



MAKING CONNECTIONS

March 27-28, 2023

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SCHEDULE OVERVIEW

MONDAY, MARCH 27, 2023

8:00 a.m.–9:00 a.m.	Symposium Kick-off Speaker
9:15 a.m.–11:30 a.m.	Break-out Sessions
11:45 a.m.-1:15 p.m.	Networking & Lunch on Your Own
1:30 p.m.-5:00 p.m.	Break-out Sessions
6:30 p.m.	Social Event

TUESDAY, MARCH 28, 2023

8:30 a.m.–11:30 a.m.	Break-out Sessions
11:45 a.m. - 12:45 p.m.	Featured Speaker
12:45 a.m.–1:30 p.m.	Lunch on Your Own
1:30 p.m.–5:00 p.m.	Break-out Sessions

1.30 CEUs are available through this conference.



PLENARY SESSIONS



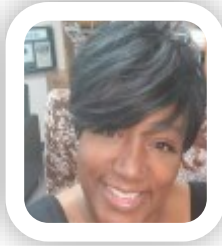
Welcome Kick-off: Racial Understanding: A Mandate for the Profession of TR

Speakers – Tracey Crawford, CTRS, CPRP and Jennifer Stoner, MS, CTRS

Monday, March 27, 2023, 8:00 a.m.–9:00 p.m., Shawnee A

Tracey Crawford is the Executive Director at Northwest Special Recreation Association (NWSRA) and the President of Special Leisure Services Foundation (SLSF). Her co-presenter is Jennifer Stoner, MS, CTRS. She is an author, a consultant at Inspire Consulting Services LLC and has been an educator for over thirty years.

Tracey



Jennifer



Networking & Lunch on Your Own

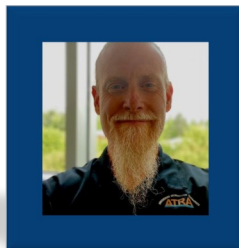
Monday, March 27, 2023, 11:45 a.m.–1:15 p.m.

What Have You Done for Me Lately? How ATRA Empowers You!

Speaker – Dr. Brent Wolfe, LRT, CTRS, FDRT

Tuesday, March 28, 2023, 11:45 a.m.–12:45 p.m., Shawnee A

Dr. Brent Wolfe is an Associate Professor at the University of North Carolina at Greensboro and Executive Director of ATRA.



MAKING CONNECTIONS

MONDAY, MARCH 27TH



8:00 a.m.–9:00 a.m.

Welcome Kick-Off Speakers

Speakers: Tracey Crawford & Jennifer Stoner
Shawnee A

9:15 a.m.–10:15 a.m.

Break-out Sessions

ROOM	TITLE	PRESENTER(S)	ORGANIZATION(S)
Shawnee A	Racial Understanding: A Mandate for the Profession of TR. Part 2	Tracey Crawford, CTRS , CPRP Jennifer Stoner, MS, CTRS	Northwest Special Recreation Association & Special Leisure Services Foundation Inspire Consulting Services LLC.
Shawnee B	Chair Chi: Seated Tai Chi for Movement Impaired Populations	Pat Griffith	Chair Chi
Kansas C	Home or God's Waiting Room? Purposeful TR Interventions for Frail Older Adults	Dr. Susan Myllykangas, CTRS	Northwest Missouri State University
Kansas D, E	Facilitating the Blind Maze	Michael McNicholas, CTRS, MPA	Chicago State University & New Star Recreation Services

MAKING CONNECTIONS



MONDAY, MARCH 27TH

10:30 a.m.–11:30 a.m. Break-out Sessions

ROOM	TITLE	PRESENTER(S)	ORGANIZATION(S)
Shawnee A	Utilizing TR Concepts and Physical Activity in Psychiatric Residential Treatment Facility Settings	Dr. Laura Covert Miller, CTRS Libby Rohr, GA, CTRS	Pittsburg State University
Shawnee B	Gamification: Beyond Monopoly and Bingo	Dr. Grey Endres, DSW, MSW, LCSW, LSCSW	Missouri Western State University
Kansas C	Using Time Slips to Facilitate Errorless Learning for Individuals with Memory Deficits	Dr. Michelle Bateman, CTRS, EP-C	Northwest Missouri State University

