., CTRS, Professor, Southern Illinois University Carbondale

Peggy Holmes-Layman, Ph.D., CTRS, Professor, Eastern Illinois University

Ever considered a career as a college professor? Recent RT education research confirms there is significant demand for faculty trained at the doctorate level. This session will share information to help you decide if the faculty career path is the right choice for you. We will discuss current status and trends in the faculty workforce, opportunities for doctoral study, financial concerns and funding options, the life of a doctoral student, and the characteristics of careers in higher education. The session will feature a panel of faculty from three universities to share their career paths and insights on career opportunities. If you have ever thought about a career in higher education, get your questions answered here.

Loosen Up with New and Creative Ice Breakers

Donna J. McCauley M.S. C.T.R.S. Professor/Coordinator Recreation Therapy Recreation Management, Moraine Valley Community College

Are you looking for ways to engage and motivate your (participants, clients, residents, patients) to participate in your planned interventions. Join this session as we explore a variety of new and creative ideas for Ice Breakers. Please bring Ice Breaker ideas to share with others! The benefit of this workshop is twofold as these Ice Breakers can be implemented at your facilities for staff development. Facilitating this Ice Breakers can build professional relationships with Inter-disciplinary teams.

9:45 – 10:00 a.m. BREAK

10:00 a.m. – 11:00 a.m.

Creating Art Activity for People with Visual Impairments

Jun Kim, Ph.D., Assistant Professor Department of Health Education and Recreation, Southern Illinois University

Heewon Yang, Ph.D., CTRS, Professor & Department Chair, Department of Health Education and Recreation, Southern Illinois University

This session discuss how to meaningfully plan and implement art activities for clients with visual impairments. The presenters will focus on alternative adaptation strategy to involve the clients in a more inclusive and valuable way. Students, practitioners, and educators with all different skill levels in art are encouraged to attend this session and to share their own ideas and experiences of creative art activities for clients with visual impairments.

Research and Publication: As Easy as APIE

Terry Long, Ph.D., Professor, Northwest Missouri State University

This session will focus on how to tie your daily practice to a research agenda that will make publication easier than you ever thought possible. Similarities between the APIE process and the research process will be presented, along with strategies for building a research agenda within evidence based practice. Basic tips for navigating the publication process will also be discussed, including resources that can help practitioners bridge the knowledge gap that often exists.

Creative Students Share *Fresh New Program Ideas (non CEU session)*

Shannen Loper, Kayla Sistos, Amy Quinlan, Moraine Valley Community College Recreation Therapy Students

Looking for new creative therapeutic interventions? Join this session as our enthusiastic students share their class projects of creating new ideas for programming. Come share in the discussion of modifying and adapting these programs to fit your clients, participants, residents, patients.

11:00 a.m. – 12:30 p.m.

Cultural Competence in Recreational Therapy

Teresa M. Beck PhD, CTRS, Associate Dean of Undergraduate Studies, Grand Valley State University

Recreational Therapy services that are respectful of and responsive to the health beliefs, practices and cultural and linguistic needs of diverse patients can help bring about positive health outcomes. This session will review standards for cultural competence, discuss cultural differences that create conflicts and misunderstandings that may impact the delivery of RT services and provide suggestions for improving skills and competencies when working with diverse groups.

How to Develop a Written Plan of Operation Using the New TR Standards of Practice

Peggy Holmes-layman, Ph.D, CTRS, Professor, Eastern Illinois University

What should be in your Written Plan of Operation for your TR/RT Services? This session will help practitioners identify the information that should be included- topics such as such as philosophy, mission, policies and procedures, staffing, documentation processes, protocols, quality assurance procedures, etc. will be reviewed. The new ATRA Standards of Practice are a guide to develop a Written Plan of Operation and the session will be an opportunity to break into groups to then identify, develop and improve a Plan for their own agency using the SOP.

Therapeutic Recreation Leadership Matters! Utilizing the TR Process to Plan and Implement Quality & Effective TR Programs.

