SOUTHEAST RECREATIONAL THERAPY SYMPOSIUM 2013



***Reaching New Heights in***

***Competency Based Service Delivery***

**May 15 – 17, 2013**

**Park Vista Hotel**

**Gatlinburg, TN**

AGENDA

## WEDNESDAY, May 15

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

# 1:00 - 2:30 WELCOME AND KEYNOTE ADDRESS – TN BALLROOM 1

**♦ Pedal to the Metal (K1)**

Therapeutic recreation and adaptive sports provides individuals with disabilities an opportunity to do what may have seemed impossible. The impact of participation in adaptive sports far exceeds the physical reward of participating in sports – individuals gain social skills, self-confidence, and an awareness and appreciation of possibility instead of impossibility. Hear one individual’s journey and the ways in which adaptive sports as a recreational therapy modality has changed her life. Learning Objectives: Participants will 1) Demonstrate an understanding of the social psychological impact and progression of an individual’s participation in therapeutic recreation through adaptive sports, 2) Identify three key milestones about the growth and lifestyle development of participants through adaptive sports as an intervention, 3) Identify three aspects of a successful program design to enhance the lives of individuals with disabilities.

*Edee Vaughan, The University of Tennessee System*

**2:30 – 2:45 BREAK**

# 2:45- 4:15 CONCURRENT SESSIONS

**♦ From Deception to Connection: Experiencing Attunement (A1) Gardenview A/B**

CALO is an adolescent residential treatment facility that specializes in issues of attachment and trauma. CALO utilizes multiple experiential opportunities including clinical therapy, recreational activities, and canine therapy to encourage students to explore their own therapeutic issues and build healthy reciprocal relationships with their families through the use of the APIE process and the key interpersonal skill development. Learning Objectives: Participants will 1) Demonstrate an understanding of the importance of developing a program that encourages clients to incorporate positive activity pursuits throughout their lives, 2) Identify how treatment oriented recreational activities have a twofold purpose – a) Provide a safe experience in which a trusting relationship can be developed and b) Utilize those safe moments to explore the fears and roadblocks that prevent healthy thinking and behavior, 3) Be able to evaluate their own program design, consider the creativity of the opportunities offered their clients, and discuss the flexibility of adapting these creative opportunities to fit client needs and budget restrictions.

*Caleb Cottle, BA, TRT, CALO Program Outreach Coordinator*

**♦ Creating Healthy Identities** **(A2) Gardenview C/D**

Often clients seeking treatment come to us with unhealthy identities. This presentation addresses the application of theories and examples in the recreational therapy process as ways to help our clients develop healthy identities. Learning Objectives: Participants will 1) Demonstrate an understanding of how to use assessments to assess the client’s healthy identity, 2) State the importance of theory base practice in recreational therapy and leisure education, 3) Demonstrate an understanding of how to plan and implement theory based interventions to use in their practice when dealing with unhealthy identities.

*John Webb, CTRS, TRS, LPC,* *University of Utah Neuropsychiatric Institute*

###### **♦** **Developing Partners with Business to Advocate Access: Dollywood Action Committee (A3) Gardenview E**

As recreational therapists it is important to act as advocates for our consumers and provide leadership roles with local businesses in an advisory capacity. In this session we will discuss how the Dollywood Action Committee came into existence and the role and scope of the committee in relation to the community. Discussion will center on advocacy, community benefit, and opportunities that exist to help both business and consumers benefit from our expertise. Learning Objectives: Participants will 1) Identify three personal attributes that can be used to bring about change, 2) List three variables that promote the importance of partnerships with community businesses and that benefit their community through education, 3) Identify two avenues that help consumers develop positive feedback for helping businesses on a constructive path of access.

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

*Dennis Clark, Consumer Advocate, Dollywood Action Committee*

*Robbie Fox, Vice President, Safety and Security, Dollywood Company*

**♦ Recreational Therapy Interventions for Adults with Dementia and Their Care Partners (A4) TN Ballroom 1**

This session will discuss the importance of developing and implementing interventions for adults with dementia and their care partners. Current research and potential recreational therapy interventions will be introduced as they relate to this population. Participants will identify creative activities to promote the health of those affected by this disease. Learning Objectives: Participants will be able to identify 1) Two outcomes of evidence-based interventions with adults with dementia, 2) Two potential benefits of using evidence-based interventions for care partners of individuals with dementia, 3) How dementia can affect a person’s physical, cognitive, psychological, and social functioning.