11:45 a.m.–1:15 p.m. Networking & Lunch on Your Own

MAKING CONNECTIONS



MONDAY, MARCH 27TH



1:30 p.m.—2:30 p.m. Break-out Sessions

ROOM	TITLE	PRESENTER(S)	ORGANIZATION(S)
Shawnee A	Breaking Barriers: How RT Complements the Transdisciplinary Approach in Brain Injury Rehab	McKenzie Wyble , CTRS Christa Freeman, CTRS	On With Life
Shawnee B	Emotional Freedom Technique (EFT) Tapping in RT: Will it work for you?	Dr. Rachel Smith, CTRS	Illinois State University
Kansas C	Disability Simulations: Offensive or effective?	Dr. Brent Wolfe, LRT, CTRS, FDRT	American Therapeutic Recreation Association University of North Carolina Greensboro

MAKING CONNECTIONS



MONDAY, MARCH 27TH

2:45 p.m.–3:45 p.m. Break-out Sessions

ROOM	TITLE	PRESENTER(S)	ORGANIZATION(S)
Shawnee A	Resistance Exercise Training for Anxiety: An evidence-based framework for implementation with groups in TR settings	Mary Jameson, NASM-CPT & CES, Grad Student	Northwest Missouri State University
Shawnee B	Breaking Barriers: How RT Complements the Transdisciplinary Approach in Brain Injury Rehab	McKenzie Wyble , CTRS Christa Freeman, CTRS	On With Life
Kansas C	"But They Might Die:" Teaching TR students the value of working with older adults.	Dr. Susan Myllykangas, CTRS	Northwest Missouri State University
Kansas D, E	Compassion Fatigue: What's on your plate? PART 1 OF 2	Sharon McGloin, MSOD, MS, CTRS	Experiential Alternatives

MAKING CONNECTIONS

MONDAY, MARCH 27TH



4:00 p.m.—5:00 p.m. Break-out Sessions

ROOM	TITLE	PRESENTER(S)	ORGANIZATION(S)
Shawnee A	Evidence Based Practice In TR	Dr. Bryan Dorrel, ATC, LAT Dr. Terry Long	Chadron State College Northwest Missouri State University
Shawnee B	Developing Professional Competence in RT: The international classification of functioning, disability and health	Dr. Sherri Hildebrand, CTRS	Illinois State University
Kansas C	Recreation Therapy Adaptive Equipment and Techniques	Margaret Williams, MS, CTRS Linda Ohnoutka, CTRS	Madonna Adaptive Sports and Recreation Program
Kansas D, E	Compassion Fatigue: What's on your plate? PART 2 OF 2	Sharon McGloin, MSOD, MS, CTRS	Experiential Alternatives

6:30 p.m. - 8:00 p.m.

Social Event—"Game Night"

Shawnee B

MAKING CONNECTIONS



TUESDAY, MARCH 28TH

8:00 a.m.—9:00 a.m. Break-out Sessions

ROOM	TITLE	PRESENTER(S)	ORGANIZATION(S)
Shawnee A	Changing the Narrative: How to challenge systemic racism in TR	Shevon Reed, CTRS, CDP Michael McNicholas, CTRS, MPA	Everyday Essentials Recreational Therapy, LLC Chicago State University
Shawnee B	Therapy Groups Using Music and Movement	Deborah Ann Stuart, CTRS, RSW	Consultant Therapeutic Programs
Kansas C	Surfing the Technological Wave	Katie Mitzlaff, CTRS, CDP Mary Glick, MS, CTRS, CDP Laura Mock, CTRS, CDP	KARE KARE iN2L + LifeLoop
Kansas D, E	Research Findings on "Measuring Camp Staff Personal Diabetes Knowledge and Attitudes at a Diabetes Camp" and Experiential Learning Opportunities for TR Professionals that can be Accessed through Diabetes Camps	Katie Myrold, MS, CNP, Graduate Student	California State University

MAKING CONNECTIONS



TUESDAY, MARCH 28TH

9:15 a.m.–10:15 a.m. Break-out Sessions

ROOM	TITLE	PRESENTER(S)	ORGANIZATION(S)
Shawnee A	Strategies to Help the Recreational Therapist Cope with Indirect Exposure to Trauma	Dr. Michelle Bateman, CTRS, EP-C Mary Jameson, NASM-CPT & CES, Grad Student	Northwest Missouri State University Northwest Missouri State University
Shawnee B	Leisure Education for High Schoolers in Career and Life Skills Classes	Dr. Laura Covert Miller, CTRS Libby Rohr, CTRS, Graduate Assistant	Pittsburg State University
Kansas C	Students and Faculty Serving and Learning in Our Community at the American Gold Star Manor 2.0: Present status, successes and future efforts	Dr. Terry Robertson Dr. Heewon Yang, CTRS, FDRT Dr. Chungsup Lee, CTRS	California State University, Long Beach
Kansas D/E	Expressive Arts Therapy and Equine-Assisted Therapy: What are they and how can they be utilized in TR? (Virtual Presentation)	Hannah Morkert-Kresl, BA, EA-EXAT	

