Need Quick Information on a Session?
Check the latest and most up to date session information, complete your session evaluations and more!

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Dear ATRA Annual Conference Attendee,

Welcome! We are thrilled to have you join us here in Orlando with over 500 other recreational therapists. This event is very important, not only to ATRA, but to the field of Therapeutic Recreation. ATRA's mission is to empower Recreational Therapists, and this conference is a wonderful example of how we do that.

The theme of the conference is **“Connecting the Pieces to Strengthen our Journey.”** Many of you have traveled a great distance to be with us in Orlando; we thank you for your commitment to our profession. This is the largest gathering of Recreational Therapists in the world. We have representatives from 43 states, the U.S. Virgin Islands, three Canadian provinces, Australia, and Japan. This is your chance to network, share and most importantly learn from one another.

While you are here, please welcome new people into the ATRA family. Look for new attendee ribbons on name badges and reach out to make connections. If this is your first time joining us, we are a very friendly and caring group—you're about to meet some amazing people!

Want to learn more about ATRA and getting involved? There are lots of people you can ask. If you see an ATRA board member, section leader or committee chair (we will have ribbons on name badges identifying us), please introduce yourself. We are here to help you maximize your experience at conference—educationally and socially!

This year saw many changes for ATRA, and we’re proud to share our growth with you. At this conference you will learn about efforts to rebrand our association with a new logo, new professional partnerships, advances in technology related to this conference and our website and new personnel.

We hope you enjoy being a part of this exciting conference. Stop by the registration desk if you need any help, or just to say hello.

Marilyn E. Radatz, MS, CTRS  Debbie Robinson, MS, CTRS, FACHE

President  Overall Conference Chair
ATRA 2016–17
Board of Directors
President | Marilyn Radatz, MS, CTRS
President-Elect | Marieke VanPuymbroeck, PhD, CTRS, FDRT
Secretary | Betsy Kemery, PhD, CTRS
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Past President | Dawn DeVries, DHA, MPA, CTRS

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Thea Kavanaugh, CTRS
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2017 Conference Committee
Overall Chair
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Program Committee
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Tim Passmore, EdD, CTRS, FDRT
Lindsay Dao, BS, CTRS
Alexis McKenney, EdD, CTRS
Patty Thomas, MPA, CTRS

Peg Connolly Scholarship
Abby Pestak, MS, CTRS, Coordinator

Research Institute Coordinators
Jasmine Townsend, PhD, CTRS
Stephen Lewis, PhD, CTRS

Practice and Research Poster Coordination
Cari Autry, PhD, CTRS
Brandi M. Crowe, PhD, LRT/CTRS

ATRA’s Lifetime Professional Members
Lifetime Professional members have committed themselves to supporting ATRA. We are indebted to their support, which allows ATRA to provide its members with quality benefits and services!

Eileen Andreassi
Mary Ann Aquadro
Missy Armstrong Beyerlin
Melissa Blair-O’Shaughnessy
Veronica Byrne
Carla Carmichael
Courtney Castillo
Allison Cicotte
Jan Meyer Cockrell
Dana Dempsey
Susan Devitt
Jill Ellison
J. Kevin Enright
Mary Gossett
Robin Greenfield
Melissa Groos
Lei Guo
Marllynn Heyne
Mary Ann Keogh Hoss
Amanda Huffaker
Kari Kensinger
James Kramer
Angela Kwan
LeAnna Lucero
Kevin McCann
Swapan Munshi
Sharon Nichols
Kellie Nugteren
Kathleen Olson
Roy Olsson
Jennifer Orocio
Patrick Patterson
Danny Pettry
Laree Shanda
Kami Simpson
Marcia Smith
Janis Smith
Alane Thomas
Suzanne Thompson
Marieke Van Puymbroeck
Diane Wagner-Heffner
Veda Ward
Heewon Yang

2017 ATRA Peg Connolly Scholarship Recipients
The following students have been selected to receive the 2017 ATRA Peg Connolly Scholarship award from the American Therapeutic Recreation Association.

Congratulations!

Undergraduate
Jenna Thompson | Grand Valley State University
Abigail Lee Greer | Georgia Southern University
Sarah Gualtieri | Florida International University
Emily Konen | Grand Valley State University
Jorden Warren | Old Dominion University
Elizabeth Murphy | Clemson University

Graduate
Amina Chaudry | University of North Carolina, Greensboro
Jason Page | Clemson University

The scholarship, funded by ATRA annually, honors Peg Connolly, the first ATRA president and former executive director of the National Council for Therapeutic Recreation Certification. The scholarship provides tremendous personal and professional benefits and awards for students by giving them a paid conference registration, hotel accommodations and a meal stipend to this conference.

Peg Connolly Scholars assist in various aspects of the onsite annual conference logistics. When you see one of our scholars, please congratulate them!
Annual in Therapeutic Recreation | Volume 24

Editors
Ellen Broach, EdD, CTRS
Alexis McKenney, EdD, CTRS

Associate Editors
Leandra A. Bedini, PhD, LRT/CTRS
Patricia Craig, PhD, CTRS/L
Marcia Carter, ReD, CTRS, CPRP
Brandi Crow, PhD, CTRS
Dawn DeVries, DHA, MPA, CTRS
Patricia Irvin, MPA, CTRS/L
Megan Janke, PhD, LRT/CTRS
Lisa Mischa Lawson, PhD, CTRS
Cathi McMahan, PhD, CTRS
Richard Williams, EdD, LRT/CTRS
Tim Passmore, EdD, CTRS
Alysha Walker, MS, CTRS/L
Heewon Yang, PhD, CTRS

ATRA Past Presidents
2015-2016 Dawn DeVries
2014-2015 Debbie Robinson
2013-2014 Norma Stumbo
2012-2013 Diane Skalko
2011-2012 Vicki Scott
2010-2011 Mary Ann Aquadro
2009-2010 C. Missy Armstrong-Beyerlin
2008-2009 Mary Ann Keogh Hess
2007-2008 Marcia Smith
2006-2007 Sandy Negley
2005-2006 Bryan McCormick
2004-2005 Nancy McFarlane
2003-2004 Melinda Conway Callahan
2001-2002 Laurie Jake
2000-2001 Diane Etzel-Wise
1999-2000 Dan Ancone
1998-1999 Pamela Adams Wilson
1997-1998 Sharon Nichols
1996-1997 Debbi Hutchins
1995-1996 Frank Basile
1994-1995 Dave Austin
1993-1994 Mary Jean Erwin
1992-1993 Thom Skalko
1991-1992 Carmen Russoniello
1990-1991 Karen Grote
1989-1990 Mike Rhodes
1988-1989 Roy Osison
1986-1987 Bernie Thorn
1985-1986 Ray West
1984-1985 Peg Connolly

ATRA Distinguished Fellows
2016 Deborah Hutchins
2015 Sandra Negley
2014 Bryan McCormick
2013 Charles Dixon
2012 Jeff Witman
2011 Linda Buehnner
2010 Leandra Bedini
2009 Glenn “G.T.” Thompson
2008 Norma Stumbo
2007 Sharon Nichols
2006 Pamela Wilson
2005 Joanne Finegan
2004 John Jacobson
2003 Marcia Carter
2002 Carol Ann Peterson
2001 Frank Basile
2000 Ann James
1999 Mary Ann Keogh Hess
1998 Linda Hutchinson-Troyer
1997 David Austin
1996 Glenn Van Andel
1995 John Shank
1994 Thom Skalko
1993 Jerry Jordan
1992 Bob Riley
1991 Ray West
1990 Peg Connolly
1989 Nancy Navar
1988 Bernard E. Thorn
1987 David Park

ATRA Office & Staff
Executive Director | Julie Utano
Program Administrator | Laura Albrecht
ATRA Academy | Pam Fleck, CTRS
Social Media | Jamie Sharpe, CTRS

Visit Orlando!
Please check your conference bags for your Attendee Guide by VisitOrlando! The guides provide a wealth of information on dining, shopping, entertainment and attractions, as well as discounts.

MAKE SOME NOISE!
Tweet from the conference using:
#ATRAAnnual!
Let’s see who is here!
2017 ATRA ANNUAL CONFERENCE
September 9-12
ORLANDO, FLORIDA
**SCHEDULE**

**FRIDAY, SEPTEMBER 8**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8:30 a.m. – 5:00 p.m.</td>
<td><strong>ATRA BOARD OF DIRECTORS MEETING</strong></td>
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<td><em>Dade</em></td>
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<td></td>
<td><em>Open to all ATRA members.</em> If you are an ATRA member interested in attending the ATRA Board meeting, now is your chance.*</td>
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<tr>
<td>2:00 – 7:00 p.m.</td>
<td><strong>REGISTRATION &amp; CONFERENCE CHECK-IN</strong></td>
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<td><em>Convention Center Lobby</em></td>
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**SATURDAY, SEPTEMBER 9**

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<th>Time</th>
<th>Event</th>
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<tr>
<td>7:00 a.m. – 5:00 p.m.</td>
<td><strong>REGISTRATION &amp; CONFERENCE CHECK-IN</strong></td>
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<td><em>Convention Center Lobby</em></td>
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<td><strong>PRE-CONFERENCE INSTITUTES</strong></td>
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<td><em>Separate Registration Fee Required, Unless Marked FREE</em></td>
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<td>8:30 a.m. – 4:00 p.m.</td>
<td><strong>Rec Connect with Adventure-Tech</strong></td>
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<td><strong>SESSION #PC3/.6 CEU</strong></td>
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<td><em>Universal D</em></td>
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<td>Jessica Voss, CTRS, CPRP</td>
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<td>Jonathan Tang, CTRS</td>
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<td>This informative, interactive and engaging workshop will teach recreation therapists from all backgrounds and settings how to utilize technology in order to allow for and improve implementation of adventure, outdoor recreation, and nature-based programs and services. This is a welcoming, beginner-friendly workshop for RT professionals serving all populations.*</td>
</tr>
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### Preparing the Self-Study for Academic Accreditation in Recreational Therapy: A Hands-on SESSION (FREE)

**SESSION #PC4/.6 CEU**

**Universal C**

Rhonda Nelson, PhD, CTRS, MT-BC  
Teresa Beck, PhD, CTRS

The purpose of this full-day pre-conference session is two fold.

The session will provide an overview of accreditation under the Commission on Accreditation of Allied Health Education Programs (CAAHEP) and the Committee on Accreditation of Recreational Therapy Education (CARTE). More importantly, the session will provide information and hands-on experience in completing the forms required as part of the process for seeking academic accreditation under CAAHEP-CARTE.

Participants should bring: (1) A laptop computer for hands-on work, (2) Copies of course syllabi and (3) University information. Hands-on work is designed to jump-start your efforts to achieve CAAHEP academic accreditation under the “Gold Standard” for allied health programmatic accreditation.

**Note:** Pre-registration is required and limited to individuals who can come prepared to actively work on an academic program self study.

### HALF DAY INSTITUTES

Separate Registration Fee Required, Unless Marked FREE

#### 8:30 – 11:30 a.m.

**Standards of Practice an Educator’s Tool (FREE)**

**SESSION #PC1/.3 CEU**

**Citrus Ballroom**

Marcia Smith, MA, CTRS, ACSM-CEP  
Tim Passmore, EdD, CTRS/L, FDRT  
Carolee Rodrigo, CTRS  
Heather Bright, MS, CTRS

The session is designed to gather information from educators and to share with them tools that the Committee is designing to aid in the teaching of the Standards of Practice for RT and the Self Assessment Guide (SOP-SAG). The Committee is committed to the consistent teaching of the Standards as this is critical to students developing an understanding of how this document enhances their skills & delivery of services. The ATRA SOP-SAG were developed based upon requirement of health care regulatory agencies, standards of health care accreditation agencies, a review of related literature, including the NCTRC job Analysis and a comparison of standards of practice of other allied health disciplines.

