

11:00 - 12:00 p.m.

Session #20

Quality Community-based TR Internships

Nicole Kohler, CTRS, SOAR Program Manager, City of Bloomington Parks & Recreation, Bloomington, IL
Rachel E. Smith, CTRS, Instructional Assistant Professor, Illinois State University, Normal, IL

Supervising internship experiences is not only a collaborative effort between the agency and the University, but also between the internship supervisor and the student. Providing a well-rounded quality internship in a community setting can be a challenge, but also a very valuable experience for the next generation of recreation therapists. This session will discuss ways to implement the job task analysis requirements set forth by NCTRC while providing a comprehensive internship experience for the student. All topics will revolve around supervising internships in a community-based setting with input from various agencies and universities. We will discuss compensation, intern projects, agency agreements, assessment, communication and more. Bring your questions and ideas for this informative and interactive session.

Session #21

Strategic Planning for the Future: Creating an Active Strategic Plan for ILRTA with Member Assistance

Tracey Crawford, MS, CTRS, CPRP, Executive Director, Northwest Special Recreation Association, Rolling Meadows, IL
Julie A. Eggleston, CTRS, MS, Instructor, Western Illinois University, Macomb, IL

This session is to assist in increasing the audience's knowledge of the strategic planning process and how to apply the process in assisting the ILRTA organization to create its own strategic plan and action steps. Update, on Board discussion regarding vision, mission, values with participation of audience and review of member input thus far to create an active strategic plan.

12:00 – 1:45 p.m.

Lunch, ILRTA Members' Meeting and Awards in the Maple Room

1:45 - 2:45 p.m.

Session #22

Recreational Therapy Interventions to Foster Positive Growth and Manage Behaviors among Individuals on the Autism Spectrum

Katherine M Morse, CTRS, Owner Leisure for Life of Indiana, Fort Wayne, IN

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

This session will overview best practices and evidence-based practices on interventions, modalities and specific leadership strategies that promote success and achievement of recreational therapy goals among youth and adults with ASD.

Session #23

Sundowning Syndrome and Indoor Ecotherapy: An Effective Therapeutic Recreation Service

Robert Rados, Ph.D., MHA, Assistant Professor, Southern Illinois University Carbondale, Health Care Management Program, School of Allied Health, Carbondale, IL

Jun Kim, Ph.D., Assistant Professor, Southern Illinois University, Department of Public Health and Recreation Professions, Carbondale, IL

Namyun Kil, PhD, ICGIS, CTRS, Assistant Professor, University of Wisconsin-La Crosse, Department of Recreation Management and Therapeutic Recreation, La Crosse, WI

Contributing Researcher: Shintaro Kono, Ph.D, Assistant Professor, Southern Illinois University, Department of Public Health and Recreation Professions, Carbondale, IL

Previous research conducted by these researchers utilized “indoor ecotherapy” as a therapeutic recreation activity (TRA) for ten residents living in a memory care unit at a Midwest long-term care facility. The TRA consisted of viewing a video of nature photographs, with classical music that appeared to improve residents’ tranquility levels and enhanced their subsequent quality of life experiences.

This session will review how the same TRA regime of “indoor ecotherapy” was used with memory care residents, who experience “sundowning” (sundown syndrome), which is a neurological phenomenon associated with increased confusion and restlessness occurring in the afternoon and evening. The benefits and implications for use of “indoor ecotherapy” as an accepted TRA with residents with dementia will be discussed.

Session #24

Therapeutic Expression through Creative Crafting

Susan M. Winstead, CTRS, Des Plaines, IL

Session will focus on therapeutic process of creating a craft item through reminiscent or memory process. The use of crafting as a modality to allow participant to use functional skills and address psycho-social, cognitive, sharing/turn-taking through expressive arts will be addressed. Different medium will be explored using conventional craft supply materials with instruction to create a therapeutic experience for the participant. Discussion on adapting the craft project for any age group or ability will be featured. A variety of strategies to incorporate the therapeutic recreation process into final product will be explored.

2:45 – 3:00 p.m. Break

3:00 – 4:30 p.m.

Session #25

Adapted Therapeutic Gardening: Assessing needs, designing spaces and creating purposeful interventions

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

Increasingly, professionals in RT/TR are finding themselves in charge of maintaining garden and outdoor spaces; often without any experience and limited knowledge. These spaces can be used therapeutically if designed correctly. This session will share information and results from a therapeutic gardening partnership with a facility treating persons with traumatic brain injuries. Information regarding the partnership, process of the needs assessments, design of the sensory garden space, therapeutic interventions, and results from the partnership will be presented. Learn to use the APIE Process to design and utilize therapeutic spaces.

Session #26

Involvement in TR Organizations

Debbie Tiger, MS, CTRS, LPC-Candidate, Director, Chickasha Public Schools, Alternative Education, Chickasha, OK

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's. 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.

Session #27

Stroke Survivor Support Group; Developing and Maintaining a Community Educational Program for Stakeholders.

*Sheila Bender, CTRS, PPS Process Specialist, Silver Cross Hospital, Shirley Ryan Abilitylab, New Lenox, IL
Penny Eriks, BSN, RN, Silver Cross Hospital, New Lenox, IL
Stroke Support Group Survivors and Family Members*

This session will look at one particular community support group effectively facilitated for over 6 years. Benefits of support groups, role of RT/TR will be discussed, and results of a recent membership survey will be shared. This presentation will also include a panel of Stroke Survivors and their families discussing their experience and personal outcomes of their support group involvement.