

2021 Therapeutic Recreation *Virtual* Institute

Sessions and Speakers



WEDNESDAY, 9/29/2021

9:00 AM 10:00 AM

KEYNOTE ADDRESS: PLAY ON PLAYER; OVERCOMING DISABILITY WITH PLAY

Jill Moore, Athlete, Inclusive Play Specialist

Landscape Structures

We all want to play and to play hard. It brings us a sense of challenge, develops social skills, and fosters independence. Play on Player addresses the mission-critical nature of inviting everyone to play because adaptive recreation offers so much more than a "you did it!" sticker. This session looks at play from childhood to adulthood and how it provides solutions to key challenges of development (social skills, independence, confidence, etc.) that kids growing up with a disability can struggle with. From finding new hobbies to school teams, collegiate athletics, to world stages- play is an opportunity that shapes us all.

Jill Moore works with the Landscape Structures team to aid product development and promote the importance of inclusive play. During her college career at the University of Illinois, Jill twice competed as a representative of the United States on a world stage. Through an active life, Jill constantly strives not only to employ a lifetime of experience but to promote the importance of play as it truly shapes us all and allows us to overcome some truly incredible things

Session Choice

10:15 AM – 11:45 AM

I. BUILDING RAPPORT WITH YOUR CLIENTS THROUGH STORYTELLING

Gael Gilliland, Trainer, Owner

Gaelix

In this session, participants will learn a method of storytelling to create deeper connections and trust with their clients. This session will give practitioners instructions on how to employ this method of storytelling to start conversations, improve trust, gain understanding with clients.

Gael founded the Legacy Recorder and published the Legacy Recorder Guide (2016) to share her passion for storytelling and writing about challenging subjects like death, aging, and trauma. Her mission is to help others create deeper, lasting connections through intergenerational storytelling. Today her storytelling methods and unique project approach are used globally.

2. FINDING YOUR NICHE WITH NON-MEDICAL INTERVENTIONS

Sharon Richards, Owner

Dementia Engagement and Recreation Services

Learn tips to become a great communicator and turn your knowledge into a business model that improves and maintains quality of life for individuals and their families. Sharon will use her personal experience to provide participants with ideas, insights, and information that will help them to work more effectively within their organization or with others. Sharon will also share her tips for launching and building your career.

Sharon is an experienced Director of Activities at all levels of care who has worked with families and care teams across the country. Sharon has had to get creative in finding ways to make Recreation Therapists' opinions heard in each facility. Recently Sharon founded Dementia Engagement and Recreation Services, offering Recreation Therapy services to families who want to continue connecting with their loved ones with Alzheimer's or Dementia.

THURSDAY, 9/30/2021

9:00 AM – 10:30 AM

12 STEPS FOR SOBER LEISURE

Abigail Bernard, CTRS Activities Coordinator

Conifer Park, NY

This session will teach participants how to incorporate the 12 Steps of AA/NA into leisure education programs that 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.

Abigail Bernard, CTRS, has worked in SUD treatment for almost 30 years at Conifer Park in Glenville, NY. In 2012, she implemented a leisure education group called "12 Steps to Sober Leisure", a successful group that received positive responses from her clients. In May 2018, she published a workbook based on this experience. Since its publication, it's been purchased and implemented in treatment facilities and the recovery community in the US, Canada, and England! This session will demonstrate the applications of "12 Steps to Sober Leisure" within a leisure education program.

10:45 AM – 12:15 PM

RE-CONNECTING PENNSYLVANIANS WITH THE OUTDOORS; THE POWER OF NATURE TO COMBAT SOCIAL ISOLATION AND IMPROVE QUALITY OF LIFE

Nicole Faraguna, Director of Public Policy

PA Dept. of Conservation and Natural Resources

Many health benefits result from spending time outdoors. For long-term care, it is even more critical. Exposure to the outdoors can improve one's mood and overall health. Spending time outdoors can also help to relieve feelings of loneliness and social isolation. Just 10-15 minutes a day outdoors can make a significant improvement to an individual's health. This session will discuss opportunities for Recreational Therapists to improve outdoor recreation opportunities by taking it outdoors!

Nicole has served as DCNR's Director of Policy and Planning since August 2019. Before this, Nicole worked for the Pennsylvania Land Trust Association and delivered exceptional educational opportunities for the staff and volunteers of conservation-related organizations and local governments. Nicole previously served as Director of Communications for the Pennsylvania State Association of Boroughs and Editor of the Borough News Magazine. She also founded Susquehanna Valley Progress in 2014, a nonpartisan organization that seeks to actively engage and educate the local community to protect the natural world.

FRIDAY, 10/1/2021

12:00 PM – 1:15 PM

SPECIAL – SOCIAL HOUR WITH GAMES, NETWORKING, AND FUN

TRVI coordinators

MONDAY, 10/4/2021

12:00 PM – 1:30 PM

DEVELOPING A RECREATION THERAPIST'S ROLE IN SKILLED NURSING/REHAB

Gabrielle Cunningham, CTRS, CDP & Brittney Sarnese, CTRS, CDP

Presbyterian SeniorCare Network

This session will focus on overcoming the challenges of starting and maintaining recreational therapist programming in the rehab setting of skilled nursing. Learn ways to develop all parts of a program while promoting a person-centered culture.