#### 8:30 – 11:30 a.m.

**Incorporating the Best-Friends™ Approach to Care for People with Dementia in RT Practice**

**SESSION #PC5/.3 CEU**

**Spacecoast**

Nancy Richeson, PhD, CTRS, FDRT

Please join Nancy Richeson, a Best Friends™ Master Trainer, for this engaging session. The session will focus on applying the Best Friends™ as a strengths-based approach to care into Recreational Therapy practice. The essence of the Best Friends™ approach involves using life story and personal preferences into providing person-centered care. Recreational Therapists can use this approach to enhance engagement, encourage social connections and promote positive behavioral health for people with dementia.
### Design, Implementation, and Evaluation of a Successful Adaptive Sports Program for Veterans

**SESSION #PC7/.3 CEU**  
**Palm Beach/Broward**

Stephanie Richter, PhD  
Ralph Marche

The session will present the design, implementation, and evaluation of a successful adaptive sports program for veterans, including summer and winter events. The program serves veterans with a wide range of physical and psychological challenges, including spinal cord injury, post-traumatic stress disorder, traumatic brain injury, depressive disorder, orthopedic amputation, seizure disorder, and visual impairment. Theoretical and evidence-based foundations for the program will be discussed and a thorough description of the intervention protocol will be provided within the framework of the therapeutic recreation process of assessment, planning, implementation, evaluation, and documentation. Particular emphasis will be placed on safety considerations, equipment requirements and methods of implementation to meet the specific needs of each individual veteran. Examples will be provided to illustrate how these techniques can be incorporated to achieve a successful adaptive sports program for veterans.

### Coverage of Recreational Therapy: The Rules & Regulations

**SESSION #PC2/.3 CEU**  
**Citrus Ballroom**

Tim Passmore, EdD, CTRS/L, FDRT  
Dawn De Vries, DHA, MPA, CTRS  
Kristin Fedesco

This session will take the attendee through the process of ensuring that their Recreational Therapy Program complies with the Centers for Medicare and Medicaid regulations and Individuals with Disabilities Education Act regulations. The session will address Inpatient Physical Rehabilitation, Inpatient Psychiatric Treatment, Skilled Nursing Facility treatment, and Public Schools.

### The Strength of Smell: How the Field of Therapeutic Recreation can Integrate Evidence-Based Aromatherapy into Recreational Therapy Practice

**SESSION #PC6/.3 CEU**  
**Spacecoast**

Gena Bell Vargas, PhD, CTRS, CA

Our earliest sense to develop, smell, is very strongly interwoven into our life experience. Applying the principles of aromatherapy can help to improve participant outcomes across the field of Therapeutic Recreation.

In this session, participants will learn how to integrate evidence-based aromatherapy into their recreational therapy practice setting. Participants will begin by learning about the chemical building blocks of essential oils. Once their foundational understanding is built, they will add to their base by learning how to assess participants in relation to possible aromatherapy interventions, how to incorporate aromatherapy into the recreational therapy treatment plan, facilitation approaches to implement aromatherapy, how to evaluate aromatherapy related outcomes, and how to accurately represent the integration of aromatherapy in their documentation. Come join this interactive session and add another tool to your modality belt!
1:00 – 4:00 p.m. **Promote Healing and Build Resiliency through Evidence-Based Practices: For you, your Agency and the People you Serve**

**SESSION #PC8/.3 CEU**

**Palm Beach/Broward**

Marti Winterhalter, MBA, CTRS, RTC

Discover and delve into cutting edge evidence-based practices, such as: DBT, WRAP (Wellness Recovery Action Planning) and Seeking Safety (Trauma Informed Care Practice).

This session will provide foundational theories and concepts of advanced evidence-based practices that Recreational Therapists can use to implement in their setting. Learn how each can be used as an intervention with clients to build resiliency as well as how to create a healing environment that promotes wellness and recovery.

8:30 a.m. – 12:30 p.m. **ATRA BOARD OF DIRECTORS MEETING**

**Dade**

Open to all ATRA members.

5:30 – 7:00 p.m. **WELCOME & GENERAL OPENING SESSION**

**I-Tie Flies: One Veteran with PTSD and His Healing Path from Patient to Practitioner (CTRS)**

**SESSION #9/.1 CEU**

**Citrus Ballroom**

Warren D Price, MS, CTRS

Warren Price is a combat disabled veteran of the war in Iraq. In this presentation, he details what Posttraumatic Stress Disorder (PTSD) feels like from an insider’s perspective. He discusses which recreation treatments and groups he experienced and their efficacy from the patient perspective while offering suggestions for how to improve delivery. Several symptoms of PTSD are discussed with accompanying recreational therapy which aided him in the healing process. On the path to recovery Warren experienced a desire to share his experience with other likewise injured veterans and gained the necessary education and certifications to do so. He details the steps to starting a non-profit organization to work with veterans along with common mistakes made by providers and how better to reach and facilitate treatment of veterans at different stages of healing.

7:00 – 8:00 p.m. **OPENING CONFERENCE SOCIAL RECEPTION**

**Exhibit Hall**

Join us for our kickoff social as you explore our vendor tables. Appetizers and a cash bar will be available. Be on the lookout for raffles at vendor tables and ask how their services and products can improve your practice.
SUNDAY, SEPTEMBER 10

7:00 a.m.  
REGISTRATION & CONFERENCE CHECK-IN OPENS  
Convention Center Lobby

7:00 – 8:00 a.m.  
CONTINENTAL BREAKFAST  
Exhibit Hall

8:00 – 9:30 a.m.  
GENERAL SESSION  
Connecting the Pieces to Strengthen our Journey  
SESSION #10/.1 CEU  
Citrus Ballroom  
Marilyn Radatz, MS, CTRS

2017 has been a year in which ATRA has been connecting pieces to strengthen our journey within the field and as an association. Updates on recent advocacy efforts, partnerships, changes and growth will be shared. This session will serve as the ATRA annual membership meeting and awards presentation.

10:00 – 11:30 a.m.  
CONCURRENT BREAKOUTS  
ATRA Sections  
Sections provide ATRA members an opportunity to connect with peers to enhance their professional experience! These sections connect therapists working in similar environments for the purpose of supporting each other through sharing of ideas, experiences, and planning for the future. You don’t have to be a current section member to attend these section sessions. Join in the experience of getting to know each other, learn what others are doing, and reflect on how you can take your profession up a notch!

Schools Section  
SESSION #11/.15 CEU  
Universal D  
Heidi Hunter, MS, CTRS  
Thomas House, CTRS

This session will focus on marketing/advocacy, public policy, modalities of intervention, and research as related to the Schools Section. Current status of recreational therapy practices in school systems will be discussed with a focus on past/current section work plan results. Specifically, networking efforts through social media and Open Mic Nights, current public policy issues, identification of top modalities of intervention, and research ventures will be discussed. In addition, an update regarding the ATRA Delphi Study, which is focused on identification of required competencies within the schools and other RT service settings, will be presented.
### Veterans/Military Service Section

**SESSION #12/.15 CEU**

*Universal C*

Jessie L Bennett, PhD, CTRS  
Deborah Tysor, CTRS, MS

The educational session of the Veterans/Military Service Treatment Section will focus on current evidence-based practice for the veteran and service member population in recreational therapy. We will also discuss theories that inform recreational therapy practice with Veterans/Military service members. Cultural competency resources for the practice of recreational therapy with veterans and service members will be discussed. Treatment network coordinators will facilitate discussion on current practices and future plans for the treatment section.

### Behavioral Health Section

**SESSION #13/.15 CEU**

*Sun and Surf*

Tara L Martin, MS, CTRS/L  
Ronald Tankel, CTRS

This session will serve as an interactive opportunity to update and educate participants on changes in the behavioral health section as they relate to the topics of evidence-based practice, competencies, and public policy.

### Older Adults Section

**SESSION #14/.15 CEU**

*Universal E*

Melissa J. Long, CTRS, DPG  
Laura Kelly, MS, CTRS

This session will focus on evidence-based practices, standardized assessments, competencies, and public policy initiatives related to the Older Adult Section. Current evidence related to the RT practice will be presented with a focused discussion on older adults with depression, stroke, and dementia related behaviors. This session will empower practitioners to gather data in their practice by presenting several case studies with associated valid and reliable assessment tool instruction and training for related diagnoses in RT practice. In addition, RT Geriatric Competencies will be discussed as well as how practitioners can utilize this self-assessment tool to identify areas of competencies requiring further professional development. Current public policy issues will be presented to provide resources and tools for practitioners to become advocates for the older adult population who benefit from our services.

---

**SUNDAY | CONTINUED**

**Get involved with ATRA!**

We have lots of opportunities with varying levels of commitment.  
- Join a Committee  
- Get involved with your ATRA Section  
- Help us spread the word on important legislation and policy  
- Write an article for the newsletter  
- Get involved with an ATRA local Chapter Affiliate or TR Club  
- Publish research in the Annual in TR

**Want to learn more?**

Stop by the ATRA booth in the exhibit hall or talk with us at the registration desk!
### Physical Rehabilitation and Medical Section

**SESSION #15/.15 CEU**

*Universal F*

Kaitlin E. Daly, CTRS  
Tacy Bradbury, CTRS  

This session will focus on evidence-based practices, communication strategies and public policy related to the Physical Rehabilitation and Medical section. Current evidence for recreational therapy practice in Physical Rehabilitation and Medical section will be discussed with a focused discussion on interventions to better serve patients with spinal cord injury, traumatic brain injury, stroke, Parkinson’s Disease, and other neuromuscular disabilities. An update on communication strategies for the PR&M Section will be discussed as it pertains to increased networking and sharing of ideas/strategies for Section members. Public policy issues related to Physical Rehabilitation and Medicine will be discussed with break out discussions in small groups.

### Community Section

**SESSION #16/.15 CEU**

*Spacecoast*

Kristen Clatos Riggins, MA, CTRS, ATRIC  
Carly McElvaine, CTRS  

This educational session of the Community Section focuses on defining “community” within Recreational Therapy practice, current evidence-based practice, as well as identifying trends and issues specific to this treatment area. Advocacy and public policy issues will be explained, while competencies for the practice of recreational therapy in the community will be explored. Section coordinators will facilitate discussion on current practices, as well as future plans for the Section.

### Child & Adolescent Section

**SESSION #17/.15 CEU**

*Palm Beach/Broward*

Abby Pestak, MS, CTRS  
Kaylee McGuire, CTRS, CCLS  

This session will focus on evidence-based practices, competencies, and public policy related to ATRA’s Child & Adolescent Section. An update regarding Child & Adolescent section involvement with Evidence-Based Practice committee will be provided by our liaison. Participants will be asked to identify & rank potential treatment modalities for future EBP practice guidelines. The ATRA competency study will be discussed as it pertains to the Child & Adolescent Section. An update from our public policy liaison will be discussed as it relates to this practice area. Session will conclude with break out discussions in small groups focused on advocacy, marketing, benefits of section involvement and creating a plan for action.

### Management Section

**SESSION #92/.15 CEU Pending**

*Dade*

Patty Irvin, MPA, CTRS  
Missy Armstrong, MS, CTRS/R, FDRT  

This interactive session will focus on how to engage your facility to value the RT treatment services through the use of data and education. Designed for the new manager, this will also offer the opportunity to network with other new managers, brainstorm ideas to take home and in general learn to promote and advocate for the profession.
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>11:30 a.m. – 1:00 p.m.</td>
<td><strong>ATRA Section Leaders Meeting</strong></td>
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<td><strong>SESSION #93/.15 CEU</strong></td>
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<td>Thea Kavanaugh, CTRS</td>
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<td>This session is geared towards ATRA Section Leaders and those interested in taking on a leadership role in an ATRA Section. ATRA’s Section Chairs empower and strengthen ATRA members using evidence-based practice, public policy, and competency development within their specialty settings. This session will facilitate group discussion regarding strategies and methods for communication, recruitment and involvement with Section members. Section leaders will have the opportunity to formulate new avenues for evidence-based practice and public policy initiatives. This session will promote evaluation of previous year actions and approaches to encourage planning a fresh approach for the next year. Participants are encouraged to bring their lunch to this session.</td>
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<tr>
<td>1:00 – 2:30 p.m.</td>
<td><strong>CONCURRENT BREAKOUTS</strong></td>
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<td><strong>Navigating the Changes in Healthcare: Understanding and Applying Evidence-Based Management Techniques and Intentional Leadership for Professional and Personal Growth</strong></td>
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<td><strong>PART 1 of 2</strong></td>
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<td><em>(You MUST attend BOTH parts of this session to earn CEU credits.)</em></td>
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<td><strong>SESSION #18 &amp; #26/.15 CEU</strong></td>
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<td>Donna Gregory, MBA, CTRS</td>
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<td>Mary Ann Keogh Hoss, PhD, CTRS, FACHE, FDRT</td>
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<td>Sharon Nichols, CTRS</td>
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<td>Missy Armstrong, MS, CTRS/R, FDRT</td>
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<td>Changes in healthcare are happening fast and the impact on consumers and the role of Recreational Therapy is difficult to keep up with. This session will provide up to date information on changes in healthcare policy including the Affordable Care Act, funding sources, Medicare, health related outcomes, and a broadened perspective on environments and models of care. Information on how Recreational Therapists can adapt and thrive professionally and personally will be reviewed. Concepts of inter-professionalism, health promotion, paradigm shifts and practical approaches to applying management and leadership techniques including the use of data driven information, custom messaging and being a value-added change agent in this dynamic health care environment will be discussed.</td>
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<td><strong>Higher Education in Recreational Therapy</strong></td>
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<td><strong>SESSION #19/.15 CEU</strong></td>
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<td><strong>Universal E</strong></td>
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<td>Jasmine Townsend, PhD, CTRS</td>
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<td>Brent Hawkins, PhD, LRT/CTRS</td>
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<td>Brandi Crowe, PhD, CTRS</td>
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<td>Learn about the benefits of getting a degree in Higher Education in Recreational Therapy. We will discuss available degree options in RT at various institutions across the nation and the differences in online and in-person degree programs, as well as the need for RTs with PhDs.</td>
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NCTRC Certification Process
SESSION #20/.15 CEU

Universal F
Robin McNeal, CTRS
Susan Kaufer, CTRS

This session provides an in depth coverage of the NCTRC Certification Standards. It will include the requirements for application, application process, exam information, and requirements to maintain your certification.