Sheila Swann-Guerrero, MS, CTRS, Adjunct Instructor and Recreation Therapist, University of St. Francis and Jesse Brown Veterans Health Administration

The TR process –APIE is essential to providing TR services. TR program planning and implementation are components of the TR process and are a major responsibility of a CTRS. The planning and implementation of programs that address client's needs through meaningful leisure interventions produce valued outcomes. Attendees will engage in TR interventions utilizing the 3 phases of conducting a group program to expand their knowledge of TR programs, intervention techniques, purposes and the identification of goals to promote healthy leisure lifestyles.

Boundless Playgrounds: Case Study Applying APIE to Inclusion

Marcia Jean Carter, Re.D., CTRS, Professor Emeritus, Western Illinois University
Katherine Morse MS, CTRS, CPRP, Owner, Leisure for Life of Indiana

An introduction to Boundless Playgrounds & review of playground pods and goals with intended populations. Review of observation assessments (FACTR-R, GRST), activity and task analyses, and evaluation of motor and social outcomes. Audience participation in applying APIE to clients with identification of therapeutic outcomes

using assessments and activity and task analyses to identify outcomes and develop recommendations for therapeutic use of Boundless Playground Pods.

12:30 – 1:45 p.m. LUNCH and MEMBERSHIP MEETING

1:45 – 2:45 p.m.

Legislative and Standards Update 2014

Marcia Jean Carter, Re.D., CTRS, Professor Emeritus, Western Illinois University-Quad Cities

Debbie Tiger, MS, CTRS, Assistant Director, Residential/Clinical Services, Cunningham Children's Home

Update on federal legislation including House bill 4755 and state legislative activity including Activity Therapist Series, definition of qualified health care provider, and peer professional activities. Report on NCTRC-ATRA licensure initiative, and status of professional survey on CTRS practice profile in Illinois.

2:45 – 3:00 p.m. BREAK

3:00 – 4:30 p.m.

Therapeutic Recreation Program Accommodations and Modifications

Jacqueline A. Canty, Special Recreation & Veteran Services Coordinator, Oak Lawn Park District

Carrie Gascoigne, CTRS, Therapeutic Recreation Supervisor, Lily Cache Special Recreation Association

This session will be geared towards students and new professionals or those who are new to program planning in an inclusive setting. The session will cover reasonable accommodations, program and activity modifications, and provide tips and techniques on how to overcome programmatic barriers in order to successfully structure a program to be inclusive.

TR Interventions to Address Bullying Behaviors.

Allison Parkhurst, CTRS, Special Therapies Specialist, Cunningham Children's Home

Debbie Tiger, MS, CTRS, Assistant Director, Residential/Clinical Services, Cunningham Children's Home

Bullying is a problematic behavioral issue and must be managed through appropriate assessment and program planning in many TR settings. The session will provide an overview of related concerns, education/intervention solutions, and will present an assessment/evaluation process of a pre/post test and other aspects of a bullying curriculum.

Practice Models for Recreational Therapy

Teresa M. Beck PhD, CTRS, Associate Dean of Undergraduate Studies, Grand Valley State University

Many if not most persons in the Recreational Therapy profession are familiar with the Leisure Ability Model, but unaware that there has been at minimum seven other models that have been published in recreation therapy literature. This session will examine the evolution of practice models, the practice models for the profession, and the role of theory in practice.

3:00 – 5:00 p.m.

Taking the Leadership Challenge: A Framework for Becoming an Everyday Leader in Therapeutic Recreation

Terry Long, Ph.D., Professor, Northwest Missouri State University

Developing a grass roots leadership movement in recreational therapy is a critical part of continued innovation and advancement of the profession. This interactive session will provide a variety of experiential learning opportunities that demonstrate a conceptual framework for leadership developed by Kouzes and Posner and its relevance to therapeutic recreation practice. Key concepts include Modeling the Way, Inspiring a Shared Vision, Challenging the Process, Enabling other to Act, and Encouraging the Heart. Specific behavioral strategies for providing leadership in your daily work will be presented. Each participant will develop a "mini-plan" for implementing these strategies and for developing a leadership agenda within one's agency. Implications for the profession will be discussed.

