

STRS2001 AGENDA

WEDNESDAY, JULY 19, 2001

9:00 REGISTRATION FOR SOUTHEAST THERAPEUTIC RECREATION SYMPOSIUM

1:00 WELCOME AND KEYNOTE ADDRESS

.. **“Achieving Balance: There Were Never Any Locks”**

If you spend your entire life looking for keys – the key to happiness, the key to success, the key to health, the key to love – you may be startled and humbled at the end of your time on this planet to realize that no keys were to be found . . . because there never were any locks. This year’s Keynote Address will be a light-hearted investigation of ways the listener might establish a personal framework for growth and self-actualization.

Edward J. Kesgen, Ph.D., TRS/CTRS

2:30 BREAK

2:45 CONCURRENT SESSIONS

.. **“I Wish I’d Have Said That” (Part One of Two) (CT1-A)**

Interpersonal communication skills are a necessity for therapeutic recreation specialists and other healthcare workers. Interpersonal behaviors and roadblocks that can prevent effective communication will be discussed. Participants will have the opportunity to plan for the incorporation of assertive behavior/skills into the delivery of recreational therapy services and in the interdisciplinary team process.

Wayne Pollock, CTRS

.. **Behavioral Medicine: Applications for Recreational Therapy – An Overview– (Part One of Two) (CT2-A)**

Repeated session from STRS 2000. The purpose of this module is to assist recreational therapists in developing a basic knowledge and understanding of how to integrate behavioral medicine interventions in recreational therapy protocols and to evaluate their effectiveness. Participants will learn the basic tenets of behavioral medicine and its applicability to recreational therapy for diverse diagnostic categories. Examples for application will be discussed and explored.

Carmen V. Russoniello, PhD, TRS/CTRS

Thomas K. Skalko, PhD, TRS/CTRS

.. **Using Art in Therapy (A1).**

This presentation will define art as therapy and art psychotherapy. Participants will learn concepts and techniques that can be used by non-art therapists, including the range of art materials and how to discuss the art with the client. We will view slides of group and individual work.

Lucy Lee Collins, ATR-BC

.. **Revised ATRA Standards of Practice and Self-Assessment (A2)**

This session will orient participants to the 2001 revised ATRA Standards for the Practice of Therapeutic Recreation (SOP). In addition to changes in the standards, several assessment instruments/methods that have been included in the revised SOP to assist practitioners in data collection for the purpose of self-assessment will be reviewed. State efforts to conduct Standards of Practice Self-Assessment/Program Evaluation Projects will also be reviewed.

Ray West, MS, TRS/CTRS

.. **Complaint Resolution Process (A3)**

Northeast Florida State Hospital, a 2000 Governor’s Sterling Award winner, uses multiple processes to resolve complaints for this 543-bed long-term psychiatric treatment center. The session will describe the different levels of Complaint Management starting with the Resident Advocate and finish off with a formal Grievance Procedure. We will review how the data is collected and analyzed, how a multi-disciplinary team reviews monthly complaint information, what information is tracked and how improvements teams are set up to resolve issues.

Barbara A. Delia, CTRS

4:15 CONCURRENT SESSIONS

.. **“I Wish I’d Have Said That” (Part Two of Two) (CT1-B)**

See concurrent description CT1-A

Wayne Pollock, CTRS

.. **Behavioral Medicine: Applications for Recreational Therapy – An Overview – (Part Two of Two) (CT2-B)**

See concurrent description CT2-A

Carmen V. Russoniello, PhD, TRS/CTRS

Thomas K. Skalko, PhD, TRS/CTRS

.. **The Development and Implementation of a Strength Training Program for the Frail Elderly (B1)**

This session discusses the development and implementation of an exercise program designed for the frail elderly and the expansion of the program to long term care facilities and nutrition sites. An objective study of the effects of exercise on the strength and balance of frail elders will also be discussed.

Janet Merling, MA, CTRS

Marcia Lane, MPH

.. **Achieving Balance in a Sea of Change (B2)**

This session will assist managers with achieving a balance between reacting to changes and using proactive approaches to changes within the workplace. Upon completion, managers will be able to acknowledge reasons people resist change, recognize the stages of change, and develop strategies for dealing proactively with changes.

