

All sessions have been approved for CEU credit.

North Carolina Recreational Therapy Association



Student & Professional Issues Forum

Saturday, February 26th, 2022

Hosted by Western Carolina University

at the

College of Health and Human Sciences

Building

3971 Little Savannah Rd | Cullowhee, NC 28723

CONFERENCE DESCRIPTION: This conference will offer an opportunity for recreational therapy professionals, students and educators, and other human service providers to enhance skills and knowledge and develop competencies in successful treatment interventions while exploring other service delivery options.

OBJECTIVES:

- Enhance knowledge of and develop skills in therapeutic interventions used in the delivery of recreational therapy services.
- Increase understanding of current professional issues related to the delivery of recreational therapy services.
- Increase networking and collaboration among recreational therapy professionals, students, educators, and professionals in other disciplines.

REGISTRATION: Please visit www.ncrta.org to find the link to register for the 2022 NCTRA Student & Professional Issues Forum (SPIF). **Registration ends February 18th.**

Be sure you are a member of NCRTA to receive updates from NCRTA. To become a member of NCRTA or to check your membership status, please log on to www.ncrta.org and click on the My Account menu tab. Follow us on social media for the latest conference updates.

FOLLOW US!



North Carolina Recreational Therapy Association



@NCRecreationTherapy

All sessions are currently pending CEU pre-approval by ATRA and NCTRC. A brochure of approved CEU sessions will be emailed to conference registrants prior to the conference. Information listed on initial brochure is subject to change. In efforts to keep conference registration fees low, please use electronic copies or print the brochure and bring it with you to the conference. Limited printed brochures will be available on site.

All conference attendees are required to register online. Payment may be made online by debit or credit card. Limited on-site registration will also be available. Make all billing and payment inquiries to Alex Jones at ncrtatreasurer@gmail.com

NCRTA is committed to providing an inclusive experience for all participants. In compliance with the ADA, should you require any accommodations to fully participate in the conference trainings, please e-mail NCRTA at ncrtaconference@gmail.com. We request that accommodation requirements be made by **February 18th, 2022**, so that we may fully meet your needs.

HOTEL INFORMATION:

Comfort Inn Sylva	1235 E. Main Street Sylva, NC 28779	828-477-4950
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CONFERENCE FEES:

Membership Level	Before Feb 18th
Professional Rates	\$55
Student Rates	\$25

CONTINUING EDUCATION FORMS:

CEU Forms (Professionals Only)	Included in professional rate above
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Continuing Education Units (CEUs) approval has been processed. CEU’s are calculated at 1.0 CEU = 10 contact hours. CEUs cannot be awarded to participants who arrive more than 15 minutes late to a session or miss more than 15 minutes during a session; missing one or the other will result in the removal of credits for the session. Please ensure that you have signed in at the beginning of each session and have the CEU form punched at the end of each session to receive credit for the session.

Before leaving the conference, the CEU sheet must be submitted, by the conference attendee, to the conference registration table and signed by conference officials. Please keep the CEU receipt for your records. Within 30 days following the conference the CEUs Attendance will be verified and then sent to ATRA. After 30 days, all CEU information will be sent to ATRA for processing. Contact ATRA CEU-online if you do not receive your transcripts within 6 weeks.

RECOMMENDED DRESS: Casual business attire is recommended for the NCRTA Student and Professionals Issues Forum. Students are encouraged to represent their university programs with apparel. Please bring a sweater or jacket for sessions as temperatures within meeting facilities vary.

SESSIONS/TIMES MAY CHANGE: *Please note that all sessions and times listed are subject to change.* A brochure of approved CEU sessions will be emailed to conference registrants prior to the conference. In efforts to keep conference registration fees low, please use electronic copies or print the brochure and bring it with you to the conference. Limited printed brochures will be available on site.

LIABILITY: All attendees of the NCRTA SPIF must agree to abide by the rules and regulation established by Western Carolina University relating to matters of safety and liability.

MASK REQUIREMENT:

Face coverings are required in all public indoor spaces on the campus of Western Carolina University in Cullowhee.

