Wednesday, April 22, 2020

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 & Emily Conners, MS, CTRS, CDP (.1 CEUs, NCTRC Job analysis code: FKW, IMP, ADM)

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, CIMI-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 and engage 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.

8:30 pm – 10:00 pm

Social Event

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.