

# Illinois Recreational Therapy Association Annual Conference

## October 28 & 29 2013

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 \$109.00 per room, per night. The block of rooms will be held for ILRTA attendees until October 8<sup>th</sup>. That date the block of rooms will be open to the public and available on a first come basis. For hotel After 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 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, 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 2013 Conference

## Monday, October 28, 2013

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, Ph.D., CTRS, Assistant Dean, COEHS-QC, Western Illinois University, QC, Moline, IL*

8:30 – 10:00 a.m.

### **Keynote: At the Crossroads...Moving TR Forward**

*Norma J. Stumbo, Ph.D., CTRS, President, Education Associates, Normal, IL*

TR is at the crossroads of becoming excellent ..... or not. Every single professional and student needs to make a commitment to improve the profession if we are to succeed and thrive in the coming decades. If not now, then when? If not you, then who?

**10:00 – 10:15 a.m. Break**

**10:15 – 11:15 a.m.**

### **What Does it Mean to be a Recreational Therapy Professional?**

*Melissa L. Zahl, PhD, CTRS, Assistant Professor, Illinois State University, Normal, IL*

Professionalism and what it means to be a professional appear to be a concern. With numerous generations currently working alongside one another the idea about what it means to be a professional varies. This session may shed some light on the differences between generations idea about being a professional. In addition, description about what is considered typical and common professional behavior will be discussed.

**11:15 a.m. – 12:15 p.m.**

### **Essentials for Designing Cardio Respiratory Exercises: Assessment and Training for Our Clients**

*Jongho Kim, MS & ABD, Southern Illinois University Carbondale*

*Heewon Yang, Ph.d, CTRS, Associate Professor, Southern Illinois University, Carbondale*

This session will present scientific data about major benefits of cardio respiratory fitness for individuals with disabilities and introduce methods to evaluate your client's cardio respiratory fitness level. Guidelines and sample cardio respiratory fitness programs appropriate for various populations are also provided.

**10:15 a.m. – 12:15 p.m.**

### **Meaningful Visits: A Train the Trainer Session for Recreation Therapists Working in Long Term Care Facilities**

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

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

Visiting a relative in a long term care facility can sometimes be difficult and emotional for family members. With this comes the reality that a loved one's physical and/or cognitive abilities have changed to the point that skilled nursing care is required. Often times, family members are helping their loved ones adjust to their new surroundings at the same time they themselves are emotionally trying to cope with their loved one's need for long term care. This session is designed in a train the trainer format for recreation therapists to use with families to help them and their loved ones adjust to the new living environment, to identify the benefits and barriers to having good nursing home visits, to offer strategies and tips on how to make visits more enjoyable, and to help families encourage their loved ones to stay engaged in meaningful leisure/recreational activities to increase socialization, reduce isolation, and acclimate to life in their new home.

### **NCTRC Specialty Certification Program**

*Patricia Thomas, MPA, CTRS, Clinical Assistant Professor, University of Wisconsin – Milwaukee (UWM)*

This session will introduce the new NCTRC Specialty Certification Program that was developed to formally recognize CTRSs who have acquired advanced knowledge and experience in specific practice settings. Session content will include an overview of the Standards, entry qualifications, and recertification requirements pertaining to the Specialty Certification Program.

**12:15 – 1:30 p.m. LUNCH**

1:30 – 3:00 p.m.

### **Creating a Niche for TR Working with the Elderly**

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

Maintenance, restoration and rehabilitation – three opportunities for therapeutic recreation to create specialized services for the elderly. Learn about programs for TR in each of these three areas.

### **Using ATRA Guidelines to Facilitate Student Internships**

*Teresa M. Beck PhD, CTRS, Professor, Grand Valley State University, Grand Rapids MI*

Students graduating with degrees in TR/RT often have varying levels of knowledge, skills and abilities. Using a combination of ATRA guidelines to facilitate the placement is one way to help standardize student outcomes.

### **Workshop Certification: Making Sure Your Application Materials are Complete**

*Jean E. Folkerth, Re.D., CTRS, ATRA Academy Coordinator*

This session will walk the participant through the newly revised CEU process. ATRA offers CEUs which are reviewed by us and then sent to NCTRC for review. These are the workshops or seminars which are specific to TR/RT professionals. There is specific information in session description needed by both ATRA and NCTRC which will make this process go smoother. This session will identify those needs and help professionals submitting sessions or presenting workshops/seminars proceed more smoothly.

