

Illinois Recreational Therapy Association Annual Conference

November 14 & 15, 2016

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 14th. 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, 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

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 Annual Conference

Monday – November 14, 2016

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, Editor of the Therapeutic Recreation Journal, Adjunct Faculty at St. Francis University and Central Michigan University

8:30 – 10:00 a.m.

Session #1

Keynote: Advancing Yourself and Your Profession: Professional Advocacy

Sharon Nichols, CTRS/L, Portsmouth, NH

This session will explore the changing health care environment and the changing roles of RT practitioners. It will explore the importance of professional advocacy as a way to assure a place for oneself and ones profession in order to be successful in this new world. The session will also provide a view into the US framework and policies focusing on healthy living, health promotion, and wellness.

10:00 – 10:15 a.m. Break

10:15 – 11:45 a.m.

Session #2

Interprofessional... What? Interprofessional Education and Collaboration in Healthcare

Dawn De Vries, DHA, CTRS, Assistant Professor, Therapeutic Recreation, Grand Valley State University, Grand Rapids, MI

Recreational therapists have long functioned on interdisciplinary teams and facilitated teamwork among their colleagues. The healthcare industry is now talking about interprofessional education and collaboration, and its importance for all disciplines. So, what does this mean for recreational therapists and how can we incorporate it into our practice? A practical example of a community partnership with nutrition and physical activity for youth at risk, which involved recreational therapy; will be shared regarding interprofessional education and collaboration.

Session #3

The Hazards of Bedrest—25 Ways Bedrest Kills and How Recreation Therapy Can Move You Back to Health

*Margaret Baumann, M.D., Chief of Geriatric Medicine, Jesse Brown VA Medical Center, Chicago, IL
Sheila Swann-Guerrero, MS, CTRS, Recreation Therapist, Jesse Brown VA Medical Center, Chicago, IL*

Individuals who are hospitalized or residents of nursing homes often spend many hours each day in bed. However, there is increasing evidence that inactivity and bedrest are very dangerous, leading to many problems including death. We will review the hazards of prolonged rest, including anatomy and physiology, and the development of these entities. We will then explore how Recreation Therapy can positively impact the well-being of these individuals and lower their risk for inactivity and its associated problems.

Session #4

TR and Technology: Utilizing Therapeutic Apps, Tools and Tips for Therapeutic Interventions.

Nicole Cummins, CTRS, Trinity Health, St. Joseph Mercy Hospital, Ann Arbor, MI, Instructor Eastern Michigan University, Ypsilanti, MI

Amy Lucas, TR Student, Eastern Michigan University, Ypsilanti, MI, Activity Assistant, HCR ManorCare, Heartland Healthcare Center of Dearborn, Ann Arbor, MI

Sharmayne Whitehead, CTRS, Eisenhower Center, Ann Arbor, MI

This session will introduce the participant with ideas and tools for utilizing technology using apps to meet treatment goals when working with a variety of patients. Often, we find that our patients are hesitant to attempt to use technology in a prescribed manner due to a perceived barrier, defiance, lack of exposure or expectations. Using the TR process, treatment is therapeutic in a motivational, inspirational, and comfortable manner for both the therapist and the patient. The emphasis of this session will be the discussion and sharing of current therapeutic apps, introductory techniques, and the outcome of therapeutic benefits while building a successful relationship while utilizing technology.

11:45 a.m. – 1:00 p.m. LUNCH

Please note: the following afternoon sessions vary in start time, length and break times

1:00 – 2:30 p.m.

Session #5

Implications of the Affordable Care Act of 2010 for Recreational Therapists

Dawn De Vries, DHA, CTRS, Assistant Professor, Therapeutic Recreation, Grand Valley State University, Grand Rapids, MI

The *Patient Protection and Affordable Care Act of 2010* is one of the most significant recent health policies to be passed in the United States; yet, many recreational therapists know little about it. This session will help recreational therapists understand the development and implementation of the ACA and discuss potential implications that may affect clients and recreational therapists. Implications for assessment, planning, implementation, evaluation and documentation will be shared.