*Megan C. Janke, LRT/CTRS, East Carolina University*

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

**♦ Helping Our Heroes: Meeting the Programming and Assessment Needs of Injured Military (B1)**

**Gardenview A/B**

Recent military conflicts have inspired the growth and popularity of hundreds of recreational programs serving injured military veterans. However, very few have developed the essential RT programming and assessment systems needed to track the evidence-based outcomes of such programs. Learn about new programming designs and assessment strategies for this growing RT population. Learning Objectives: Participants will 1) Identify four common target outcomes for programs serving injured military veterans, 2) Verbalize the ability to measure an appropriate outcome in programs serving injured military veterans and other community-based programs for individuals with disabilities 3) Verbalize an awareness of the benefits and unique programming strategies for programs serving injured veterans.

*David P. Loy, Ph.D., LRT/CTRS, East Carolina University*

*Sharon Rogers, Ph.D., ATC, East Carolina University*

**♦ CAMP HOPE: Creating a Camp Atmosphere within a Level VI Residential Treatment Facility (B2) Gardenview E**

Hope, encouragement, trust, inspiration, optimism….. Within the behavioral health setting these types of characteristics are often lacking in the lives of clients served due to factors that could include past abuse, misconceptions of reality due to a psychosis, a lacking support system or simply just poor choices from the past. This session will focus on the application of the APIE process within a day camp atmosphere designed for an inpatient treatment center. Participants will have the opportunity to learn new “hope” related interventions as well as managing difficult behaviors that arise when working with adolescents with behavioral health issues. Learning Objectives: Participants will 1) Be able to identify three interventions to use within the behavioral health setting, 2) Understand the value of and application of a day camp program within the restraints of a lockdown facility by verbalizing a potential benefit of participation involved, 3) Identify an appropriate behavior management technique to utilize when leading recreational therapy interventions in a behavioral health setting.

*Sandra K. Rangel, MS, CTRS, Coastal Harbor Health System*

**♦ Let’s Talk! Developing and Implementing an Aphasia Group (B3) Gardenview C/D**

This session will offer participants the opportunity to learn about and experience the Aphasia Group developed at Patricia Neal Rehabilitation Center. Participants will learn the history and initiation of the program. Teaching methods will include role of assessment, role play, participating in group aphasia treatment, and program-idea generation. The incorporation of the RT process is essential in addressing the functional impacts of aphasia. Learning Objectives: Participants will 1) Be able to describe the characteristics of the aphasia group, how it is used at the Patricia Neal Rehabilitation Center, & how it meets the treatment goals of their patients/ clients 2) Be able to identify personal insights gained through participation in an aphasia group and the application for treatment in an inpatient rehabilitation setting, 3) Demonstrate foundational knowledge of & possess the ability to implement an aphasia group suitable for their specific population.

*Theresa Thomas MS, CTRS, Patricia Neal Rehabilitation Center*

*Ashley Pinkerton MS, CTRS, Patricia Neal Rehabilitation Center*

**♦ Animal Assisted Therapy - Building a Program (B4) TN Ballroom 1**

This session will describe the use of the Canine Companions for Independence (CCI) program in addressing functional limitations of the clients and for meeting RT goals. The session will address ways to initiate, operate, and enhance an Animal Assisted Therapy (AAT) program in any setting / work environment. Participants will have the opportunity to interact with CCI therapy dogs, Clark and Graham, and develop skills for applying AAT as a treatment modality in RT. Learning Objectives: Participants will 1) Demonstrate knowledge of at least one theory for the use of animals in RT, 2) Identify three ways to use animals in enhancing the independence of participants / clients, 3) Identify ways to use animals for the advancement of RT in any agency

*Cliff Burnham, CTRS, Cumberland Hall Hospital*

*Neil Napier, CTRS, NHA, Eastern Kentucky Veterans Center*

**6:30 OPENING NIGHT SOCIAL – Ballroom 3**

***Optional Social Event - Bellydance for Fun, Fitness and Therapy* Gardenview C/D**

Bellydance is a low-impact, fun way to increase strength and flexibility, improve range of motion and tone muscles. Come join Tammy Lea, CTRS of Gwinnett County Senior Services to explore basic bellydance moves.

