Recreation Therapists

Of Indiana

2018

Annual Conference

April 19-20, 2018

Brookshire Golf Club, Carmel, IN



Thursday, April 19

7:00- 8-00 am Registration and Check in

8:00- 8:15 – Opening remarks and Announcements

8:15 -9:15 am

Session 1 Keynote Presentation

**Passionately Courageous: Changing the course with ONE .10 CEU**

**Jen Piatt, PhD, CTRS**

RT is quickly developing into an innovative form of cost-effective community based rehabilitation. Learn how to jump onto the movement while rekindling your passion and being courageous.

Learning Outcomes:

* Participants will be able to define the concept of cost effective community based rehabilitation developed by the World Health Organization.
* Participants will be able to describe 3 different facilitation techniques currently employed at their agency that fit into the concept of cost effective community based rehabilitation.
* Participants will be able to evaluate their own personal philosophy of recreational therapy and how this transfers to their professional career.

9:15 – 9:30 Break

9:30 – 10:30 **.10 CEU**

Session 2

**Working with Veterans 101- An Introduction on Trauma Informed Care for The Recreation Therapist**

**Jordan McIntire, CTRS and Thomas Means, CTRS**

This session will provide participants with an overview of what PTSD is and helpful hints for working with veterans. There will also be time for practical discussion and any questions.

Learning Outcomes

* Participants will be able to describe PTSD and why it is so prevalent in the veteran population.
* Participants will be able to identify at least 3 strategies for implementing trauma-informed care when working with individuals who may have PTSD.

10:30- 1045 Break

1045--1145

Session 3

**Benefits of Group Exercise in RT .10 CEU**

**Sarah Goldberg, CTRS and Christyna Plotts, CTRS**

During this session, presenters will provide an interactive demonstration of group exercise, and will identify the many benefits of using group exercise in Recreational Therapy practice.

Learning Outcomes:

* Participants will be able to identify at least three benefits of group exercise
* Participants will be able to identify at least three different forms of group exercise, as well as resources for those classes (resources include; facilities that provide group exercise sessions, as well as providers of certification trainings)
* Participants will be able to identify at least three different ways to modify movements throughout sessions.

11:45- 12:45 – Luncheon and Membership Meeting

12:45-1:45

Session 4

**Challenge Courses and Clients with Disabilities: History, Adaptations and RT Inverventions .10 CEU**

**Don Rogers, PH.D., CTRS**

This workshop will (1) give foundational knowledge of the history, design and adaptations of accessible and universal ropes/challenge courses and programs, (2) give foundational knowledge of RT staff training for these programs, and (3) provide an overview of using challenge course-based interventions in RT.

Learning Outcomes:

* Participants will identify three key milestones in the history of accessible/universal challenge courses.
* Participants will identify three principles of designing and implementing inclusidve challenge course programs.
* Participants will identify two safety (physical, emotional, psychological) concerns related to challenge course programming with people with disabilities.
* Participants will identify three therapeutic benefits of accessible/universal challenge courses.

1:45- 2:00 Break

200- 300 pm

Session 5 .**10 CEU**

**Understanding Addiction Treatment: A Guide for the Recreation Therapist**

**Ben Standish, CTRS**

This session will outline the process of addiction, diagnostic criteria, deficits caused by addiction, identify key aspects of treatment and how recreation therapy fits into the treatment model.

Learning Outcomes:

* Participants will be able to identify 3 basic effects of addiction on brain functioning.
* Participants will be able to describe how a treatment program works to treat the effects of addiction
* Participants will be able to describe how recreation therapy fits into the addiction treatment model.

3:00-3:15 Break

315- 4:15 pm

Session 6

**Small Rooms have No Limit When Using Experiental Therapy with Recreational Therapy .10CEU**

**Rebecca Hanes, CTRS**

Session will provide a description of Experiental therapy and how recreational therapists can use it no matter what setting they work in.

Learning Outcomes:

* Participants will be able to describe experiental therapy and its benefits to their own recreational therapy practices.
* Participants will be able to identify at least 1 modification they can use to provide an experiental experience for their own patients/clients.
* Participants will demonstrate one new expiental therapy skill they will use in their practice of recreational therapy services.

4:15 -430 Break

If you are requesting CEU’s for conference attendance, don’t forget to have your CEU form punched prior to leaving each session!!!!