Session #6**Adding the “D” to APIE – Essential Best Practice**

Debbie Tiger, MS, CTRS, Assistant Director, Residential/Clinical Services, Cunningham Children’s Home, Urbana, IL

Session will address how to apply the APIE-D process in TR programming. Presenter will review a program design developed by CTRSs at a residential mental health facility and how the APIE-D process was used. Evidenced-Based Practiced (EBP) will be discussed as it relates to applying the APIE-D process as well.

1:00-3:00 p.m.

Session #7**The New World of Professional Management...Leading with Intention, Managing with Evidence**

Missy Armstrong MS, CTRS/R, FDRT, Manager Rehabilitation Therapies/Psychiatry, Strategic Projects, Harborview Medical Center, Seattle, Washington

This presentation will include evidence based practice standards for managers. Focused attention will be on professional behaviors, standards and goal setting, personnel management and competency development.

2:30 – 3:30 p.m.

Session #8**Reviewing What We Know about Parkinson’s Disease**

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

I remember teaching technical information (e.g., definition, prevalence, etiology, prognosis, etc.) about Parkinson’s disease to my undergraduate therapeutic recreation students. When someone in your family has the disease, however, what you really want to know about are the biopsychosocial impacts on family, self-identity, and quality of life. This session will briefly review what we know and help us identify some of the cutting edge pharmacology and activity interventions that are currently available to people who have Parkinson’s disease.

Session # 9**Distance Education Debunking Myths and Impact on TR/RT Teaching and Learning in TR/RT**

Patricia K. Thomas, MPA, CTRS, TR Certificate Coordinator, Occupational Studies Undergraduate Coordinator, University of Wisconsin – Milwaukee (UWM), Milwaukee, WI

Distance education (DE) is here and growing. According to the Babson Survey Research Group (2015), more than one-fourth of all students, totaling over 5.8 million students, took at least one online course. Over 2.8 million students enrolled in courses exclusively online. However in the TR/RT profession, many myths persist on the quality and technical aspects of DE. This session will focus on addressing and dispelling the myths associated with DE. In addition, the impact of DE in the field will be explored. DE as a viable continuing education option for CTRSs will be one area of focus.

3:00-3:15 p.m. Break for Armstrong/Nichols Sessions

3:15 - 4:45 p.m.

Session #10

Developing Your Leadership Point of View: Exploring Leadership Styles

Sharon Nichols, CTRS/L, FDRT, Portsmouth, NH

The world of healthcare is changing dramatically which requires a very diverse approach to managing and leading therapeutic recreation services. Changes have caused leaders to need to respond differently in leading their teams and in promoting inter-professional collaborations. This session will provide participants with an opportunity to determine their "Personal Leadership Point of View" and be able to understand a variety of professional management styles. The participants will be encouraged to develop their personal managing vision and understand how that can be congruent with their agency's mission, vision and values.

3:30-3:45 Break

3:45-5:15 p.m.

Session #11

Using Cardio Drumming to Achieve Recreation Therapy Outcomes Across All Domains.

Wendy Maran MA, CTRS, CDP, Associate Lecturer, The University of Toledo, Toledo Ohio

The session will discuss and demonstrate how to use cardio drumming as a therapeutic intervention to help with outcome achievement associated with the physical, cognitive, social, emotional, and spiritual domains. This session will explore drumming techniques, drumming music and adaptations to allow cardio drumming to be included as part of an inpatient, outpatient, or community Therapeutic Recreation Program.

Session #12

Generational Flow: Purposeful Activities to Meet a Variety of Needs

Sue Myllykangas, Ph.D., CTRS, Associate Professor, Northwest Missouri State University, Maryville, MO

Professionals in aging care services face a unique dilemma of how to provide meaningful interventions for patients/residents that can span across five decades. The wants and needs of members in each decade can vary greatly. This interactive presentation will provide opportunities to gain an understanding of the unique perspectives, wants, and needs of different aged generations. Practitioners will learn how to use a holistic assessment to determine purposeful interventions that meet the needs of patients/residents while using generational cues to motivate their participation. Opportunities for networking and an idea exchange will be provided

Monday Night Social

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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, Editor of the Therapeutic Recreation Journal, Adjunct Faculty at St. Francis University and Central Michigan University

8:15 – 9:15 a.m.