## THURSDAY, May 16

# 7:30 – 8:30 REGISTRATION

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

**♦** **Dementia Practice Guidelines Training** **(Part 1 of 4) (CT1-A) Gardenview A/B**

The purpose of this training program is to provide recreational therapists with evidence based decision making tools for the area of neuropsychiatric behavior management in dementia. Learning Objectives: Participants will 1) Explain three evidence based outcomes of DPG for clients with dementia, 2) Select at least one assessment and five intervention methods based on needs of the client receiving a neuropsychiatric treatment, 3) Explain the purpose and outcomes of DPG interventions for clients with dementia and neuropsychiatric behaviors.

*Jo Lewis, MS, CTRS, Brookdale Senior Living*

**♦ Assessment for Recreational Therapy: Reliable, Valid, Fast and Free (C1) Gardenview C/D**

Assessment is a primary responsibility of RTs, but few use standardized tools that are reliable and valid. This session presents valid and reliable assessments that are free and can be delivered and scored in 20 minutes or less. Tools address quality of life, stress, depression, anxiety, and other major problems treated in RT. Learning Objectives: Participants will 1) Describe the clinical assessment purpose, process and function in recreational therapy, 2) Identify at least three key clinical problems assessed in clients and relevant standardized assessments applicable to RT populations, 3) Identify at least five standardized assessments appropriate to RT practice, 4) Define the benefits of using standardized assessments in clinical practice to determine client outcome measures from RT treatments.

*Peg Connolly, Ph.D., LRT/CTRS, Western Carolina University*

**♦ TR in Public Schools is RECREATIONAL THERAPY (C2) TN Ballroom 1**

This session will provide the rational, philosophy, procedures and outcomes of a unique program of therapeutic recreation activities conducted in Public Schools by students at UT, funded by the Tennessee Department of Education. The use of the RT process during the application of services will be addressed. Learning Objectives: Participants will 1) ­­­­­­­­­­­­­­­Identify four ways to work with public school officials and programs to promote the inclusion of RT, 2) Demonstrate an understanding of how to implement initial assessments, develop lesson plans, progress notes documentation and evaluations of children in class,3) List methods for the development and evaluation of client outcomes

*Gene A. Hayes, PhD, CTRS****,*** *The University of Tennessee*

*MacKenzi Summers, Student, The University of Tennessee*

*Mindy Brown, Student, The University of Tennessee*

**♦ Enhancing Our Image: Conversations about the Ethical Practice of Recreational Therapy (C3)**

**Gardenview E**

Let’s have an open conversation about our professional Code of Ethics including: the need for ethical practice in the delivery of therapeutic recreation services; and the relationship of ethical practice to professional stature in the workplace. This interactive session will update you on revisions to the Code of Ethics. Learning Objectives: Participants will 1) Identify a minimum of three ethical principles and their application in the workplace, 2) Identify three behaviors related to the ethical delivery of recreational therapy services, 3) State three conclusions related to the current stature of ethical practice in recreational therapy.

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

**10:00 – 10:15 BREAK**

# 10:15 – 11:45 CONCURRENT SESSIONS

**♦ Dementia Practice Guidelines Training** **(Part 2 of 4) (CT1-B) Gardenview A/B**

See concurrent descriptions of (CT1-A)

*Jo Lewis, MS, CTRS, Brookdale Senior Living*

**♦ Understanding Alcohol and Drugs: the Neurobiology of Addiction (D1) TN Ballroom 1**

Addiction impacts a significant number of the overall population. Recreation therapists working both in the mental health field and in other clinical areas require knowledge of the substances abused and the neurobiology of addiction. This session will provide a foundation for this knowledge area, and identify specific consequences for RT clinicians. Learning Objectives: Participants will 1) Be able to identify the various substances abused, 2) Demonstrate an understanding of the neurobiological effects of substances associated with addiction, 3) Be able to identify three consequences of the neurobiological effects of ETOH and drugs on their clinical practice in recreational therapy.

*Bob Raynor, MS, CTRS, MUSC Psychiatry*

**♦ Evidence-Based Practice by CTRS in the Intervention Planning Process for Treatment (D2)****Gardenview C/D**

This session will examine the prevalence of EBP used by the CTRS in the NRPA southern district of the United States. This observational study investigated the use of EBP in the intervention planning process for client treatment as a means to understand the day to day use of the RT process in the work place. Learning Objectives: Participants will identify 1) Importance of using EBP as needed to assist in intervention planning process for a client, 2) Three reasons for why CTRS may not use EBP in the intervention planning process for a client, 3) Three agencies that need to increase the use of EBP in intervention planning process for a client.

