**

COMING BACK sTRonger

November 9 – 11, 2022

NCTRC CE Pre-approval pending: all sessions may not have been approved by NCTRC”

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| **Wednesday, November 9, 2022**  **Pre-Symposium Workshop**  **T. Boone Pickens Conference Center**  **Scottish Rite for Children**  **2222 Welborn Street**  **Dallas, TX 75219** | | | | | | |
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| 1:00 – 5:30 pm  .4 CEU | Pre-Symposium | | **#1**  **Flip of a Coin: Leveraging Strengths for next Gen TR** | For far too long, an artificial separation of theory and practice has been the norm. This only happens when one forgets that they are simply different sides of the same coin (practitioners & educators). This presentation aims to explain the inherent bond that ties these two together. Thru co-curricular strategic planning and partnerships each side can leverage their strengths to enhance the field and the classroom that neither could do alone. In leveraging these strengths and benefitting off of the subsequent enhancements, participants will be challenged on how best integrate theory and application by collaborating with small groups in order to strengthen the next generation of TR. | **Jordan Daniel, Ph.D., Corina Mendez-Fleming, CTRS, Karla Palcios-Reagor, MS, CTRS** | |
| **Thursday, November 10, 2022**  **Scottish Rite for Children**  **T. Boone Pickens Conference Center**  **2222 Wellborn Street**  **Dallas, TX 75219** | | | | | | |
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| 8:20 – 8:30 a.m. Welcome ***AUDITORIUM*** | | | | | | |
| 8:30 – 10:00  .15 CEU | | **Keynote** | **#2**  **Coming Back Stronger: Activity as Form of Advocacy** | Dr. Yvette Pegues, has T-10 paraplegia from a spinal stroke six years ago. Symptoms that sent her to the hospital began as paralysis on her right side. Before her journey was over, she had decompression surgery because a previously undiagnosed genetic condition called Arnold Chiari Malformation was allowing part of her brain tissue to collapse into her spinal column. “I walked into the surgery, but never walked back out.” At the time of her illness, Yvette was a network systems engineer pursuing a PhD from Harvard. “We went from earning six figures to owing six figures, overnight, with two small kids,” she says. The long road toward Yvette’s new life was full of many harrowing potholes. Yvette encountered extreme pain and nausea often, had violent tremors, and she had trouble controlling her words and emotions. It took her about two-and-a-half years of rehabilitation. Today, Yvette is a Diversity, Equity, and Inclusion Executive, Diversity Advisor, and Keynote/TEDX Speaker as well as the co-Founder of Your Invisible Disability Group - whose mission is to Empower, Equip, Educate and Include Individuals with Disabilities. In her spare time, she enjoys over 20 adapted sports- from scuba diving to water skiing, horseback riding to golfing, surfboarding to skateboarding, she promotes activity as activism, well-being and self-care. | | **Yvette Pegues, Ed.D.** |
| 10:00 – 10:10 | | Break |  |  | |  |
| 10:10 – 11:40  .15 CEU | | **#3**  **Operation Early Impact: Heroes on the Water Assessment Development and Research**  **Shelby Jackson. Ph.D. (c) , MPA, CTRS/L**  **Joe Winston**  **Director of Therapeutic Programs**  Heroes on the Water (HOW) provides kayak fishing events to service members, emergency responders, and their families. Their therapeutic programs are dedicated to partnering with recreational therapy professionals providing weekly and bi-weekly events in 5 locations throughout the country. This session will discuss the process for assessment development for HOW and explore the impact of these programs. | **#4**  **Adaptive Boxing for Physical and Cognitive Recovery**  **Jen Halwes, CTRS, CBIS**  **Fi Lee, CTRS, CBIS**  An unconventional, therapeutic approach to rehabilitation through the use of adaptive boxing to enhance overall physical and cognitive recovery | **#5**  **Evidence-Based Practice: We Can Do It Together!**  **Allie Thomas, Ph.D., CTRS Jessica Burke, M.S., CTRS, CPRP**  This session will provide insight and excitement into the need for evidence-based practice (EBP) in recreational therapy. A foundation and introduction for EBP will be presented to promote the need in a meaningful, fun, and encouraging way that will excite all recreational therapists to develop and learn to enhance our practice. The session will begin to help develop key concepts and approaches to focused questions that the participant is interested in attempting to answering. The participant will learn about terminology, where to find evidence from the field, opportunities for collaboration, and enhance the importance of providing evidence-based practice for our clients. | | **#6**  **NCTRC Recertification and Specialization Area Designation: Continuing Professional Competence**  **Noelle Molloy, MSEd, CTRS, ICE-CCP**  **Credentialing/Test Development Specialist**  **NCTRC**  This session provides an in-depth coverage of recertification standards and requirements for the areas of specialization. Continuing education, professional experience, and re-examination will be described in detail. Utilization of the 2021 NCTRC National Job Analysis Study in relation to recertification requirements will be discussed. |