Christi Keefe, MS, CTRS

.. **Recreational Therapy Interventions for Adolescent Male Sexual Offenders (B3)**

This session will offer a brief overview of the Waypoint Program and address the uses of experiential therapy as related to the needs of the adolescent male sexual offender. We will also focus on numerous intervention techniques that have been successful with this population.

Cynthia Roberts, CTRS

Melissa Chiplis, CTRS

THURSDAY, JULY 20, 2001

8:00 REGISTRATION AND CONTINENTAL BREAKFAST

9:00 GENERAL SESSION

◆ **"Creating a Vision for Recreational Therapy Practice in the Twenty-First Century"**

This session will explore projected healthcare trends and clinical competencies necessary for successful practice of recreational therapy in this new millennium. Participants will be provided with examples of strategic initiatives to utilize in order to be responsive to the ever-changing healthcare arena and to proactively address emerging practice issues. Practical resource materials will be provided for therapists to utilize in their specific setting to critique current service delivery, explore future capabilities and develop a vision that will be responsive to healthcare predictors of the 21st century.

Pam Wilson, MS, TRS/CTRS

10:00 BREAK

10:15 **CONCURRENT SESSIONS**

•• **Models for Group Process Interventions (Part One of Two) (CT1-C)**

Repeated session from STRS 2000. During this session the participants will learn three models of group therapy. Interpersonal process group therapy, cognitive/behavioral group therapy, and an alternative approach will be reviewed in detail. Participants will learn to facilitate group processing techniques using these models.

Dan Bowman, Ph.D.

•• **The Use of Self-Regulatory Techniques in Health and Healing: Relaxation Response and Autogenics (CT2-C)**

Repeated session from STRS 2000. The purpose of this module is to assist recreational therapists in developing a basic knowledge and understanding of the role self-regulation plays in obtaining and maintaining health. Participants will learn self-regulatory skills which, when coupled with cognitive strategies, directly treat a variety of psychophysiological disorders. Participants will have an opportunity to practice newly learned skills. There will be a therapist – client demonstration of the effectiveness of these techniques using heart rate variability biofeedback.

Carmen V. Russoniello, PhD, TRS/CTRS

Thomas K. Skalko, PhD, TRS/CTRS

•• **Trashy Tools (C-1)**

If your supply cabinets are full of trash, then we've got just the solution for you! Enjoy a hands-on workshop on how to utilize health care supplies to increase opportunities for social interactions, improve self-esteem, increase sense of control, decrease depressive symptoms, cope with hospitalization, provide opportunities for self-expression, improve fine/gross motor skills, improve cognition, increase sensory stimulation, and manage stress/anxiety. This session will provide the participant with creative outlets for using readily available health care supplies for therapeutic purposes.

Vikki Grant, TRS/CTRS

Anthony Moran, TRS/CTRS

•• **Elevation of the Human Spirit (Part One of Two) (C2)**

This session will be presented in a two part series. Perhaps the most important element in building group harmony and effective communication is validation. Join us for an uplifting experiential encounter through which techniques for opening the heart and elevating the human spirit will be explored. Marvelous applicability for patient/client and caregiver alike.

Edward J. Kesgen, Ph.D., TRS/CTRS

•• **Functional Programs for Persons with Disabilities: The "I's" Have It! (C3)**

This interactive session will provide participants the opportunity to enhance awareness of functional programs for individuals with multiple and severe disabilities. Programs highlighted will be those offered in a long-term care facility for persons with MR and DD. Come and recognize how personal perspectives influence your own programming.

Tonya Goldsmith-Rucker, CTRS

11:30 LUNCH (ON YOUR OWN)

1:00 **CONCURRENT SESSIONS**

•• **Models for Group Process Interventions (Part Two of Two) (CT1-D)**

See Concurrent Session CT1-C.

Dan Bowman, Ph.D.

•• **Behavioral Medicine II: Advanced Applications for Recreational Therapy (Part One of Two) (CT2-D). Pre-requisite required to obtain Competency Track Certificate. Participants must have attended "Behavioral Medicine: Applications for Recreational Therapy Overview" at STRS 2000 or STRS 2001.**

The purpose of this module is to assist recreational therapists in developing increased knowledge and understanding of how to integrate behavioral medicine interventions in recreational therapy protocols and to evaluate their effectiveness. Participants will learn behavioral medicine and its applicability to recreational therapy for diverse diagnostic categories. Examples for application will be discussed and explored.