3:00 – 3:15 p.m. BREAK

3:15 – 4:45 p.m.

### **Developing Recreation Therapy Programs to Address Stress Management for Adults**

*Sheila Swann-Guerrero, MS, CTRS, Recreation Therapist, Veteran Affairs, Chicago, IL*

*Mark V. Bowen, Recreation Therapist, Veteran Affairs, Chicago, IL*

Programs are the heart and soul of Recreation Therapy interventions. Stress management is a common need as most people feel stress. Developing Recreation Therapy programs to facilitate the healthy management of stress will be the focus of this session.

Recreation Therapists working at Jesse Brown Veterans Administration Medical Center will provide information on program design, activity selection and facilitation techniques for stress management. Recreation Therapy programs highlighted will address the intellectual, emotional, social and physical needs for a healthy leisure lifestyle. This interactive session encourages audience participation.

### **Conflict Resolution**

*Megan Behm, MS, CTRS, RN, BSN, Mercy Medical Center, CITY, WI*

*Kim Masino, CTRS, Recreation Therapist, Ingalls Memorial Hospital, Harvey, IL*

Conflict is a normal part of life. Teaching youth how to constructively resolve conflicts is a very important part of an effective behavior management plan. Therapeutic Recreation provides a safe environment for participants to learn and practice conflict resolution skills. This interactive session will address the problem solving principles and strategies that are involved in the conflict resolution process. Participants can expect to take part in activities that teach/ reinforce conflict resolution skills as well as to discuss ways to adapt the exercises for different settings and clientele.

## Have You Lost Your Flame?

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

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 lead 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.

# Illinois Recreational Therapy Association 2013 Conference

## Tuesday October 29, 2013

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, Ph.D., CTRS, Assistant Dean, COEHS-QC, Western Illinois University, QC, Moline, IL*

8:15 – 9:45 a.m.

### Using Pinterest in Therapeutic Recreation Practice

*Sandra Klitzing, Ph.D., CTRS, Associate Professor, Illinois State University, Normal, IL 61790*

Pinterest allows users to share images on a virtual board. This session will discuss how Pinterest can be used as a planning tool, an intervention, or a technological modality supplement.

### 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.

### Recent Influences on the Advancement of the Profession: Your Role

*Patricia Thomas, MPA, CTRS, Clinical Assistant Professor, University of Wisconsin – Milwaukee (UWM)*

This session will discussed recent influences that will impact the advancement of RT profession. Issues such as changing demographics, accreditation, specialty certification, state recognition and others will be briefly explored. Actions steps to be taken by professionals will be identified.

## **Using Gratitude Interventions in TR Services Across the Continuum**

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

Session focus is on Gratitude in research; how Gratitude is beneficial in building and strengthening healthy relationships/social skills as well as positive thinking to aid clients in emotion management.

**9:45 – 10:00 a.m. BREAK**

**10:00 a.m. – 11:00 a.m.**

### **Clinical Supervision vs. Clinical Instruction**

*Melissa L. Zahl, PhD, CTRS, Assistant Professor, Illinois State University, Normal, IL 61761-5120*

This session will provide participants with an understanding about the similarities and differences between clinical supervision and clinical instruction. Overview of clinical instruction will be provided as well as clinical supervision. A self assessment regarding readiness for either will occur

### **Personality Disorders and Its Implications on Therapeutic Recreation**

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

*Kim Miller, Ph.D., Associate Professor, Southern Illinois University, Carbondale, IL*

*Emma Hurley, M.A., Ed.S., NCSP, Graduate Assistant, Southern Illinois University, Carbondale, IL*

This session will provide a basic overview of various personality disorders. Diagnostic criteria, prevalence, and characteristics of personality disorders are introduced. Considerations and strategies on how to deal with a group that involves client(s) with personality disorders will be also discussed

**11:00 a.m. – 12:00 p.m.**

### **A Golden Opportunity/Using a Dog as Part of a Therapy Session**

*Anne Spratt CTRS, Recreation Therapist, Ingalls Hospital, Harvey, IL*

*Jake, Golden Retriever*

This session will involve how to use a dog for therapy, the certification process and the use of equipment/props for therapeutic intervention.

