About the Institute
The Pennsylvania Therapeutic Recreation Institute has provided quality education and training for Therapeutic Recreation Specialists and Activity Coordinators for **52 years**. One low fee covers over 20 educational sessions, CEU and NCTRC credits, meals, socials, and the PTRS awards luncheon.

Reasons Why You Should Attend
- Networking with professionals from across the state
- 20 professional workshop sessions for one low fee
- Continuing Educational Units
- On-site recreational resources
  - Central location with numerous regional recreational opportunities

Who Can Benefit by Attending?
<table>
<thead>
<tr>
<th>Therapeutic Recreation Specialists</th>
<th>Activity Professionals</th>
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</thead>
<tbody>
<tr>
<td>Consultants</td>
<td>Health Care Administrators</td>
</tr>
<tr>
<td>Educators</td>
<td>Students</td>
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<tr>
<td>Nursing Home Administrators</td>
<td>Memory Care Specialists</td>
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<tr>
<td>Senior Center Directors</td>
<td>Adult Day Care Coordinators</td>
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<td>Retirement Communities</td>
<td>Park and Recreation Professionals</td>
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<tr>
<td>Veteran Care Specialists</td>
<td>Nursing/CNA’s</td>
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<td>Allied Healthcare Professionals</td>
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Institute-at-glance

Wednesday, April 22

Pre-Conference – Dementia Education Workshop
2:00 pm – 4:00 pm
Pre-conference and Conference Registration
4:00 pm – 8:00 pm TRI – Pre conference Workshop
A Walk in their Shoes: An Interactive Dementia Training Experience

Thursday, April 23

8:00 am - 4:00 pm Conference Registration
8:30 am - 4:30 pm Certified Dementia Practitioner Training
9:00 am – 10:00 am Keynote Speaker Howard Moody
10:00 am – 10:15 am Refreshment Break
10:15 am – 11:45 am Educational Sessions
12:00 pm - 1:00 pm Lunch
1:00 pm - 2:30 pm Educational Sessions
2:30 pm - 2:45 pm Refreshment Break /Visit the Basket Raffle
2:45 pm - 4:15 pm Educational Sessions
4:30 pm - 6:00 pm Membership/Board Meeting / Open to the Public - All are welcome!
4:30 pm – 6:30 pm Visit raffle baskets
Dinner on own
6:30 pm - 7:30 pm Evening General Session
8:00 pm - 10:00 pm TRI Social- Spirited Quiz Bowl, networking, and fun for all

Friday, April 24

6:45 am - 8:00 am Breakfast for hotel guests
7:00 am - 8:15 am Visit Basket Raffle
7:00 am - 12:00 pm Registration Open
8:00 am – 10:00 am Coffee Bar Open
8:30 am – 10:00 am Educational Session
10:00 am - 10:15 am Refreshment Break/Visit baskets
10:15 am – 11:45 am Educational Sessions
12:00 pm - 1:30 pm Awards Luncheon and Basket Raffle
1:30 pm – 2:30 pm Endnote
Wednesday, April 22, 2020

Pre-Conference

4:00 pm – 8:00 pm
A Walk in their Shoes Workshop: An Interactive Dementia Training Experience
Carrie Chiusano, CADDCT, CDP
Brittney Sarnese, CTRS, CDP (.4 CEUs, NCTRC Job analysis code: FKW, IMP, ASP)
A two-part pre-conference workshop focused on immersing the participant into the world of someone living with Dementia. In these sessions, one will learn about all aspects of the disease from experts in the field, followed by an interactive simulation. The simulation gives participants greater awareness and understanding of the obstacles affecting those living with dementia. After the session, participants will receive the opportunity to discuss their experience in the empowerment debrief, and dive deeper into more dementia care-related topics.