Thinking of Forming an ATRA Chapter Affiliate?
SESSION #21/.15 CEU

Dade
Vincent Bonadies, CTRS

Being an affiliate of ATRA connects you to the largest professional membership association representing recreational therapists. It gains you access to the current issues facing the profession, as well as to national experts on topics affecting our profession. This session will explain how to become an ATRA Chapter Affiliate, the benefits of becoming one and how to start the process.

Animal Assisted Interventions: Applications for Recreational Therapy
PART 1 of 2
(You MUST attend BOTH parts of this session to earn CEU credits.)
SESSION #22 & #28/.15 CEU

Sun and Surf
Deborah Hutchins, EdD, CTRS, FDRT, CHAIS
Yvonne Eaton-Stull, DSW, LCSW

This session will provide an overview of Animal Assisted Interventions (AAI) and the various populations that can benefit from Animal-Assisted Activities (AAA) and Animal-Assisted Therapy (AAT). The focus will be on how the potential benefits of AAT can be incorporated into recreational therapy services. Participants will learn the different approaches to using animals as a partner in facilitating therapeutic outcomes. Participants will be exposed to research evidence that supports AAI with populations generally served by recreational therapists. The considerations of planning and implementing a AAI program/treatment within an agency will be addressed.

*Note: There will be therapy dogs present during this session and will be used in some interactive activities.

Leisure Education and Adolescence: A Recreational Therapy Intervention
SESSION #23/.15 CEU

Universal C
Allyson Hagan, CTRS
Marieke Van Puymbroeck, PhD, CTRS, FDRT

This session will provide an overview of a Leisure Education program implemented in a residential treatment center for children and adolescents with very positive feedback from the adolescents. We will explain the importance of program development for a behavioral health population and protocols used in implementation, as well as the importance of pre- and post-test assessment data and session documentation to measure participant progress towards individualized goals in Recreational Therapy. The protocol for this intervention will be shared, and audience members will be asked to provide input about similar programs with which they are familiar.
Evidence-Based Practice in RT for people with PTSD: A Focus on Corrections and Military/Veterans

SESSION #24/.15 CEU
Palm Beach/Broward
Deborah Tysor, MS, CTRS
Carla Hunt, CTRS

The purpose of this session is to provide foundational knowledge about PTSD, evidence-based RT treatments for people with PTSD, practical tips for actually implementing EBP when providing treatment for people with PTSD, and gaps in the research regarding PTSD treatments in RT.

Therapeutic Recreation Internships—Educator and Practitioner Perspectives

SESSION #25/.15 CEU
Spacecoast
Emily S. Messina, PhD, CTRS/R
Sara Dunbar, CTRS/R

This session will explore the preparation, implementation, and evaluation of a Therapeutic Recreation internship from the perspective of both an educator and a practitioner.

3:00 – 4:30 p.m. CONCURRENT BREAKOUTS

Navigating the Changes in Healthcare: Understanding and Applying Evidence-Based Management Techniques and Intentional Leadership for Professional and Personal Growth

PART 2 of 2
(You MUST attend BOTH parts of this session to earn CEU credits.)
SESSION #18 & #26/.15 CEU
Universal D
Donna Gregory, MBA, CTRS
Mary Ann Keogh Hoss, PhD, CTRS, FACHE, FDRT
Sharon Nichols, CTRS
Missy Armstrong, MS, CTRS/R, FDRT

Changes in healthcare are happening fast and the impact on consumers and the role of Recreational Therapy is difficult to keep up with. This session will provide up to date information on changes in healthcare policy including the Affordable Care Act, funding sources, Medicare, health related outcomes, and a broadened perspective on environments and models of care. Information on how Recreational Therapists can adapt and thrive professionally and personally will be reviewed. Concepts of inter-professionalism, health promotion, and paradigm shifts and practical approaches to applying management and leadership techniques including the use of data driven information, custom messaging and being a value-added change agent in this dynamic health care environment will be discussed.
**Music Therapy and Therapeutic Music Programs: A Collaborative Approach**

**SESSION #27/.15 CEU**

*Palm Beach/Broward*

Kory Blair, CTRS  
James E. Riley, MM, MT-BC

Most recreational therapists incorporate music into their programs in some capacity, however, the line between using music in a therapeutic manor and practicing Music Therapy can be confusing. In this presentation we will discuss what constitutes music therapy and is allowed to use the term Music Therapist. Different modalities and interventions using music will be discussed exploring techniques of how to successfully utilize music to serve a wide range or populations. The benefits and possible contraindications of using music will also be examined. Specific advantages of collaborating or co treating with a Board Certified Music Therapist (MT-BC) will be explored through a clinical vignette with The Children’s Center at Sabal Palms, a sub-acute pediatric rehabilitation and long-term care facility. Lastly, we will look at how to implement a music therapy program or components of therapeutic music into recreational therapy/therapeutic recreation programs.

**Animal Assisted Interventions: Applications for Recreational Therapy**

**PART 2 of 2**  
*(You MUST attend BOTH parts of this session to earn CEU credits.)*

**SESSION #22 & #28/.15 CEU**

*Sun and Surt*

Dr. Deborah Hutchins, EdD, CTRS, FDRT, CHAIS  
Yvonne Eaton-Stull, DSW, LCSW

This session will provide an overview of Animal Assisted Interventions (AAI) and the various populations that can benefit from Animal-Assisted Activities (AAA) and Animal-Assisted Therapy (AAT). The focus will be on how the potential benefits of AAT can be incorporated into recreational therapy services. Participants will learn the different approaches to using animals as a partner in facilitating therapeutic outcomes. Participants will be exposed to research evidence that supports AAI with populations generally served by recreational therapists. The considerations of planning and implementing a AAI program/treatment within an agency will be addressed.

*Note:* There will be therapy dogs present during this session and will be used in some interactive activities.

**WHO International Classification of Functioning, Disability and Health (ICF) Implications for Clinical and Community RT**

**SESSION #29/.15 CEU**

*Spacecoast*

Debbie Pate, MS, CTRS

This session will outline the purpose, foundation and structure of the ICF. Join us to gain a basic understanding of the ICF content, functional items and qualifier scales. If further knowledge is desired in understanding how to incorporate the ICF in clinical and/or community RT practice consider attending session 35.
<table>
<thead>
<tr>
<th>SESSION</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>NCTRC Recertification: Continuing Professional Competence</strong></td>
<td>This session provides an in depth coverage of recertification standards and requirements. 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.</td>
</tr>
<tr>
<td><strong>ATRA 101: The Organization and the Benefits</strong></td>
<td>During this session, the purpose, mission, scope, and benefits of being a member will be discussed. Audience will also be involved to help identify areas that they can be involved in ATRA.</td>
</tr>
<tr>
<td><strong>Keys to Competent Practice: Implications from ATRA’s Delphi and Competencies Study</strong></td>
<td>In 2016, ATRA launched a study to understand the practice competencies related to the various treatment sections served by recreational therapists. This session will share results from the Delphi and competencies study and discuss the implications for the educational, training, and research needs in recreational therapy. Competencies in this study relate to diagnostic populations; intervention and modalities; techniques; topics of education, training, and counseling; standardized assessment tools; theories; and competencies on the horizon of practice.</td>
</tr>
</tbody>
</table>
Leisure Readiness Scale: Qualitative Assessment and Reliability of Functional Outcomes for a Clinical Inpatient Acute Setting for Spinal Cord Injury Patients

SESSION #33/.15 CEU

Universal F

Shana E Boyle, BS, CTRS
Shanna J King, BS, CTRS
Michael Wehner, BS, CTRS

This session will focus on the need for evidence-based practice and present groundbreaking research in Therapeutic Recreation. CTRSs at the Shirley Ryan Ability Lab created the Ability and Independence Measure (AIM) to accurately measure patient outcomes for the inpatient Spinal Cord Injury population. The AIM assesses leisure awareness, leisure attitude, leisure skills, cultural/social behaviors, interpersonal skills, community re-integration skills, social interaction, and community participation. The theoretical framework underlying our research project is the Leisure Competence Measure (LCM). The LCM has been demonstrated to be reliable and valid in the community and long term care setting, but the domains do not accurately define the progress in the inpatient population. We will discuss the need for a new instrument and explain our research process. In addition, we will educate CTRSs on how to effectively use the assessment tool for the purpose of validating and advancing the therapeutic recreation profession.

4:45 – 5:45 p.m.

POSTER SESSION AND SOCIAL

Exhibit Hall

Practice and Research Poster Sessions

Join us for ATRA’s Poster Session—featuring practice and research posters. This is a wonderful opportunity to find out what’s happening in the profession. View your colleagues’ work while networking in a relaxing social atmosphere. Appetizers and a cash bar will be available.

Here is a list of the posters being presented:

Research

Who are Attached Forest Therapy Campers?: Implications for Recreational Therapy Interventions
NamHyun Kil, PhD; Jun Kim, PhD; Jae Jun Kim, PhD

A Comparison of the Effects of Multisensory Therapy and Progressive Relaxation Training on Time on Task of Participants with Behavior Disorders
Alexis McKenney, EdD, CTRS; Mary Ellen Broach, EdD, CTRS

Validity and Reliability of an Adaptive Snow Sports Assessment Instrument
Sydney Sklar, PhD, CTRS; Dr. Marcia Jean Carter, CPRP, CTRS

Depression and Risk of Stroke: Therapeutic Recreation Implications
Ms. Catherine Ann Gooch, CTRS, MS Ed; Melinda Cozzolino, PP-OTD; Justine E Carey

*The Voice of Mother Caregivers
Wendy Infante; Kiboum Kim, PhD

*The Contribution of Leisure Activities to Health Perception, Life Satisfaction, and Self-esteem among Korean Individuals with Visual Impairments
Jun HyoYoung Kim, PhD, CTRS; Heewon Yang, PhD, CTRS; YoungHill Lee, PhD, CTRS; Mi Hye Kim, PhD; Sally Cane; Logan Miller

*Life Without Leisure
Brooke Scales; Kiboum Kim PhD
Research in Progress (Subcategory of Research Category)

*Attitudes, Self-Efficacy, Motivation and Professional Preparedness as Predictors of Intention to Provide Quality Physical Education and Recreation Services to Students with Disabilities
Thea Kavanaugh, CTRS

*Identifying Critical Attributes of Citizenship on HBCU Campuses
Agnes Berta

*Reminiscing “Howard’s Rock”: Harnessing the Power of Clemson Football Memories to Improve Cognitive Functioning of South Carolinians with Dementia
Taylor Rae Hooker, CTRS; Katie Lynn Walker; Brent Hawkins, PhD, LRT/CTRS; Gregory Ramshaw, PhD

Research to Practice

*Complementary Alternative Medicine for Informal Caregivers: A Systematic Review
Alysha A. Walter, MS, CTRS; Marieke Van Puymbroeck, PhD, CTRS, FDRT; Jasmine Townsend PhD, CTRS; Arlene A Schmid, PhD, OTR; Sandra Linder, PhD, Med

*Screen Time Activity and Sleep Deprivation in Adolescents: Challenges in TR
Paige Eddy

*Therapeutic Recreation and the American Post-Partum Experience
Nicole Allen; Jun Kim, PhD

