SOUTHEAST RECREATIONAL THERAPY SYMPOSIUM

**2010**



***Continuing Focus on Competent Practice***

**April 7-9, 2010**

# Premier Resorts at Barefoot Resort

**Myrtle Beach, SC**

 AGENDA

## WEDNESDAY, APRIL 7

# 9:00 - 12:45 REGISTRATION FOR SOUTHEAST RECREATIONAL THERAPY SYMPOSIUM

# 1:00 - 2:30 WELCOME AND KEYNOTE ADDRESS

**♦ The Need for and Likely Impact of Health Care Reform (K1)****(Mainsail B)**

This session will review the need for health care reform and will also describe the likely impact of health care reform legislation on the health care system. The projected impact on hospital-based health care services, including mental health, pediatrics, physical medicine and rehabilitation and oncology services will be reviewed. Learning Objectives: Participants will 1) understand the need for health care reform, 2) understand the likely impact of reform legislation, if passed, 3) understand the likely impact of reform on hospital-based health care services.

*Rozalynn Goodwin, FACHE, Director, Policy Research, South Carolina Hospital Association*

# 2:30 – 2:45 BREAK

# 2:45- 4:15 CONCURRENT SESSIONS

**♦ Integrating Recreational Therapy into Your Activity Program (A1) (Mainsail B)**

So the MDS 3.0 includes Recreational Therapy! Are you ready to provide active treatment in your facility? This session will provide geriatric recreational therapists with information needed to integrate treatment services into their program. The guidelines for recreational therapy as well as resources and tools will be offered. Learning Objectives: Participants will 1) identify the criteria established by CMS for recreational therapy in skilled nursing facilities, 2) verbalize the process needed to integrate recreational therapy into the Activity program, 3) identify resources available to assist in integrating recreational therapy into the Activity program.

###### Jo Lewis, MS, CTRS, The Manor & Villa at the Estates at Carpenters

**♦ Obesity and Spirituality: Tapping into Faith to Achieve Health and Balance (A2) (Mainsail A)**

This session will focus on the impact that being obese has on a person’s spiritual life. Session attendees will explore the role that religion plays in the health for people of faith who are struggling with obesity. Recreational therapy interventions are effective in helping regain health and a balanced life. Learning Objectives: Participants will 1) discuss and demonstrate an understanding of physical and spiritual implications of obesity, 2) understand and describe the four domains of a client’s health that need to be nurtured for a balanced life, 3) participate in and discuss at least 3 experiential activities that promote healthy living choices.

###### Maureen Meador, CTRS

**♦**  **Go Team!!!** **(A3) (Mainsail C)**

This interactive session is set up in order for participants to play a part in teambuilding activities that are normally used with adolescents with behavioral/emotional disabilities. We would like for people to come and experience this and possibly provide input on how to adapt them to other populations as well. Learning Objectives: Participants will 1) learn new teambuilding activities to utilize with their populations, 2) be actively engaged in learning the new activities, 3) be able to take away different ways to adapt the activities presented to new populations.

*Ashley Warren, CTRS, The Pines Residential Treatment Center*

*Meghan McPherson, CTRS, The Pines Residential Treatment Center*

**♦ Understanding CMS Reimbursement for PMR: A Historic Perspective of Finance Made Easy (A4) (Foresail)**

This session will look at the growth of healthcare covering the last 50 years as a premise to where reimbursement is today for physical medicine and reimbursement. Participants will develop an understanding of why their documentation streams are important for reimbursement through the prospective payment system used today. This will be a great session to help develop a fundamental understanding of healthcare finance for PMR. Learning Objectives: Participants will 1) develop a fundamental understanding of the history of health care finance from 1960 to today, 2) develop an understanding of the prospective payment system used by CMS for physical medicine and rehabilitation, 3) develop an understanding of how the clinical documentation stream impacts reimbursement and outcome measures.