Full website: <https://www.wcu.edu/discover/about/community-standards.aspx>

PARKING: Free parking is available at the College of Health and Human Services parking lot. 3971 Little Savannah Rd, Cullowhee, NC 28723

The CHHS building is across the street from main campus.

Please pass the main entrance for campus and turn right at the next light (Little Savannah Rd) You will follow that road past the gas station and up a little, you will see the building on the right side. Feel free to park in either lot.

Conference Schedule at a Glance

Friday, February 25

7:00pm-8:30pm: Board Game Social led by the Western Carolina University Recreational Therapy students!
Room 204

Saturday, February 26

8:30 -10 a.m. **REGISTRATION** in the front lobby of the Health and Human Sciences building (main entrance/second floor)

9:00 -10:00 a.m. **STUDENT POSTER PRESENTATIONS**
After check-in, head to room 204 (near the registration table) and engage with the students regarding their research

Poster Topics:

The Amazing Accessibility Race- Stephanie Morales

Accessibility in Schools- Adison Evans, Amelia Martin, Rea Syska, Liah Vaartjes

Veterans with Lower Limb Amputations and Sled Hockey- Ashlynn Boatman, Annalise Cox, Autumn Kelly, Grace Palocsik, Megan Robey

Water for Recovery: A Review of Aquatic Therapy and Domestic Violence- Summer Perlson, Madison James, Dani Hernandez, Nicole Stauffer, and Penny Vermeulen

Water Activities for Individuals with Visual Impairments- Alexandra Taylor, Blake Harrison, Courtney Burleigh, Michaela Hildebrand, and Thomas Mazza

Emotional Benefits of Outdoor Therapy- Erica Bridges; Antoni Moreno; Matthew Revoir; Chelsey Scruggs; Zoe Starbuck

10:00 -10:30 a.m. **WELCOME**

Room 204

- WCU words of welcome and logistics for the day
- NCRTA words of welcome

10:45 a.m. - 12:15 p.m. **CONCURRENT SESSIONS**
.15 CEUS

1. The Contribution of Time Spent in Nature as a Positive Health and Wellness Modality for Recreational Therapists **Room 433**
Debby Singleton, MA, EP-C ACSM, PSIA Alpine Level II, ACA SUP Level II
2. Trauma, Stress and Resilience for Recreational Therapists **Room 211**
Greta Metcalf, MS, LCMHCS
3. NCRTA: Recreational Therapists Working Together to Advance Recreational Therapists in North Carolina **Room 209**
John Rhodes, MS, LRT/CTRS and Maegan Ellison, LRT/CTRS

12:15 -1:00 p.m. **LUNCH**

Please pick up your boxed lunch in Room 204. You can take your lunch outside to eat on the rooftop garden, or to any of the designated conference rooms or tables in the lobby. We ask that you spread out to the best of your ability to limit infection risk.

1:00 -2:00 p.m. **KEYNOTE**

.1 CEU

4. Advancements in Internships for the Student and Practitioner: National and State Perspectives

Room 204

Robin McNeal, CTRS, FDRT, Joan Sutton, MS, LRT/CTRS, CDP, and Jennifer Hinton, Ph.D., LRT/CTRS, FDRT

2:15 -3:15 p.m. **CONCURRENT SESSIONS**

.1 CEU

5. NCTRC Recertification & Specialization Area Designation: Continuing Professional Competence

Room 209

Robin McNeal, CTRS, FDRT

6. Membership in your Professional Association: Obligation, Survival Technique, or Empowerment?

Room 433

Brent Wolfe, Ph.D., LRT/CTRS, FDRT

7. What do I need to know to obtain my Recreational Therapy License?

Room 211

Becky Garrett, MS, LRT/CTRS, FDRT

8. Wilson Workforce and Rehabilitation Center and the role of Therapeutic Recreation in Vocational Rehabilitation

Room 421

Rich Phuong, CTRS

3:30 -4:30 p.m. **CONCURRENT SESSIONS**

.1 CEU

9. Graduate School in Recreational Therapy

Room 209

Cari Autry, Ph.D., LRT/CTRS, David Loy, Ph.D., LRT/CTRS, CARSS-II and Matt Fish, Ph.D., LRT/CTRS, LPCA, BCB