*The Efficacy of Cognitive and Physical Interventions with Individuals with Mild NCD
Susan McCool, CTRS; Cari E. Autry, PhD, CTRS

*Enhancing Relationships Between Incarcerated Mothers And Children: The Role of Recreation Therapy
Michele Y Harris, MSRT student; Gena Bell Vargas, PhD, CTRS

Behind the Screens: Cyberbullying Among Individuals with Developmental Disabilities
Brianna Lynn Alne, MS, CTRS

*Multi-Sensory Interventions for Children and Adolescents with Autism Spectrum Disorders: Translating Research into Recreational Therapy Practice.
Rhonda Nelson PhD, CTRS, MT-BC; Erika Hummel, Jennifer Perkins, BS; Portia Millet; Rebecca Sowards

Practice

*Exploring the Effectiveness of Off-Season Heroes on the Water Program for Veterans with Disabilities
Martha Kemeny, PhD, CTRS; Maria DeAngelis

Use of a Neuro-Cognitive Program to Enhance Patient Safety and Positive Patient Outcomes
Hollyann Philpott; Sherrill Rucker-Peoples

Music—The Pathway to Agreeable Care
Melissa J Long, CTRS, DPG; Megann Griffith, MM, MT-BC

Making a Difference in the Moment—Horse Therapy
Melissa J Long, CTRS, DPG; Megann Griffith, MM, MT-BC; Rachel Neff, BSA

Go Home! Impact of Community Re-Entry Program
Morgan Mersy; Melanie Kline-Switzer, CTRS

Pay It Forward Project within Mental Health
Andrea Lafarge; Amanda O’Keefe

*Recreational Therapy and Speech-Language Pathology Collaboration: A School-Based Intervention for Adolescents with Autism Spectrum Disorders
Kristen Fedesco MA, CTRS; Joan E. Wilson, MS, CCC-SLP
*Mandala Making As A Recreational Therapy Intervention
  Taylor Gbur; Tim Passmore CTRS/L, EdD

*Creative Arts: An ideal modality for youth identified as transgender with early symptoms of depression and anxiety.
  Amanda Elizabeth Burnejko; Frances Stavola Daly, PhD, CTRS

Therapeutic Drumming with Drums Alive
  Ariana Raub; Garland D. Jones, MS, CTRS

Drums Alive©: Drumming Our Way to Sobriety
  Garland D. Jones, MS, CTRS; Ariana Raub

*BINGOCIZE®-An interdisciplinary health promotion program for older adults
  Jennifer Taylor, MS, CTRS; Jennifer A Platt, PhD, CTRS;
  K. Jason Crandall, PhD, ACSM C-EP

*Incorporating Recreational Therapy interventions in the program of college students with Intellectual Disabilities
  Tania Santiago Perez, CTRS; Jeehyun Park; Alex Acosta

*Indicates Student Author
<table>
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<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>7:00 a.m.</td>
<td><strong>REGISTRATION &amp; CONFERENCE CHECK-IN OPENS</strong></td>
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<td><em>Convention Center Lobby</em></td>
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<td>7:00 – 8:00 a.m.</td>
<td><strong>CONTINENTAL BREAKFAST</strong></td>
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<td><em>Exhibit Hall</em></td>
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<td>8:00 – 9:30 a.m.</td>
<td><strong>CONCURRENT BREAKOUTS</strong></td>
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<td></td>
<td><strong>Planning the Future: ATRA Higher Education Task Force Update</strong></td>
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<td></td>
<td><strong>SESSION #34/.15 CEU</strong></td>
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<td></td>
<td><strong>Palm Beach/Broward</strong></td>
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<td></td>
<td>Jo-Ellen Ross, PhD, CTRS</td>
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<td>Marcia Jean Carter, PhD, CPRP, CTRS</td>
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<td></td>
<td>Lynn Anderson, PhD, MS, BA, CTRS, CPRP</td>
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<td></td>
<td>Candy Ashton, PhD, LRT/CTRS</td>
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<td>Patti Craig, PhD, CTRS/L</td>
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<td>Tracey Crawford, CTRS/CPRP</td>
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<td>Fran Stavola Daly, EdD, CTRS</td>
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<td>Brent Hawkins, PhD, LRT/CTRS</td>
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<td>Kelly Ramella, MA, CTRS</td>
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<td>Lilli Shine, MSA, CTRS</td>
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In an effort to advance the RT profession, ATRA created the Higher Education Task Force under the Higher Education Committee. This session will introduce the ATRA Higher Education Task Force and its task, which includes making recommendations for the future entry level degree, and how it plans to proceed.

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<tr>
<th>Time</th>
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<tr>
<td></td>
<td><strong>Integrating the WHO International Classification of Functioning, Disability and Health (ICF) Into Your Clinical or Community RT Practice</strong></td>
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<td></td>
<td><strong>SESSION #35/.15 CEU</strong></td>
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<td></td>
<td><strong>Spacecoast</strong></td>
</tr>
<tr>
<td></td>
<td>Debbie Pate, MS, CTRS</td>
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Understand how to incorporate the ICF into your current clinical or community practice by applying the functional items and qualifier scales in real-life scenarios. It is assumed the participant has a basic understanding of the ICF and its implications; therefore, ICF structure and coding will not be discussed. If needed, that understanding can be gained by attending session 29.
Recreational Therapy Licensure 101 Session
SESSION #36/.15 CEU
Sun and Surf
Debbie Robinson, MS, CTRS, FACHE
Anne Richard, MS, LRT/CTRS
Are you up to speed on the issue of professional licensure as it relates to Recreational Therapy services? Do you know why licensure is important for our profession? Join us at this session for an exploration of licensure, why it is important and how YOU can further movement in your state towards this important goal.

How Recreation Therapists Can Better Meet the Needs of Clients Who Identify as LGBTQ+
SESSION #37/.15 CEU
Dade
Jason A. Silva, TRS, CTRS
Individuals who identify as LGBTQ+ are found among every population served by recreation therapists. As a whole, individuals who identify as LGBTQ+, especially youth, are at greater risk for many disorders including substance abuse, depression, anxiety, suicidal ideation/ attempts, and suicide. It is critical for recreation therapists to understand the unique skills needed for working with LGBTQ+ clients as well as the specific terminology and diversity used in the queer community. The goal of this presentation is to help RT practitioners be better prepared to meet the needs of their clients who are members of the LGBTQ+ community.

Let’s Be Real: Overcoming Challenges for a Recreational Therapist in Older Adult Settings
SESSION #38/.15 CEU
Universal D
Kaitlin E. Daly, CTRS
Laura Kelly, MS, CTRS
With the influx of younger, higher functioning residents to Skilled Nursing Facilities (SNF) and increased dependency of the Assisted Living Facility (ALF) population, this session address the direct impact of this paradigm shift on the provision of RT services for older adults. Meeting the diverse needs of an ever-changing healthcare environment presents a true challenge to practitioners within all older adult settings; from senior independent living, to assisted living, to adult day centers, to long-term care facilities, with sub-acute rehabilitation in there too! Evidence-based program protocols will be discussed that successfully reach goals for seniors in various levels of abilities. Marketing and administrative strategies will be taught for current practitioners to increase RT services at their facilities. Opportunities for practitioners to utilize Section O of the Minimum Data Set (MDS) to potentially impact Resource Utilization Grid (RUG) scores will be reviewed. Finally, strategies for obtaining physician orders and interdisciplinary referrals will be discussed.
# Using and Adapting HeartMath for Multiple Populations

**SESSION #39/.15 CEU**  
**Universal E**  
Paige Camille Dagenhard, MA, CTRS, L/RT

HeartMath is a training tool specifically for biofeedback intervention strategies. This session is aimed to provide an understanding on the importance of stress management and relaxation in the field of Recreational Therapy as well as provide tools in using HeartMath. Participants will be given the necessary information for providing a HeartMath program in their facility such as building heart resiliency, reduce stress and unlock a natural intuitive guidance for relaxation. Participants will also be provided with examples on how to adapt biofeedback training to multiple populations served by Recreational Therapists.

# Paving the Road to Successful Inclusion

**SESSION #40/.15 CEU**  
**Universal F**  
Ashley Bowen, TRS, CTRS

Inclusion, or the integration of individuals with disabilities with their non-disabled peers, can be a tricky road to navigate because it is complex and requires a special set of skills. This session will go over how Salt Lake County Parks and Recreation has steered through obstacles to create an inclusion program from scratch. Participants will learn about the basics of inclusion, inclusion training tips, and how the APIED process fits in inclusion. Overall, this presentation will give participants tips on making inclusion as seamless as possible for everyone involved. Although this session is primarily focused on inclusion in a public parks and recreation setting, the same principles can apply when providing community recreation opportunities for individuals with disabilities from a variety of settings.

# The Sacred Circle... Recreational Therapy and the Group Process

**PART 1 of 2**  
(You MUST attend BOTH parts of this session to earn CEU credits.)  
**SESSION #41 & #42/.15 CEU**  
**Sun and Surf**  
Sandra Negley, MTRS, CTRS, FDRT

This session is designed to address the advance practice skills for facilitating group process. Using activity-based intervention to create change within a group environment requires knowledge of the activity selection, group process, goal determination and goal directed processing. The attendees will be asked to analyze their current group process skills. The session will explore values and beliefs of the role of the facilitator, surrendering personal goals in order to empower the group process, and the art of processing an experience.

# Disability and Amusement Parks 101: Educating Ourselves and Our Clients

**SESSION #59/.15 CEU**  
**Universal C**  
Cecilia Y. Rider, MS

As Recreation Therapists we advocate for our client’s inclusion in all aspects of society. But what does that mean when we’re talking about amusement parks? Working with individuals in a physical rehabilitation setting, this is a question we are often asked by our clients. In this session we will discuss the basic requirements of accessibility under the ADA as it applies to amusement parks. We will explore the liability and safety policies implemented at many popular amusement parks and how these may impact individuals with disabilities. We will also discuss ways for you to empower your clients in advocating for themselves and preparing ahead of time for possible accessibility challenges. The session will include examples of past law suits and some personal examples of accessing theme park rides told by individuals with physical disabilities.
### MONDAY, SEPTEMBER 11

**10:00 – 11:30 a.m.  CONCURRENT BREAKOUTS**

<table>
<thead>
<tr>
<th>The Sacred Circle... Recreational Therapy and the Group Process</th>
<th><strong>SESSION #41 &amp; #42/.15 CEU</strong></th>
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<table>
<thead>
<tr>
<th>Empowering the Recreational Therapist to Implement Effective Evidence-Based Fall Prevention Programs</th>
<th><strong>SESSION #43/.15 CEU</strong></th>
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<tbody>
<tr>
<td><strong>Spacecoast</strong></td>
<td>Michelle M. Miller, MS, EP-C</td>
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</tbody>
</table>

One in three older adults 65 years of age or older will experience a fall within one year, and according to the CDC, the number of older adults will double by the year of 2030; to approximately 71 million. This significant increase of older adults in America in relation to the prevalence of falls among this population makes it critical for Recreational Therapists to know how to implement an effective evidence-based fall prevention program. Research shows that an exercise group that incorporates balance training can decrease an older adult’s risk of a fall by 25%. This session will focus on how the somatosensory, vestibular, and visual systems impact balance and fall risk and strategies to target those systems to improve balance, valid/reliable assessments that can be used to measure balance/fall risk and provide an example of an evidence-based fall prevention program.

<table>
<thead>
<tr>
<th>Promoting Diversity and Cultural Competence: The Future of ATRA A Panel Discussion</th>
<th><strong>SESSION #44/.15 CEU</strong></th>
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<tr>
<td><strong>Citrus Ballroom</strong></td>
<td>Turkessa Johnson, CTRS</td>
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</table>

**Panelists:**
- Tameka Battle, MA, CTRS, CDP, CADDCT
- Shelly L. Beaver, CTRS
- Jo Ann Coco-Ripp, PhD, LRT/CTRS
- Turkessa Johnson, CTRS
- Emily Russell
- Jorden Warren
- Ellen Broach, EdD, CTRS
Health care organizations all across the nation are committed to recruiting a diverse workforce, however, qualified minority Recreation professionals are often underrepresented in the TR/TR work force. This underrepresentation could also lead to a lack of culturally diverse programming. While it is imperative to have cultural competency as a skill set for all CTRSs, there are vague and ambiguous guidelines in both higher education and practice. This panel of educators, practitioners, students and ATRA board representatives will provide feedback on the factors that may contribute to those issues in their representative areas, while offering best practices to serve as a guide for implementation. Participants will understand the role that the recreational therapy practitioner and instructor play in promoting diversity in the RT/TR field and ensuring cultural competency is an assessable skill set that identifies competent practice by the therapeutic recreation professional.