Session #13

General Session: The Magic of Networking and Why RT's Are So Good At It

*Missy Armstrong MS, CTRS/R, FDRT, Manager Rehabilitation Therapies/Psychiatry Strategic Projects
Harborview Medical Center, Seattle, Washington*

Before match.com, social media, Linked in and Facebook there were acknowledged standards of professional networking. These 1980 standards still hold true today and the RT is already on board.....Focused attention will be on professional behaviors, standards and goal setting, personnel management and competency development.

9:15-9:30 a.m. Break

Please note: the following five sessions vary in start time and length

9:30-10:30 a.m.

Session #14

Involvement in TR Organizations

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

Involvement in state and national TR organizations can provide a CTRS with valuable experiences including networking, skill development, advocacy efforts and much more. The top ten reasons to get involved will be discussed per a national voluntary poll of CTRS'. Student involvement will also be discussed and the impact of getting involved at an early point in one's career. Barriers to being involved in TR committee and board work will be discussed and challenges to those barriers will be addressed..

9:30-11:30 a.m.

Session #15

Getting in the Groove: Utilizing Rhythm as a Facilitation Tool for Auditory Team Building in Therapeutic Recreation Programming

Megan Behm, MS CTRS RN BSN, Mercy Medical Center, Oshkosh, WI

Want to shake things up? Rhythm could be just the ticket. It is powerful, draws people in, and pulls them together. Rhythm is an energizing, motivating, and fun way to shake up team building or any Therapeutic Recreation programming. Not a musician? Don't think you have rhythm? Check your pulse. If you have one, then you have rhythm. This interactive session will explore how to tap into the vast therapeutic

benefits of rhythm-based activities. Discussion will also include how to incorporate rhythm modalities on a tight budget, as well adapting activities/instruments. You don't need a music background to utilize this powerful modality.

Session #16

Cultural Competence: Utilizing the TR process with the International Patient

Nicole Cummins, CTRS, Trinity Health, St. Joseph Mercy Hospital, Ann Arbor, MI, Instructor, Eastern Michigan University, Ann Arbor, MI

This session will introduce the techniques of Cultural Competence and Patient Centered care and will discuss the needs of the international patient incorporating cultural components, diversity, and inclusion within the American Health Care system. A review of 4 case studies will be shared. Using the TR process, cultural competence with assessments, treatment planning, implementing, and evaluating will be explored. Lifestyles including customs, culture, religion, food preference, verbal and nonverbal language, manners, and space requirements will be discussed when comparing the expectation of the international patient. Participants will be provided with ideas for meeting the needs of international patients within TR programs.

10:30-11:30 a.m.

Non CEU Session

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. 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.

Session #17

Advancement of the Profession through Distance Education - Success Stories

*Gina M. Diliberti, MS, CTRS, Experiential Therapist I, Rogers Memorial Hospital, West Allis, WI
Patricia K. Thomas, MPA, CTRS, TR Certificate Coordinator, Occupational Studies Undergraduate Coordinator
University of Wisconsin, Milwaukee (UWM), Milwaukee, WI*

Distance education (DE) has helped advance the profession of recreation therapy. This session will provide the audience several examples of how professionals in the field of recreation therapy used distance education to advance their knowledge, skills and abilities and credentials.

11:30 a.m. – 1:00 p.m. LUNCH, MEMBERSHIP MEETING and AWARDS

1:00 – 2:30 p.m.

Session #18

Using Cardio Drumming to Achieve Recreation Therapy Outcomes Across All Domains

Wendy Maran MA, CTRS, CDP, Associate Lecturer, the University of Toledo, Toledo Ohio

The session will discuss and demonstrate how to use cardio drumming as a therapeutic intervention to help with outcome achievement associated with the physical, cognitive, social, emotional, and spiritual domains. This session will explore drumming techniques, drumming music and adaptations to allow cardio drumming to be included as part of an inpatient, outpatient, or community Therapeutic Recreation Program.