| 11:40 – 12:50  .1 CEU | | **Lunch** | **#7**  **Recharge Your RT Batteries: How ATRA Empowers Recreational Therapists** | At the heart of what every recreational therapist does is empowerment. We empower our clients to overcome barriers. We empower our clients to attempt new challenges. We empower our clients to enhance their quality of life. At the core of every recreational therapist's daily job is the idea of empowering others. But who is empowering recreational therapists? Who is looking out for recreational therapists the way recreational therapists look out for others? The answer to this question is the American Therapeutic Recreation Association (ATRA). This session will look at the idea of how ATRA lives its mission to empower recreational therapists. Additionally, we will discuss ideas on how engagement leads to empowerment. | | **Brent Wolfe, Ph.D., CTRS, FDRT**  **Executive Director**  **American Therapeutic Recreation Association** |
| 1:00 – 2:30  .15 CEU | | **#8**  **Presenting Adaptive Dance through a Therapeutic Recreation foundation and a therapeutic environment with Jasmine's Beat@**  **Jasmine Mathew, CEO & CTRS Jasmine's Beat**  Jasmine’s Beat® aims to empower people of all ages, sex, race and abilities to embrace the power of therapeutic dance and healthy movement. We bring awareness and safety to the avenue of dance for health, emotional self-esteem, and social and physical well-being. We provide education on rhythm, beat and sequence of intercultural dance, as well as promote creativity and self-expression through dance. We formulate goals with customers in terms of time used, type of dance learned, final production, and the means to enlighten others about adaptive dance beyond obstacles. As Recreational Therapists, you can formulate rehabilitative goals and provide inclusive performance opportunities with adaptive dance. This session provides opportunities for learning dance techniques as well as research and employment opportunities with Jasmine’s Beat®. | **#9 Operation Growth: The Impact of Heroes on the Water Kayak Fishing Program on Post-Traumatic Growth in U.S. Military Veterans**  **Shelby Jackson, Ph.D. (c ), MPA, CTRS/L**  **Joe Winston**  **Director of Therapeutic Programs**  Operation Growth is research project centered around exploring the impact of Heroes on the Water (HOW) programs on post-traumatic growth (PTG) in military veterans. HOW provides kayak fishing events to service members, emergency responders, and their families. This research project hopes to provide insight on the impact of recreation, specifically kayak fishing, on growth in hopes to emphasize the connection between recreation and PTG. This session will provide an overview of PTG, HOW, common needs and treatments of veteran population, and the outcomes of Operation Growth. | **#10**  **Dementia Basics and Programming Considerations**  **Heather Macchietto, MSDA, ADC, CADDCT, CDP**  This session will provide information on dementia which is commonly seen in hospitals, nursing homes, day programs and other settings where recreational therapists work. Participants will learn signs and symptoms of dementia, how to communicate with someone who has dementia, while ensuring that the rights and dignity of the person with dementia are respected. We will cover common behaviors seen with dementia—their causes, interventions to use, and how programming can be modified for inclusion of people with different levels of cognitive ability. This covers the knowledge area(s) of Cognitive/Developmental Disorders and Related Impairments, Human Behavior, Activity Modifications and Creating and Maintaining a safe/therapeutic environment while communicating information. | | **#11**  **Sensory Stimulation and Transitions in Pediatric Autism Spectrum Disorder**  **Brittany Dao, Ph.D., CTRS/L, ATRIC Carlie Morris, B.S.**  This session will focus on the use of sensory stimulation interventions that can lead to decreased transition difficulty when working with children with Autism Spectrum Disorder. This session will discuss the impact of sensory stimulation interventions in an aquatic environment on the participant’s transition behaviors for Recreational Therapy treatment. The session will discuss theories related to transitions and sensory stim impacts and uses of sensory stimulation interventions, assessment of transition behaviors, and the continued need for research in this area. |