Thursday, April 23, 2020

8:30 am – 4:30 pm
Certified Alzheimer's Disease and Dementia Care Training
Carrie Chiusano, CADDCT, CDP (.7 CEUs, NCTRC Job analysis code: FKW, IMP, ASP)
Learn alternative interventions that are success-oriented and failure-free." Statistics prove that nearly 50% of residents in long-term care have been diagnosed with Dementia/Alzheimer’s Disease. This number will continue to grow, and the only way to provide successful dementia care is to understand the disease process and the significance behind the dementia-related behaviors. Learn more during this insightful seminar!

9:00 am – 10:00 am
Keynote:
The Joy of Laughter and the Importance of Connection. How Simple Improv Theater Games are fun for everyone.
Howard Moody (.1 CEUs, NCTRC Job analysis code: FKW,IMP)
Improvisational theater is the creative act of spontaneously creating something completely new in the moment. This keynote is focused on creating a totally safe and engaging space, where together, we explore the basic and simple skills of improv. The skills that highly trained improv actors use to create fun and engagement are skills that are fundamental for communication, collaboration, creativity, and responding to conflict with grace. All skills that we can use in everyday life. Guaranteed to be a fun, laughter-filled experience.

10:30 am -12:00 pm
Is there an Echo in Here? Utilizing Smart Home Technology as a Leisure Based Modality
Amy Heeter Ed.M., CTRS, CIYL, CDP (.1 CEUs, NCTRC Job analysis code: FKW, ASP, DOC, IMP, ADM)
Today there are many opportunities to use smart home technologies to increase leisure participation. Innovative tools eliminate barriers to engagement in leisure (physical, social, cognitive) and empower clients to enjoy life in their home (or homelike) environment.
Generation Engagement: Motivating Residents, Volunteers & the Teams You Lead
Stacy McCaney, CTRS & (1 CEUs, NCTRC Job analysis code: FKW, IMP, ADM)
Emily Conners, MS, CTRS, CDP

Baby Boomers, Gen X, Millennials - These are all terms that we hear every day, but how do they apply to our profession? This session will explore the traits associated with the varied generations and how to utilize the characteristics and trends to motivate your residents, volunteers, and teams to have meaningful engagement.

When Recreation Becomes an Addiction
Deborah Davison, CTRS/L-BH (1 CEUs, NCTRC Job analysis code: FKW, DOC, IMP)
Participants will gain insight into the prevalence of problem gambling and behaviors leading to addiction. Program design includes Recreation Therapy, evidence-based practice, treatment interventions, and strategies for addiction recovery.

1:00 pm – 2:30 pm

Take the Initiative
Michelle Anderton, RBT, CMI-2 (1 CEUs, NCTRC Job analysis code: ADV, IMP)
This session will help participants take action at their internship or job through learning how to knock out common barriers involved with feedback, communication, drive, goals setting, and productivity.

The Use of Guided Imagery as a Therapeutic Recreation Intervention
Vincent Bonadies, MS, CTRS (1 CEUs, NCTRC Job analysis code: FKW, IMP, ASP)
This two-part intensive session will teach participants how to conduct a guided imagery session with their clients. In this experiential and interactive session, participants will define guided imagery and integrative imagery. Participants will further learn the implementation process within the scope of practice in recreational therapy. After this session, participants will demonstrate “A Special Place Imagery” session and discuss skills, concerns, and caveats in conducting a guided imagery session.

Implementation of Music Glove Technology for Post CVA fine Motor Recovery
Barbara McDonald, CTRS (1 CEUs, NCTRC Job analysis code: FKW, IMP, ADM)
This Session will demonstrate the MusicGlove technology as well as other advanced sensory stimulation interventions and describe their potential for fine motor functional recovery in patients with CVA

2:45 pm – 4:15 pm

An RT at Play in the Pennsylvania Early Intervention Program
Lynda Mitchell, EdD, CTRS, CPRP, CDP (1 CEUs, NCTRC Job analysis code: DOC, IMP, ADM, ADV)
First, the Pennsylvania Early Intervention (EI) program will be explained. Second, we will consider skills recreation therapists possess that can be used in treating newborns to age three-year-olds who experience delays in development.