Session #19**Chronic Illness: The Spiritual Side of Therapeutic Recreation***Sue Myllykangas, Ph.D., CTRS, Associate Professor, Northwest Missouri State University, Maryville, MO*

The spiritual domain of health and wellness can be difficult for a CTRS to address. There's much more to spiritual health than church attendance or religious programming. This presentation offers attendees an inside look at how chronic illness affects leisure behaviors. Stemming from research conducted with older women with HIV/AIDS and the presenter's personal struggles with chronic illness, this session will provide practitioners with a better understanding of the barriers faced by some participants and approaches to use to reduce these barriers. An opportunity to personally experience the challenges of chronic illness will be offered. Attendees will come to better understand the therapeutic role of spirituality and how it links to selection of leisure activities for participants with chronic, progressive illnesses.

Session #20**The Importance of Multiculturalism in Recreational Therapy***Sandra Klitzing, Ph.D., CTRS, Professor Emeritus, Illinois State University*

At times when watching the news of the day, it seems as though civility is lost. We hear of groups of people being separated and pitted against one another. Unfortunately we see this lack of inclusion and acceptance in schools, communities, and even at times in health care. It is important that recreational therapists examine their understanding of diversity and multiculturalism in order to provide inclusive and appropriate services.

Session #21**Audio-Visual Ecotherapy at Indoor Settings: The Report of Pilot Test among the TR Students and Specialists***Jun Kim, Assistant Professor, Ph.D., Southern Illinois University Carbondale, Carbondale, IL**Robert Rados, Ph.D. & Instructor, Southern Illinois University Carbondale, Carbondale, IL**Namyun Kil, Instructor, Ph.D., Southern Illinois University-Carbondale, Carbondale, IL*

The concept of 'Indoor Ecotherapy' is regarded as an applied eco-psychology and refers to healing and growth that can be nurtured by healthy interactions while appreciating natural views and sounds. At 2015 ILTRA, presenters successfully demonstrated audio-visual methods for attendees to experience a form of 'Indoor Ecotherapy', by using technology to combine nature photographs accompanied by a variety of musical and natural sounds. The tranquility scale was used to measure relaxation level among 90 attendees of ILTRA conference. The purpose of this session is to extend the discussion of effective settings of indoor ecotherapy based on statistical findings and analyses. Also, operative APIE process will be reviewed in order to optimize the effectiveness of Indoor Ecotherapy in a variety of therapeutic settings.

2:30-2:45 p.m. BREAK**2:45-4:15 p.m.**Session #22**No Cans or Cookie Cutters! Avoiding Canned Responses/ Cookie Cutter Programming. Facilitation Techniques that Create Community/ Connection through Contemplative Conversation.***Megan Behm, MS CTRS RN BSN, Mercy Medical Center, Oshkosh, WI*

Ever have a great therapeutic recreation intervention fizzle when it comes time to process the experience? Suddenly participants who were engaged are not making eye-contact, staring blankly, or worse yet, giving you the dreaded eye-roll. Do you find yourself lecturing or getting pat answers? This interactive session presents an effective and engaging reflective debriefing method that is easy to learn yet complex enough to take discussions beyond superficial canned responses. Participants will learn how to utilize the presented techniques to address therapeutic recreation outcomes. Discussion will address how the presented techniques are not limited to team building interventions, and how they can be utilized to enhance a wide range of therapeutic recreation modalities. Participants can also expect to walk away with useful tools to start and keep conversations moving.

Session #23**Generational Diversity of Recreation Therapist Across The Workplace**

Donna J. McCauley PhD CTRS, Recreation Therapy Professor, Moraine Valley Community College, Palos Hills, Illinois

This session will prepare Recreation Therapy professionals in understanding the values and beliefs of different generations in the workplace. Recreation Therapists as professionals may benefit from knowing how the generational norms impact the work dynamic. This session will address how understanding the standards and principles of different generations will facilitate effective leadership.

Session #24**The Impact of the APIE Process on the Service Delivery of Inclusive Recreation**

Heather Andersen, CTRS, EdD, Adjunct Instructor, University of St. Francis, Joliet, IL

Is the APIE Process really easy as pie? The APIE Process is considered a “best practice” in the field of Recreation Therapy. This session will discuss the research study which looked at the relationship between the special recreation association, member park district, families, and the APIE process. This session will provide an overview of the case study, the methodology used, and the study’s findings, challenges to successful inclusion and recommendations.