MAKING CONNECTIONS



TUESDAY, MARCH 28TH

10:30 a.m.—11:30 a.m. Break-out Sessions

ROOM	TITLE	PRESENTER(S)	ORGANIZATION(S)
Shawnee A	Creating Your Self Compassion Plan	Michael McNicholas, CTRS, MPA	Chicago State University & New Star Recreation Services
Kansas C	NCTRC Internship Standards (Virtual Presentation)	Susan Kaufer, CTRS	National Council for Therapeutic Recreation Certification
Kansas D, E	Benefits of Reiki Services as Seen within the VA	Taylor Pendleton, MS, CTRS	Harry S. Truman Memorial Hospital VA

11:45 a.m.—12:45 p.m.

Featured Speaker

What Have You Done for Me Lately?

How ATRA Empowers You!

Dr. Brent Wolfe, LRT, CTRS, FDRT

Shawnee A

12:45 p.m.—1:45 p.m.

Lunch on Your Own

MAKING CONNECTIONS



TUESDAY, MARCH 28TH

1:30 p.m.—2:30 p.m. Break-out Sessions

ROOM	TITLE	PRESENTER(S)	ORGANIZATION(S)
Shawnee A	Raccoon Circles: A Framework for Client-Centered, Wilderness-Based TR Intervention (Part 1 of 3)	Dr. Grey Endres, DSW, MSW, LCSW, LSCSW Sharon McGloin, MSOD, MS, CTRS Karalee White, CTRS Judd Smith	Missouri Western State University Experiential Alternatives Embark Behavioral Health in Missouri The Raccoon Institute
Shawnee B	Leaning into Resiliency during Seasons of Professional Overwhelm	Dr. Jackie Kibler	Northwest Missouri State University
Kansas C	ATRA Quality Internships Statement Manual and Training Update	Dr. Rachel Smith, CTRS	Illinois State University

2:45 p.m.—3:45 p.m. Break-out Sessions

ROOM	TITLE	PRESENTER(S)	ORGANIZATION(S)
Shawnee A	Raccoon Circles: A Framework for Client-Centered, Wilderness-Based TR Intervention (Part 2 of 3)	Dr. Grey Endres, DSW, MSW, LCSW, LSCSW Sharon McGloin, MSOD, MS, CTRS Karalee White, CTRS Judd Smith	Missouri Western State University Experiential Alternatives Embark Behavioral Health in Missouri The Raccoon Institute
Shawnee B	Rethinking Inclusion: The Value of Adaptive Recreation and the Need for Balance	Don Magnuson, CTRS, Licensed Foster Care Provider	Independent Recreational Therapist
Kansas C	Contrasting Perceived Barriers for Latinos with Disabilities in Maywood Park District	Michael McNicholas, CTRS, MPA	Chicago State University & New Star Recreation Services

MAKING CONNECTIONS



TUESDAY, MARCH 28TH

4:00 p.m.—5:00 p.m. Break-out Sessions

ROOM	TITLE	PRESENTER(S)	ORGANIZATION(S)
Shawnee A	Raccoon Circles: A Framework for Client-Centered, Wilderness-Based TR Intervention (Part 3 of 3)	Dr. Grey Endres, DSW, MSW, LCSW, LSCSW	Missouri Western State University
		Sharon McGloin, MSOD, MS, CTRS	Experiential Alternatives
		Karalee White, CTRS	Embark Behavioral Health in Missouri
		Judd Smith	The Raccoon Institute
Shawnee B	Nature Based TR Interventions	Abby Nelson, MS, CTRS, CADC Paul Fasano, MA, CADC	Rosecrance
Kansas C	Using Animal-Assisted Interventions in TR	Adrienne Johnson, CTRS, Certified Animal Handler	University of Iowa

END OF CONFERENCE

SAFE TRAVELS HOME!