| 2:30 – 2:40 Break | | | | | | |
| 2:40 – 4:10  .15 CEU | | **#12**  **Developing Special Programs and Utilizing Community Resources**  **Mara Salas, CTRS, CBIS Brayson Pope, MSRLS, CTRS**  Our session is aimed to educate others on the benefits of establishing and maintaining networks with outside organizations and advocacy groups. By educating our community partners and our patients, we aim to increase both the provider and the consumers knowledge of the benefits of continued recreation post TBI/SCI. | **#13**  **Individual Evidence-Based Strategies for Reducing and Preventing Challenging Behavior**  **Amy Foxman, Ph.D., BCBA, LBA**  This session will include a discussion of positive behavior supports (PBS) with a focus on individualized evidence-based strategies to bolster skills and reduce/prevent challenging behavior. PBS emphasizes prevention rather than reaction and includes a range of components and strategies to support an individual and those around them. | **#14**  **Self-Care for Practitioners in Recreational Therapy**  **Brittany Mays, M.S., CTRS**  **Shelby Jackson, Ph.D. (c ), MPA, CTRS/L**  “Self -Care is the ability to care for oneself through awareness, self-control, and self – reliance in order to achieve, maintain promote optimal health and well – being” (Martinez, Connelly & Calero, p. 419). There is an extremely high concern for individuals working in the healthcare field and the prevention of Burnouts. This presentation will not only provide Self Care options to be implemented in daily schedules but will also address the barriers practitioners encounter when included at the workplace. | | **#15**  **To Advocacy and Beyond**  **Jessica Burke, CTRS, CPRP**  **Allie Thomas, Ph.D., CTRS and Brent Wolfe, Ph.D., CTRS, LRT, FDRT**  Join Buzz Lightyear, Woody, and Jessie as they….wait, wait, wrong session. Let’s try again. Join a crew of leaders and changemakers in the recreational therapy field from Texas and beyond as they explore what it means to be an advocate. The speakers will discuss ways to increase your advocacy efforts on a personal and professional level and share current and future opportunities to make a positive impact on those we serve and our profession on a state and national level. You’ll leave feeling empowered to conquer intergalactic enemies and to be an advocacy champion in your own community and profession. |
| 4:10 – 4:20 BREAK | | | | | | |
| 4:20 – 5:20  .1 CEU | | **#16**  **The Shared History of Recreational Therapy and Behavioral Health**  **Nathan Lamaster, CTRS**  In this session the attendees will learn about how Recreational Therapy developed as a profession, as well as how we entered the Behavioral Health setting. Attendees will learn about the pivots RT has taken along the way and how the Behavioral Health setting became one of our largest employers. Recreational Therapists will take from this session a better understanding of how we can continue to grow in this setting and other settings as well. | **#17**  **Rebound Therapy in Recreational Therapy Practice: A Tool to Support and Improve Rehabilitation Outcomes.**  **Sigourney Weathers, PT, DPT**  Rebound Therapy is an emerging health care tool with evidence supporting its efficacy in rehabilitation for congenital, developmental, and chronic disease management. Integration of rebound therapy into recreational therapy practice may increase patients' quality of life and improve rehabilitation outcomes. This course will introduce the recreational therapist to rebound therapy, how a trampoline can be used to support and improve rehabilitation and patient care, and how recreational therapists can measure progress using the Huttersfield Functional Index. | **#18**  **Building on the Past to Support our Future**  **Noelle Molloy, MSEd., CTRS, ICE-CCP**  **Credentialing/Test Development Specialist**  **NCTRC**  This session will focus on how NCTRC has utilized the strength of its legacy to evolve through the provision of additional support and resources for applicants and certificates in the therapeutic recreation profession. The recent NCTRC changes related to technology, certification standards, corporate social responsibility initiatives, and the growth of relationships with international organizations within the profession will be discussed. It is hoped that attendees will gain awareness of how NCTRC continues to advance the profession and promote the protection of the public internationally. | |  |

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| **Friday, November 11, 2022**  **Scottish Rite for Children**  **T. Boone Pickens Conference Center**  **2222 Wellborn Street**  **Dallas, TX 75219** | | | | |