10. Adaptive Sports as a Conduit for Developing Competence and Passion in RT Students

Room 433

Brent Hawkins, Ph.D., LRT/CTRS, FDRT, Sara Miller, MS, LRT/CTRS, CCLS, Jason Pritchett, Chasity McCulloch, and Abigail Naumann

11. Service Learning Partnership with Recreational Therapy and the University Participant (UP) Program at Western Carolina

Room 211

University

Kelly Kelly, Ph.D., Debbie Logan, MS, LRT/CTRS, Jennifer Hinton, Ph.D., LRT/CTRS, FDRT

4:30 -5:00 p.m. **CEU CHECK OUT**

All WCU alumni, please head upstairs to our lab (Room 313), for a brief thank you and gift!

Full Conference Schedule

Friday, February 25

7:00pm-8:30pm: Board Game Social led by the Western Carolina University Recreational Therapy students!

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1. Room 433- The Contribution of Time Spent in Nature as a Positive Health and Wellness Modality for Recreational Therapists

Debby Singleton, MA, EP-C ACSM, PSIA Alpine Level II, ACA SUP Level II

Session Description: The natural environment, how does it impact our overall health and well-being? Current research in the field of nature-based wellness supports the positive connection that time spent in nature has on our perception of stress, our mental state, our immunity, our happiness, and our resiliency. These states are all chemically influenced by the nervous system and its response to the natural environment. This session will provide an overview of the foundational knowledge and practical activities that can be used by Recreational Therapists to implement nature-based modalities to enhance personal health and be used in a professional setting.

Learning Outcomes: Participants will be able to:

1. Explain how time spent in nature influences a person's overall health and well-being in a positive manner.
2. Apply the research and science focused on the benefits of nature into a personal practice plan and a patient facilitation guide to enhance overall health and well-being.
3. Develop 2-3 nature-based activities which can be practiced personally or implemented professionally with clients.

2. Room 211- Trauma, Stress and Resilience for Recreational Therapists

Greta Metcalf, MS, LCMHCS

Session Description: Trauma and stress often create challenges with emotion regulation that can hinder clear decision-making and the ability to connect with others. This presentation provides an overview of the science behind emotional regulation and how new pathways in the brain can lead to lasting positive changes. Participants will learn simple techniques to help others embrace the hope of neuroplasticity while creating resiliency in their ability to cope with trauma and stress.

Learning Outcomes: Participants will be able to:

1. Participants will understand how trauma and stress effect the brain and emotional regulation
2. Participants will be able demonstrate Dr. Daniel Siegel's hand model of the brain.
3. Participants will be able to utilize strategies that will improve emotional regulation for those challenged with the effects of trauma and stress.

3. Room 209- NCRTA: Recreational Therapists Working Together to Advance Recreational Therapists in North Carolina

John Rhodes, MS, LRT/CTRS and Maegan Ellison, LRT/CTRS

Session Description: Join us for a session that will be covering what NCRTA is offering to support recreational therapists in the state of North Carolina. During this 90 minute session we will discuss the organizations leadership, and discuss challenges facing our profession. This session will cover NCRTA as an organization, what goes into continuing quality education for RT professionals, and where you fit in!