Brittney Sarnese (Wellness Coordinator) and Gabby Cunningham (Recreational Therapist) have been at PSCN for five years. Both women are certified dementia practitioners and are devoted to the advancement of person-centered care for older adults. In addition to providing care for their residents, Gabby and Brittney have developed programs to enrich the lives of their team members and provide leadership education for their management teams. They both are heavily involved in process improvement and the improvement of skilled nursing. In their free time, both ladies live what they teach in a recreational therapy sense.

TUESDAY 10/5/2021

5:00 PM – 6:30 PM

FINDING YOUR SUPER POWERS DURING DIFFICULT TIMES

*Vicky Pitner, CTRS, Recreation Therapist and Leisure Coach
My Leisure Coach*

Navigating life during times of insurmountable challenges can create stress, anxiety and even feelings of hopelessness. But much like the Superhero's we love who find the strength to defeat the villains, these life challenges can present opportunities for growth and inspiration when you find your own superpowers to fight adversity. Join Vicky to awaken the forces within by discovering passion, purpose, and strengths, embrace hope, and tackle those difficult times. By tapping into your unique talents you will be able to unleash your own superpowers and restore balance and well-being and live a more joyful and satisfying life by sharing your superpowers with others. Please bring two 12" x 12" (approximate) sheets of aluminum foil, tape and an index card.

Vicky Pitner has been using the Expressive Arts for over 40 years in clinical and community settings to promote creative healing. Her mission is to improve and enrich the bio-psych-social and physical functioning of those living with depression, anxiety, stress, chronic pain, social isolation and grief with meaningful evidenced based interventions. She is also a Certified Dementia Practitioner and serves as the Coordinator of the FUMC Memory Ministry providing support to people living with dementia and their families by connecting family, friends, and faith.

WEDNESDAY 10/6/2021

12:00 PM – 1:30 PM

THROUGH THE EYES OF THE PARENT OF "THAT KID"

*Chalet Harris, CPRP, Director of Parks and Recreation
Dover, Township, Pennsylvania*

We have all had "that kid" that challenges us, and we don't quite know how to help. Sometimes there is more going on with "that kid" that hasn't been discovered yet. This session will give you a look inside the life of a family with children who have special needs – Chalet's family. You will learn why some parents don't always provide you with a lot of information. Chalet will also discuss the process of getting a diagnosis, meltdowns vs. tantrums, and tips/tricks that have worked for her. You will also learn some ideas to adjust your programming to be more "Special Needs" friendly.

Chalet Harris is the Parks & Recreation Director of Dover Township, a Class II Township in York County, a position she has held since 2015. She received her BS degree in Recreation & Leisure Administration from York College of Pennsylvania. Chalet lives in Railroad, PA, with her husband, Brian, and their children, Nathan & Nicholas.

THURSDAY 10/7/2021

5:00 PM – 6:30 PM

TACKLING THE IMPOSTER SYNDROME IN RECREATION: HOW TO GO FROM INTERN TO MANAGEMENT & BEYOND WITHOUT THE GUILT

Katherine Darcangelis, Director of Volunteer and Internship Services
Holisticare Hospice

Delve into the concepts of imposter syndrome, what it is, how to tackle it head-on, and why young adults should feel empowered to step into management roles in recreation. Learn how to combat Imposter syndrome and take on management roles. Learn management tips and strategies to be a successful and confident manager.

Katherine Darcangelis is an aging services professional, currently working for a 5-county wide hospice organization in Pennsylvania. She holds a Master's degree in Nonprofit Management, and has a strong background in therapeutic recreation and human development. She is also the owner of What The Rec, a blog turned professional development resource company for professionals in aging services, mostly tailored to those in the recreation and related fields.

FRIDAY 10/8/2021

12:00 PM – 1:00 PM

ENDNOTE: PET THERAPY – FUR FOR ALL!

Karen Gerth, Founder, and Director
Keystone Pet Enhanced Therapy Services (KPETS)

This presentation will share various ways that therapy dogs make a difference in all settings and ages with all types of needs. Karen will discuss what makes a therapy pet as opposed to a service animal or emotional support pet. She will also review what is required to become a therapy team, how to find a therapy group in your area, and what you need to know to create a win-win situation for all (handler, pet, and client).

Karen is a resident of Lancaster County with a passion for her therapy dogs. She found her calling 20 years ago when a service dog in training was released from service. Karen knew this precious golden would make a fantastic therapy dog. So she started KPETS to train on her own and provide this much-needed service.

RAFFLE WINNERS AND PRESENTATIONS:

1:00 PM – 1:30 PM

Brittney Sarnese and the PA TR Branch