

GTRA 2022 Annual Conference Schedule

Registration Open 7:15 am

Keynote: 8:00 – 9:00 am Return to Flight (Dwain Vaughns)

Breakout Sessions #1:

- **9:15 - 10:15 am** Empowering to Travel through Self-Advocacy (Cecilia Rider, Katie Murphy)
- **9:15 – 10:15 am** How to implement an adaptive aquatics program (Karolyne Bell)

Breakout Sessions #2:

- **10:30 am – 11:30 pm** Recreational Therapists- Get Your Business Caps Out! (Laura Kelly)
- **10:30 am – 11:30 pm** Community-Based Recreational Therapy for Individuals with Intellectual/Developmental Disabilities (Jarron Scurry)

Lunch: 11:30 – 12:30 pm

12:30 – 1:00 pm Membership Updates, Swearing in the Board, & Sponsor Introductions

1:00 -2:00 pm Advocacy and Recreational Therapy: It Starts with You (Brent Wolfe)

Breakout Sessions #3:

- **2:15 – 3:15 pm** Recreation Therapy in a Camp Setting (Daniel Matthews)
- **2:15 – 3:15 pm** Aesthetic Health & Rehabilitation: More than the way it looks: the Unspoken Therapeutic Power of Personal Care (Alison O'Neil)

Breakout Sessions #4:

- **3:30-4:30 pm** Exercise is Medicine and Recreational Therapy Practice (Megan C. Janke, Ph.D., LRT/CTRS; Angela B. Smith, Ed.D., Cecilia Kolbash, & Shelby Greene)
- **3:30-4:30 pm** Saving Soldiers from Suicide: Social Advocacy in Recreational Therapy (Warren Price)

GTRA 2022 Conference Session Descriptions

*All sessions pre-approved for CEUs (1 hour = .1)

Keynote: Return to Flight

Session Description: This session will discuss the importance of recreational therapy and how it was the change over point in my recovery. After sustaining the injury that led to my disability, I immediately lost the life I once knew. Through recreational therapy, I was able to rediscover who I had become and that I still had ability. What I did not know was how it was going to change my life and redefine my purpose.

Speaker Qualifications: Dwain A. Vaughns, II - Former airline pilot and Shepherd Center patient who received RT services and developed an interest in birding and photography into a professional career

Learning Outcomes:

1. Why recreational therapy is important
2. The importance of seeing the whole patient not just the disability
3. Increasing access to recreational therapy

Empowering to Travel through Self-Advocacy

Session Description: Research indicates a disproportionate number of individuals with disabilities avoid travel when compared to individuals without disability. This avoidance is often due to perceived barriers. The goal of this session is to provide the tools and resources to Recreation Therapy practitioners to help our clients to feel more confident to navigate travel accessibility. The session leaders will review current laws pertaining to accessibility in air travel, cruise travel, and hotel accommodations as well as resources the traveler can access in planning their travel to help make their experience as stress-free as possible. We will review some travel education and also explore virtual training tools and online resources. Throughout the session we will provide tips and tricks for how to advocate through all phases of travel, from making the initial reservation through arriving at the terminal, boarding the plane or ship, and arriving at the destination. We will discuss when to advocate, to whom to advocate, and how to problem solve through any surprises along the journey.

Speaker: Cecilia Rider, MS, CTRS, Recreational Therapist and Recreational Therapy Associate Manager at Shepherd Center; Katie Murphy, CTRS, Shepherd Center SCI Inpatient Recreational Therapist

Learning Outcomes:

1. Identify at least 3 barriers clients with physical disabilities may encounter during travel.
2. Identify at least 3 resources they can share with their clients to assist in successful travel.
3. Describe at least 2 practical applications they can use in their individual practice setting.

How to Implement an Adaptive Aquatics Program

Session Description: This session is an overview of the newly launched Certified Adaptive Swim Instructor certification. This session will go over how to utilize the APIE process in adaptive swim for a variety of populations and diagnosis with the goal of teaching swim safety and independence.

Speaker: Karolyne Bell, MS, CTRS, Senior Manager of Blaze Sports, Water Safety Instructor

Learning Outcomes:

1. How to conduct an aquatic assessment
2. Aquatic considerations for different diagnosis
3. How to evaluate your aquatics program

Recreational Therapists- Get Your Business Caps Out!

Session Description: The recreational therapy (RT) profession and the vast organizations we represent require us to wear many hats. As dynamic professionals, it is no surprise that the RT private sector continues to thrive. Regardless of future personal entrepreneurial intentions, how has the private sector impacted you and the industry at large? What can you learn from the private sector to take back to your setting? This session uniquely explores current professional issues and trends from a business vantage. In addition, this session tackles tough topics regarding scope of practice, philosophy, salary negotiations, and role identity. This session aims to educate and equip ALL attendees to know your worth, challenge the status quo, and optimize your professionalism. Students, educators, practitioners, and managers collectively - Let's get to business!

Speaker: Laura Kelly, MS, CTRS, Founder of EmpoweRT, LLC serving older adults in the private sector. Current ATRA Treasurer.

Learning Outcomes:

- 1) Identify 1-3 current professional issues and trends
- 2) Identify at least 1 professional growth area through a business lens
- 3) Identify 1-3 techniques to navigate organizational hierarchy for the advancement of recreational therapy service delivery

Community-Based Recreational Therapy for Individuals with Intellectual/Developmental Disabilities

Session Description: Discussing the importance of community-based recreational therapy for individuals with special needs. We will look at the goals, objectives, and outcomes they receive from community outings.