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| 8:30 – 10:00  .15 CEU | ***KEYNOTE*** | **#19**  **Caring for the Caregiver: The Importance of Leisure for Recreational Therapists** | Recreational therapists are caregivers. We spend our careers providing for the needs of others, assisting them in enhancing their overall quality of life, and helping them live life to the fullest. But what happens when the caregiver becomes exhausted? What happens when the caregiver loses motivation? What happens when the caregiver doesn’t have anything left to give? None of the answers to these questions are positive which is why it is so essential for caregivers to take care of themselves. This topic of self-care is one that is being discussed more and more frequently, but how are recreational therapists doing with their selfcare? This session will explore why selfcare is so important and not only how recreational therapists can practice self-care, but how they can make it part of their daily routine. Come and learn why recreational therapists need a little recreational therapy! | **Brent Wolfe, Ph.D., CTRS, FDRT**  **Executive Director**  **American Therapeutic Recreation Association** |
| 10:00 – 10:10 Break | | | | |
| 10:10 – 11:40  .15 CEU | **#20**  **Theory-based practice: Using theory to inform recreational therapy across the continuum of care**  **Randee Wood, MS, CTRS**    This session will focus on how theories can be applied in Recreational Therapy. In the field and as a student when one thinks of theories, words like difficult, boring, cumbersome, and irrelevant often come to mind. However, theories can provide practitioners guidance in understanding clients’ behaviors, establishing a better therapeutic relationship, and developing or selecting treatment approaches. This session will provide attendees an overview of theory-based practice, and an introduction to theories often applied in recreational therapy. Attendees will also learn about and discuss how each theory could be applied with various client populations across recreational therapy across the continuum of care. | **#21**  **Exercise a Useful Intervention in Treating Lower-Extremity Strength & Balance Issues**  **Tim Passmore, Ed.D., CTRS/L, FDRT**  This session will focus on evidence-based practice to increase lower-extremity strength and balance. The session will cover recent research related to LE strengthening and balance training, exercise routines for use in various settings, and why exercise is an effective recreational therapy intervention. | **#22**  **Compassion and Resiliency**  **James Turnage, M.S., LPC-S**  This presentation will address the role toxic stress plays in our lives and the intersection of compassion and stress regulation. The drivers of toxic stress such as shame and vulnerability will be explored to gain a deeper understanding of the emotions and feelings, which often go unexpressed. A broader scope of resiliency along with strategies for achieving overall health and wellness will be explored along with interactive mindfulness activities. | **#23**  **Life with Yoga - from every day benefits to modified asanas yoga offers something for everyone**  **Anna Broome, CTRS & Registered Yoga Teacher**  Learn about current researched benefits of practice, how to incorporate yoga into your current work setting or personal life, and explore modifications that make yoga accessible for all. Participants will practice both chair yoga and mat yoga with an emphasis on embodied experience, accessible participation, practical applications and implementation with a variety of populations. Participants should bring a yoga mat if they have access to one. |
| 11:40 – 12:50 Awards Luncheon | | | | |
| 1:00 – 2:30  .15 CEU | **#24**  **Advancing Recreational Therapy through Contractual Work and Advocacy**  **Brandon Van Dyck Owner Lanai Therapies, LLC**  **Dale Ernst, MS, CTRS**  According to the NCTRC job analysis report, the majority of recreational therapists work in a variety of settings, serving the needs of diverse populations; however, there are a growing number of therapists working in contract recreational therapy (RT). In this session, we will provide a brief history of contract RT, an examination of the Medicaid system as it relates to contract RT and community based services, and how community-based RTs are helping drive TR advocacy. With the goal of increasing overall independence in the lives of individuals with cognitive and physical disabilities through goal-oriented community-based recreation therapy, contract recreational therapy is a growing area of the RT profession. This session will be conducted in lecture-discussion format. (NCTRC Content Areas Addressed: Administration of TR/RT Service - Budgeting/Fiscal Management, Administration of TR/RT Service - Personnel/Intern/Volunteer Management, Advancement of the Profession – Awareness and Advocacy.) | **#25**  **Coming Back Stronger and Using Golf to Do It!