*Michelle Gerken, CTRS, Ph.D. Eastern Kentucky University*

**♦ NCTRC Specialty Certification (D3) Gardenview E**

This session will introduce the new NCTRC Specialty Certification Program that was developed to formally recognize CTRSs who have acquired advanced knowledge and experience in specific practice settings. Session content will include an overview of the Standards, entry qualifications, and recertification requirements pertaining to the Specialty Certification Program. Learning Objectives: Participants will 1) Comprehend and describe the purpose of the Specialty Certification Program, including the entry qualifications and application process, 2) Comprehend and describe the recertification requirements of the Specialty Certification program as related to the existing NCTRC Recertification Program, 3) Be able to assess and discuss the advantages of obtaining Specialty Certification.

*Patricia Thomas, MPA, CTRS, University of Wisconsin-Milwaukee, NCTRC Chair, Board of Directors*

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

# ♦ Advancing the Profession Through Professional Development, Educational Preparation, and Consumer Protection (K2)

This session will identify the different functions of ATRA, CARTE, and NCTRC as well as inform the audience how these national organizations match up with other national organizations within the Allied Health field. This session offers the role and function of the professional organization, the credentialing arm and the accreditation arm of the profession. The session will also describe the future goals and action plans for the immediate 3 to 5 year future. Learning Objectives: Participants will be able to 1) Demonstrate an understanding of the importance of credentialing (e.g. certification, recertification, licensure) and how professional development and educational preparation can support credentialing efforts, 2) Describe the importance of standardized curriculum and educational preparation and how they contribute to professional development and consumer protection, 3) State the importance of professional development and how it contributes to maintaining and upgrading professional competencies.

*Diane Skalko, MS, LRT/CTRS ATRA President, ED of Pitt Co COA*

*Peg Connolly, Ph.D., LRT/CTRS, Western Carolina University*

*Patricia Thomas, MPA, CTRS, University of Wisconsin-Milwaukee, NCTRC Chair, Board of Directors*

**1:30 – 3:00 CONCURRENT SESSIONS**

**♦ Dementia Practice Guidelines Training** **(Part 3 of 4) (CT1-C) Gardenview A/B**

See concurrent descriptions of (CT1-A)

*Jo Lewis, MS, CTRS, Brookdale Senior Living*

**♦ Coming to Terms with the Electronic World (E1) TN Ballroom 1**

The progress in technology has done a lot to improve our quality of life, but there needs to be awareness about its inherent risks as well. Electronics has engulfed the leisure time for youth but the clinical treatment world has not addressed how the TR process and leisure education can be utilized to prevent the misuse of technology. This presentation will discuss some of the dangers of technology and how recreational therapists can use technology in the delivery of leisure education as an intervention strategy in RT practice. Learning Objectives: Participants will 1) Describe two inherent risks of technology that pose challenges for the recreation therapist working with clients, 2) Identify two assessment tools to determine the need for an intervention related to technology utilization, 3) Identify two multi-media intervention resources to utilize in a recreation therapy group to facilitate treatment goals.

*John Webb, CTRS, TRS, LPC,* *University of Utah Neuropsychiatric Institute*

**♦ Using Single Subject Research Techniques for Outcome Measurement in RT Practice (E2) Gardenview C/D**

Single subject research provides a framework for evaluating the effectiveness of an RT intervention for an individual or group of individuals. This session will provide an understanding of how single subject research designs and techniques can be used for assessing and evaluating change in client behaviors over the course of RT treatment. Learning Objectives: Participants will 1) Be able to discuss at least three ways single subject research can be used for assessment and evaluation purposes in RT treatment settings, 2) Demonstrate an understanding of at least three single subject research design models with three observational data collection techniques that can be implemented within RT treatment settings, 3) Be able to discuss at least two ways single subject research designs can be incorporated into RT programs to demonstrate treatment outcomes.

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

**♦ Recreational Therapy Assistants: What, Why and How? (E3)** **Gardenview E**

The session will focus on the educational requirements of the recreational therapy assistant in North Carolina. The role of the RTA in conjunction with the Licensed Recreational Therapist (LRT), as outlined in the ATRA Standards of Practice, will also be addressed. Information regarding steps to follow to establish a TR/RT program at a community college will be made available. Learning Objectives: Participants will 1) Differentiate between an Associate degree in TR/RT and an Associates in Applied Science degree in TR/RT, 2) List community college course requirements necessary to become a licensed recreational therapy assistant (LRTA) in North Carolina, 3) identify the role of the LRTA and the LRT according to the ATRA Standards of Practice.