MAKING CONNECTIONS



THANK YOU TO OUR EXHIBITORS



NORTHWEST
MISSOURI STATE UNIVERSITY
MARYVILLE | KANSAS CITY



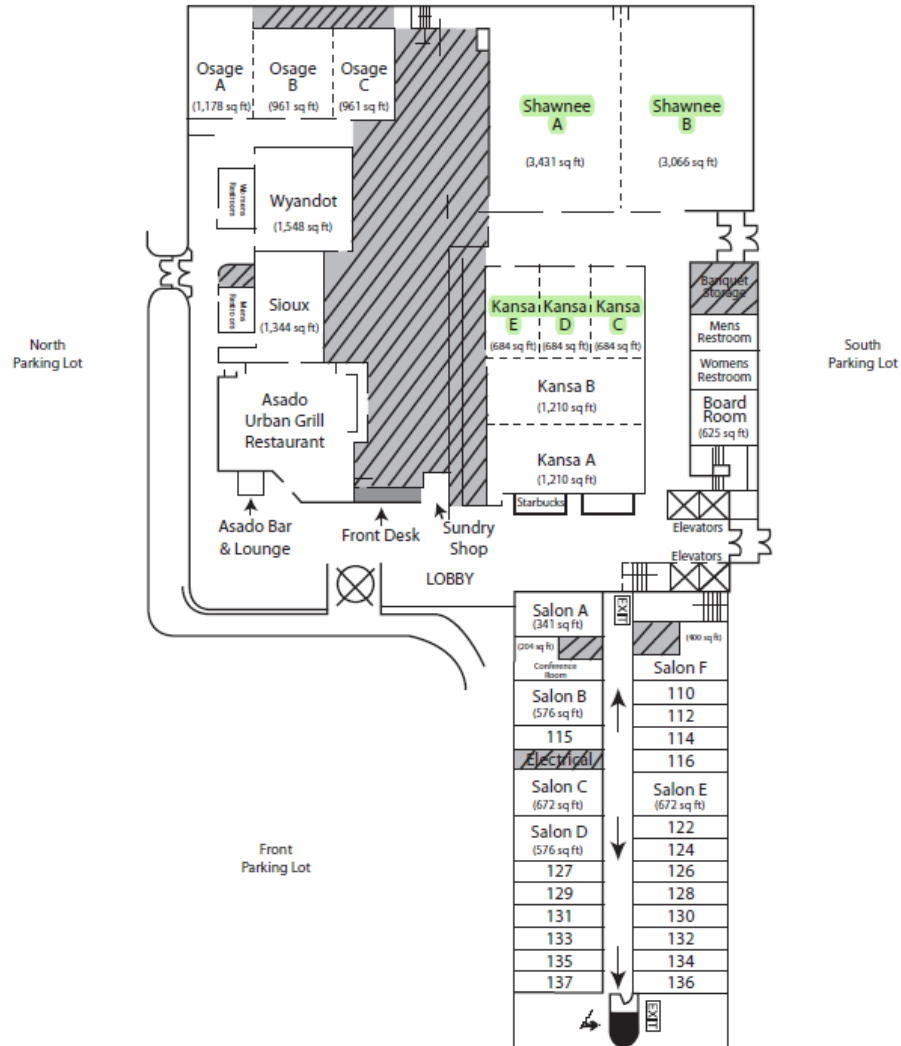
Idyll Arbor, Inc.



MAKING CONNECTIONS



CONFERENCE CENTER MAP



SPECIAL THANKS TO ALL
WHO
ASSISTED WITH THIS
SYMPOSIUM!



DR. JAY JOHNSON



DR. TERRY LONG



REBECCA LOBINA



JEN PITTS



CRYSTAL WARD

MONDAY,
MARCH 27TH

DETAILED PROGRAM

8:00 a.m.—9:00 a.m.

SYMPOSIUM KICK-OFF WITH KEYNOTE SPEAKERS

Tracey Crawford and Jennifer Stoner will kick-off the symposium with this keynote address titled Racial Understanding: A mandate for the profession of TR. This keynote address will focus on our potential to increase racial understanding in the field of Therapeutic Recreation. Focusing on the responsibility of the individual professional to assess where they are on their understanding of diversity and race which includes reflection and continuing education.

Shawnee A

9:15 p.m.—10:15 a.m. Breakout Sessions #1

RACIAL UNDERSTANDING: A MANDATE FOR THE PROFESSION OF TR. (PART 2)

This session will be an extension of the Keynote address on racial understanding in the field of TR. Participants will begin to explore where they are in their own DEI journey and reflect on how this impacts them as professionals. *Shawnee A*

CHAIR CHI: SEATED TAI CHI FOR MOVEMENT IMPAIRED POPULATIONS

Chair Chi is a gentle exercise program developed by Pat Griffith to help people receive the benefits of traditional Tai Chi in the comfort and safety of their chairs. This allows people who cannot stand or feel confident with their balance to participate. *Shawnee B*

DETAILED PROGRAM

MONDAY,
MARCH 27TH

9:15 a.m.—10:15 a.m. Breakout Sessions #1 (CONT.)

