

North Carolina Recreational Therapy Association



30th Annual NCRTA Conference

The Sheraton
1 Europa Drive
Chapel Hill, NC 27517

Sunday, October 14th, 2018 - Tuesday, October 16th, 2018

www.ncrta.org

2018 NCRTA Conference

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 and 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 register for the 2018 NCTRA Annual Conference. Follow us on social media or sign-up for NCRTA e-mails for the latest conference updates.

FOLLOW US!



North Carolina Recreational Therapy Association



@OfficialNCRTA

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.

All conference attendees are required to register online. Payment may be made online by debit or credit card only. **ALL CONFERENCE ATTENDEES MUST REGISTER ONLINE PRIOR TO TUESDAY, OCTOBER 9th 2018.** There will only be 20 on-site registrations available during the Full Conference (MONDAY or TUESDAY) on a first come, first serve basis. Meals may not be included or guaranteed for same day registrations and will be up to the conference attendee to arrange their own meal.

NCRTA MEMBERSHIP:

Prior to registering for the Conference, your membership must be effective until October 16th, 2018. All non-members will be subject to a non-member convince fee which is an additional \$50 and will not include a membership. All memberships will be verified the day of conference at check-in. Check out our affordable [membership rates](#). Membership fees are separate from conference registration fees. To become a member of NCRTA or to check your membership status, please login to the NCRTA website at www.ncrta.org.

STUDENTS:

A student membership requires proof of enrollment. An active Recreational Therapy/Therapeutic Recreation student membership is necessary to be eligible for the student member conference registration rate. Please bring a copy of your class schedule and school ID at check-in. Graduate students must be enrolled full-time in an RT/TR master's program (at least 9 hours). Any member who registers as a student is not eligible for CEU's. Must bring class schedule and ID to check-in.

CANCELATIONS & REFUNDS

All requests for refunds must be made in writing to NCRTA at ncrtaconference@gmail.com. Cancellations marked before September 14th, 2018 will receive a full refund minus a \$50 processing fee. After September 14th, 2018, refund requests are reviewed on a case-by-case basis and will be subject to a \$50 processing fee. No refunds will be made after October 8th, 2018 for any reason. Refunds will not be made for no-shows.

SPECIAL ACCOMODATIONS:

NCRTA is committed to providing an inclusive experience for all participants; however, requests for any special accommodation must be made by September 30th, 2018 by contacting Miranda Evans at ncrtaconference@gmail.com. All meal requests for allergies, gluten free, dairy free, and vegetarian meals must be selected during conference registration. Meal specifications that are not completed during registration are not guaranteed.

LIABILITY:

All users of the Sheraton must agree to abide by the hotel policies relating to matters of safety and liability.

2018 Annual Conference Fee Schedule

Early Registration Rates Ends Friday, August 30th, 2018	
Pre-Conference Professional	\$ 100
Monday One- Day Professional	\$ 130
Tuesday One Day Professional	\$ 135
Two-Day Professional (Monday, Tuesday)	\$ 260
Pre-conference Student	\$ 95
Monday One Day Student	\$ 120
Tuesday One Day Student	\$ 130
Two Day Student (Monday, Tuesday)	\$ 240
Non-Members Fee	\$ 50
CEU's (required to get Continuing Education Credit)	\$ 23
1st Increased Rates Ends September 30th, 2018	
Pre-Conference Professional	\$ 120
Monday One- Day Professional	\$ 150
Tuesday One Day Professional	\$ 155
Two-Day Professional (Monday, Tuesday)	\$ 280
Pre-conference Student	\$ 100
Monday One Day Student	\$ 130
Tuesday One Day Student	\$ 140
Two Day Student (Monday, Tuesday)	\$ 250
Non-Members Fee	\$ 50
CEU's (required to get Continuing Education Credit)	\$ 23
Late Registration All Registrations End October 9th, 2018	
Pre-Conference Professional	\$ 130
Monday One- Day Professional	\$ 160
Tuesday One Day Professional	\$ 165
Two-Day Professional (Monday, Tuesday)	\$ 290
Pre-conference Student	\$ 110
Monday One Day Student	\$ 140
Tuesday One Day Student	\$ 160
Two Day Student (Monday, Tuesday)	\$ 260
Non-Members Fee	\$ 50
CEU's (required to get Continuing Education Credit)	\$ 23
On-Site Registration Registrations on day of conference are limited to 20 people and meals are NOT guaranteed	
Pre-Conference Professional	\$ 170
Monday One- Day Professional	\$ 200
Tuesday One Day Professional	\$ 205
Two-Day Professional (Monday, Tuesday)	\$ 330
Pre-conference Student	\$ 140
Monday One Day Student	\$ 160
Tuesday One Day Student	\$ 180
Two Day Student (Monday, Tuesday)	\$ 300
Non-Members Fee	\$ 50
CEU's (required to get Continuing Education Credit)	\$ 23