*Cindy Konarski, MS, LRT/CTRS, Western Piedmont Community College*

**3:00 – 3:15 BREAK**

# 3:15 – 4:45 CONCURRENT SESSIONS

**♦ Dementia Practice Guidelines Training** **(Part 4 of 4) (CT1-D) Gardenview A/B**

See concurrent descriptions of (CT1-A)

*Jo Lewis, MS, CTRS, Brookdale Senior Living*

**♦ Critical Chemical Dependency: Facts Recreational Therapist Should Know (F1) TN Ballroom 1**

Understanding the bio-psycho-social aspects of chemical dependency is essential to effective treatment. This session will cover facts including the neurological functioning of the cortex and hypothalamus, the process of compulsion, the rewiring of the brain, the techniques/activities used to address this information, the chemical dependent process and chemical dependency as a disease. This is a “must know” for the recreational therapist in order to work with this population. Learning Objectives: Participants will be able to 1) Share the seven signs and symptoms of this disease and be able to explain why chemical dependency is a disease, 2) Explain the biogenetic component related to chemical dependency explaining the functions of the cortex and hypothalamus, 3) Construct an activity that teaches the client how to create a first aid kit that can be used by someone with this disease.

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

*Jean Barrs, Student, The University of Tennessee*

**♦ Recreational Therapist and Compassion Fatigue (F2) Gardenview C/D**

The practicing RT is subject to a wide range of stresses that impact treatment effectiveness. The purpose of this session will be to: (1) to examine the relationship between spirituality and compassion fatigue of RT practitioners; and (2) to ascertain the role that spirituality and compassion fatigue plays in the work life of RT professionals. Learning Objectives: Participants will 1) Define the terms “spirituality” and “compassion fatigue” and elaborate on its relationship to their professional lives, 2) Be able to name factors that contribute to the levels of compassion fatigue and spirituality, 3) Name three strategies for maintaining spirituality and avoiding compassion fatigue.

*Angela J Wozencroft, Ph.D., CTRS, The University of Tennessee*

*Steven N Waller, Ph.D., CPRP, The University of Tennessee*

**♦ How NC Manages the RT Licensure Both Historically and Today (F3*)*****Gardenview E**

North Carolina has had RT Licensure for 8 years. Learn how they did it and what they are doing today. ATRA and NCTRC initiated the 50 states initiative for RT licensure and NC wants to help other states achieve this goal. NC continues to make changes to their law. Keep informed of changes coming this year. Learning Objectives: Participants will 1) Be able to identify three factors that enabled NC to get licensure, 2) Know two ways RT license has made a difference in RT Practice in NC, 3) Learn four ways rules have changed in the past year for LRT and LRTAs.

*Becky Garrett, MS, LRT/CTRS, NCBRTL Executive Director*

FRIDAY, May 17

# 7:30 – 8:30 CONTINENTAL BREAKFAST

# 8:00 - 8:30 REGISTRATION

# 8:30 -10:00 CONCURRENT SESSIONS

**♦ Learn to WRAP: Create an Action Plan for Recovery and Self Growth (Part 1 of 2) (G1) Gardenview A/B**

This two-part session will provide an overview of the Wellness Recovery Action Plan program. Participants will identify wellness tools that will benefit individuals who experience difficult emotions and behaviors. During these sessions, we will discuss the role of recreation therapy in creating wellness tools to relieve difficult feelings and maintain wellness. Learning Objectives: Participants will 1) Be able to state the value of leisure opportunities/recreational activities within the recovery process, 2) Apply the concept and acquired skills to his/her own facility or organization, 3) Identify three early detectors for harmful emotions and behaviors therefore creating a faster recovery.

*Cliff Burnham, CTRS, Cumberland Hall Hospital*

*Kathy Durden, CTRS, CACII, CPRP, Care Partners of Georgia*

**♦ Understanding the WHO International Classification for Functioning, Disability and Health (G2) Gardenview E**

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.Learning Objectives: Participants will be able to 1) State an understanding of the rationale for the ICF, 2) Describe the framework for the ICF, 3) Be able to identify at least two ways to implement the ICF into RT practice.