### I Can Do It, You Can Do It

**SESSION #45/.15 CEU Pending**

*Universal F*

| Lisa Mische Lawson, PhD, CTRS |  |
---|---|

The I Can Do It, You Can Do It (ICDI) national model was initiated by the U.S. Department of Health and Human Services’ Office on Disability in 2004 to facilitate opportunities for all Americans, regardless of ability, to lead a healthy lifestyle that includes regular physical activity and good nutrition. This session will describe how to become an ICDI advocate, resources available through the ICDI program (including funding), and how ICDI can be utilized in a variety of settings.

### State Coordinator Licensure Session

**SESSION #46/.15 CEU**

*Universal C*

| Debbie Robinson, MS, CTRS, FACHE | Anne Richard, MS, LRT/CTRS |  |
---|---|---|

This session is intended to provide an update for previously identified state coordinators regarding the advancement of licensure in RT and how to establish a legal mandate in each state. Case studies will be utilized to explore strategies. *All conference participants are welcome to attend this working session.*

### NCTRC Internship Guidelines: Ensuring a Quality Internship

**SESSION #63/.15 CEU**

*Dade*

| Robin McNeal, CTRS | Susan Kaufer, CTRS |  |
---|---|---|

The internship experience is an integral part of preparing the future professional for practice as a successful Certified Therapeutic Recreation Specialist. The internship supervisor is the link between education and practice for the new professional. In order to best prepare the student, it is necessary that all individuals involved in the internship experience be aware of the current standards for the internship experience. This session provides an in depth coverage of the NCTRC Internship Standards. The information is geared to internship supervisors and will discuss how to successfully develop an internship experience. It will include the requirements necessary to complete an internship experience and requirements to maintain certification.
Adult Day Programs for Persons with Profound Developmental Disabilities: Focus on Programming Design

SESSION #48/.15 CEU

Universal E

Michael Crawford, PhD, CTRS

This program illuminates the poor quality of national medical daycare services for participants with profound Intellectual Disabilities/Developmental Disabilities (ID/DD). A model therapeutic recreation program piloted for the last 7 years with several facilities is presented. Five extensive longitudinal case-study presentations will illustrate appropriate adapted curriculum and equipment accommodations that have been clinically validated. A case is made for replication of this model’s success and the potential expansion of TR services in to the adult daycare industry.

Interprofessional Education: Transforming Learning for Tomorrow’s Recreational Therapists

PART 1

(You MUST attend BOTH parts of this session to earn CEU credits.)

SESSION #49 & #51/.15 CEU

Universal D

Kelly Ramella, MA, CTRS
Allison Wilder, PhD, CTRS/L

Recognizing collaboration and communication as a foundation of recreation therapy education and practice, this session provides an overview of the new approach to team-based education and practice known as Interprofessional Education and Interprofessional Collaborative Practice. Participants will learn about the definition, benefits and competencies and participate in discussion about strategies for advancing IPE in Recreation Therapy.

11:30 a.m. – 1:00 p.m.  LUNCH ON YOUR OWN
Have lunch at one of the nearby fast food restaurants or purchase from the cart.

11:45 a.m. – 12:45 p.m.  NCTRC CERTIFICANTS MEETING

Spacecoast
Join the NCTRC for the annual Certificants Meeting. This is the meeting for you, the certificant, to learn about changes impacting the certification standards, the CEU pre-approval process, marketing/ website, and much more. Hope to see you there!

Please bring your lunch to the meeting.

1:00 – 2:30 p.m.  GENERAL SESSION

HR 626 & ATRA in Action in Federal Public Policy

SESSION #50/.15 CEU

Citrus Ballroom

Peter W. Thomas, JD

HR 626 was a bill introduced to the U.S. House of Representatives in January 2017. If passed, HR 626 will change the regulatory Medicare language to allow physician’s to order recreational therapy as a treatment modality to meet the Level of Intensity of Services rule (better known as the 3 Hour Rule) within inpatient rehabilitation hospitals. Join us to learn more about HR 626 and ATRA’s other legislative and advocacy efforts to improve access to recreational therapy services by consumers. Come hear what you can do to make a difference for your and your patients.
### CONCURRENT BREAKOUTS

#### 3:00 – 4:30 p.m.

**Interprofessional Education in Recreation Therapy Curriculum — A Tale of Two Universities**

**PART 2 of 2**  
(You MUST attend BOTH parts of this session to earn CEU credits.)

**SESSION #49 & #51/.15 CEU**

*Universal D*

Kelly Ramella MA, CTRS

Participants will learn how Interprofessional Education is incorporated into Recreation Therapy curriculum at the University of New Hampshire and Arizona State University. The presenters will describe the nuts and bolts, strengths and challenges associated with hosting an IPE event and designing an IPE laboratory. Following the presentation of these two exemplars, the presenters will lead a discussion of how to incorporate a variety of IPE activities into curriculum based on the unique nature of each university.

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#### How to Make Yourself More Marketable in the Job Market

**SESSION #52/.15 CEU**

*Citrus Ballroom*

Thea Kavanaugh, CTRS  
Jessie L. Bennett, PhD, CTRS  
Carly McElvaine, CTRS  
Tacy Bradbury, MS, CTRS, CEIM  
Deborah Tysor, CTRS, MS  
Tara L. Martin, MS, CTRS  
Heidi Hunter, MS, CTRS  
Ronald Tankel, CTRS  
Mrs. Kristen Clatos Riggins, MA, CTRS, ATRIC  
Melissa J Long, CTRS, DPG  
Kaitlin E Daly, CTRS  
Kaylee McGuire, CTRS, CCLS  
Patty Irvin, MPA, CTRS  
Missy Armstrong, MS, CTRS/R, FDRT  
Laura Kelly, MS, CTRS

Whether you are already job hunting or believe you may need to soon, there are steps you can take to make yourself more attractive to potential employers. This interactive session will provide participants with the opportunity to develop marketability and prepare for jobs and/or internships within settings of interest. This session will include opportunities for participants to be able to ask questions to ATRA Section Chairs about job-specific skills with honest and relevant feedback. Information about setting-specific assessments, interventions, and evidence-based practice modalities will be discussed. Participants will gain helpful insight into applying, interviewing and succeeding as a recreation therapist in their setting of interest. Current job and internship postings will also be available within each setting.
Using Positive Psychology in Dementia Care: Enhancing Recreational Therapy Practice

SESSION #54/.15 CEU

Dade

Nancy Richeson, PhD, CTRS, FDRT

Let’s transform dementia care within recreational therapy practice by using the three cornerstones in positive psychology: positive emotions, positive individual traits, and positive institutions. This session will use an interactive learning environment to compare and contrast positive dementia care philosophies, including The Best Friends™ Approach to Dementia Care and Teepa Snow’s Positive Approach™ to Care (PAC) to reflect on how we provide care for the 5 plus million people who are living with dementia and the 15 million people who care for them. Time will be provided to develop an action plan within your agencies.

Program Evaluation: Practitioner Contribution to Evidence-Based Recreational Therapy Practice

SESSION #55/.15 CEU

Universal E

Lisa Mische Lawson, PhD, CTRS

This session is a step by step guide to conducting program evaluation to determine the effectiveness of recreational therapy programs. Participants will also learn how to use results to fund programs and promote evidence-based practice.

Facilitating Positive Behavior Change in Recreational Therapy: Using the Transtheoretical Model to Guide Clinical Practice

SESSION #56/.15 CEU

Universal F

Rhonda Nelson, PhD, CTRS, MT-BC
Jennifer Perkins

Recreational therapists frequently work to facilitate positive behavior change. However, knowing where to begin and how to structure interventions can sometimes be challenging. General health theories and models can help by providing direction and offering a framework for guiding clinical decision making. This session will focus on the Transtheoretical Model, a popular model that outlines different stages of behavior change. Embraced by health professionals from diverse disciplines, this model has relevance for recreational therapy practice and may aid in fostering inter-professional collaborations. It is also supported by a strong evidence-base. An overview of each stage of change will be provided with an emphasis on how recreational therapists can best structure interventions in a way that leads to stronger treatment outcomes. Case studies reflecting a variety of individuals, diagnoses, and service settings will be presented and discussed to assist with practical application.

ATRA Webinars

The high-quality information being shared during ATRA's webinars cannot be beat! If you haven’t been able to make a live webinar, check out one on demand.

Visit www.atra-online.com for more information!
Are We All the Same: Perspective and Scope of Practice in Canada, Australia, New Zealand, and Japan

SESSION #57/.15 CEU

Universal C

Pei-Chun Hsieh, PhD, CTRS
Ann Richard, MS, CTRS

There has been much interest in international collaboration to enhance recreational therapy practice and professional development. By learning about the development of therapeutic recreation in other countries, we can gain a broader perspective concerning how cultural, political, and health care systems may influence TR practice. In this session, we will introduce the major TR related organizations in Canada, Australia, New Zealand, and Japan and explore the similarities and differences between recreation therapy, diversional therapy, and fukushi recreation. The credentialing processes and scope of practice in the above listed four countries will be discussed. Finally, the challenges faced by these countries in growing therapeutic recreation will be explained. Through this discussion, the audience can expand their understanding of professional organizations in other countries and learn ways in which international collaboration might be possible in the future.

RESEARCH INSTITUTE

BLOCK A
(You Must attend ALL THREE presentations in this block to earn CEU credits.)

SESSION #58/.15 CEU Pending

Palm Beach/Broward

Submitting a Proposal to the ATRA Research Institute: How to be Successful

Research Committee Chair:
Angela Wozencroft, PhD, CTRS

Research Institute Co-Chair:
Jasmine Townsend, PhD, CTRS

Poster Session Co-Chairs:
Cari Autry, PhD, CTRS
Brandi Crowe, PhD, CTRS

This presentation will focus on the purpose and value of practitioners, researchers, and students from all ATRA sections presenting their work at the Research Institute, either through a formal presentation or poster. During the session, participants will gain an understanding of accepted submission topics, components of successful proposals, the submission and review process, the formatting of conference presentations (oral and poster examples), as well as the future direction of the Research Institute.
A National Study on the use of Recreational Therapy Interventions to Manage Pain

Judy S. Kinney, LRT/CTRS, CCLS, PhD

Pain “is the most common reason for seeking medical care” (National Institutes of Health, 2016). Some examples of RT research conducted on RT interventions for pain management (PM) included play in children with cancer (Cooper and Nelson, 2015), guided imagery (Bonadies, 2010), and older adults with osteoarthritis (Finch, 2006). Very little has been written on the extent of use of PM as a RT treatment intervention. The purpose of this study was to determine the types of RT interventions used and provide insight into the extent that PM is utilized in practice. A 58-item survey was developed; the survey was sent to a random sample of 6000 full-time CTRSs. The response rate was 1433 (23.9%) with 1296 consenting to participate. Analysis of Variance (ANOVA) revealed significant differences in knowledge and attitudes toward pain scores by level of training (F (3, 1241) = 4.295, p < .01), level of education (F (2, 1241) = 3.601, p < .05), and population served (F (7, 1227) = 2.435, p < .05). Types of PM interventions differed by population for most interventions; two reached moderate effect sizes: coping skills (χ² (4) = 58.681, p < .001) and stress management (χ² (4) = 85.601, p < .001). Since attitudes impact health care professionals’ responses to persons experiencing pain, it is critical that the RT discipline address deficits in knowledge and attitudes through our curricula, continuing education and daily clinical practice. There is also a need to provide training on RT interventions to manage pain.