 *Al Kaye, MS, CTRS, Patricia Neal Rehabilitation Center*

**4:30- 6:00 CONCURRENT SESSIONS**

**♦ Working with Resistance (B1) (Mainsail B)**

Resistance in therapy is a common issue. Resistance can play out in a number of different scenarios: refusing to attend group, unwillingness to engage in the therapy when attending, and a lack of motivation to change behavior. Assessment of the nature of the resistance is required before successful intervention. This session will utilize role playing to demonstrate successful interventions. Learning Objectives: Participants will 1) identify three forms of resistance, 2) learn three therapist approaches with the potential to increase resistance, 3) learn three therapist interventions to facilitate engagement of the client in treatment rather than resistance.

*Wayne Pollock, Ph.D., CTRS, Virginia Wesleyan College*

*Bob Raynor, MS, CTRS, MUSC Institute of Psychiatry*

**♦ A Collaborative Research Partnership between Practitioner & Educator: A Successful Research Project Model (CT2-A) (Mainsail C)**

Conducting outcome research is imperative to the future of the field of recreational therapy. The practitioner/educator collaboration is one way of collecting outcome data as the structure of the relationship allows for strengths of each individual to be utilized. This session will address the steps to take to engage in collaborative research by using a successful project as a model. Learning Objectives: Participants will 1) be able to define the term collaborative research relationship and describe the roles of both the practitioner and educator, 2) be able to identify at least three benefits of conducting research in this format, 3) be able to list at least one realistic opportunity for a research project collaboration and create an action plan for implementing the project.

*Janet Funderburk, Ph.D., LTR/ CTRS, East Carolina University*

**♦ Understanding Group Dynamics with In-Patient Mental Illness Clients (B2) (Mainsail A)**

This is an interactive training session designed to provide insight about conducting active treatment with persons with mental illness or illnesses. Through this simulation intervention, participants will be expected to participate in an assessment process and engage in a group intervention while hearing distressing voices and or role-playing different diagnoses. Learning Objectives: Participants will: 1) develop a better understanding of mental illness in correlation with RT, 2) improve skills as a therapist in the mental health profession, 3) exhibit an increased awareness in the formulation of interventions for the client with chronic mental illness.

 *Markeeta Wilkerson, MS, CTRS, Western State Hospital*

**♦ CMA, CARF, and Programming Impact: What’s New for 2010 for PMR? (B3)** **(Foresail)**

This session reviews 2010 changes from CMS for individuals who work in physical rehabilitation. This session will be a CARF Standards review of trends for specialty programs from 2009. Participants will be asked to participate in small groups to discuss strategies to meet current changes and to support their outcome measures. Learning Objectives: Participants will 1) develop an understanding of the simplified CMS standards impacting changes in delivery of services, 2) develop an understanding of the trends in CARF standards for specialty programs certification, 3) develop some strategies for programming to meet current trends and standards.

*Al Kaye, MS, CTRS, Patricia Neal Rehabilitation Center*

**6:30 OPENING NIGHT SOCIAL**

## THURSDAY, APRIL 8

# 7:30 – 8:30 REGISTRATION

**8:30 – 10:00**  **CONCURRENT SESSIONS**

**♦**  **Taiji as a Treatment Modality: A Focus on Competency Application (Part 1 of 4) (CT1-A) (Mainsail B)**

These sessions will explore the integration of Taiji into the healthcare community and ways Taiji teachers and recreation therapists can work together to achieve common goals. The participant will learn about the knowledge, the skills and what abilities are needed to deliver Taiji as a treatment modality. We will learn Taiji moves, qigong exercise & competencies for each. Learning Objectives: Participants will be able to: 1) share how taijiquan and Recreational Therapy can be mutually beneficial in a therapeutic context, 2) talk about the two disciplines and share their knowledge base of both Recreational Therapy and Taiji, 3) present this to the client in one of three ways; by the taijiquan teacher (TCT) with supervision/monitoring by the RT, by the RT with supervision/monitoring by the TCT, or by both together (preferred modality).

*Sifu Larry Y. Brown, MS, CTRS, CAS, The University of Tennessee*

**♦ Assessing the Geriatric Client: Tools for Recreational Therapy (C1) (Mainsail A)**

With the opportunities for recreational therapy through the MDS 3.0, practitioners must have a strong foundation in assessing the geriatric client. During this session, recreational therapists will be equipped with knowledge about assessment tools which assess physical, cognitive, and emotional functioning as well as other tools for geriatric clients. Learning Objectives: Participants will: 1) understand the criteria established by CMS for Recreational Therapy in skilled nursing facilities, 2) identify interview techniques while assessing older adults, 3) identify three standardized assessment tools for use with older adults.