*Diane Skalko, MS, LRT/CTRS ATRA President, ED of Pitt Co COA*

**♦ Therapeutic Benefits of Fly Fishing as a Treatment Modality (G3) TN Ballroom 1**

This session will provide you with 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 two to three 1) Community resources to support a fly fishing program, 2) Facilitation techniques without traveling to a body of water, 3) Benefits of using fly fishing as a treatment modality. ***Session limited to first 20 participants***

*Paul Burchuk, CTRS, Hampton VAMC*

* **Reduction of Antipsychotics in Long Term Care (G4) Gardenview C/D**

This session will include the CMS Quality Initiative for Reduction of Antipsychotics in Nursing Home Residents. Participants will be able to identify common dementia related behaviors, possible causes and suggested creative RT interventions to help manage these behaviors. Participants will engage in small group discussions, creating RT interventions for specific case studies. Learning Objectives: Participants will be able to 1) Describe the Nursing Home Quality Initiative for reduction of antipsychotic drugs, 2) Identify three common typical dementia behaviors that may be the cause for the use of antipsychotic (off-label) drugs, 3) Create one RT intervention for the management of case study behaviors.

*Sheri Bankston, CTRS, Quality of Life Consultation Services*

# 10:15-11:45 CONCURRENT SESSIONS

* **Learn to WRAP: Create an Action Plan for Recovery and Self Growth (Part 2 of 2) (H1) Gardenview A/B**

See concurrent description of (G1).

*Cliff Burnham, CTRS, Cumberland Hall Hospital*

*Kathy Durden, CTRS, CACII, CPRP, Care Partners of Georgia*

* **Functional Outcomes and Therapeutic Benefits of Recreational Therapy (H2) Gardenview E**

This session will provide the rational, philosophy and procedures for developing outcomes of recreational therapy. The participants will gain an understanding of the relevance of functional outcomes to meeting client/patient needs. Learning Objectives: Participants will 1) Demonstrate the ability to develop appropriate goals to enhance functional outcomes, 2) Identify behaviors that that address abilities or tasks demonstrated by the client that can be observed and measured, 3) List two purposes of functional assessments.

*Gene A. Hayes, PhD, CTRS****,*** *The University of Tennessee*

*Jac Conley, Student, The University of Tennessee*

**♦ Archery – Targeting Your Clients For Success (H3) TN Ballroom 1**

Individuals of all ages/abilities can participate in archery as a safe recreational activity. However, the activity of archery can be incorporated into a variety of recreational therapy program settings as an intervention strategy. Learn how to facilitate a successful archery program as an intervention for your clients.Learning Objectives: Participants will 1) Describe how archery can be used to foster inclusion in any setting, 2) Identify three community resources and how archery can be implemented in various TR/RT settings, 3) Describe a minimum of three functional benefits of an archery program for clients, 4) Describe the process of designing and implementing an archery program as a treatment strategy.

*Anessa Snowden, CTRS, CDSS, Lexington-Fayette Urban County Government Parks and Recreation*

**♦ Bedlam or Bethlehem: Strategies for Reducing Antipsychotic Medications (H4) Gardenview D/C**

This session will offer the recreational therapist strategies in the management of 1) disruptive behaviors that lower the quality of life for LTC residents, 2) behaviors that are likely to prompt LTC staff to resort to the use of antipsychotic medications and 3) behaviors that will emerge as antipsychotics are reduced according to the CMS directives. The session examines the dynamics that are likely to create behaviors and the use of RT interventions and processes that decrease dysfunctional behavior. Learning Objectives: Participants will have received information enabling them to 1) Describe at least two typical dynamics that create and maintain disruptive behavior, 2) Formulate one intervention designed to help improve the quality of life for the target residents, their neighbors, families and staff, 3) Identify strategies that reduce the prevalence of antipsychotic medications.

*N. Kortner Nygard, Ph.D., Key Rehabilitation*

# 12:00-1:00 GENERAL SESSION – TN Ballroom 1

**♦ Becoming Champions in the Field of Therapeutic Recreation (K3)**

This session will focus on the opportunities available for individuals practicing in recreational therapy to make themselves stand out as champions in the recreational therapy profession. Steps the RT practitioner can take to become a champion and advoate for the profession will be addressed. Incorporating professional advocacy in one’s career and professional development will be discussed. Learning Objectives: Participants will 1) Identify the steps for becoming a champion, 2) Identify where the individual in the field of recreational therapy might apply those steps, 3) Describe opportunities avialable that meet their interests and will build on their skill set as a RT professional.

*Diane Skalko, MS, LRT/CTRS ATRA President, ED of Pitt Co COA*

# 1:00 CLOSING, FINAL EVALUATION, DOOR PRIZES

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Ashley Pinkerton Patricia Neal Rehabilitation Center

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Jennifer Pegram UNC-Greensboro

Ashlee Reuter Mt. Olive College

Demetria Ryan Serfus UNC-Wilmington

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