

# Illinois Recreational Therapy Association Annual Conference

## November 6 & 7, 2017

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 \$114.00 per room, per night. The block of rooms will be held for ILRTA attendees until October 15th. 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 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 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, and 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](mailto: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 6, 2017

**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: What Does it Mean for a Recreation Therapist to Work at the Top of Their Credential**

*Mary Ann Keogh Hoss, PhD, CTRS, FACHE, FDRT, Professor and Program Director Health Services Administration, Eastern Washington University, Spokane, WA*

This session will explore the movement by clinical disciplines to broadly define their practice. Discussed will be possible avenues for recreational therapy to define its practice in relationship to this movement.

**10:00 – 10:15 a.m. Break**

**10:15 a.m. – 12:15 p.m.**

**Session #2**

**More Than Cornbread, Hot dogs and Tacos”: Culturally Competent Therapeutic Recreation Practice - A Matter of Respect**

*Jennie Stoner, M.S., C.T.R.S., Consultant, Quality Care Consulting, St. Charles, IL*

This session will look at the impact culture has on therapeutic relationships in T.R. Participants will critique TR policies, practices and interventions through a cultural lens and then focus on ethical responsibility and action.

**Session #3**

**Create and Deliver a Quality Recreation Therapy Conference Session**

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

Presenting at a recreation therapy conference has value to you as a CTRS and to the profession overall. What are the barriers keeping you from presenting? This interactive session will focus on the creation and implementation of a quality RT session. Focus will also be on meeting the requirements for the NCTRC CEU pre-approval process.

**Session #4**

**“Not today...Go away!”: Motivating older adults to participate in your programs.**

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

How many times have you been told “Not today...Go away!” by the assisted living, long-term, or skilled care residents you are serving? Have you ever wondered why they don’t want to participate? This interactive, applied session offers attendees an opportunity to unravel the mystery, investigate the current programming you are offering to identify possible issues, and design new approaches to improve participation by reluctant residents.

**12:15 – 1:30 p.m. Lunch**

**1:30 – 3:00 p.m.**

**Session #5**

**Exploring Social Skill Outcomes of Recreation Therapy**

*Marcia Jean Carter, Re.D., CPRP, CTRS, Professor Emeriti and Adjunct Faculty, University of St. Francis, Central Michigan University, Cortland SUNY, Wendy Maran, MA, CTRS, CDP, Associate Lecturer, University of Toledo, Toledo, Ohio*

Participants will review the commonly accepted social skill hierarchy and the principles of activity and task analysis to identify potential social outcomes garnered through recreation therapy experiences. Existing assessment tools with social interaction observation criteria will be viewed. Participants will consider social interaction outcomes generated through various interventions along with the strategies to measure functional outcomes including an overview of a pilot documentation form currently being developed and evaluated at a project site.

**1:30 – 3:00 p.m. continued**

**Session #6**

**Sharing One's Lifestory as a Recreation Therapy Intervention**

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

*Chelsey Byers Gerstenecker, MA, CTRS, Family Life Educator, University of Illinois Extension Champaign, IL*

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

**Session #7**

**Coma by Allergy: TR's Role In Recovery for Anoxic Brain Injury**

*Nicole Cummins, CTRS, Part-time Lecturer, Eastern Michigan University, Ypsilanti, MI, Recreational Therapist Clinical Specialist, University of Michigan, Michigan Medicine, Ann Arbor, MI*

*Karen Goodman, CTRS, Recreational Therapist, Trinity Health, St. Joseph Mercy Hospital Ann Arbor MI*

You probably know someone with an allergy but never thought that it could result in a coma, brain injury, or death. As more people are diagnosed with allergies, the impact of a reduction in quality of life and the use of their community is an unfortunate reality. Using current allergy research, EBP and the TR process, this session will educate participants about common food and environmental allergies, and provide the CTRS with resources and valuable tools for planning effective leisure education, community reintegration, and clinical treatment sessions when working with clients who have anoxic brain injuries resulting from severe allergic reactions.

**3:00 – 3:15 p.m. Break**

**3:15 – 4:45 p.m.**

**Session #8**

**Using Cardio Drumming Techniques in Recreation Therapy Practice**

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

*Cardio Drumming is usually associated with increasing physical ability; however cardio drumming techniques have many benefits that align with recreation therapy outcomes. Utilizing beats and patterns in learning has been shown to improve carryover, increase creativity, improve mental awareness and reduce stress and aggressive feelings. This session will explore how to incorporate common cardio drumming techniques and adaptations into Recreation Therapy programming regardless of population and age range, or diagnoses. Participants will learn, practice and discuss common drumming techniques and consider how specific techniques can be utilized to assist in Recreation Therapy outcomes especially in the area of cognitive, social and emotional domains.*

**Session #9**

**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*

*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.

