



## Illinois Recreational Therapy Association Virtual Conference

November 1- December 6, 2021

### Session: 1

Recreational Therapy: Responding to the Loneliness Epidemic (.15 ceus)

### Session: 2

Clinical Supervision in Recreational Therapy Practice (.15 ceus)

### Session: 3

COVID - 19 Pandemic on TR: Early Observations in Practice and Higher Education (.15 ceus)

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Inclusion Matters: Tools to Promote Inclusion during Turbulent Times (.1ceus)

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### Session: 1

## Recreational Therapy: Responding to the Loneliness Epidemic (.15 ceus)

Karen Carnicello Wenzel, CTRS, CPRP, FDRT, PhD Candidate, Lecturer, University of Utah, SUNY Cortland

### Session Description:

Even before COVID-19, social isolation and loneliness had reached epidemic levels. The current statistics on loneliness span all age groups and demographics. Loneliness is associated with negative physical, mental and emotional well-being outcomes. In this session we will explore the loneliness epidemic and identify evidence-based strategies for RT intervention.

### Learning Outcomes:

Upon completion of this session, participants will:

1. Reflect upon personal experience with loneliness.
2. Define the difference between loneliness and social isolation.
3. Describe why loneliness is considered an epidemic.
4. Identify health and cognitive impacts of social isolation and loneliness.
5. Review valid and reliable instruments used to measure loneliness, social connection, and isolation.
6. Identify recreational therapy interventions that can be used to address loneliness and social isolation.

**NCTRC Job Analysis Areas:**

- Assessment Process: Selections and Implementation of Assessment, Assessment Domains
  - Implementation: Modalities and/or Interventions
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**Session: 2****Clinical Supervision in Recreational Therapy Practice (.15 ceus)**

- Lynn Anderson, CTRS, CPRP, FDRT, FALS, Distinguished Service Professor, SUNY Cortland Recreation, Parks and Leisure Studies Dept., Cortland, NY
- Jason Page, CTRS, Master CASAC, Assistant Professor, SUNY Cortland Recreation, Parks and Leisure Studies Dept., Cortland, NY
- Melissa Zahl, CTRS, Associate Professor, University of Utah Department of Occupational & Recreational Therapies, Salt Lake City, UT
- Sandra Negley, CTRS, Associate Professor (Lecturer) Emeritus, University of Utah Department of Occupational & Recreational Therapies, Salt Lake City, UT

**Session Description:**

There is an increased need for more effective clinical supervision across health and human services. This urgency is motivated by growing pressure to improve professional competency and ensure quality services to participants in an increasingly outcome-driven environment. This session will explore what clinical supervision is, the current status of clinical supervision in recreational therapy, how other disciplines implement clinical supervision, and a discussion of a model for clinical supervision for the future in our field.

**Learning Outcomes:**

Upon completion of session participants will:

1. Identify at least 5 core principles and practices in clinical supervision.
2. State 3 challenges in clinical supervision for recreational therapy.
3. Identify at least 5 effective practices for clinical supervision to strengthen its use in RT in the future.

**NCTRC Job Analysis Areas:**

- Advancement of the Profession: Professionalism, Credential Maintenance/Professional Competencies

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## Session: 3

### **COVID - 19 Pandemic on TR: Early Observations in Practice and Higher Education (.15 ceus)**

- Donna Gregory, PhD, MBA, CTRS, Chief, Recreation Therapy, National Institute of Health, Clinical Center, Silver Spring, MD
- Taylor Hooker, MS, CTRS, ACSM-CIFT, CARSS-II, NBC-HWC, Recreation Therapist, Washington, DC VA Medical Center, Virginia Beach, VA
- Patricia Thomas, MPA, CTRS, Clinical Associate Professor, TR Certificate Coordinator, University of Wisconsin-Milwaukee (UWM), Greenfield WI

#### **Session Description:**

The COVID-19 Pandemic resulted in many changes across many aspects of life. This session will explore the early impact of the pandemic on RT practice and higher education. Emerging trends/changes to the provision of RT services in a few different settings will be explored. Changes to higher education in general and specific to TR programs will also be explored.

#### **Learning Outcomes:**

Upon completion of session participants will:

1. Identify at least one target area or population where RT could be integrated post-pandemic and in preparation of future national emergencies.
2. Restate at least 2 emerging trends related to RT practice as a result of the pandemic.
3. Identify at least 2 emerging trends related to RT higher education as a result of the pandemic.

#### **NCTRC Job Analysis Areas:**

- Implementation: Modalities and /or Interventions
  - Advancement of the Profession: Credential Maintenance/Professional Competencies
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## Session: 4

### **Inclusion Matters: Tools to Promote Inclusion during Turbulent Times (.1ceus)**

- Dr. Lynn Anderson, CTRS, CPRP, FDRT, FALS, Distinguished Service Professor, Director, SUNY Cortland Recreation, Parks and Leisure Studies Department and the Inclusive Recreation Resource Center
- Dr. Jason Page, CTRS, Master CASAC, Assistant Professor, Assistant Director, SUNY Cortland Recreation, Parks and Leisure Studies Department and the Inclusive Recreation Resource Center

#### **Session Description:**

Inclusion is more important than ever in these times of pandemic, isolation, and divisiveness. Bringing people together through play and recreation in a spirit of equity and inclusion enhances the well-being of individuals, neighborhoods, communities, and our society. This session will highlight the researched benefits of inclusion of people of all abilities in recreation and share a wealth of resources and tools the Inclusive Recreation Resource Center offers to help you promote inclusion in your corner of the world.