**  **Dana Dempsey, MS., CTRS**  **Dr. Yvette Pegues**  Like those who competed in the inaugural U.S. Adaptive Open this past July using golf as a way of “coming back sTRonger”, you will hear from Dr. Yvette Pegues as she shares about the role golf played in her journey and its impact on her life. Now, as an adaptive golfer, learn what she found to be effective during her come back. Also in the session, attendees will hear from Dana Dempsey, M.S., CTRS who created Scottish Rite’s Learn to Golf program and has used golf as an intervention with their patients for over 20 years. These two dynamic speakers will lay out strategies a CTRS can use with those they serve. | **#26**  **Effects of Leisure Interventions in Intellectual and Developmental Disabilities and Dementia**  **Laura Golden, OTR, OTD**  Individuals with Intellectual and Developmental Disabilities (IDD) now have longer life expectancies which puts them at greater risk of dementia. Opportunities for dementia-specific therapeutic intervention and engagement in dementia-friendly activities are lacking for adults with co-occurring IDD and dementia in community-based settings. This presentation will provide attendees with appropriate supports, living environments, and therapeutic programming to support maintaining skills and independence as much as possible in individuals with dementia.  This presentation will also share the results of a Geriatric Practice Leadership Institute project, where these interventions were put into practice. | **#27**  **Re-invention and Resilience in a Covid-Altered TR Work World**  **Larry Davis, CTRS**  This session will present ways of re-inventing oneself in a "Covid-altered" work world, and help identify coping mechanisms that will assist in building resilience in the midst of fears and concerns with Covid-altered work environments. |
| 2:30 – 2:40 Break | | | | |
| 2:40 – 4:10  .15 CEU | #28  **Educate and Advocate how Physical Activity is used in TR services- Focused on 3 domains in TR- Cognitive Skills, Physical Wellbeing & Psychological Wellbeing**  **Anna Browning, MS, CTRS Karla Palacios-Reagor, MS, CTRS**  Discuss how physical activity benefits an individual’s physical wellbeing, psychological wellbeing, and cognitive skills. You will be provided with ways to advocate and educate how physical activity is essential in integrating into an individual’s daily lifestyle. We will also provide physical activity intervention ideas that can be used for TR services. Examples given will be provided by TR staff at SRC, examples include SRC-TR community outreach programs. | **#29**  **Weeding Out Barriers: A Guide to Creating Accessible and Inclusive Gardens**  **Erin Fogarty, MS, CTRS Cathi McMahan, Ph.D., CTRS**  Utilization of home and community gardens provide opportunities for positive physical, nutritional, and mental benefits through sustainable environmental practices. This session provides information and resources to promote accessible and inclusive practices when implementing existing and novel gardening programs. Participants will engage in an interactive discussion of evidence-based inclusive gardening strategies for self-advocates, designing and implementing accessible gardens, accessible garden tools, and resources to use going forward. Presenters will also discuss a case study example of gardening programs for self-advocates with diverse disability backgrounds. | **#30**  **Live Oak Living Community: How a Unique Program Style Combines Community and Assisted Living**  C**asey Samples, MSRLS, CTRS**  Live Oak Living Community is a unique program that combines assisted living and the community for individuals with cognitive disabilities. In this session, we will explain the purpose behind the Live Oak setting and examine the connection to a current issue in therapeutic recreation. We will also discuss how Live Oak develops a person-centered therapeutic atmosphere where the goal is to support personal growth to a bigger, better life. We will also take a look at how to implement person centered practices into programming and put them into practice. Participants will also get to discuss and brainstorm in groups how to use person centered practices into their own programs/communities. | **#31** |
| 4:10 – 4:20 Break | | | | |
| 4:20 – 5:20  .1 CEU | **Closing Session** | **#32**  **Supporting Parents and helping kids to thrive, shine, and have fun** | What is it like for a parent whose child has a disability? How can a recreational therapist motivate a child to explore new adapted activities? How important is it to create a partnership with the child’s parents and how can this be approached? These are some of the questions that will be addressed during Dr. Castro’s session. Learn about the journey she and her son have experienced and how therapeutic recreation serves to help him reach his potential. | **Dr. Alejandra Castro**  **Mother, Clinical Psychologist/Mental Health Counselor** |