The Use of Guided Imagery as a Therapeutic Recreation Intervention (part II)
Vincent Bonadies, MS, CTRS (1 CEUs, NCTRC Job analysis code: FKW, IMP, ASP)
12 Steps to Sober Leisure
Abagail Bernard, CTRS (.1 CEUs, NCTRC Job analysis code: FKW, IMP, ADM)
Practitioners will learn how to incorporate the 12 Steps of AA/NA into the leisure education programs they provide to people in treatment for Substance Use Disorder. This session will include an overview of the “12 Steps to Sober Leisure” workbook and its applications.

6:30 – 7:30 (Evening Session)
Building Relational Trust Through Connection, Engagement, and Play
Howard Moody (.1 CEUs, NCTRC Job analysis code: )
Recreation is, in essence, an opportunity to Re-create in each moment, helping us all to connect to our bodies, our whole selves, our joy, and our playful spirits. Play is a truly present moment experience and play can be used in so many ways to connect with clients, your staff and each other. In this “playshop” play specialist Howard Moody will build on his morning Keynote using what he calls Integrative Social play as a way for all of us to laugh together, de-stress and connect. We will then explore our adult play personalities and how the skills in the morning keynote and this session's exploration of playfulness and connection can be a welcome addition to a life fully lived.

8:00 pm – 10:00 pm
Social Event
Join us for some high spirited Quiz games, great conversations, networking and fun.

Friday, April 24, 2020

8:30 am – 10:00 am
Design Thinking in Planning & Implementing Therapeutic Recreation Interventions
Julie Saville, Ph.D. & Brian Malcame, CTRS, Ph.D. (.1 CEUs, NCTRC Job analysis code: FKW, IMP)
This session introduces principles of Design Thinking (Institute of Design at Stanford) through a fun, interactive experience. Applications of design thinking offered for planning and implementation of therapeutic recreation interventions.

Supporting Lesbian, Gay, Bisexual, and Transgender Older Adults
Tim R. Johnston, Ph.D. (.1 CEUs, NCTRC Job analysis code: FKW, IMP)
This gathering includes a briefing of key terminology and an overview of the history and present state of support for the older LGBT population. Along with Dementia and other challenges, best practices for this population will be discussed.

Tai Chi and A Little Bit More
Dr. Duane Crider (.1 CEUs, NCTRC Job analysis code: FKW, ASP, DOC, IMP)
Ancient and modern modalities designed to improve balance, strength, mobility, flexibility, and stress reduction. Special emphasis will be on special populations, coupled with moves for the masses. For all fitness levels, no previous Tai Chi experience is required.

Advanced Assistive Music Technology in Recreational Therapy
Donna Keller CTRS & Joe Fialko (.1 CEUs, NCTRC Job analysis code: FKW, IMP, ADM)
An introduction to an innovative music treatment modality utilizing digital technology can uniquely design devices for consumers to play and compose musical compositions. The Session will be hands-on.
10:15 am – 11:45 am
Safety and Psychological Impact of Sailing Adventure Therapy Among Veterans with Substance Use Disorders.
Dr. William Klinger, Ph.D., CTRS (.1 CEUs, NCTRC Job analysis code: FKW, ASP, DOC, IMP)
Many Veterans suffer from substance use disorders (SUDs). Treatment challenges include poor treatment engagement and high relapse rates. This study was a preliminary evaluation of sailing adventure therapy (SAT) for this population.

Foster Resilience Training: Trauma and Its Impact
Michael Ritter, MPA, CTCP (.1 CEUs, NCTRC Job analysis code: FKW, IMP)
Participants will not only learn about toxic stress and trauma and how these impact the growing brains and bodies of individuals, but they also learn and practice tangible skills for working with persons impacted by trauma.

When The Pieces Don’t Fit
Shelley Roderick M.Ed., LBS and Amanda Boland (.1 CEUs, NCTRC Job analysis code: FKW, IMP)
Discussion regarding the services and strategies provided by Soaring Heights Schools and how they meet the needs of students that don’t fit into our typical view of school.