Continuing Education Units

Continuing Education Units (CEUs)	\$23
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Continuing Education Units (CEUs) pre-approval is in process. ATRA and NCTRC cannot guarantee that every session offered for this continuing education opportunity will be granted CEUs. 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 credit 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 the first 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 Annual Conference. 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 and listed on the NCRTA website. 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.

HOTEL INFORMATION:

Sheraton Chapel Hill Hotel 1 Europa Drive Chapel Hill, NC 27157 919-968-4900	Single Room: \$135.00 Double Room: \$109 Triple: \$155 Quad: \$175 Suites: \$269 Limited Availability Deadline: September 19th, 2018	Hotel Reservation Information: 919-968-4900 * Mention NCRTA for Discount Rates*
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Conference Agenda

Sunday, October 14th

Pre-conference

Time	Session Title	Session Presenter	Session Number	Location	CEU's
12:00pm-12:50pm	Check-In/ Registration			LOBBY	
12:50pm-1:00pm	Welcome	Miranda Evans- NCRTA President			
1:00pm-2:30pm	Improving Interdisciplinary Team Communication	Jessica Hauser	1	Paris 1	0.15
2:30pm-2:45pm	Break				
2:45pm-4:45pm	Improving Patient Communication in Healthcare	Jessica Hauser	2	Paris 1	0.15
5:00pm-8:00pm	Conference Early Registration			LOBBY	

Total CEU's Available Per Person for Tuesday:

0.2 CEU's

Monday, October 15th

Full Conference Begins

Time	Session Title	Session Presenters	Session Number	Location	CEU's
7:00am-8:00am	Check-In/ Registration			LOBBY	
7:45am-8:00am	Welcome & NCRTA Announcements				
8:00am-9:30m	Concurrent Sessions:				
	How to Make Your RT Assessments Valid and Reliable	David Loy	3	Vienna	0.15
	Development of a Marketing Self Assessment Tool in RT	Leandra Bedini & Judy Kinney	4	Venetian (3rd floor)	0.15
	NCBRTL Has Traveled Far This Year, Come Hear the Changes Made	Becky Garrett	5	Paris II	0.15
9:30am-9:45am	Break				
9:45am-11:15am	Concurrent Sessions:				
	Evidence Based Outcomes for Self-Expression in Recreational Therapy	Danny Pettry	6	Paris	0.15

	How Hospital and Rehab TR/RT Programs Can and Should Get Involved with Community Adaptive Sports	Ashley Thomas	7	Venetian (3rdFloor)	0.15
	Stressed? Who Isn't? Mobile Health Techniques and Assessments for Practice	Amelia Saul and Matthew Fish	8	Vienna	0,15
11:15am-11:45am	Break				
11:45am-12:45pm	LUNCH BUFFET SERVED		LOBBY		
12:45pm-2:15pm	Keynote Session: Affects of RT Health and Well Being on Patient Outcomes and Ways of Improvement	Jessica Hauser	9	Europa Ballroom	0.15
2:15pm-2:45pm	Break				
2:45pm-4:15pm	Concurrent Sessions:				
	Community Based Adaptive Sports and Recreation for Injured Service Members	Kayla Jakubczak	10	Venetian (3rd Floor)	0.15
	Becoming Involved in NCRTA: Promoting the Advancement of Licensed Recreational Therapists in North Carolina	John Rhodes and Cari Owens	11	Paris	0.15
	Pediatric Assessment	Judy Kinney	12	Vienna	0.15
5:00pm-7:00pm	NCRTA SOCIAL: Come join NCRTA for a pub crawl on the historical and ever popular Franklin Street. The NCRTA Board of Directors will be at Four Corners, Top of the Hill, & Might As Well establishments with complimentary appetizers. All beverages and additional food are the responsibility of the participants. Students are welcome and do not have to be 21 to participate in social.				