###### Jo Lewis, MS, CTRS, The Manor & Villa at the Estates at Carpenters, Lakeland, FL

**♦ Workplace Politics: Working with Professional Colleagues and Management (C2) (Mainsail C)**

The session will address politics in the workplace and how they impact our ability as recreation therapists to work effectively with professional colleagues. Discussion will include; dealing with difficult supervisors, reading the political climate, establishing working relationships, and managing physicians. Strategies for becoming “politically savvy” will be presented. Learning Objectives: Participants will be able to 1) identify components to a workplace political climate, 2) identify management styles of a difficult boss, 3) identify strategies to working more effectively with colleagues and management.

 *Betsy Kennedy, EdM, CTRS, Old Dominion University*

**♦ Analyzing and Interpreting Evaluation Data: Quick and Easy Statistics with Microsoft Excel (CT2-B) (Foresail)**

Participants will learn to use Microsoft Excel to statistically analyze data on their clients and programs. Step-by-step hands-on instruction methods will focus on descriptive and correlation statistics. **Participants are highly encouraged to bring a laptop computer with Microsoft Excel installed.** Learning Objectives: Participants will : 1) analyze a set of evaluation data using descriptive statistics, 2) analyze a set of evaluation data using correlation statistics, 3) interpret results of descriptive and correlation statistical analysis.

Richard Williams, Ed.D, LRT/CTRS, East Carolina University

Tonia Zyburt, Graduate Research and Teaching Assistant, East Carolina University

**10:00 – 10:15 BREAK**

# 10:15 – 11:45 CONCURRENT SESSIONS

**♦ Taiji as a Treatment Modality: A Focus on Competency Application (Part 2 of 4) (CT1-B) (Mainsail B)**

See concurrent description of (CT1-A).

*Sifu Larry Y. Brown, MS, CTRS, CAS, The University of Tennessee*

**♦ Adding to Your Service Delivery Team: Volunteers with Special Needs (D1) (Mainsail A)**

We work with individuals with specials needs as participants, clients or patients each day. What about as part of your service delivery team? Together we will explore volunteer opportunities for individuals with varying abilities, discuss different learning styles, character traits, and values and ethics that relate to placing volunteers. Learning Objectives: Participants will: 1) identify 3 components that relate to diversity and volunteerism in the workplace, 2) identify volunteer opportunities for individuals with various abilities, 3) learn how to match volunteers with compatible opportunities in the workplace.

*Kathy Williams, CTRS, Virginia Beach Department of Parks and Recreation*

 *Carolyn Stark, CTRS, Virginia Beach Department of Parks and Recreation*

**♦ Diversified and Dynamic Teambuilding Activities (D2)****(Mainsail C)**

Are you tired of using the same teambuilding activities over and over? Well here is what you have been looking for. Participants will be introduced to some new activities that are fun and exciting for many different populations. Not only will you learn new activities but you will also learn how to process them as well as motivate discouraged participants to stay engaged. Learning Objectives: Participants will 1) identify the importance of a social skills treatment program and populations that it will work well with, 2) be able to plan at least one social skill treatment intervention using resources provided, 3) engage in 1-2 activities from the social skills treatment program developed by a presenter.

 *Angela Spivy, CTRS, The Pines Residential Treatment Center*

*Tanisha Morris, MA, PP, CTRS, Advantage Counseling Services, A-Positive Interventions*

**♦ Cost- Effective Analysis of Recreational Therapy Treatment of Adults with SCI Receiving In-Patient Rehabilitation (CT2-C) (Foresail)**

This will be a presentation of research into outcomes and a cost/benefit analysis of recreational therapy treatment for people with spinal cord injury compared to the provision of other treatment services within inpatient physical rehabilitation. Learning Objectives: Participants will be able to: 1) describe outcomes of Recreational Therapy treatment of spinal cord injury, 2) describe the use of extant data in efficacy research of Recreational Therapy, 3) identify the importance of efficacy research in Recreational Therapy.