**3:15 – 4:45 pm continued**

**Session #10****Master's Degree as Entry Level into the Profession: Background and Update on Status of Discussions**

*Teresa M. Beck PhD, CTRS, Professor and Associate Dean, College of Health Professions, Grand Valley State University, Grand Rapids, MI*

In the last two years there has been discussion in the therapeutic recreation profession as to whether entrance into the profession should stay at the baccalaureate level or be increased to the master's level. Many allied health science professions are already at the master's or clinical doctorate level and others are considering a master's degree (i.e. music therapy). ATRA appointed a Higher Education Task Force with one of its goal to make a recommendation to ATRA regarding entry level education. This session will look at issues leading up to this discussion and provide a status report of the ATRA Higher Education Task Force.

**Monday Night Social**

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## Illinois Recreational Therapy Association Annual Conference

### Tuesday – November 7, 2017

**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 #11****General Session: Are You Providing Programs and Services that Meet the Agency/Department Mission?**

*Teresa M. Beck PhD, CTRS, Professor and Associate Dean, College of Health Professions, Grand Valley State University, Grand Rapids, MI*

All agencies and most departments within an agency have a mission or purpose statement this is used to define and drive the organization or department. Can you identify, without looking, what is your organization's or department's mission statement? An agency or departmental mission statement should be at the forefront at the development, implementation, and evaluation of agency/department programs and services. This session will be provide general programming strategies to make certain that programs support the agency mission.

**9:15-10:45 a.m.**

**Session #12****Storytelling and Story-making in Therapeutic Recreation: Tapping into the Therapeutic Power of Story.***Megan Behm, MS CTRS RN BSN, Mercy Medical Center, Oshkosh, WI*

Since the beginning of time, stories have been used to explore, understand, communicate, and teach. Today, though the majority are “plugged-in” many remain “unconnected. Tales and/ or myths from around the world can hold personal meaning to any who listens. By connecting with the content of a story, teller and listener alike may connect with the past, their inner voice, process experiences, develop deeper understanding, and connect with others. This session will illustrate how storytelling and story-making may be incorporated into current Therapeutic Recreation programming as a therapeutic intervention to; exercise the imagination, as an outlet for self-expression, a processing tool, and as a creative/ entertaining modality for addressing the emotional, social, and cognitive needs of clients.

**Session #13****Recreation Therapy Internships: The How, What, Where, and Why of Blending Requirements to Create a Valuable and Comprehensive Internship Experience.***Wendy Maran, MA, CTRS, CDP, Associate Lecturer in Recreation Therapy, University of Toledo, Toledo, Ohio Nicole Cummins, CTRS, Part-time Lecturer, Eastern Michigan University Ypsilanti, MI, Recreational Therapist Clinical Specialist, University of Michigan, Michigan Medicine, Ann Arbor, MI 48109-5046*

In 2013 NCTRC updated and changed requirements for the Internship in Recreation Therap. These changes have created questions and different needs required in all involved parties associated with Recreation Therapy Internship experience. This session is appropriate for both the clinician and student. The presentation will include what the current NCTRC requirements and timelines are for student, agency, supervising recreation therapist and the sponsoring University in the TR internship process. The session will discuss how to integrate both clinical and community programs to assist with the clinical/Internship opportunities for students to promote a more integrated future of Therapeutic Recreation. How to start and design an internship program and design and implement a manual for internship will also be discussed. Participants will be invited to share their internship ideas and concerns that may be associated with supervising Recreation Therapy interns. Both presenters have extensive experience with Recreation Therapy internships from both an academic and clinical background

**Session #14****If you don't document it...it didn't happen!: Creating a professional network to document and share the outcomes of Therapeutic Recreation interventions.***Sue Myllykangas, Ph.D, CTRS, Associate Professor, Northwest Missouri State University, Maryville, MO*

As Therapeutic Recreation professionals, we know that the services we provide are valuable but how do others know of the benefits? Documentation is often required as part of a CTRS's job tasks. However, documenting outcomes and sharing results at an individual participant or departmental level is not enough. It is important that we share our results and outcomes of interventions at agency, organizational, and professional levels too. This session offers you opportunities to discuss purposeful therapeutic interventions and outcomes from your own practice, network with other TR professionals and learn about the successes of TR interventions employed by them, explore ways to gather and share information supporting evidence based practice (EBP), and ways to advocate for the profession while sharing outcome information with others such as administrators, staff, practitioners, researchers, and professional organizations. You are encouraged to reflect, before attending the session, on your most successful interventions and resulting outcomes to share during the discussion in this interactive session.