The Development of a TR/RT Marketing Self-Assessment Tool

Leandra Bedini, PhD, LRT/CTRS
Judy S. Kinney, PhD, LRT/CTRS, CCLS

The field of recreation therapy (TR/RT) needs better marketing to increase its profile and occupational prestige (Rosoff & Leone, 1991) in the healthcare arena. A national study (Bedini, 2015) on marketing in TR/RT concluded that CTRSs were inconsistent in their marketing efforts, and felt inadequately prepared or restricted regarding implementing marketing efforts. To address these issues, it is important to empower CTRSs to market the value and benefits of TR/RT services on local and regional levels. Therefore, the purpose of this study was to develop a useful marketing self-assessment tool for CTRSs to use to identify their own marketing strengths and weakness, which ultimately would provide guidance or suggestions on how to increase marketing techniques. The data for factor analysis came from Bedini’s (2015) study of 1,114 respondents and analyzed the 40 multiple choice items contained in the survey. A principle components factor analysis with Varimax rotation revealed 8 factors; further exploration reduced the number of factors to five accounting for 53.5% of the total variance. The five marketing factors included: Media (9 items, α = .90), Training Decision-makers (13 items, α = .88), Internal Presence (7 items, α = .85), Education/Awareness (4 items, α = .86), and Branding (6 items, α = .69). The development of this TR/RT Marketing Self-Assessment tool can provide a first step to empowering CTRSs to market themselves and their programs. Using this tool, CTRSs can identify their marketing strengths as well as areas of improvement that can be addressed and modified. Application and future testing of this tool will be discussed.

4:30 – 6:00 p.m. Federal Public Policy Committee Meeting

Dade

Open for ATRA members who want to get involved in ATRA’s public policy efforts.
6:00 – 7:00 p.m.  

### Connecting the Pieces: ATRA Chapter Leaders and Members

**SESSION #61/.15 CEU**  
**Sun and Surf**

Vincent Bonadies, CTRS  
Karen Bone, CTRS

This session is geared towards ATRA chapter leaders and chapter members interested in learning how ATRA is continuing to build relationships with chapter affiliates. Learn how to advocate for the profession and advance your chapter, and contribute to ATRA’s public policy and advocacy initiatives. Current ATRA initiatives will be shared and how they affect state chapters. Information will be presented on collaborative efforts between ATRA and chapters, as well as discuss future plans for continuing the growth of the recreation therapy profession and empowering recreational therapists.

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6:00 – 7:00 p.m.  

### Higher Education Task Force Focus Group

**Florida Keys**

The ATRA Higher Education Task Force will be conducting focus groups during the conference as part of a study to systematically examine education requirements for entry-level practice in therapeutic recreation and make recommendations to the ATRA Board of Directors. Educators, practitioners, and students are encouraged to attend. Focus groups will be held on Monday from 6-7 pm and on Tuesday from 7-8 am. Sign up to participate in one of the focus groups in the conference registration area following the opening general session and throughout Sunday as long as space remains available. The task force is looking forward to hearing your views.

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### ATRA’s Higher Education Task Force Wants to Hear from You!

**WHAT:**  
The ATRA Higher Education Task Force will be conducting **two sets of focus groups** during the conference as part of a study to examine education requirements for entry-level Recreational Therapy practice. This study will inform a recommendation on future educational requirements to the ATRA Board of Directors.

**WHEN:**  
Focus groups will be conducted with educators, practitioners, and students on **Monday from 6:00–7:00 p.m. and on Tuesday from 7:00–8:00 a.m.**  
*In the Florida Keys Room; check at registration desk or in the conference app for details.*

**HOW:**  
Sign up to participate in one of the focus groups in the conference registration area following the opening general session and throughout Sunday, as long as space remains available.

*The Task Force is looking forward to hearing your input!*
TUESDAY, SEPTEMBER 12

7:00 a.m.  REGISTRATION & CONFERENCE CHECK-IN OPENS
Convention Center Lobby

6:30 – 7:00 a.m.  YOGA
Hotel Courtyard
Marieke Van Puymbroeck

7:00 – 8:00 a.m.  CONTINENTAL BREAKFAST
Exhibit Hall

7:00 – 8:00 a.m.  Higher Education Task Force Focus Group
Florida Keys
The ATRA Higher Education Task Force will be conducting focus groups during the conference as part of a study to systematically examine education requirements for entry-level practice in therapeutic recreation and make recommendations to the ATRA Board of Directors. Educators, practitioners, and students are encouraged to attend. Focus groups will be held on Monday from 6-7 pm and on Tuesday from 7-8 am. Sign up to participate in one of the focus groups in the conference registration area following the opening general session and throughout Sunday as long as space remains available. The task force is looking forward to hearing your views.

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Be Informed!
It is an important time to pay attention to what is happening on Capitol Hill.

It matters!
Help ATRA spread the word.
### GENERAL SESSION

**Developing New Connections for the Future**
**SESSION #62/.1 CEU**  
*Citrus Ballroom*

Marilyn Radatz, MS, CTRS  
Marieke Van Puymbroeck, PhD, CTRS, FDRT

Many changes have occurred between 2016-2017 and new relationships have been developed. Join us for a discussion of the reflections of the past year from your current president of ATRA and the strategies and plans for the next year to be shared by the incoming president. The 2017-2018 Board of Directors will also be installed during this time.

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### CONCURRENT BREAKOUTS

#### Recreation Therapy and Pain Management—Interventions at Work

**PART 1 of 2**  
*(You MUST attend BOTH parts of this session to earn CEU credits.)*

**SESSION #64 & #74/.15 CEU**  
*Universal E*

Jenny Campbell, MS, CTRS  
Erin Todd, BM, MT-BC

Join us for a discussion of RT interventions and best practices for treating adults with chronic pain in the healthcare setting. Rationale for RT inclusion in management of pain, goals and objective for RT treatment, and specific interventions that have been used with success with Veteran populations. Interventions presented will include using music listening and discussion, values clarification, divisional art, and deep breathing.

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#### Examining the Myth of the Clinical vs. Community Discussion in Recreational Therapy

**SESSION #72/.15 CEU Pending**  
*Universal D*

Brent Wolfe, PhD, CTRS

Much conversation has occurred regarding the practice of Recreational Therapy in Clinical and Community settings. While this presentation will examine the foundation of this issue, significant time will be given to exploring the concept that Recreational Therapy is not about practice setting, but rather the process that the therapist utilizes. Discussion will center on the use of the APIED process as our means for defining the profession rather than the use of settings to define our profession. Presenters will provide several examples from practice to demonstrate the use of the APIED process in a breadth of locations. The session will close with working groups examining the utility of the APIED process in a wide variety of settings where Recreational Therapists may work.

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**ATRA Bookstore**

Stop by and visit the ATRA Bookstore located by the registration desk.

We have books, fun promotional items and more!
### Multi-Sensory Interventions in Recreational Therapy Practice: Presenting Treatment Protocols and Resources for Diverse Settings and Populations

**SESSION #66/.15 CEU**

**Sun and Surf**

Rhonda Nelson, PhD, CTRS, MT-BC  
Erika Hummel  
Portia Millet

Multi-sensory interventions are commonly utilized in recreational therapy practice. However, limited resources currently exist to guide therapists in structuring their interventions. Information often focuses on multisensory environments or Snoezelen rooms, yet many therapists lack access to these spaces. While evidence exists to support the use of multisensory interventions in addressing a variety of health issues, details on specific activity interventions are sorely lacking. Therefore, this session aims to introduce participants to a variety of resources designed to assist therapists in incorporating or expanding multisensory interventions in their professional practice. The VECTA, a mobile multi-sensory station will be highlighted, along with specific activity protocols appropriate for addressing a variety of health issues and behaviors. Suggested treatment goals and possible outcome measures for diverse clientele be presented along with a plan for building the evidence base in this area.

### Evidence-Based Practice: New Trainings for Recreational Therapists

**SESSION #67/.15 CEU**

**Spacecoast**

Gretchen Snethen, PhD, CTRS  
Gena Bell Vargas, PhD, CTRS

Evidence-based practice is critical to the success of our field. The ATRA Evidence-based practice committee is in the process of developing training resources that practitioners can access asynchronously in order to enhance knowledge and skills in evidence-based practice. By the time of the conference, we will have three modules (Intro to EBP; Identifying EBP Topics; and Searching the Literature) developed and an outline of modules to come. This session will provide instruction on how to access the modules and provide an overview of modules that are in development. We will seek recommendations from the audience on modules to develop in the future. Finally, attendees will divide into groups to develop a plan as to how groups of practitioners can use the modules to complement EBP goals within ATRA sections and/or within a workplace.

### Strategies for Success: The Inclusion Process in an Urban Recreation Setting

**SESSION #68/.15 CEU**

**Universal C**

Kristen Clatos Riggins, MA, CTRS, ATRIC  
Alayne M Kazin, MA, CTRS

This session is designed to assist CTRSs working in urban parks/recreation in assessing, planning, implementing, and evaluating inclusive services offered to individuals with disabilities. Through discussing the unique barriers that are present in an urban setting, this session will offer strategies and best practices for successful inclusion support that best serves community members, agency staff, budget constraints, and facilitate compliance with the Americans with Disabilities Act.
Behavioral Assessment in Recreational Therapy

SESSION #69/.15 CEU

Universal F

Kari Kensinger PhD, CTRS, CAS

Finding a standardized assessment tool for your specific population can be challenging. Behavioral Assessments allow clinicians to systematically collect and analyze data based on each client’s specific behavior and their preferences. A variety of methods which measure frequency, intensity and duration of behavior will be discussed. This session will also discuss the role of preference assessment in recreational therapy and will highlight several ways recreational therapists can assess preferences.

RESEARCH INSTITUTE

BLOCK B

(You MUST attend ALL THREE presentations in this block to earn CEU credits.)

SESSION #71/.15 CEU

Palm Beach/Broward

Are Social Games or Groundwork More Effective Prior to Therapeutic Riding to Promote Social Skills of Adolescents on the Autism Spectrum?

Betsy Kemeny, PhD, CTRS
Deborah Hutchins, EdD, CTRS, FDRT, CHAIS
Courtney Gramlich
Chelsea Craine
Lindsey Crandell

Autism spectrum disorders (ASD) rank as a prevalent neurodevelopmental disorder (CDC, 2014). Limited research suggests that equine-assisted activities (EEA) improve gross motor skills (Hawkins, Ryan, Cory, & Donaldson, 2014), spontaneous verbalization (Holm et al., 2014), postural control and receptive communication skills (Ajzenman, Standeven, & Shurtleff, 2013). It is hypothesized that the positive engagement with the horse, human-animal interaction, promotes positive social engagement (Borgi & Cirulli, 2016; O’Haire, 2012). This research seeks to compare two different procedures before riding to better understand the most effective protocol for therapeutic riding for adolescents with ASD.

Ten adolescents with ASD, ages 13-21, completed all 8 sessions and measures. Using a within-subject alternating-treatments design for single subjects, each warm-up procedure (ground work or social engagement with peers) was randomly assigned for three weeks before therapeutic riding. Home and Community Based Social scale (HCSBS), a measure of social competence was compared before and after the 8 weeks. The frequency of specific social skills was measured each session through observation and video-taping. Coherence levels were recorded during therapeutic riding. Analysis included both visual inspection and descriptive methods.

Findings suggest that social engagement games prior to therapeutic riding led to better initiation with a peer. In contrast, intensive ground work prior to therapeutic riding led to better coherence levels, instruction following, and communication with the horse. Groundwork may decrease social anxiety, but the social games seem to promote initiation with peers. Based on individualized objectives, the CTRS may customize the warm-up procedure prior to therapeutic riding.
Be Sure to Visit Our Vendors in the Exhibit Hall:

- Clemson University
- EXPO Enterprise
- FabTbyMe
- Feel Good Inc
- Idyll Arbor
- Indiana University Bloomington
- Java Group Programs
- Linked Senior, Inc
- NASCO
- NCTRC
- Oklahoma State University
- PATH International
- Plaster of Paradise
- Recreational Therapy Foundation
- Sagamore Publishing, LLC
- Strive Recreational Therapy
- Temple University
- University of Utah

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**Structural Relationships between Social Interaction Anxiety, Depression, Anxiety and Stress (DAS), and Satisfaction with Life**

**Namyun Kil, PhD**

Little research has examined linear structural relationships between social interaction anxiousness (SIA), depression, anxiety and stress (DAS) dimensions and satisfaction with life (SWL), based on personality and well-being theories. Thus, this session will examine structural relationships between them. Several notable results, one practical implication, and one future research implication will be identified. For example, SIA predicted SWL. SIA also predicted depression, anxiety and stress. Depression affected SWL. Anxiety did not influence SWL and stress influenced SWL. Also, SIA negatively influenced SWL through depression, anxiety and stress (i.e., indirect effect). SIA had a total negative effect on SWL. Findings here seem to be similar but some different from results in previous studies. For example, SIA increases levels of SWL, depression, anxiety and stress (implications for convergent validity). Also, depression had a strong negative influence on SWL. However, anxiety did not predict SWL and stress positively predicted SWL, which are contrary to previous findings (implications for lack of concurrent validity). The contrary findings can be cautiously interpreted. Moderate levels of (mental) stress in daily lives may be somewhat beneficial to SWL. Future studies with different populations (e.g., those with psychological disabilities—diagnostic group—autism among various age groups) utilizing the same or similar constructs (e.g., BDI-II) could verify the findings. Recreational therapy interventions such as social skills training, cognitive behavioral approaches, laughter yoga, nature interventions, and music programs are discussed as potential facilitation techniques to alleviate SIA and DAS dimensions.