4:30- 5:30 pm **.10 CEU**

Session 7

**Dementia Basics: Recreational Therapy Interventions to increase qualify of life for people with Dementi**

**Carrie Wilcher, CTRS and Laura Nickell, CTRS**

In this session, participants will learn the basics of dementia, different kinds of dementia, typical behaviors that may be common in people with dementia, and Recreational Therapy interventions to use to increase the quality of life for people with dementia. With the right knowledge, Recreational Therapy can be an important part in improving the quality of life for people with dementia.

Learning Outcomes:

* Participants will be able to verbally identify at least three types of dementia.
* Participants will be able to verbally identify at least three ways to manage behaviors related to dementia
* Participants will be able to verbally identify at least three Recreational Therapy Interventions to use with people with dementia.

If attending Friday sessions, a breakfast buffet that will be offered from 7:15-8:15am!

**Have a session idea? Want to hear about a particular treatment modality?**

**Have a suggestion for next year?**

**Be sure to fill out your conference evaluation and tell us what you think!!!**

\*Please take the time to make sure your membership information is up to date\*

Friday, April 20

Breakfast and Registration 7:15 – 8:15am

8:15 – 9:15 .10 CEU

Session 8

**Strengths Based Programming for Youth at Risk- A Guide for Therapeutic Recreation Therapist**

**Jordan McIntire, CTRS and Charles Simmons, CTRS**

This session will provide participants with an overview of a theory based program for youth at risk and share project and activity ideas for this population.

Learning Outcomes:

* Participants will have an understanding of the Positive Youth Development Model.
* Participants will hear about at least 3 activities to facilitate with youth at risk.

9:15 – 9:30 Break

9:30 – 10:30 am **.10 CEU**

Session 9

**The Effects of Deep Breathing Exercises: A Guide for Recreation Therapists \**

**Wyakita Toles, CTRS**

This session will identify several deep breathing exercises that can be used to impact the lives of children/adults with severe anxiety and increased level of stress. This session will also review the positive effects those deep breathing exercises have on the body and provide other helpful deep breathing exercises for therapists to use with their clients.

Learning Outcomes:

* Participants will be able to identify at least three different breathing exercises that can help decrease anxiety.
* Participants will be able to identify 3 differences between the parasympathetic and the sympathetic nervous system.
* Participants will be able to verbally state the positive effects that deep breathing has on the body after engaging in a 5-10 minute meditation exercise.

10:30 – 10:45 Break Author, speaker, and autism advocate Jesse A. Saperstein knows a lot about living with Asperger’s.

10:45-11:45 **Special Guest Motivation Speaker: Jesse Saperstein**

Author, Speaker and Autism Advocate, Jesse will share his unique perspective of his experiences and life lessons with Asperger’s. After this engaging presentation, please take a moment to chat and purchase his book in the lobby.

11:45-12:45 Lunch and Book Signing with Jesse Saperstein

12:45- 2:00

Session 10

**Constructing Therapeutic Recreation Group Lessons with Creative Resources .15 CEU**

**Elizabeth Vance, CTRS**

Participants will learn how to implement everyday items as successful visuals for children and teens, including group structure, lesson plan writing tools, and working together to devise therapeutic recreation lessons.

Learning Outcomes:

* Participants will be able to identify at least three different methods for using visual items to lead a therapeutic recreation lesson with children
* Participants will be able to identify at least four topics related to therapeutic recreation which would be appropriate for their current work population
* Participants will be able to demonstrate collaborative teaching by presenting a lesson plan outline with a team.

2:00-2:15 Break

2:15-3:15 pm

Session 10

**Recreation Therapy in Substance Abuse Treatment .10 CEU**

**Jessica Putney, CTRS**

This is an interactive session designed to demonstrate how recreational therapy can be a beneficial part of treating substance abuse disorders.

Learning Outcomes:

* Participants will be able to verbally identify at least 3 different strategies for using recreational therapy in the treatment of substance abuse disorders.



**On behalf of the 2016-2018 Recreation Therapists of Indiana Board of Directors,**

**Thank you for attending the conference and we look forward to seeing you at the next conference!**

**Laurie Lee, CTRS: President**

**Carrie Wilcher, CTRS: President Elect**

**Kirsten Yamasaki, CTRS: Treasurer**

**Mandy McQueeney, CTRS: Secretary**

**Emily Davis CTRS: Member at Large**

**Brittany Hook, CTRS: Member at Large**

RTI originated in 1993.

**Don’t forget to turn in your CEU form to the CEU table prior to leaving the conference!**