HOME OR GOD'S WAITING ROOM? PURPOSEFUL TR INTERVENTIONS FOR FRAIL OLDER ADULTS

We have all been taught that skilled care and long term care facilities are an elder's home. Thus, we know to knock on their door before entering, etc. But are these types of facilities really "home" for older adults with significant medical issues or are they God's waiting room, where residents wait until it's their time to die? With all of the regulations, are residents allowed to do things that help them create a home like setting? Activity Directors (aka Recreation Therapists) provide activities for residents, but are they always purposeful? Are Recreation Therapists truly meeting the needs of the residents we serve? This session will explore models of care that have been tried to improve the settings and care in these types of facilities. Ideas for purposeful programming will be presented. *Kansas C*

FACILITATING THE BLIND MAZE

The Blind Maze activity is an opportunity to examine many aspects of group problem solving and the influence of attitudes in leadership and followership in group performance. This session will intentionally push boundaries and challenge participants to address problem solving through various techniques explored through communication. *Kansas D/E*

**MONDAY,
MARCH 27TH**

DETAILED PROGRAM

10:30 a.m.—11:30 a.m. Breakout Sessions #2

UTILIZING TR CONCEPTS AND PHYSICAL ACTIVITY IN PSYCHIATRIC RESIDENTIAL TREATMENT FACILITY SETTINGS

This discussion will focus on TR-based physical activity programming that was implemented with clients at a Psychiatric Residential Treatment Facility. Fitness assessments will be discussed with the main focus on facilitation approaches. *Shawnee A*

GAMIFICATION: BEYOND MONOPOLY AND BINGO

Gamification is a theory or process that incorporates elements of game play to solve problems and increase engagement. In the last dozen years, the tabletop and board games industry has exploded. During this session, participants will explore how to (1) identify five steps in developing a game group, night or club, (2) demonstrate the four steps to teaching a game, and (3) identify three benefits in hosting game groups or clubs. *Shawnee B*

USING TIME SLIPS TO FACILITATE ERRORLESS LEARNING FOR INDIVIDUALS WITH MEMORY DEFICITS

Finding interventions that have the ability to improve quality of life and quality of care for individuals with memory deficits is imperative for the Certified Therapeutic Recreation Specialist. This session will provide research based evidence that supports using Time Slips as a Therapeutic Recreation modality in memory care facilities. By the end of the session the attendees will also have an understanding on how to facilitate a Time Slips based intervention. *Kansas C*

DETAILED PROGRAM

MONDAY,
MARCH 27TH

11:45 a.m.—1:15 p.m. NETWORKING & LUNCH ON YOUR OWN

1:30 p.m.—2:30 p.m. Breakout Sessions #3

BREAKING BARRIERS: HOW RT COMPLEMENTS TRANSDISCIPLINARY APPROACH IN BRAIN INJURY REHAB

An overview of recreational therapy within brain injury rehab. We will define the transdisciplinary model and how we see the best outcomes with persons served. This presentation will teach participants (1) what a transdisciplinary team is, (2) three ways to break the medical model, and (3) allow for discussion comparing traditional rehabilitation sessions with leisure-based sessions. *Shawnee A*

EMOTIONAL FREEDOM TECHNIQUE (EFT) TAPPING IN RT: WILL IT WORK FOR YOU?

Explore and practice Emotional Freedom Technique (EFT) tapping. This technique often called "psychological acupressure" works with the same meridian system used in acupuncture. EFT can be used to resolve a wide variety of issues. Come learn and tap. *Shawnee B*

DISABILITY SIMULATIONS: OFFENSIVE OR EFFECTIVE?

This session will explore the literature related to disability simulations and use data collected by the author to help answer the question if these experiences are more offensive or effective. *Kansas C*

**MONDAY,
MARCH 27TH**

DETAILED PROGRAM

2:45 p.m.—3:45 p.m. Breakout Sessions #4

RESISTANCE EXERCISE TRAINING FOR ANXIETY: AN EVIDENCE-BASED FRAMEWORK FOR IMPLEMENTATION WITH GROUPS IN TR SETTINGS

Resistance exercise training (RET) offers multiple avenues for reducing symptoms of anxiety in behavioral health populations. This presentation will provide an overview of three such mechanisms: 1) physiological brain changes, 2) increasing self-efficacy via mastery experiences, and 3) RET as interoceptive exposure therapy targeting anxiety sensitivity. Participants will be provided with contemporary research on this topic as well as a general framework for implementation of evidence-based RET for anxiety in a TR group setting. *Shawnee A*

BREAKING BARRIERS: HOW RT COMPLEMENTS THE TRANSDISCIPLINARY APPROACH IN BRAIN INJURY REHAB

An overview of recreational therapy within brain injury rehab. We will define the transdisciplinary model and how we see the best outcomes with persons served. This presentation will teach participants (1) what a transdisciplinary team is, (2) three ways to break the medical model, and (3) allow for discussion comparing traditional rehabilitation sessions with leisure-based sessions. *Shawnee B*

DETAILED PROGRAM

MONDAY,
MARCH 27TH

2:45 p.m.—3:45 p.m. Breakout Sessions #4 (cont.)