 *Brent Hawkins, MS, LRT/CTRS, Clemson University*

 *Richard Williams, Ed.D, LRT/CTRS, East Carolina University*

# 11:45 – 1:20 LUNCH and GENERAL SESSION

# ♦ Accreditation of Recreational Therapy Education: The Future of the Profession (K2) (Mainsail B)

This session will review the purpose, value and benefits of academic accreditation programs for recreational therapy and will explore the need for academic accreditation for recreational therapy degrees or specializations. The session will also review the work of the Committee on Accreditation of Recreational Therapy Education (CARTE) as the model for the academic accreditation of recreational therapy. Learning Objectives: Participants will be able to: 1) describe the purposes and need for academic accreditation in Recreational Therapy, 2) describe the current state of affairs in academic accreditation for Recreational Therapy education, 3) discuss the basis of the Committee on Accreditation for Recreational Therapy education.

.*Thomas K. Skalko, Ph.D., LRT/CTRS, East Carolina University*

**1:30 – 3:00 CONCURRENT SESSIONS**

**♦ Taiji as a Treatment Modality: A Focus on Competency Application (Part 3 of 4) (CT1-C) (Mainsail B)**

See concurrent description of (CT1-A).

*Sifu Larry Y. Brown, MS, CTRS, CAS, The University of Tennessee*

**♦ Depression: Review and Recreational Therapy Interventions (E1) (Mainsail A)**

Depression is one of the most prevalent of the psychiatric disorders. There are a number of current effective treatments for depression. Recreational therapy provides some effective interventions, which will be reviewed in this session. Some case examples will be discussed.

Learning Objectives: Participants will 1) differentiate between the various depressive disorders, 2) identify the most effective treatments (non-RT) for the depressive disorders, 3) identify the most effective RT interventions for the depressive disorders.

*Bob Raynor, MS, CTRS, MUSC Institute of Psychiatry*

**♦ Clinical Fellowships: An Opportunity to Enhance Recreational Therapy Practice Competencies (E2)** **(Foresail)**

This session will review the Recreational Therapy Clinical Fellowships offered by UNC Hospitals, Department of Recreational Therapy and Child Life. The RT Clinical Fellowships provide new recreational therapy and therapeutic recreation graduates with the opportunity to enhance clinical practice competencies. Clinical Fellowships at UNC Hospitals provide a model for clinical agencies to increase staffing in an affordable manner while providing a unique and valuable learning experience for new graduates and staff who supervise Clinical Fellows. Learning Objectives: Participants will be able to 1) describe the role and functions of RT Clinical Fellows at UNC Hospitals, 2) describe the enhanced competencies gained through RT Clinical Fellowships, 3) describe the value of Clinical Fellowships to the agency and the Clinical Fellow.

Ray West, MS, LRT,CTRS

 *Meghan Fox, LRT/CTRS, UNC Hospitals*

*Rachel Westberg*, *MS, LRT/CTRS, UNC Hospitals*

**♦ Aromatherapy Works in Alzheimer’s: Revisiting the Proof (CT2-D)****(Mainsail C)**

Aromatherapy has been used as an alternate and complimentary medicine in healthcare for centuries. This Ann James Award presentation will revisit the literature supporting the use of aroma therapy with individuals with Alzheimer’s disease. Learning Objectives: Participants will: 1) gain knowledge of the history of essential oils and how drugs were developed from them, 2) demonstrate knowledge of how essential oils impact outcomes in the physical, cognitive, and spiritual domains, 3) demonstrate knowledge of implementation methods of the essential oil bends for elders with dementia.

*David Loy, PhD., LRT/CTRS, East Carolina University*

# 3:00 – 3:15 BREAK LUNCH (ON YOUR OWN)

# 3:15 – 4:45 CONCURRENT SESSIONS

**♦ Taiji as a Treatment Modality: A Focus on Competency Application (Part 4 of 4) (CT1-D) (Mainsail B)**

See concurrent description of (CT1-A).