Total CEU's Available Per Person for Monday:

0.6 CEU's

Tuesday, October 16th

Full Conference Continues

Time	Session Title	Session Presenters	Session Number	Location	CEU's
7:00am-8:00am	Check-In/ Registration			LOBBY	
8:00am-9:30am	Concurrent Sessions:				
	Application of Qi Gong and Meditation in RT	Lei Guo	13	Paris	0.15
	Increasing Involvement in RT Service: Learning the Motivations and Constraints of Volunteers	Ariel Malphrus & Jennifer Hinton	14	Vienna	0.15

	Promoting Yourself as a Recreational Therapist for Jobs Not Labeled RT/TR: Thinking Outside The Box	Donica Conseen	15	Venetian (3rdFloor)	0.15
9:30am-9:45am	Break				
9:45am-11:15am	Concurrent Sessions:				
	Addiction Recovery is a Process, Not an Event	Donald McDonald	16	London	0.15
	Hand Drumming Recreational Therapy Activities for a Diverse Population	John Rhodes	17	Venetian (2 nd Floor)	0.15
	Reading is for Everyone	Gina Powell	18	Vienna	0.15
	Escape: Escaping the Mystery of Using Standardized Assessments in Practice	Deborah Logan	19	Paris	0.15
11:15am-11:45am	Hotel Check Out/ Break				
11:45am-12:15pm	Lunch Buffet Served, Silent Auction Give Aways, Raffle Tickets				Lunch- Lobby Give Aways- Ballroom
12:15pm-12:45pm	NCRTA Business Meeting & Induction of 2019 Board of Directors			Europa Ballroom	
12:45pm-2:15pm	Keynote Session: Pearls of Wisdom 30 years later	Julie Bradwell	20	Europa Ballroom	0.15
2:15pm-2:30pm	Break				
2:30pm-4:00pm	Concurrent Sessions:				
	Trauma Focused Recreational Therapy for Children and Adolescents	Danny Pettry	21	Paris	0.15
	ACCESS of Wilmington: Community Based Therapy	Dan Johnson & Haley Sink	22	Vienna	0.15
	Recreational Therapy Interventions for Anxiety & Depression	Ruth Ann Styron	23	Venetian (2 nd Floor)	0.15
4:00pm-4:30pm	Conference Conclusion: Turn in CEU SHEETS			LOBBY	

Total CEU's Available Per Person for Tuesday:

0.6 CEU'S

Total CEU's for Monday & Tuesday Per Person:

1.2 CEU's

Total CEU's For Sunday, Monday & Tuesday Per Person:

1.5 CEU's

Session Descriptions

Description corresponds with session number. For example, Session 6 is the description for number 6 under descriptions.