**Session #15****Best Practices in RT with ASD: Maximizing Participant Strengths**

*Marcia Jean Carter, Re.D., CPRP, CTRS, Professor Emeriti and Adjunct Faculty, University of St. Francis, Central Michigan University, Cortland, SUNY*

*Caroline Kracium CTRS, Owner, Beyond Recreation of Indiana, Ossian, IN*

*Katy Akyol, Recreation Therapist, Elim Christian School, Palos Heights, IL*

*Julie Eggleston, M.S., CTRS, Executive Director, Kishwaukee Special Recreation Association, DeKalb, IL*

Participants will receive information on the 2013 DSM 5 characteristics and support levels of ASD. A summary list of best practices from recent RT literature review to deliver interventions according to APIED will be shared. First-hand experience and perspectives of parents, teachers, and practitioners on strategies to capitalize on participants strengths during RT to facilitate success and contribute to evidence-based outcomes will also be shared.

**10:45 – 11:00 a.m. Break**

**11:00-12:00 p.m.**

**Session #16**

**Using Nature Programming as an Intervention in Recreational Therapy Services.**

*Carrie Gascoigne, CTRS, Therapeutic Recreation Supervisor, Bolingbrook Park District – Lily Cache Special Recreation Association, Bolingbrook, IL*

*Melinda Weaver, Environmental Education Manager, Bolingbrook Park District, Bolingbrook, IL*

This session is geared towards professionals who provide recreational therapy interventions for individuals who are developmentally, cognitively, or physically impaired. The session will address how using nature programming in RT services can positively impact 4 domains of personal wellness and aide in a better quality of life for individuals. Examples of nature programming using the APIE (D) process will be addressed in this presentation while looking at modifications and adaptations to meet the needs of various levels of functioning.

**Session #17**

**Substance Abuse – Providing Recreation Therapy to Adult Substance Abuse Inpatient Population**

*Lisa Noble, CTRS, Lead Experiential Therapist, Rogers Memorial Hospital Milwaukee, WI*

There are many challenges a CTRS must face working in an adult substance abuse inpatient program. This session will focus on the recreation therapy program at Rogers Memorial Hospital and how a variety of challenges are addressed as the APIED process is implemented. Using a group interactive process, participants will have an opportunity to identify their own challenges and solutions to providing quality treatment interventions to meet the patient's needs. Participants will also have the opportunity to share treatment ideas.

**Session #18**

**Let's Go Fly a Kite: Delivering One on One Interventions in the Community.**

*Katherine M. Morse, CTRS, Owner - Leisure for Life of Indiana, Fort Wayne, Indiana*

*Caroline Kracium CTRS, Owner – Beyond Recreation of Indiana, Ossian, Indiana*

With the increasing number of people with disabilities living in community settings recreational therapists must apply the APIED creatively and effectively to deliver participant centered services while realizing community assets. The session will review the application of each APIED step and the interrelationships of community professionals as individual program plans are developed.

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.

**12:00 – 1:30 p.m. Lunch, ILRTA Members' Meeting and Awards**

1:30 – 2:30 p.m.

**Session #19**

**Executing Leadership Techniques to Enhance Professional Role as Recreation Therapists**

*Donna J. McCauley PhD, CTRS, Professor/Coordinator Recreation Therapy, Moraine Valley Community College, Palos Hills, IL*

This session will highlight effective leadership/facilitation techniques to implement in your day to day practice as a Recreation Therapist. Helpful leadership/facilitation techniques include verbal and non-verbal communication skills, conflict management, motivation, and specific professional behaviors. An active discussion will take place to identify valuable leadership/facilitation techniques for enhancing one's professional role as a Recreation Therapist. Role-playing to demonstrate effective ways to implement leadership techniques will also be presented.

**Session #20**

**Video Game Therapy as an Intervention for Children With Disabilities**

*Hans Concepcion, University of St. Francis, Joliet, IL*

Childhood obesity, autism spectrum disorder, and developmental disability are among a long list of physical and cognitive conditions facing many youth today that can all benefit from a treatment program that includes a video game therapy intervention administered by a recreation therapist. Video game therapy is a modern method of assistive technology treatment that uses interactive video games to promote health benefits. This session will examine evidence-based outcomes of the positive effects of therapeutic video games and digital assistive technology particularly for children with obesity and children with mental or developmental disorders.