*Sifu Larry Y. Brown, MS, CTRS, CAS, The University of Tennessee*

**♦ Visual Deficits Most Commonly Seen in PMR (F1)** **(Foresail)**

This session will be a discussion of commonly seen visual deficits seen in physical rehabilitation with patients with stroke and brain injury. Common terminology and treatment ideas for therapy will be explored.

Learning Objectives: Participants will: 1) develop an understanding of the anatomical impact of cranial nerves 3,4,and 6 on vision and recognition of possible issues in assessment, 2) develop an understanding of common terms related to discussing visual issues in physical medicine, 3) develop some simple compensation strategies to help when working with patients with visual deficits.

*Al Kaye, MS, CTRS, Patricia Neal Rehabilitation Center*

**♦ Dementia Practice Considerations for Recreational Therapy: The Experiential Model (F2) (Mainsail A)**

This session will focus on increasing RT competence in service delivery to clients with Dementia. The Experiential Model, as identified by Dr. G. Allen Power, will be shared and explored as the model of care for clients with dementia and related behavioral symptoms. Understanding and utilizing the approaches of the Experiential Model in RT treatment is a key in achieving effective outcomes. Learning Objectives: Participants will: 1) be able to differentiate the Bio-medical model from Experiential model and define the basic concepts and approaches of the Experiential model, 2) identify how recreational therapy standards of practice and Dementia Practice Guidelines for RT support the Experiential model, 3) be able to demonstrate knowledge of at least three Recreational Therapy treatment interventions and apply them within the model. .  *Sheridan Black, CTRS, StarLife Services & Resources, Inc.*

**♦ Assessment of Body Image in Overweight Adolescents: Weight-Loss Camp Data Results (CT2-E*)*****(Mainsail C)**

Assessing body image in overweight adolescents is important. Recreational Therapy can play a great role in the intervention of obesity. This session will address body image assessment, interventions and results from a recent adolescent weight-loss camp study that utilized body image figure drawings.

Learning Objectives: Participants will be able to 1) define the concept of body image and identify 3-5 adolescent body image assessment tools, 2) identify the results of a body image figure drawing assessment from a recent weight-loss camp study, 3) verbalize a minimum of three RT interventions that could be used in the treatment of body image with obese adolescents..

 *Janet Funderburk, Ph.D., LRT/CTRS, East Carolina University*

FRIDAY, APRIL 9

# 8:00 - 8:30 REGISTRATION AND CONTINENTAL BREAKFAST

# 8:30 -10:00 CONCURRENT SESSIONS

**♦ Building Teams and Facilitation Skills Experientially (G1) (Mainsail C)**

Participants can expect to hone their skills as a facilitator of experiential learning activities while trying out new team building games and initiatives to use with patient groups, community clients and co-workers. Learning Objectives: Participants will 1) be able to facilitate at least three experiential team building initiatives, 2) verbalize at least three strategies for directing reluctant participants into RT group services, 3) demonstrate facilitation skills in an experiential activity including planning, giving clear directives, asking probing questions and debriefing the activity according to measurable group goals.

*Maureen Meador, CTRS*

**♦ Therapeutic Benefits of Fly Fishing as a Treatment Modality (G2) (Mainsail B)**

This session will provide a hands-on introduction to fly fishing as a treatment modality. You will learn the benefits of fly fishing, resources in your area to support your program, and facilitation techniques to use without even going to a river, lake, or ocean. Learning Objectives: Participants will identify 1) two to three community resources to support a fly fishing program, 2) two to three facilitation techniques without traveling to a body of water, 3) two to three benefits of using fly fishing as a treatment modality.

*Paul Burchuk, CTRS, James H. Quillen Veterans Hospital*

**♦ Middle Eastern Dance for Fun, Fitness, and Therapy (Part 1 of 2) (G3)****(Mainsail A) *LIMITED TO FIRST 20***

Traditional Middle Eastern dance uses fluid, low impact movements which will strengthen and tone the muscles used. This experiential session will focus on basic moves that can be used for fun and fitness, as well as adapted for use as a treatment modality with many populations, including people in wheelchairs. Learning Objectives: Participants will be able to: 1) execute tour to eight simple movements in traditional Middle Eastern style, 2) modify/adapt leaned dance movements for his/her own patients and/or clients, 3) combine four to eight simple Middle Eastern dance movements into short combinations.