“BUT THEY MIGHT DIE:” TEACHING TR STUDENTS THE VALUE OF WORKING WITH OLDER ADULTS

According to the NCTRC Job Analysis, working with older adults and in skilled care facilities are at the top for hiring CTRS’s. Yet, many students question their competency and are not comfortable working with persons older than themselves. I hear the statement, “But they might die” from many of the students reluctant to choose this aged population. This session will share creative methods used in guiding students to a new, accepting point of view. The world is changing fast. In 2034, for the first time in our country’s history, there will be more older adults than children. As a profession, we must prepare now to meet the demand that is coming. *Kansas C*

COMPASSION FATIGUE: WHAT’S ON YOUR PLATE? (Part 1 of 2)

Are you tired? Are you overwhelmed with everything that is on your plate? Join me to learn about your own levels of compassion fatigue, compassion satisfaction and burnout along with strategies for self care and becoming your best self. *Kansas D/E*

4:00 p.m.—5:00 p.m. Breakout Sessions #5

EVIDENCE BASED PRACTICE IN TR

This program is designed to introduce recreational therapists to the concepts of evidence based practice. The course will cover the history of EBP, how to conduct EBP, how to search for and locate current literature, how to critically appraise literature and how to interpret statistics associated with EBP, specifically, those associated with proven and effective interventions in therapeutic recreation. *Shawnee A*

MONDAY,
MARCH 27TH

DETAILED PROGRAM

4:00 p.m.—5:00 p.m. Breakout Sessions #5 (cont.)

DEVELOPING PROFESSIONAL COMPETENCE IN RT: THE INTERNATIONAL CLASSIFICATION OF FUNCTIONING, DISABILITY AND HEALTH

This session will help the CTRS develop the professional competence needed to design interventions specific to our clients' needs and more clearly demonstrate the efficacy of the profession through the use of the ICF. *Shawnee B*

RECREATION THERAPY ADAPTIVE EQUIPMENT AND TECHNIQUES

Through videos, pictures and hands-on demonstrations we will show leisure activity adaptive equipment and techniques for multiple populations. *Kansas C*

COMPASSION FATIGUE: WHAT'S ON YOUR PLATE? (Part 2 of 2)

Are you tired? Are you overwhelmed with everything that is on your plate? Join me to learn about your own levels of compassion fatigue, compassion satisfaction and burnout along with strategies for self care and becoming your best self. *Kansas D/E*

6:30 p.m.

SOCIAL EVENT - "Game Night"

Kansas A/B

DETAILED PROGRAM

TUESDAY,
MARCH 28TH

8:00 a.m.—9:00 a.m. Breakout Sessions #6

CHANGING THE NARRATIVE: HOW TO CHALLENGE SYSTEMIC RACISM IN TR

Through investigating root causes of systemic racism in the field, TR professionals can play a vital role in changing the narrative, structures, and practices that usurp the power and autonomy of people of color in the field, and those they serve. *Shawnee A*

THERAPY GROUPS USING MUSIC AND MOVEMENT

This interactive session will demonstrate how to create integrated learning experiences in a therapeutic recreation session using the expressive arts. Examples of research & evidence based practice in therapeutic recreation service will be discussed. *Shawnee B*

SURFING THE TECHNOLOGICAL WAVE

In this presentation we will demonstrate how technology leads to staff efficiency, resident efficacy, family transparency, and eliminates time thieves. We will ride the wave through many technological advances to implement in healthcare. *Kansas C*

**TUESDAY,
MARCH 28TH**

DETAILED PROGRAM

8:00 a.m.—9:00 a.m. Breakout Sessions #6 (cont.)