Transforming Lives: The Power of Musical Theatre in Care Communities
Jill McKenrick, CDP, PCHA, iTheatrics L1, Katie Kensinger, CDP, iTheatrics L2 (.1 CEUs, NCTRC Job analysis code: FKW, IMP)
In senior living communities, residents most often engage with the performing arts as passive observers. By giving them the opportunity to participate as ACTIVE CREATORS in the performing arts, we enhance quality of life, confidence, and communities.

1:30 pm – 2:45 pm
Endnote:
Overcoming Compassion Fatigue for RTs
Vincent Bonadies, MS, CTRS (.1 CEUs, NCTRC Job analysis code: FKW, IMP, ADV)
Recreation 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.

Not a PRPS member?
Join PRPS today to receive a coupon for $20 off a multi-day conference such as the TRI. To join, visit WWW.PRPS.ORG, and navigate to “Membership” and “Join Now.” When creating your account, you will be prompted to select from a variety of PRPS sub-groups such as Districts, Branches, and Committees, including PTRS (PA Therapeutic Recreation Society). There is no limit to the number of sub-groups you may join.
After becoming a new PRPS member, contact the PRPS Office at 814-234-4272 to register for the TRI, and we will apply the $20 discount to your total TRI Registration fee.
GENERAL INFORMATION

Registration
Register online at www.prps.org. All registrations will be confirmed by email. Late registrants will be accepted; however, please register early to facilitate the planning process. A $20 late fee will be applied after April 3rd.

Registration options:
1. Full package - Includes educational sessions, lunch on Thursday and Friday, daily breaks, socials, CEU’s and NCTRC hours.
2. Daily registration - includes all educational sessions, lunch, daily breaks, CEU's and NCTRC for each day registered.

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<th>TRI Fees</th>
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<th>Non-Member</th>
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<tr>
<td>Full Package</td>
<td>$225</td>
<td>325</td>
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<td>Student Full</td>
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<td>Pre-Conf. Only</td>
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<tr>
<td>Thursday Daily</td>
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<tr>
<td>Thursday – Certified Dementia Practitioner Training only</td>
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<td>$200</td>
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<tr>
<td>Friday Daily</td>
<td>$110</td>
<td>$150</td>
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Registration Hours
Wednesday (Pre-Conference) 2:00 pm - 6:00 pm
Thursday, April 23 8:00 am - 4:00 pm
Friday, April 24 7:00 am - 12:00 pm

Check-in
The conference and pre-conference registration will be located in the hotel’s main lobby beginning at 2:00 pm on Wednesday, April 22nd.

Lodging Information
Attendees are responsible for reserving their own overnight rooms at the pre-arranged TRI rate by contacting the Wyndham Garden, State College at 814-466-2255, and mentioning the Group Code Therapeutic Recreation Institute, PRPS #04222OTHE. The Room rate is $125 plus tax for single or double rooms. This special room rate is available until March 22, 2020, or until the group block is sold out, whichever comes first.

Wyndham Garden
310 Elks Club Road
Boalsburg, PA 16827™
wyngardenstatecollege.com/

Continuing Education Units (CEU’S)
Educational sessions (CEUs) have been approved by PRPS. Also, they have been reviewed and written according to NCTRC job knowledge areas. The TRI committee is currently seeking approval for the presentations at the Institute.

NCTRC Job Codes
Knowledge Areas of the NCTRC Job Analysis Study
FKW - Foundational Knowledge
ASP - Assessment Process
DOC - Documentation
IMP - Implementation
ADM - Administration of TR/RT Services
ADV - Advancement of the Profession

Refund Policy
The registration fee less a $25 service charge per person will be refunded if cancellation is made before April 10, 2020, in writing to PRPS, 2131 Sandy Drive, State College, PA 16803-2283. After April 10, a credit less the service fee and costs incurred for guaranteed meals and lodging will be issued upon request, redeemable as registration fee toward a future PRPS workshop. No-shows will be billed the full rate.
What to Bring
- Casual business attire is recommended for educational sessions
- Swimsuit for the indoor swimming pool.
- Workout clothes for the on-site fitness center
- Golf clubs, if you plan to take advantage of the hotel’s awesome course

Volunteer to Room Host
Do you want to contribute to the TRI, but aren’t sure how? How about volunteering to serve as a room host? Room Hosts simply relay announcements, introduce the speaker and sign off on CEU forms. All you have to do is identify the sessions you plan to attend and receive your instructions from the registration table before the session. At that time, we will renew the procedures and announcements that need to be made and answer any questions you may have. Please check the room host box and we will contact you about the sessions you would be willing to host. Please consider being a Room Host and being a part of what makes the TRI great!