Learning Outcomes: Participants will be able to:

- 1. Identify two positions in NCRTA
- 2. Identify two factors to cost of continuing education.
- 3. Identify two benefits of getting involved with NCRTA

12:15 -1:00 p.m. **LUNCH**

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1:00 -2:00 p.m.
.1 CEU

KEYNOTE

4. Room 204- Advancements in Internships for the Student and Practitioner: National and State Perspectives

Robin McNeal, CTRS, FDRT, Joan Sutton, MS, LRT/CTRS, CDP, and Jennifer Hinton, Ph.D., LRT/CTRS, FDRT

Session Description: The internship experience is an integral part of preparing the future professional for practice as a successful Certified Therapeutic Recreation Specialist. The internship supervisor is the link between education and practice for the new professional. In order to best prepare the student, it is necessary that all individuals involved in the internship experience be aware of the current standards for the internship experience. This session provides an overview of the most recent NCTRC Internship Standards, the work of the ATRA Quality Internships subcommittee, and the internship training provided by NCBRTL. The session includes information for students, internship supervisors/ clinical instructors, and academic internship supervisors.

Learning Outcomes: Participants will be able to:

- 1. Describe at least three of NCTRC's Internship Standards
- 2. Name the three major requirements that are reviewed when applying for NCTRC certification
- 3. Describe the NCBRTL internship standards
- 4. State the basic premise of the Qualified Supervisor and Quality Internships Manual documents

2:15 -3:15 p.m.
.1 CEU

CONCURRENT SESSIONS

12. Room 209- NCTRC Recertification & Specialization Area Designation: Continuing Professional Competence

Robin McNeal, CTRS, FDRT

Session Description: This session provides an in-depth coverage of recertification standards and requirements for the specialization area designation. Continuing education, professional experience, and re-examination will be described in detail.

Learning Outcomes: Participants will be able to:

1. Describe the NCTRC recertification standards including the two components and interpretive guidelines.
2. Describe the NCTRC specialization area designation standards and application process.
3. State the two methods of the NCTRC recertification review process.

13. Room 433- Membership in your Professional Association: Obligation, Survival Technique, or Empowerment?

Brent Wolfe, Ph.D., LRT/CTRS, FDRT

Session Description: As students and young professionals embark on their careers, questions may arise about involvement in professional associations. Within recreational therapy, the American Therapeutic Recreation Association is the only professional association representing the interests of recreational therapists in the United States. But what does it mean to join a professional association? Why should students, young professionals, and all recreational therapists consider joining their professional association? This session will explore the answers to these questions and provide specific rationale for joining ATRA as well as concrete steps for getting involved.

Learning Outcomes: Participants will be able to:

1. At the end of this session, participants will be able to state the mission and vision of ATRA.
2. At the end of this session, participants will be able to state at least 3 reasons why ATRA is important.
3. At the end of this session, participants will be able to state at least three reasons why they should join ATRA.
4. At the end of this session, participants will be able to identify at least one way to get involved in ATRA.

14. Room 211- What do I need to know to obtain my Recreational Therapy License?

Becky Garrett, MS, LRT/CTRS, FDRT

Session Description: An introductory session to assist new applicants obtain RT License and how to be compliant with the law. Participants will learn the differences between national certification and state licensure and proper use of the credentials.

Learning Outcomes: Participants will be able to:

1. Attendee will learn at least 4 documents required for NCBRTL application process
2. Attendee will learn how to apply online and check application status.
3. Attendee will learn deadline dates and how use these to obtain license as quickly as possible.
4. Attendee will learn what is needed to be compliant with Chapter 90C while applying for jobs and use of credentials

15. Room 421- Wilson Workforce and Rehabilitation Center and the role of Therapeutic Recreation in Vocational Rehabilitation

Rich Phuong, CTRS

Session Description: Material will revolve around WWRC; including its purpose, the programs it offers, adaptive equipment available, RT's role at the facility, and how the APIE process is applied. It will also include the purpose of therapeutic recreation as a whole in vocational rehabilitation programs, facilities, etc. Topics concerning vocational rehabilitation will be centered on the core development areas of RT in vocational rehab such as community reintegration, leisure education, leisure skills development and social functioning.

Learning Outcomes: Participants will be able to:

1. At the end of the session, participant will be able to name two assessments used by Recreational Therapists at WWRC.
2. At the end of the session, participant will be able to name three different adaptive equipment utilized by Recreational Therapists at WWRC.
3. At the end of the session, participant will be able to name three areas of development that Therapeutic Recreation focuses on in Vocational Rehabilitation.