Carmen V. Russoniello, PhD, TRS/CTRS

Thomas K. Skalko, PhD, TRS/CTRS

•• **Determining the Effectiveness of My TR Programming (D1)**

Instruction and examples will provide participants the ability to use basic inferential statistics to evaluate the effectiveness of TR programming in individual and group treatment settings.

Foster B. Wardlaw, III, MS, CTRS, ACC

•• **Elevation of the Human Spirit (Part Two of Two) (D2)**

See Concurrent Session C2.

Edward J. Kesgen, Ph.D., TRS/CTRS

•• **Leisure Education and Youth-at-Risk (D3)**

The outcomes of a community-based leisure education program for youth-at-risk will be presented. As a component of therapeutic recreation, the intervention included social skills training, parent involvement, and activity participation.

The interdisciplinary approach utilized the expertise of therapeutic recreation specialists, police officers, and special educators.

Cari E. Autry, CTRS

Stephen Anderson, PhD., CTRS, CPRP

2:30

CONCURRENT SESSIONS

Behavioral Medicine II: Advanced Applications for Recreational Therapy (Part Two of Two) (CT2-E). Pre-requisite required to obtain Competency Track Certificate. Participants must have attended "Behavioral Medicine: Applications for Recreational Therapy Overview" at STRS 2000 or STRS 2001.

See Concurrent Session CT2-D.

Carmen V. Russoniello, PhD, TRS/CTRS

Thomas K. Skalko, PhD, TRS/CTRS

The Role of the Medicare PPS for Rehabilitation Hospitals (E1)

The comprehensive inpatient medical rehabilitation industry is eagerly awaiting the operational enactment of the Medicare prospective payment system for rehabilitation hospitals and units (RPPS). This new capitated reimbursement methodology was to take effect on or after October 1, 2000 and be fully implemented as of 2002. This session will examine the basic framework and timelines for this payment structure. The session will also explore the strategic recommendations made to HCFA on behalf of The American Medical Rehabilitation Providers Association.

Mike Marshall, MHSA, CTRS

Facilitating a Support/Respite Program for Persons with Dementia (E2)

Participants will learn the steps for designing and implementing a successful Support Group/Respite Program for persons in the early stages of dementia. Guidance will be provided toward creating a therapeutic environment and programming for this population. Benefits to the support group participants and caregivers will be discussed.

Jim Amella, MS, CTRS

Laura Stefanelli, BA, MBA

Sensitivity Training for Program Planning (E3)

This program combines education, group discussion, and experiential activities. It will allow the participant to experience activities with a given barrier. The participant will leave the session with a new attitude related to the obstacles consumers experience during activities. This session can be used with consumers, family members, and staff to educate and promote empathy.

Kathy Durden, CTRS, CAC II

Jennifer L. Hadden, BS, MS

David Crooke, LPC

Recreation vs. Therapeutic: Balance is Vital (E4)

This session will be packed full of games and different ideas for activities for a variety of settings and populations. The games will include both large and small group activities. Everyone can always use extra games for their "bag of tricks". There will also be time for participants to be involved in open discussion of how to adapt these activities and games to different settings and populations.

Lynn Hedden, M.Ed., CTRS

Gregg Hedden, CTRS

3:45 BREAK

4:00 CONCURRENT SESSIONS

Therapeutic Recreation in a Hospital Without Walls (F1)

This session will describe how therapeutic recreation is an integral part of an alternative model known as ACTT and will entail the methods employed to achieve the most optimal outcomes within the community-based setting in adults with a dual diagnosis of mental illness and developmental disabilities. Group interaction will be encouraged.

Michelle C. Baker, MS, TRS/CTRS

Bibliotherapy and Pediatrics (F2)

Bibliotherapy is the use of books as a treatment procedure and as a recreation activity. This program offers participants the opportunity to learn about using reading aloud activities to children in pediatrics including case histories, appropriate books used, and techniques required for the therapeutic approach.

Robert M. Beland, CTRS, Ph.D.

The Art of Activity Modification for Brain Injured: Fun in Therapy (F3)

The brain-injured person is often misunderstood and challenging for the CTRS to treat. This session is directed towards working with Rancho Level V-VII patients in acute to outpatient rehabilitation settings. Discussion will center upon goals for treatment intervention strategies, followed by various activity modifications. Participants will have the opportunity to view, share, and participate in a variety of activities. The activity concepts discussed are applicable to other populations.