TR Basket Raffle
Purchase tickets to win some great themed baskets and other items to support the PTRS Memorial Scholarship Fund. Baskets will be available to view beginning Thursday, April 23. We invite all communities and attendees to donate a themed basket. If you are interested, please contact Becky Kandrac at 717-367-1121 ext. 33646 or email bkandrac@masonicvillagespa.org.

TR Awards Program
Being recognized for the work you do every day is very important. However, more often than not, your work may go unnoticed to the point where you feel under-appreciated. Want the recognition you so richly deserve? Have a great program you created? Looking for a great way to say thank you to a peer, colleague, supervisor, or yourself? PRPS wants to recognize excellence in therapeutic recreation. All you have to do is apply. For more information, head to our website at www.prrs.org. The appreciation you deserve is only a nomination away. Please contact Melissa Tomko at 412-826-6505 or email her at Mtomko@sincare.org for more information.

The Award Submission Deadline is March 1, 2020.
2020 TRI Registration Form

Name: ________________________________
Agency: ______________________________
Job Title: ______________________________
Credentials: (CTRS, ACC, ADC, etc.) ______________
PRPS Member  □ Yes  □ No
Mailing address ________________________________
City: ______________ State: ____ Zip: ____________
Home or Business: ________________________________
County: ______________________________
Phone ________________________________
Email: ________________________________
(Confirmations will be emailed)

Payment Information:
□ Payment enclosed
□ Bill agency
Billing Address: ________________________________
City: ______________ State: _____ Zip: ____________
Approval Signature: ________________________________
Title: ______________________________ Date: ______________
□ Credit card: □ Visa □ MC □ Amex □ Disc.
Signature: ______________________________
Card # ______________________________
Exp. Date ______________________________

□ New member  □ Yes  □ No
□ First-year attending? □ Yes  □ No

I require: (attach a brief explanation)
□ ADA accommodations
□ Special diet______________________________
□ Other considerations ____________________________

Please check the boxes and circle the fees that apply and total at the bottom.

Full Package includes breakfast, lunch, and socials

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<th></th>
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<tr>
<td>Professional</td>
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<td>Retiree</td>
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Daily - please note which day-(s) - includes breakfast, lunch, and socials

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Certified Dementia Care Training Only

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Pre-Conference (with Full package) includes dinner

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Pre-Conference Only includes dinner

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<tbody>
<tr>
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Total Due $____________

Lodging Reminder!
All attendees are responsible for handling their own reservations at the Wyndham Garden, State College. The room rate is $125 plus tax for a single or double and includes breakfast.
Call 814 466 2255 and mention the Group Code Therapeutic Recreation Institute, PRPS #042220THE
Volunteer at the TRI!

☐ I am willing to serve as a room host. I have placed an “RH” next to the session that I am planning to attend and willing to host.

Volunteer to Room Host

Do you want to contribute to the TRI, but aren’t sure how? How about volunteering to serve as a room host? Room Hosts simply relay announcements, introduce the speaker and sign off on CEU forms. All you have to do is identify the sessions you plan to attend and receive your instructions from the registration table before the session. At that time, we will renew the procedures and announcements that need to be made and answer any questions you may have. Please check the room host box and we will contact you about the sessions you would be willing to host. Please consider being a Room Host and being a part of what makes the TRI great!

If you are interested in being a room host, please indicate on your registration form or contact either Dan Hendey at danh@prps.org, or Brittney Sarnese at bsarnese@srcare.org