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**Importance-Performance-Analysis of a Peer Support Camp for Siblings of Cancer Patients**

**Donna Gregory, MBA, CTRS**
**Marieke Van Puymbroeck, PhD, CTRS, FDRT**

More than 40,000 children undergo treatment for cancer each year (Curesearch.org, 2017). The unpredictability of a cancer prognosis often disrupts the family routine (Zegaczewski, Chang, Coddington, & Berg, 2016), and healthy brothers and sisters experience uncertainty and confusion. Throughout the cancer journey, siblings often have emotional and psycho-social needs that go unmet (Packman et al., 2005). Further, studies suggest that siblings of children with cancer are often the most emotionally distressed and disregarded of all family members (Roberson, 2010). There is a dearth of literature on psychosocial benefits of peer support camp experiences for siblings, however the extant literature suggests that camps may reduce distress, as well improve social competence and enhanced knowledge about the impact of cancer and its treatment (Sidhu, Passmore, & Baker, 2006). Further, positive mental health outcomes were reported including: demonstrated increased medical knowledge about cancer, improved mood states and significant changes in perceptions about the effects of the cancer on their lives (Sidhu, 2006). The purpose of this study was to conduct a program evaluation, using an Importance-Performance Analysis (IPA), to evaluate the program attributes of a specialized peer support camp for siblings of children with cancer.
### CONCURRENT BREAKOUTS

#### Overcoming Compassion Fatigue in Therapeutic Recreation: Enhancing Professional Quality of Life

**PART 1**
*(You MUST attend BOTH parts of this session to earn CEU credits.)*

**SESSION #73 & #82/.15 CEU**

*Universal C*

Vincent Bonadies, CTRS

Recreational therapists work in environments that are fast-paced, complex, emotionally intense, and full of day-to-day challenges. The profession demands incredible focus, awareness and endurance—mentally, physically, emotionally and spiritually. This session will define compassion fatigue, symptoms, self-assessment and management strategies. Participants will have the opportunity to experience several relaxation techniques to assist in managing compassion fatigue.

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#### Bibliotherapy and Siblings of Children with Disabilities

**SESSION #47/.15 CEU**

*Universal D*

Dawn DeVries, DHA, CTRS  
Susan Sunden, MEd, CTRS

Children who have a sibling with a disability face unique challenges not encountered by children who have siblings who are typically developing. This session will review the development and implementation of a mixed methods research study, as well as provide suggestions on how to develop a bibliotherapy program with this population. The focus of this bibliotherapy intervention was on helping these children identify their feelings towards their siblings and ways to cope with those feelings. The APIED process will be reviewed, as well as implications for future implementation, replication and research related to the use of books with children who have a sibling with a disability.

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#### Recreation Therapy and Pain Management—Interventions at Work

**PART 2 of 2**
*(You MUST attend BOTH parts of this session to earn CEU credits.)*

**SESSION #64 & #74/.15 CEU**

*Universal E*

Jenny Campbell, MS, CTRS  
Erin Todd, BM, MT-BC

Join us for a discussion of RT interventions and best practices for treating adults with chronic pain in the healthcare setting. Rationale for RT inclusion in management of pain, goals and objective for RT treatment, and specific interventions that have been used with success with Veteran populations. Interventions presented will include using music listening and discussion, values clarification, divisional art, and deep breathing.
**CAAHEP-CARTE Accreditation: A Panel Discussion on Outcomes**

**SESSION #75/.15 CEU**

*Universal F*

Deborah Hutchins, EdD, CTRS, FDRT

**Panelists:**

- Brent Hawkins, PhD, LRT/CTRS
- Randy Wyble, MS, CTRS

This session will involve a panel and participant discussion on the challenges, benefits, and outcomes of Commission on Accreditation of Allied Health Education Programs (CAAHEP) accreditation through the Committee on Accreditation of Recreational Therapy Education (CARTE). Panelist will discuss lessons learned and the realized value of the accreditation process through CAAHEP-CARTE.

**Exploring the Labyrinth: An Evidence-Based Mindfulness Intervention**

**PART 1**

*(You MUST attend BOTH parts of this session to earn CEU credits.)*

**SESSION #76 & #84/.15 CEU**

*Spacecoast*

Karen Carnicello Wenzel, MA, CTRS

Chris Katzenmeyer, MA

In this session we will explore the Labyrinth as an evidence-based intervention. We will provide a historical review of the Labyrinth, and provide information on current applications. The Labyrinth is being used with positive outcomes with individuals who are living with chronic health conditions, mental illness, autism, the frail elderly and their caregivers, and in corrections facilities. Learn how to incorporate Mindfulness Walking using the labyrinth in your therapeutic practice and as a self-care strategy. Resources will include instruments that can be used to monitor outcomes and demonstrate efficacy. Come prepared to personally experience walking the labyrinth.

**Bridging the Gap between Inpatient and Outpatient Recreational Therapy in Health Systems**

**SESSION #77/.15 CEU**

*Sun and Surf*

Cara R. Stewart, CTRS

Jessica Klamut, CTRS

Maggie E. Maurice, CTRS

Marc Zaremski, MS, CTRS

Denitria R. Pollard, CTRS

This session focuses on the integration of inpatient and outpatient recreational therapy into your health care system. Brooks Rehabilitation will educate recreational therapists on how to overcome barriers and facilitators to be able to link inpatient and outpatient settings. We will breakdown strategies to connect these settings into working together as one. We will break into groups to identify how to do this based off of populations within your facility. This session will also give detail on how this integration can be beneficial to not only your recreational therapy department but your health care system as a whole.
Building Evidence-Based Recreational Therapy Programs

SESSION #78/.15 CEU

Dade

Tommy Means, MS, CTRS
Shay Leonard Dawson, MA, CTRS

This session will cover the process and science of building evidence-based recreational therapy programs. Discussion will center on outcomes based evaluation in social sciences including the use of literature, theory, fidelity manuals, and methodological pluralism and how to translate these to similar programs. The session will utilize three case studies developed and tested at Bradford Woods through the support of the Pediatric Health Institute and School of Public Health-Bloomington at Indiana University. The first program discussed, Family Battle Buddies, is a program for reintegrating military families. The second program, N.O.A.H. Network (Nutrition, Outdoor Activity, and Health for teens), is a year-long physical activity and nutrition program that utilizes social support networks to enhance success in overcoming obesity and pre-diabetic diagnoses. Finally, the Beyond the Woods Program will be covered. This year-long mentoring program acts as a psychosocial booster program for youth with physical disabilities that attend a medical camp.

RESEARCH INSTITUTE

BLOCK C
(You MUST attend ALL THREE presentations in this block to earn CEU credits.)

SESSION #79/.15 CEU

Palm Beach/Broward

Development of an App-Dependent Trail Accessibility Checklist: Ensuring the Journey is for All People

Dr. Lynn Anderson, PhD, MS, BA, CTRS, CPRP

Trails are an avenue to outdoor adventure popular with a broad spectrum of the population. In the U.S., for example, walking and hiking continue to be outdoor activities with the highest participation rates. People with disabilities have the same interest in outdoor activities and experience the same benefits as people without disabilities, but may experience greater barriers to full participation. Routinely, people with disabilities have expressed the need for greater and more detailed information about particular trails to assess risks and make decisions about use. This study describes the development and testing of a trail accessibility checklist that uses an app on a mobile device in conjunction with a simplified trail accessibility checklist. Data from the trail assessment is entered into an online database to give people with disabilities access to detailed and accurate information about hiking trails.

Piloting the Affinity Research Group Model in Recreational Therapy

Jennifer Taylor, MS, CTRS
Jennifer A. Platt, PhD, CTRS
Peter Kiesling, MS
Eric Knee, MS

The Affinity Research Group model (ARG) is a framework for academic research teams using a cooperative learning approach. ARG was initially developed to include undergraduate students with diverse backgrounds in research within the computer science and electrical & computer engineering fields (Gates, Teller, Bernat, Delgado, & Della Piana, 1999). While this was the model’s intended purpose, ARG scholars openly invite and encourage its use in other fields (KL Kephart, Villa, Gates, & Roach, 2008). ARG focuses on creating an environment within the research team that fosters mentorship, intellectual curiosity, and accountability. ARG extends beyond the philosophical perspective, providing complete structural and procedural methods to create ‘communities of practice’: social spaces which bolster deep learning and engagement (Teller & Gates, 2001; Gates et al., 2008). This study pilots the Affinity Research Group model in an individual project group within a larger recreational therapy research team. To our knowledge, it is the first time this model has been used within the recreational therapy field.
The Effect of Viewing Nature Photographs Accompanied by Music/Nature Sounds on Emotional Tranquility among Dementia Patients

Namyun Kil, PhD
Jun Kim, PhD
Nicole Schmidt

Recent treatment methods for the individuals with dementia include an extensive list of pharmaceuticals and various forms of therapies. Aesthetic nature scenes contain abundant benefits for human psychology and access to natural areas or scenery in controlled settings is beneficial for people with dementia. The session presenters will demonstrate the use of video with aesthetic nature scenes and music as an effective intervention. Four notable results, one practical implication, and one future research implication will be identified. For example, tranquility levels reported by residents was higher after the intervention than before the intervention. Tranquility levels among residents perceived by staff members was higher after the intervention. A non-significant difference occurred between the levels reported by residents and the residents’ levels reported by staff members before/after the intervention. Overall, dementia clients’ experiences in the therapy intervention seems to induce a tranquil effect and provide them with a feeling of relaxation and a sense of calmness. The experience is an interactive process in which people undergo tranquil experiences, which promote well-being benefits (e.g., emotional, mental/cognitive). Findings that the clients’ feelings reported by staff members were at the same levels reported by clients before/after the intervention indicate the importance of observational skills and recreational therapy applications directed at clients. Various audio-visual programs with music and nature utilized as effective recreational therapy can be applied to diverse diagnostic populations (e.g., adolescents with anxiety disorders, PTSD, dementia).

3:00 – 4:30 p.m. CONCURRENT BREAKOUTS

Overcoming Compassion Fatigue in Therapeutic Recreation: Enhancing Professional Quality of Life

PART 2 of 2
(You MUST attend BOTH parts of this session to earn CEU credits.)

SESSION #73 & #82/.15 CEU

Universal C

Vincent Bonadies, CTRS

Recreational therapists work in environments that are fast-paced, complex, emotionally intense, and full of day-to day challenges. The profession demands incredible focus, awareness and endurance-mentally, physically, emotionally and spiritually. This session will define compassion fatigue, symptoms, self-assessment and management strategies. Participants will have the opportunity to experience several relaxation techniques to assist in managing compassion fatigue.

CARF International and Recreational Therapy Services

SESSION #83/.15 CEU

Universal E

Mary Lou Schilling, PhD, CTRS

This session will provide a review of CARF International standards of practice and the role recreational therapy can play in providing services that align with these standards. An overview of related standards in behavioral health, medical rehabilitation, aging, as well as child and youth services will be provided.
Exploring the Labyrinth: An Evidence-Based Mindfulness Intervention

PART 2 of 2
(You MUST attend BOTH parts of this session to earn CEU credits.)

SESSION #76 & #84/.15 CEU

Spacecoast

Karen Carnicello Wenzel, MA, CTRS, PhD
Chris Katzenmeyer, MA

In this session we will explore the Labyrinth as an evidence-based intervention. We will provide a historical review of the Labyrinth, and provide information on current applications. The Labyrinth is being used with positive outcomes with individuals who are living with chronic health conditions, mental illness, autism, the frail elderly and their caregivers, and in corrections facilities. Learn how to incorporate Mindfulness Walking using the labyrinth in your therapeutic practice and as a self-care strategy. Resources will include instruments that can be used to monitor outcomes and demonstrate efficacy. Come prepared to personally experience walking the labyrinth.