**10:00 a.m. – 12:00 p.m.**

### **Adaptive Gardening as a Recreation Therapy Intervention**

*Dorothea Di Guido, MS, CTRS, Adaptive Gardening Consultant*

*Molly Hofer, MA, Family Life Educator, University of Illinois Extension, Cook County*

*Nancy Pollard, MS, Horticulture Educator, University of Illinois Extension, Cook County*

An adaptive gardening program can make a difference in the lives of your clients. Join us to explore the continuum of therapeutic horticulture. Discover ways to address client needs and therapeutic goals through an adaptive gardening program. Experience the challenges of aging and disabilities (sensory changes simulation).

Become aware of what the research shows about positive effects of plant-people interaction. On the practical side, discover about adaptive equipment available, and how to modify tools so your clients can actively garden. Find out what plants to avoid, and discover the "Secrets of Container Success." We'll also share sample volunteer role descriptions, and possible sources of volunteers to infuse enthusiasm and gardening experience into your program.

## **“But I Can’t Sing”: Music as a Therapeutic Modality**

*Jennifer Stoner, M.S., C.T.R.S., Music Teacher, Bill Arp Elementary School, Douglasville, GA*

This session focuses on music as a therapeutic modality and its use with individuals with disabilities. It is intended particularly for attendees with little musical background.

### **12:00 – 1:45 p.m. LUNCH and MEMBERSHIP MEETING**

**1:45 – 2:45 p.m.**

### **IPRA/ILRTA Exploratory Licensure committee update**

*Marcia Jean Carter, Ph.D., CTRS, Assistant Dean, COEHS-QC, Western Illinois University, QC, Moline, IL*  
*Debbie Tiger, MS, CTRS, Assistant Director Residential/Clinical Services, Cunningham Children’s Home, Urbana, IL*

Session focus is on updating the ILRTA membership on exploratory task force work and ATRA/NCTRC national licensure committee information. Status of licensure in RT/TR will be reported.

### **2:45 – 3:00 p.m. BREAK**

**3:00 – 4:30 p.m.**

### **A Comprehensive Approach to Recreation Therapy Interventions for Individuals with Autism**

*Sheila Swann-Guerrero, MS, CTRS, Recreation Therapist, Veterans Administration, Chicago, IL*

Individuals with autism may be at risk for leading inactive lifestyles due to the characteristics of this condition. The social deficits and restrictive interests and behavior impairments associated with autism often limit participation in recreational opportunities.

Therapeutic recreation provides a natural setting for individuals to develop skills and can have a positive impact on the characteristics associated with autism. Research studying the effect of recreation interventions on autism has produced promising results. This session will include research, case studies and facilitation strategies to provide comprehensive structured Recreation Therapy programs.

### **On Your Mark....Get Set....Using Activities to Enhance the Recreational Therapy Intervention for Youth-at-Risk**

*Emily Marino, CTRS, Program Manager, Allendale Association, Lake Villa, IL*  
*Bridget Puchalla, CTRS, Therapeutic Recreation Specialist, Allendale Association, Lake Villa, IL*  
*Assisting: Alissa Sperber, CTRS; Lori Gresnick, RS, Amy Bailey, TRS; Michele Bruhn, RS; Jeremy Archer, RS; and Ryan Knupp, RS*

To meet the outcomes of the changing needs for youth-at-risk recreational therapists need to be aware of activities that can be used for interventions. Come prepared to interact with other session participants in learning new activities or a twist to “old” activities as well as adapting to different populations.

**3:00 – 5:00 p.m.**

### **Creative/Expressive Arts**

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

Creative/ Expressive Arts can be a very powerful part of the therapeutic process. Such modalities can be used to boost motivation and increase enjoyment. They also can open the doors of communication and self-awareness. This interactive session will explore a number of Creative/Expressive Arts modalities and how they can be used to teach social skills development, cognition, emotional health, positive self-expression, and facilitate change. The

session will explore the meaning of creativity, things that hinder creativity, and how to set up creative arts groups. Participants can expect to learn a few new creative arts activities as well as how to adapt them to meet the needs of client groups and therapeutic outcomes.