3:30 -4:30 p.m.
.1 CEU

CONCURRENT SESSIONS

16. Room 209- Graduate School in Recreational Therapy

Cari Autry, Ph.D., LRT/CTRS, David Loy, Ph.D., LRT/CTRS, CARSS-II and Matt Fish, Ph.D., LRT/CTRS, LPCA, BCB

Session Description: The focus of this session will be to share information to help you decide if graduate school in recreational therapy (RT) is a path you are interested in but need more information. We will provide a brief overview of the current trends in higher education, the benefits of going to graduate school, and how graduate education can help with the advancement of the profession. We will mainly focus on three areas to consider: exploring your interests and the application process; the graduate culture, expectations, requirements and specialization areas during graduate school; and career options afterwards. We will also provide information on RT graduate programs in NC and the Southeast. Participants will also be given the opportunity to ask questions and speak with other faculty and graduate students in the audience during and after the presentation.

Learning Outcomes: Participants will be able to:

1. Provide an example how graduate education in recreational therapy can contribute to the advancement of the profession.
2. Identify three benefits of obtaining a graduate degree in recreational therapy.
3. Identify at least three factors to consider when thinking about going to graduate school.

17. Room 433- Adaptive Sports as a Conduit for Developing Competence and Passion in RT Students

Brent Hawkins, Ph.D., LRT/CTRS, FDRT, Sara Miller, MS, LRT/CTRS, CCLS, Jason Pritchett, Chasity McCulloch, and Abigail Naumann

Session Description: Adaptive sports is an important therapeutic modality used in recreational therapy (RT), as well as an important type of recreation for many individuals with disabilities. The RT degree program at the University of North Carolina Wilmington (UNCW) is leading efforts to increase opportunities for adaptive sports on campus and in the community in a variety of ways. These opportunities are simultaneously creating opportunities for students to further develop their RT practice competencies and passion for the field. Attend this session to learn about the exciting ways that UNCW's RT program is promoting and using adaptive sports.

Learning Outcomes: Participants will be able to:

1. Identify at least 10 RT competencies addressed through providing adaptive sports opportunities to RT students
2. Identify at least 3 ways to engage RT students in adaptive sports
3. Identify at least 5 benefits to students, the RT degree program, and the broader community by engaging students in adaptive sports

18. Room 211- Service Learning Partnership with Recreational Therapy and the University Participant (UP) Program at Western Carolina University

Kelly Kelly, Ph.D., Debbie Logan, MS, LRT/CTRS, Jennifer Hinton, Ph.D., LRT/CTRS, FDRT

Session Description: Many times, through a variety of opportunities to connect such as service-learning or greater exposure and awareness, interactions tend to occur in more natural environments. There is a continued need for fully inclusive learning opportunities that maximize student outcomes through genuine inclusion. When students with cognitive disorders are living on campus and have full access to campus

activities, this provides an opportunity for more social activity and skill development (Grigal et al., 2015), leading as well to more successful employment (Grigal, Papay, et al., 2019; Test et al., 2009). It is also important to further examine the impact of service-learning for pre-service professionals who will be working in these inclusive learning communities. This presentation will share how the Recreational Therapy program at Western Carolina University has partnered with the University Participant (UP) Program to further implement knowledge areas specific to professionalism, cognitive/developmental disorders, social/leisure assessments, and advocacy for person(s) served.

Learning Outcomes: Participants will be able to:

1. Explore how professionalism and advocacy are taught through service-learning experiences working directly with young adults with cognitive disorders participating in shared and fully inclusive college experiences
2. Examine further ways to document and assessment measurable goals/behavioral objectives within individualized plans for college participation (IPCPs) based on time spent together between UP/RTH students
3. Analyze how service-learning experiences can impact service delivery and enhance professional competence and community partnerships

4:30 -5:00 p.m. **CEU CHECK OUT**

All WCU alumni, please head upstairs to our lab (Room 313), for a brief thank you and gift!

Available CEU's to each attendee = Up to 0.45 CEU's