RESEARCH FINDINGS ON “MEASURING CAMP STAFF PERSONAL DIABETES KNOWLEDGE AND ATTITUDES AT A DIABETES CAMP” AND EXPERIENTIAL LEARNING OPPORTUNITIES FOR TR PROFESSIONALS THAT CAN BE ACCESSED THROUGH DIABETES CAMPS

Katie Myrold is a professional in the TR field, an Adjunct Instructor, and a graduate student working towards her CTRS certification. She holds a Masters in Recreation, Parks, & Tourism Administration and has many years in progressive roles at diabetes camps across the United States and in Canada. She has lived joyfully with Type 1 Diabetes for over 24 years. Katie will present her diabetes research findings, Measuring Camp Staff Personal Diabetes Knowledge and Attitudes at a Diabetes Camp. She will also highlight unique experiential learning opportunities that TR professionals can gain at diabetes camps. These learning opportunities will highlight exercise impact, diet, psychosocial impacts, and insulin/technology management of Type 1 Diabetes. *Kansas D/E*

9:15 a.m.—10:15 a.m. Breakout Sessions #7

STRATEGIES TO HELP THE RECREATIONAL THERAPIST COPE WITH INDIRECT EXPOSURE TO TRAUMA

Recreational Therapists (RT) commonly provide services for vulnerable populations, including individuals who have experienced psychological or physical trauma. RTs can be very effective in a treatment team atmosphere, mostly because of their ability to express compassion and empathy and develop a strong rapport with their patients. The ability of a recreational therapist to develop that strong rapport with their patients may leave them vulnerable to indirectly experiencing their patient’s trauma. *Shawnee A*

DETAILED PROGRAM

TUESDAY,
MARCH 28TH

9:15 a.m.—10:15 a.m. Breakout Sessions #7 (cont.)

LEISURE EDUCATION FOR HIGH SCHOOLERS IN CAREER AND LIFE SKILLS CLASSES

This presentation will detail the Pitt State student-led leisure education program that was implemented at a local high school. Discussion will include assessments, interventions, and outcomes of program. Example interventions will be included. *Shawnee B*

STUDENTS AND FACULTY SERVING AND LEARNING IN OUR COMMUNITY AT THE AMERICAN GOLD STAR MANOR 2.0: PRESENT STATUS, SUCCESSES AND EFFORTS

This session will provide an update (year 2 of 3) of a service and learning partnership (a community senior housing organization) to assist them in the development of recreation therapy programs and services for their residents. The TR/RT project team provided 2 resident assessments, program and service activities and recommendations, as well as students for fieldwork and internship placements to assist in delivery of said RT programs and services. Share learning, successes and next steps. *Kansas C*

EXPRESSIVE ARTS THERAPY AND EQUINE-ASSISTED THERAPY: WHAT ARE THEY AND HOW CAN THEY BE UTILIZED IN TR?

This virtual presentation will give an overview of EXAT and E-AT, it will discuss how these practices can be utilized within TR services and will give real case study examples of how these practices have been used in a variety of settings, with an experiential. *Kansas D/E*

**TUESDAY,
MARCH 28TH**

DETAILED PROGRAM

10:30 a.m.–11:30 a.m. Breakout Sessions #8

CREATING YOUR SELF COMPASSION PLAN

Participants will identify self compassion techniques, ways to implement a plan to care for themselves with accountability. Participants will share by choice and enter this session understanding it is a safe place to talk about challenges related to development and follow-through related to self compassion planning. *Shawnee A*

NCTRC INTERNSHIP STANDARDS

This virtual session provides an in-depth coverage of the NCTRC Internship Standards. The information is geared toward internship supervisors as well as students and will explore how to develop an internship experience in alignment with the current certification standards. It will also include the requirements necessary to complete the internship section of the NCTRC Professional Eligibility application as well requirements to maintain active CTRS certification. *Kansas C*

BENEFITS OF REIKI SERVICES AS SEEN WITHIN THE VA

This session will provide a basic overview of reiki services offered within the VA as a whole health modality. This session will provide attendees with info on what reiki is and how it is used, how to become a reiki provider and the benefits of reiki. *Kansas D/E*

DETAILED PROGRAM

TUESDAY,
MARCH 28TH

11:45 a.m.—12:45 p.m. Featured Speaker

Dr. Brent Wolfe will speak during lunch with this address titled, “What Have You Done for Me Lately? How ATRA Empowers You!”

ATRA's mission is to empower recreational therapists, but how has that happened lately? This session will present information about ATRA, how it has empowered you over the past year, and explore why personal engagement is so vital for the profession. *Shawnee A*

12:45 a.m.—1:30 p.m. Lunch on Your Own

1:30 p.m.—2:30 p.m. Breakout Sessions #9

RACCOON CIRCLES: A FRAMEWORK FOR CLIENT-CENTERED, WILDERNESS-BASED TR INTERVENTION (Part 1 of 3)

In July of 2021, therapeutic recreation lost a key innovator in experiential education, Dr. Tom Smith. He believed strongly that all are connected. Participants will learn the five phases of group development as well as how to identify three strategies to improve their beginning, middle and end of group treatment. *Shawnee A*

LEANING INTO RESILIENCY DURING SEASONS OF PROFESSIONAL OVERWHELM

This interactive presentation will discuss components of burnout and compassion fatigue. Participants will be given the opportunity to apply concepts to their own lives. Focus will be on resilience strategies and resources to assist during times of professional overwhelm.