**Session #21**

**Lets Talk About Sex: A Discussion of the Role of the CTRS in the Provision of Sexual Education Programs**

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

Human sexuality and sexual expression is a natural part of a healthy satisfying life. Yet, the sexual lives of persons living with disabilities has been stigmatized and minimized in society. This session will focus on a frank discussion on human sexuality for persons living with a disability. Stigmas will be discussed. Time will be devoted to a discussion on how the provision of a sexual education program may fall under the duties and responsibilities of the CTRS. Competencies needed and strategies to obtain competence will be discussed. Components of a quality RT program focused on sexual education will be discussed with examples shared. Please note: a short video with explicit scenes and language will be shown that some audience members may find disturbing. This session is intended for mature adults who desire an open and honest discussion.

**Session #22**

**Visual Arts as a Therapeutic Recreation Intervention**

*Katharine Pawelko, Ph.D., Professor, Western Illinois University, Macomb, IL*

*Julie Eggleston, M.S., CTRS, Executive Director, Kishwaukee Special Recreation Association DeKalb, IL*

*Katherine M. Morse, M.S., CTRS, Executive Director, Leisure For Life of Indiana, Fort Wayne, IN*

Mandelas, kaleidoscope patterns, stained glass windows, botanical scenes, favorite animal sketches. A focus on therapeutic uses of art in leisure education and RT programs for General Anxiety Disorder, ADD/ADHD, PTSD, and Alzheimer's Disease and Other Dementias. The documented outcomes of art will be reviewed with the characteristics of the intervention with each population considered. Participants will engage in an art form appropriate to each population and identify how the intervention may be adapted to their particular clientele in their TR programs. Evidence from studies on the use of art as an intervention in RT will be summarized.

2:30 – 2:45 p.m. Break

3:30 – 5:00 p.m.

**Session #23****Recreational Therapy Workforce**

*Mary Ann Keogh Hoss, PhD, CTRS, FACHE, FDRT, Professor and Program Director Health Services Administration, Eastern Washington University, Spokane, WA*

This session will examine where RT/TR jobs have been and where they are currently. Trends in sectors of the health service continuum will be reviewed for RT/TR jobs.

**Session #24****Evidence-Based Practice in the Community: Lessons Learned from the NSCD Therapeutic Horseback Riding Program**

*Julie Jandeska, Student, University of St. Francis, Joliet, IL*

*Haley Evans, Student, University of St. Francis, Joliet, IL*

*Sydney L. Sklar, Ph.D., CTRS, Professor and Department Chair and*

*Marcia Jean Carter, Re.D., CPRP, CTRS, Adjunct Instructor, Student Advisors  
University of St. Francis, Joliet, IL*

There has been an increased emphasis on evidence-based practice in the therapeutic recreation profession to meet the need for practitioners to demonstrate through measurement the effectiveness of services. The University of St. Francis in partnership with the National Sports Center for the Disabled (NSCD) has developed an evidence-based practice process to assess and document outcomes of a therapeutic horseback riding program. In this session, attendees will review the NSCD instrument and procedures, and learn how to modify this evidence-based practice model for application in other therapeutic recreation settings.

**Session #25****Sticks and Stones May Break My Bones, and Words May Also Hurt Me: Senior Bullying in Your Long Term Care Community**

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

*Karla Belzer, MS, CTRS, Family Life Educator, University of Illinois Extension, Sterling, IL*

While most people think of bullying as something done to children by other children, bullying can be perpetrated and experienced by people of any age – including older adults in long term care and other settings. To address this emerging area of concern, this session will focus on defining senior bullying, understanding bullying behavior, and discovering the impact of bullying on both victims and bystanders. Potential interventions and strategies to create a respectful, caring community will be emphasized.

**Session #26****Planting a Seed for Leisure**

*Jayne Joyce, CTRS, Recreation Therapist, Jesse Brown VA Medical Center*

*Sheila Swann-Guerrero, MS, CTRS, Recreation Therapist, Jesse Brown VA Medical Center*

*Kevin Campbell, Horticulture Volunteer, Jesse Brown VA Medical Center, Chicago, IL*

Gardening is considered the most popular leisure activity of Americans. Studies have reported horticulture can reduce stress, promote well-being, improve client outcomes and more. This is especially important for the growing elderly population. We will explore how Recreation Therapy can utilize horticulture for the rehabilitation of individuals with medical and mental health problems, featuring Jesse Brown Veterans Administration Medical Center RT Horticulture/Gardening program. Program development, benefits of community gardening, results of program as well as challenges will be shared.