Speaker Qualifications: Jarron Scurry, CTRS, CPRP

Learning Outcomes:

1. Understand the importance of community outings for special needs
2. Discuss free/affordable options within the community
3. Define the barriers to participation within the community and how to overcome them

Advocacy and Recreational Therapy: It Starts with You

Session Description: Recreational therapists live in a world where we must constantly explain and defend both our actions and profession. The reality is that we are always advocating for the profession, but so many times, we aren't sure of the best ways to advocate. This session will focus on how recreational therapists can advocate for themselves, how they can advocate for the profession at the state-level, and how they can advocate for the profession at the national-level. Ultimately, the goal of this session will be for you to leave feeling more empowered on how to advocate for yourself and our profession.

Speaker: Brent Wolfe, PhD, CTRS, LRT, FDRT. ATRA Executive Director. UNC-G Associate Professor.

Learning Outcomes:

1. Verbally identify three ways to advocate for recreational therapy
2. Verbally identify one way to advocate for themselves as recreational therapists
3. Verbally identify one way to advocate for recreational therapy at the state-level
4. Verbally identify one way to advocate for recreational therapy at the national-level

Recreational Therapy in a Camp Setting

Session Description: Participants will learn how recreation therapy is incorporated into a year-round camp program serving children, adults, and families with illness, disability, or other life challenge.

Speaker Qualifications: Daniel Matthews, M.Ed, CTRS, Chief Experience Officer, Camp Twin Lakes

Learning Outcomes:

Participants will be able to identify:

1. History of Camp Twin Lakes and the nearly 80 partner organizations
2. Outcomes measurement initiatives at camp twin lakes.
3. Opportunities for collaboration and resources for discharge planning for a variety of populations.

Aesthetic Health & Rehabilitation: More than the way it looks: the Unspoken Therapeutic Power of Personal Care

Session Description: What do you know when you walk into a patient's room and see they are dressed, coiffed and ready to enter the next stage of their recovery with you? This presentation will elevate awareness of why this is not taken for granted, but, instead, applied to therapeutic goals and outcomes. Personal grooming and hygiene are two of the basic necessities for healthy living, and this presentation goes beyond these concepts to increase dignity, identity, and empowerment through an aesthetic and cosmetic lens. The way we see ourselves and how we are perceived by others is critical to who we are as human beings. The 'normalcy' of the acts required are key in all healthy lives. Implications for Recreational Therapy practice modalities and partnerships will be discussed.

Speaker Qualifications: Alison O'Neil, B.S. Mental Health & Human Services: Specialty in the Psychology of Appearance and Cosmetic Treatments. Founder of Senior Select Seal and Beauty Becomes You Foundation, 501(c)(3)

Learning Outcomes:

1. Understand Aesthetic Health & Rehabilitation, its implications for treatment goals, mental health, and more.
2. Recognize the signs of need that are demonstrated by lack of personal hygiene and care and the simple changes that lead to complex transformations.
3. Realize the impact of Aesthetic Health, how higher levels of rehabilitative therapy can be motivated from this point of intervention, how the power of personal care compliments and inspires the desire for development and self-improvement.

Exercise is Medicine and Recreational Therapy Practice

Session Description: This session will provide information about the global health initiative, Exercise is Medicine (EIM), coordinated by the American College of Sports Medicine and how recreational therapists can participate and contribute in this movement in both clinical and community-based settings. Specifically, we will discuss the focus areas of EIM, research related to the implementation and effectiveness of the initiative, and how recreational therapists can contribute to this health care movement. Examples related to implementing this program with a college student population, as well as older adults residing in a continuing care retirement facility will be provided.

Speakers: Megan C. Janke, Ph.D., LRT/CTRS; Angela B. Smith, Ed.D., Cecilia Kolbash, & Shelby Greene

Learning Outcomes:

1. Identify the purpose and mission of the Exercise is Medicine health initiative.
2. Describe research related to the implementation of the Exercise is Medicine program and how it contributes to improved health outcomes of individuals.
3. Discuss ways that recreational therapists can help provide exercise guidance and develop programs in line with the Exercise is Medicine initiative.

Saving Soldiers from Suicide: Social Advocacy in Recreational Therapy

Session Description: One man's journey to raise awareness of veteran suicide. Warren created the 9/22 Project in an effort to provide a message of hope and help to veterans, and others, who struggle with thoughts of suicide. During Suicide Awareness month, Warren organized a 22 mile walk in combat boots in memory of the 22 veterans per day who lose their battle with suicide. A suicide survivor himself, Warren believes in the benefits of connecting with nature and other people through healthy recreational activities while incorporating social advocacy in the practice of recreational therapy. Warren talks about the benefit of outdoor recreation in choosing safe and sober activities among the sobriety/recovery community and that advocating for change in how we view people who die by suicide can make a difference in reducing societal stigma toward mental illness.

Speaker Qualifications: Warren Price, MS, is an expert in veteran advocacy, suicide prevention, youth & family relationship repair, adaptability & inclusion, and other related behavioral health practices including substance abuse and recovery.

Learning Outcomes:

1. Identify three factors that contribute to veteran suicide and how recreational therapy can address them
2. Identify three ways RT professionals can advance social advocacy as part of their practice
3. Identify three strategies RT professionals can initiate policy change in their local area, their state, and on a national level.