*Tammy Blakely, M.Ed., CTRS, Gwinnett County Senior Center*

**♦ I’m Back, I’m Wounded, Now What? (G4) (Foresail)**

Many service men and women are returning from war deployments to a very different lifestyle. Wounded Warriors Battalion East at Camp Lejeune provides direct service to our injured warriors. This program will share with you how we are integrating Recreational Therapy in a non-traditional way to improve quality of life.

Learning Objectives: Participants will be able to 1) identify five possible impacts on post-injury leisure lifestyle development, 2) define medication and medical side effects that impact practice, 3 develop a continuum of care beyond a current offered service.

*donna Mooneyham, MAEd., LRT/CTRS, Blended Waters Aquatic Consultants*

**10:15-11:45**  **CONCURRENT SESSIONS**

**♦ Understanding and Application of the International Classification of Functioning, Disability and Health in Recreational Therapy Practice (H1) (Mainsail B)**

This session will provide an overview of the International Classification of Functioning, Disability, and Health (ICF) proposed by the World Health Organization. An understanding of the ICF and its application in recreational therapy services will be addressed. An update on the *Procedural Manual and Guide for a Standardized Application of the ICF* will be discussed*.* Learning Objectives: Participants will: 1) demonstrate understanding of the rationale for the ICF, 2) demonstrate an understanding of the framework for the ICF, 3)identify at least two ways to implement the ICF into RT practice.

*Thomas K. Skalko, Ph.D., LRT/CTRS, East Carolina University*

**♦ Animal Assisted Therapy: Building a Program (H2) (Foresail)**

This session will describe the Canine Companions for Independence (CCI) program. The session will discuss how to initiate, operate, and enhance an Animal Assisted Therapy (AAT) program in any setting / work environment. Participants will have the opportunity to interact with a CCI therapy dog, Ostad, and experience the wonders of canine therapy.

Learning Objectives: Participants will demonstrate knowledge of 1) the theory/rationale of animals in RT, 2) how to use animals in enhancing the independence of clients, 3) how to use animals to advance RT.

*Cliff Burnham, CTRS, Cumberland Hall*

**♦ Middle Eastern Dance for Fun, Fitness, and Therapy (Part 2 of 2) (H3) (Mainsail A)**

See concurrent description of (G3)

*Tammy Blakely, M.Ed., CTRS, Gwinnett County Senior Center*

**♦ Office Space 101 (H4) (Mainsail C)**

Attention “new” and “experienced” professionals! In the world of RT we aim to improve quality of life. Let’s take a step back and assess your “office space” and quality of life at work. We will discuss how office politics or personality differences can cause challenges in quality service delivery. Learning Objectives: Participants will be able to 1) identify three challenges that interfere with quality service delivery in the workplace, 2) identify three strategies to improve the quality of service delivery in the workplace, 3) learn new skills that will help them grow as a professional.

*Carolyn Stark, CTRS, Virginia Beach Department of Parks and Recreation*

*Kathy Williams, CTRS, Virginia Beach Department of Parks and Recreation*

# 11:45 BREAK

# 12:00-1:00 GENERAL SESSION

**♦ What’s Next? Recreational Therapy Practice Issues While Looking to the Future (K3)****(Mainsail B)**

This session will address the issues and trends that will impact competent practice of recreational therapy as we move into 2010 and beyond. Recreational Therapists must be prepared to respond to practice related issues. Being proactive rather than reactive will help to assure a strong future. Discussion will center on the major educational and practice issues that face the RT field today. Also, a guide to helping recreational therapists “bulletproof” their jobs will be presented. Learning Objectives: Participants will 1) understand how current issues and trends impact competent practice, 2) identify the major educational and practice issues facing RT and how best to respond to these issues, 3) identify strategies to bulletproof your job so you can ride out the rough times.

*Betsy Kennedy, EdM, CTRS, Old Dominion University*

# 1:00 CLOSING, FINAL EVALUATION, DOOR PRIZES