**Learning Outcomes:**

Upon completion participants will:

1. Be able to list at least 3 benefits of inclusion for individuals, communities, and our society.
2. Be able to list at least 3 tools available to help promote inclusion at their agencies or neighborhoods.
3. Identify one action plan to promote inclusion at their agency or in their community.

**NCTRC Job Analysis Areas:**

- Foundational Knowledge: Theories and Concepts, Practice Guidelines
- Assessment Process: Selections and Implementation of Assessment
- Implementation: Selection of Programs, Modalities and/or Intervention
- Administration of TR/RT Service: Personnel/Intern Management

**Session: 5****Ships Passing in the Night: TR Advocacy for Caregivers (.1 ceu)**

Sue Myllykangas, PhD, CTRS, Professor, Northwest Missouri State University, Maryville, MO

**Session Description:**

Have you ever had a caregiver ask you how you communicate with their loved one, especially those with dementia? Visiting with elders who are nearing the end of their lives can be a challenge for the friends and families that love them. This session will present information from a research project that revealed that visits with loved ones can be like ships passing in the night, unless you understand the changing needs of the elder. Advocacy for the elders we care for and ways to educate stakeholders will be shared.

**Learning Outcomes:**

Upon completion of session participants will:

1. Identify at least 2 ways to advocate for the persons served (Job Analysis #66).
2. Demonstrate one way to educate stakeholders on how to better communicate with loved ones (Job Analysis # 67).
3. Identify 2 ways to improve quality through designing a process for visitor interactions with loved ones (Job Analysis #10).

**NCTRC Job Analysis Areas:**

- Advancement of the Profession: Advocacy/Education

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## Session: 6

### **2021 ADA Update (.1 ceu)**

John N. McGovern, JD, Principal-in-Charge, Accessibility Practice, The WT Group, LLC

#### **Session Description:**

The way we see the Americans with Disabilities Act (ADA) applied is different under a new Presidential Administration...or is it? More civil rights staff means more decisions that shape the way our quality of life is bettered. Breakthroughs in treatments for many health conditions, greater awareness by people with disabilities about their rights, and another year of implementation under our belts are the perfect wave to sharpen how we provide service under the ADA. This session will review settlement agreements and court decisions that impact the work of therapeutic recreation specialists. Our crystal ball will identify trends and predict what's next. Knowing who to call is important, and we will close with a list of resources.

#### **Learning Outcomes:**

Upon completion of session participants will:

1. Review the issues in at least two United States Department of Justice settlement agreements and discuss how they apply to public parks and recreation agencies.
2. Restate at least two emerging trends and opportunities related to therapeutic recreation practice that are influenced by the ADA.
3. Identify at least three ADA compliance resources that therapeutic recreation professionals can use to improve the quality of life for people with disabilities

#### **NCTRC Job Analysis Areas:**

- Foundational Knowledge: Theories and Concepts, Practice Guidelines
  - Advancement of the Profession
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## Session: 7

### **NCTRC Recertification and Specialization Area Designation: Continuing Professional Competence (.1 ceu)**

Robin McNeal, CTRS, Director of Credentialing, NCTRC

#### **Session Description:**

This session provides an in-depth coverage of recertification standards and requirements for the areas of specialization. Continuing education, professional experience, and re-examination will be described in detail. Utilization of the 2014 NCTRC National Job Analysis Study in relation to recertification requirements will be discussed.

#### **Learning Outcomes:**

Upon completion of session participants will:

1. Define the NCTRC CTRS recertification standards including the two components, interpretive guidelines, necessary hours required for recertification and the requirements for the areas of specialization.
2. Apply the ten Job Tasks and the six Knowledge Areas of the 2014 National Job Analysis Study to the recertification process.
3. Restate the two methods of the NCTRC recertification review process.

#### **NCTRC Job Analysis Areas:**

- Advancement of the Profession: Professionalism, Credential Maintenance/Professional Competencies, PR/Promotion/Marketing

## Session: 8

### **NCTRC Overview (.1 ceu)**

Robin McNeal, CTRS, Director of Credentialing, NCTRC

#### **Session Description:**

This session will focus on various aspects of the NCTRC Certification Program including applying for professional eligibility, recertification requirements, and areas of specialization. In addition, the speaker will provide an overview of changes to the certification standards, special projects, and NCTRC news from the past year.

#### **Learning Outcomes:**

Upon completion of session participants will:

1. Describe the certification standards for Professional Eligibility.
2. Describe the NCTRC standards for Recertification and the Areas of Specialization.
3. Discuss special projects and news from NCTRC.

#### **NCTRC Job Analysis Areas:**

- Advancement of the Profession: Professionalism, Credential Maintenance/Professional Competencies, PR/Promotion/Marketing

## Session: 9

### **Empowerment through Involvement: How ATRA can Enhance your Practice (.15 ceus)**

- Brent Wolfe, Executive Director, American Therapeutic Recreation Association; Associate Professor, University of North Carolina, Greensboro
- Tracey Crawford, President, American Therapeutic Recreation Association; Executive Director, Northwest Special Recreation Association

#### **Session Description:**

Recreational therapists live in a world where we must constantly explain and defend both our actions and profession. In this type of environment, feeling empowered can be the difference between burnout and self-determination. This session will discuss empowerment techniques and specifically how the American Therapeutic Recreation Association empowers recreational therapists to effectively serve their participants.

#### **Learning Outcomes:**

At the completion of this sessions, participants will:

1. Verbally identify at least three of the current trends within the field of Therapeutic Recreation.
2. Verbally identify how Recreational Therapy is central to the mission and vision of ATRA.
3. Verbally identify one reason why Recreational Therapists should join ATRA.

#### **NCTRC Job Analysis Area:**

- Advancement of the Profession