Active Transportation: Accessing the Community and Improving Wellness

SESSION #85/.15 CEU

Universal F

Gretchen Snethen, PhD, CTRS
Brandon Snead, CTRS
Natasha Roseboom, CTRS

Community participation and integration are increasingly a goal of mental health services and a key component to recovery for individuals with serious mental illnesses (SMI). Access to transportation and the ability to use transportation within one’s city facilitates social inclusion, enhances well being, and increases feelings of independence. Individuals with SMI report access to transportation as very important and a key component to promoting community participation. Conversely, limited access to transportation is often cited as a barrier that prevents participation in the community and engagement in meaningful life roles. Active transportation uses human power to move from one place to another and typically includes walking and cycling. This session provides an overview of the benefits of active transportation for individuals with SMI and an overview of three intervention strategies used with individuals with SMI to increase independent transportation and health outcomes, including personal wayfinding strategies, bikeshare, and an earn-a-bike program.

How to Respond to the Final Rule: Implications for Recreation Therapists

SESSION #86/.15 CEU

Sun and Surf

Pei-Chun Hsieh PhD, CTRS
Kendra Smith

In 2014, the Centers for Medicare and Medicaid Services (CMS) set new requirements to ensure that individuals receiving services under Home and Community-Based Services (HCBS) waivers can access the community in its entirety and in the most integrated setting. Some facilities where services are provided solely to individuals with disabilities may be seen as a segregated setting. These facilities will be required to bring their program into compliance with the requirements of the final rule and to support individuals to participate in meaningful activities in the community. This session will discuss how the final rule may potentially impact the implementation of therapeutic recreation services, how recreation therapists may advocate for person-centered participation, and what strategies recreation therapists can implement to assist individuals with a meaningful transition into integrated community programs.
Use of Hand and Finger Movement as Recreation-Based Brain Fitness (RBBF)

SESSION #88/.15 CEU

Dade

Jaesung Park, PhD, CTRS

Performing simple tasks using our hands and fingers can help enhance the cognitive functions of our brain. This session will introduce the concept of Recreation-Based Brain Fitness (RBBF) programs, which will particularly focus on the use of our hands and fingers, for clients with limited cognitive functions. The presenters will introduce and demonstrate various types and techniques of hand and finger exercise activities and the audience will be provided with sample hand and finger exercise resources for their future practice. The application of the RT process (APIE) to Hand and Finger Movement programs will be also discussed.

Servant Leadership and the Recreational Therapist: Exploring Connections

SESSION #90.15 CEU Pending

Universal C

Brent Wolfe, PhD, CTRS

Servant leadership is an oft overlooked style of leadership because it is so contrary to many cultural influences that affect our society today. In reality, there are many concepts of servant leadership that are directly relatable to the practice of recreational therapy. This session will explore the concept of servant leadership by defining several key terms and wrestling with the overarching concepts behind this leadership style. In addition to defining the key terms, ten characteristics as identified by Larry Spears will be explored and compared to facilitation techniques employed by recreational therapists. The session will close by examining how the characteristics of servant leadership can be utilized by recreational therapists in a variety of practice settings with a wide variety of client types.

Comparison of SCI Patient Outcomes Based on Amount of Recreation Therapy Received During Inpatient Rehabilitation

SESSION #89/.15 CEU

Palm Beach/Broward

Cecilia Y. Rider, MS, CTRS

Madalyn Weber, MS, CTRS

This course describes findings using SCIRehab public use datasets and compares one-year and five-year post injury outcomes for persons with SCI who received < 10 hours of therapeutic recreation (TR) intervention during rehabilitation to those who received >20 hours. At one-year post injury, patients with greater functional limitations and more medical severity, who received >20 hours TR reported significantly higher rates of employment/school and residing at home. They also had higher CHART scores, less pressure ulcer development, and greater participation in recreational pursuits. At five-year post injury, trends from one-year post injury continue. Patients who received >20 hours of TR had significantly higher rates of employment/school compared to patients who received <10 hours of TR. They also had higher community participation scores (CHART social integration, mobility, occupation). We no longer see differences in residing at home, pressure ulcer development, or participation in recreation/sports but do now see significantly more participation in outdoor activities. I will provide an overview of the SCIRehab project and the public use datasets that provide opportunities for additional research.
Wheelchair Tai Chi Chuan as an Intervention Strategy for Veterans with Physical and Psychological Disabilities

Dr. Zibin Guo, PhD
Abigail Elisabeth Alter
Morgan Sell
Sharon C Stephens
Danielle E Lauber

Wheelchair Tai Chi Chuan (WTCC) is a newly developed adaptive sports program for individuals who live with ambulatory limitation. A key feature of this innovative program is that it can be practiced either as standing or walking form and as a wheelchair form offering greater flexibility for anyone to practice this adaptive Tai Ji Chuan program without being concerned with space constraints. In the wheelchair form, it integrates wheelchair motion, the rolling and turning of the chair, with the dynamic, gentle and flowing movements of Tai Ji Chuan movements giving practitioners with a sense of uplifting, empowerment inspiration—the wheelchair is no longer seen as a sign of disability, but rather as a tool for creating beauty and power.

This presentation reports the results of pilot study examining the therapeutic effects of this program among a group of veterans who live with both physical and psychological disabilities. The results of this study suggest that the participation of WTCC could contribute to both physical and psychological health for the participants. The program participants experienced relief from PTSD symptoms, a strengthened core, improvement in ability to balance and walk, more flexibility, an increased range of motions, the ability to relax and relate to their peers, a positive outlook on the future and life in general, and an increase in overall self-efficacy.

In or Out? Understanding the Black Outdoor Experience as a Means to Improve Practice

Jo Ann Coco-Ripp, PhD, LRT/CTRS

Identifying motivations and restrictions for use of the outdoors for healthy living is one purpose of this pilot study. The intent is to explore why an individual does or does not like the outdoors in relation to persons who identify as African Americans. As more emphasis is placed on including physical activity in daily life, the outdoor environment is one healthy approach for keeping active (Blanton, Oregon, Flett, Gould, & Pfeiffer, 2013). Traditionally, many outdoor activities have been limited for some groups. African American children do not appear to spend as much time outdoors as Hispanics or Whites, a trend that has been observed over a long period of time (Larson, Green, & Cordell, 2011). Even if they were outdoors, African American children are more likely to be using electronic devices than children from other demographic groups. Similar racial/ethnic differences in recreation behavior have been observed in adults and these cultural norms and values likely influence children’s outdoor leisure activities.

A lack of access to neighborhood sites and safety concerns, both major constraints to outdoor recreation in minority communities, have been reasons for not going outside (Floyd, Taylor, & Whitt-Glover, 2009). Using 1:1 interviews to uncover obstacles or aspirations for outdoor involvement may yield newer information than the traditional surveys (Allen, 2012). Incorporating a train the trainer approach for the interviews may uncover beneficial information especially among the primary groups being interviewed for this pilot study (Greif, Becker, & Hildebrandt, 2014; Gustin, Rieboldt, & Carson, 2016).
GENERAL INFORMATION

Conference Registration/Packages:
A full package includes general sessions, exhibitor breaks, breakfast (Sunday–Tuesday) and socials, and concurrent sessions. Daily registrations, preconference only attendees, and guests may purchase access to socials and meals on-site. Additional fees apply for all conference attendees for: CEUs, Pre-Conference Institutes, and other optional events as noted in the program.

ATRA Store:
Be sure to visit the ATRA Bookstore for publications and resources to enhance your practice. We also have promotional items to support the profession and display your ATRA pride.

Cell Phones:
Please turn off your cell phones or place them in silent mode during conference events.

Safety:
Please be aware of the people, events and occurrences around you. Pay attention and know your destination, as well as the best way to reach it. Build awareness of unknown surroundings. Go out with someone else particularly at night. Establish a “buddy system” with another attendee, share schedules and check on each other. Also, please remember to remove your name badge when leaving the conference area.

Name Badges:
For security purposes, please have your name badge on throughout the day, when attending conference events. Hotel staff and ATRA volunteers will be checking for name badges to ensure that those in our event should be here. You may not be admitted to conference activities or sessions without a name badge.

Recommended Dress:
Casual business attire is the preferred dress for ATRA conferences. Please bring a sweater or jacket. Venues tend to over-cool rooms rather than under-cool them. Temperature varies based on attendance.

Children:
ATRA welcomes children at the conference site; however, conference educational sessions are designed for a professional audience. Please plan accordingly and do not bring children or infants to sessions.

Photographs:
Photographs will be taken throughout the conference and may be posted on the ATRA Facebook page and other media and social networks. Please email us at conferences@atra-online.com to let us know if you would like your picture to be excluded from social and other media. Kindly inform the photographer that you do not want to be included in photos if you notice photos being taken.
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How can Recreational Therapy help your client?

Recreational therapy is a medical modality that uses therapy, in the form of recreation and education as a means of meeting one's physical, mental, emotional and social goals. Recreational Therapy through Strive bridges the gap between what is learned at the hospital and how to apply that and increase integration into the client's home and community setting.

<table>
<thead>
<tr>
<th>General Recreational Therapy Benefits Can Include:</th>
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<tr>
<td>• Return to Work / School / Community Integration</td>
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<tr>
<td>• Promote Independence &amp; Self-Confidence</td>
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<td>• Recover Basic Motor Functioning</td>
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<td>• Reduce Depression and Stress</td>
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<td>• Recuperate Body Mechanics</td>
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<td>• Increase Muscle Endurance</td>
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<td>• Learn Transportation Accessibility</td>
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<td>• Increase Decision Making Abilities and Time Management Skills</td>
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<td>• Assist in Pain Management</td>
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<td>• Increase Quality of Life and Refine Socialization Skills</td>
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<td>• Moderate Anxiety</td>
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<td>• Boost Coping Abilities</td>
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<td>• Restore Energy</td>
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<td>• Develop Planning and Cognitive Skills</td>
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<td>• Promote Health and Wellness</td>
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<td>• Document Improvements and Reactions</td>
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<tr>
<th>Clients Who are Ideal for Recreational Therapy with Strive:</th>
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<td>• Those who have tried other techniques and therapies without success</td>
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<td>• Those who are exhibiting signs of depression</td>
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<td>• Those who have stated “they can’t do anything anymore”</td>
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<td>• Those who have stated they are no longer independent</td>
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<td>• Those with the drive or ambition to do more but are unable to identify steps to achieve more</td>
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<td>• Those who may be able to return to work but may need time to identify other employment abilities</td>
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<td>• Aged work force sustaining additional injuries</td>
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Strive is your premier in-home recreational therapy company.
ATRA and Sagamore-Venture are delighted to announce a partnership between our two organizations. The partnership formally brings together two organizations with the same goal: to serve Recreational Therapists everywhere.

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Please keep track of your CEU card! Fill out the participant information as soon as you receive your card. DO NOT put your social security number on the card.

Attendance: You must attend the entire session to earn CEUs. At the beginning of each session, sign in on the sheet at the back of the room. This is critical! You may be denied credit if your name does not appear on the sign-in sheet.

If you are more than fifteen minutes late arriving, you are NOT eligible to earn credits for that session. We are not authorized to grant any exceptions. At the end of the session, a monitor will be by the door waiting to punch your CEU card. If you wait after the session to network or speak to the presenter, please get your CEU card punched first so that the monitor can move to their next session. Be sure to have your card punched prior to leaving the room. Once you leave, your card will not be punched for that session. If you leave the session early, you will not be given credit for that session.

For three hour sessions, please sign in after the break next to your first signature. You must attend the entire three hour session to receive CEU credit. Only attending half of a three hour session does not meet the session objectives or ensure receiving complete/accurate information. You will not receive half credit.

ATRA verifies attendance on sign in sheets and cross checks these with CEU cards. If you do not sign in or are late to a session yet receive a punch, you may not receive CEUs as there is no way to verify that you were at the session for its duration. If you sign in but do not get punched, you will not receive CEUs. This is done in accordance with accreditation standards.

After the conference. Keep copies. You are responsible for maintaining information on this program. Make sure to keep a copy of all program materials, including session descriptions, speaker credentials and learning outcomes. Certifying bodies may request that you provide justification on how this conference meets with their standards. You will receive an official transcript in the mail within six weeks following the conference.

Credit for Speakers/Presenters: Speakers and presenters do not earn CEU credit through ATRA for their presentation. Credit may be available through certifying bodies, such as NCTRC.

NOTE: We are testing out our new Mobile App as a way to track CEUs in the future, it would be really helpful if you have the mobile app, to enter the opening code of your session into the app. ATRA will then be able to download your information directly from the app, this will greatly reduce human error in processing your CEUs.

Thank you for your cooperation.
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