Al Kaye, MS, CTRS

Therapeutic Applications of Music for Older Adults (F4)

Music as a cathartic medium that evokes memories and encourages creative expression. This experiential session will provide participants with several successful methods of applying music to recreation programs. Objectives of music therapy and its benefits to older adults are discussed.

Nancy J. Moss, MT

5:15 DINNER (ON YOUR OWN)

8:00 DOWNTOWN CHARLESTON SCAVENGER HUNT

FRIDAY, JULY 21, 2001

8:00 REGISTRATION AND CONTINENTAL BREAKFAST

8:30 CONCURRENT SESSIONS

.. Making a Game With Everyday Objects (G1)

In this interactive session, you will create a game with materials provided for you. It will help bring out the creative person within you and your population.

Kathleen M. Conway, CTRS

.. Complimentary and Alternative Medicine: Everything Old is New Again! (G2)

This session will provide an overview of the evolution of complementary and alternative medicine (CAM) practices and the usage of CAM in today's healthcare arena. Information about initiatives being undertaken by the federally funded National Center for Complementary and Alternative Medicine will be provided including classification systems for the various modalities. Current licensing requirements for CAM providers will be reviewed as well as impact of CAM practices on the Recreational Therapy profession.

Pam Wilson, MS, TRS/CTRS

.. Lifting and Transfer Techniques to Save Your Back (G3)

This session will discuss the mechanics involved in performing a variety of transfers and techniques to save your back. Techniques discussed include the lateral transfer, sliding board transfer, standing pivot transfer, bed mobility, hoist lift transfer, and the air lift. Participants will have the opportunity to perform at least one transfer technique.

Al Kaye, MS, CTRS

.. Creative Problem Solving (G4)

This is a repeat session from STRS 2000. The session will utilize different creative growth games to allow people to think "outside the box". These techniques will enable the participants to expand their knowledge base on problem solving in an independent and team forum.

Barbara Delia, CTRS

.. Group Reminiscence as a Social, Therapeutic and Intellectual Activity (G5)

Group reminiscence offers a dynamic environment for sharing, enlightening and enriching lives. Reminiscence and life review are often discussed as interchangeable, but the differences need to be understood when conducting groups. Awareness of the strengths and dangers and knowing the practical aspects of conducting a reminiscence group are equally important.

Shirley Hendrix, MSN

10:00 CONCURRENT SESSIONS

.. Memory Boxes (H1)

Enjoy an informational session providing reminiscent ideas for group and individual contact. This session will provide the participant with creative outlets for using readily available items for therapeutic purposes while working with the geriatric population.

Vikki Grant, TRS/CTRS

Anthony Moran, TRS/CTRS

.. Big Boys and Girls Do Cry: Spirituality and TR (H2)

This session will focus on examples of the emotions produced by interactions between and among individuals and how these emotions can have a positive effect on us as individuals and helping professionals. How individuals cope with these strong emotions could have a pronounced outcome on the therapeutic interventions provided by the CTRS. Coping mechanisms will be discussed.

Gene Hayes, CTRS

.. Community Re-entry: An Integral Part of the Rehabilitation Process (H3)

Therapeutic Recreation's role in community re-entry programs is paramount to patient's quality of life following discharge. This presentation will provide essentials for programs that will assist facilities in meeting JCAHO treatment standards; instruction on development and implementation; and include information on quality monitoring and performance improvement for community re-entry programs.

Cliff Burnham, CTRS

.. Basics of Psychopharmacology Issues for Recreation Therapists (H4)

This session is a basic introduction of psychopharmacologic medications used in the treatment of psychiatric disorders. Issues affecting recreation therapists in their work with patients will be highlighted in the context of how these medications can facilitate or interfere with treatment goals.

W. Alexander Morton, Pharm.D., BCPP

11:15 BREAK

11:45 GENERAL SESSION

.. "It's Time to Transform Your Work and Life: Achieve Greater Balance in TR Practice"

There are many pressures in practice with shifts and changes in health care, workload demands and the demands of the professional's personal life. The purpose of this session will be to highlight options for changing our professional practices in every day life to achieve greater balance and greater quality of life.

Peg Connolly, PhD, CTRS – Executive Director, NCTRC

12:45 CLOSING