Shawnee B

DETAILED PROGRAM

TUESDAY,
MARCH 28TH

1:30 p.m.—2:30 p.m. Breakout Sessions #9 (CONT.)

ATRA QUALITY INTERNSHIPS STATEMENT MANUAL AND TRAINING UPDATE

The ATRA Quality Internship subcommittee has created resources to help you provide a quality internship experience and become a qualified intern supervisor. Learn what these are and how to access them. *Kansas C*

2:45 p.m.—3:45 p.m. Breakout Sessions #10

RACCOON CIRCLES: A FRAMEWORK FOR CLIENT-CENTERED, WILDERNESS-BASED TR INTERVENTION (Part 2 of 3)

In July of 2021, therapeutic recreation lost a key innovator in experiential education, Dr. Tom Smith. He believed strongly that all are connected. Participants will learn the five phases of group development as well as how to identify three strategies to improve their beginning, middle and end of group treatment. *Shawnee A*

RETHINKING INCLUSION: THE VALUE OF ADAPTIVE RECREATION AND THE NEED FOR BALANCE

This presentation is a critique of inclusion philosophy. Fifteen myths and misconceptions about the relative value of inclusive and adaptive recreation will be examined and discussed along with a proposal for an improved model to work from. *Shawnee B*

DETAILED PROGRAM

TUESDAY,
MARCH 28TH

2:45 p.m.—3:45 p.m. Breakout Sessions #10 (cont.)

CONTRASTING PERCEIVED BARRIERS FOR LATINOS WITH DISABILITES IN MAYWOOD PARK DISTRICT

This is a summary of the dissertation of Mr. McNicholas and a strong environmental scan using 3 reliable tools for taking an inventory of accessibility. In addition, there is a discussion of the outcome of focus group data referencing additional ethnic-based difference in barriers identified by Latinos with disabilities. Finally there will be a summary of recommendations for the Maywood Park District to improve their community accessibility and remove ethnically associated barriers. *Kansas C*

4:00 p.m.—5:00 p.m. Breakout Sessions #11

RACCOON CIRCLES: A FRAMEWORK FOR CLIENT-CENTERED, WILDERNESS-BASED TR INTERVENTION (Part 3 of 3)

In July of 2021, therapeutic recreation lost a key innovator in experiential education, Dr. Tom Smith. He believed strongly that all are connected. Participants will learn the five phases of group development as well as how to identify three strategies to improve their beginning, middle and end of group treatment. *Shawnee A*

DETAILED PROGRAM

TUESDAY,
MARCH 28TH

4:00 p.m.—5:00 p.m. Breakout Sessions #11 (cont.)

NATURE BASED TR INTERVENTIONS

Fostering hope can be difficult with direct client care. Join us to dive into nature based interventions that assist with building hope, resiliency, and life long recovery. We will explore, experience, and review how nature based interventions can be implemented with substance use and behavioral health clients. *Shawnee B*

USING ANIMAL-ASSISTED INTERVENTIONS IN TR

Participants will explore animal-assisted interventions and their use in inclusive and therapeutic recreation settings. After a general discussion and introduction to evidence-based benefits of AAI, participants will identify ways to plan and implement animal-assisted interventions in their practice and discuss ways to overcome challenges and barriers to use of AAI. *Kansas C*

THANK YOU FOR ATTENDING!

CEU INFORMATION

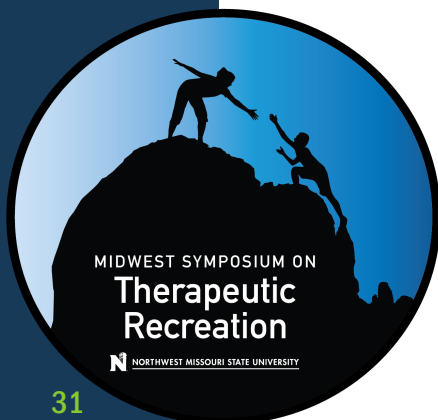
All sessions have been presented to NCTRC and approved for content. CEUs are earned for continuing education opportunities based on the number of actual contact hours. One CEU = ten contact hours of participation in organized CE/training experience under responsible, qualified direction and instruction. (1.0 CEUs = 10 contact hours; 0.1 CEUs = 1 contact hour).

1.30 CEUs are available through this conference.



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