- 1. Speaker Name:** Jessica Hauser- Wellness Coach, Nursing Home Administrator
Title of Program: Improving Interdisciplinary Team Communication in Healthcare to Improve Patient Outcomes
Session Description: Communication between provider and patient is important for effective treatment. But, equally important is communication between members of the Interdisciplinary Team. This session will explore the different types of communication between team members, barriers to communication, and ways to improve. The audience will then learn how communication between members of the Interdisciplinary Team potentially impacts patient outcomes. Lastly, the audience will get to put the information to practice during an interactive team communication exercise.
- 2. Speaker Name:** Jessica Hauser- Wellness Coach, Nursing Home Administrator
Title of Program: Improving Patient Communication in Healthcare
Session Description: Communication is a vital part of any relationship, but it is extremely important when considering health outcomes. This session will take a look at the importance of effective communication between provider-patient. The audience will learn various ways of communicating, ways to improve those mediums, and how it affects outcomes. The audience will then get to put their communication skills to the test during an interactive portion.
- 3. Speaker Names:** David P. Loy, LRT, CTRS, Ph.D- Associate Professor, East Carolina University
Title of Session: "How to Make Your RT Assessments Valid & Reliable"
Session Description: The need to use valid and reliable assessments is critical to providing appropriate and effective RT services. Are you using an assessment and unaware if it is valid or reliable? This session will provide the RT practitioner knowledge to better understand the process of evaluating and determining the validity and reliability of assessment instruments.
- 4. Speaker Names:** Leandra Bedini, PhD, LRT/CTRS, Professor & Judy Kinney, PhD, LRT/CTRS, CCLS, Assistant Professor- Department of Community and Therapeutic Recreation, UNCG
Title of Session: Development of a Marketing Self-Assessment Tool in Recreation Therapy: Description and Application
Session Description: Previous research has shown that recreation therapists need more direction in terms of how to market recreation therapy (RT) as an evidence-based treatment service. This session will describe the results of a 2018 national study on marketing in RT (funded by NCRTA research award 2017) which was designed to create a self-assessment marketing tool. Participants will learn how the instrument was developed and how to use the newly revised 4-factor marketing self-assessment tool in their own settings and programs. Specifically, participants will be guided in using the results of their self-assessments to develop an individualized action plan to address specifically identified marketing needs in their own programs. The desired outcome is that the use of this instrument by CTRSs will enhance current marketing of RT to multiple targets (e.g., administration, therapists, families, clients, communities) through training, education, internal and external methods.
- 5. Speaker Name:** Becky Garrett, MS, LRT, CTRS, Executive Director of NCBRTL
Title of Session: NCBRTL has traveled far this year, come to hear the changes made!
Session Description: Occupational Licensing Boards went through several changes, requirements etc in 2016-17, this will be an overview of how this affected NC RT Board and therefore your license and what you need to know to keep compliant.
- 6. Speaker Name:** Danny Pettry II, M.Ed., M.S., N.C.C., C.T.R.S.
Title of Session: Evidenced-Based Outcomes for Self-Expression in Recreational Therapy

Brief Session Description: Improve the participant's master of implementing a journaling/ self-expression program when appropriate for an individualized recreational therapy intervention plan. The focus will be on the stress management and overall health outcomes through the use of journaling/ self-expression.

7. **Speaker Name:** Ashley Thomas, Founder and E.D. Bridge II Sports
Title of Session: How hospital and rehabilitation TR/RT programs can and should get involved with community adapted sport programs.
Session Description: Collaboration: Does it work and How? Learn from an 11-year history of Bridge II Sports on effective ways to collaborate, utilizing the skills of CRTS/CTRS in community-based programing. Learn how to work within the medial model with a bridge that strengthens the community partner to great success in outcomes.
8. **Speaker Names:** Amelia Saul, MS, LRT/CTRS & Matthew T. Fish, Ph.D., LRT/CTRS, LPCA, BCB
Title of Session: Stressed? Who Isn't? Mobile Health Techniques and Assessments for Practice
Session Description: This session will focus on the use and integration of mobile health applications for recreational therapists to use in their practice. With the rise of mobile applications, it is vital that recreational therapists be knowledgeable of reliable and evidence-based applications. We explore various mobile health interventions that are cost-effective, easy to use, and easily integrated to current or commencing stress management programs. Additionally, the presentation will include education and hands-on demonstration of standardized assessments, mobile health applications, and accountability techniques for recreational therapy clients.
9. **KEYNOTE Speaker Name:** Jessica Hauser- Wellness Coach, Nursing Home Administrator
Title of Program: Affects of RT Health and Well-Being on Patient Outcomes and Ways for Improvement!
Session Description: Since Recreational Therapists work with individuals who are mentally, physically, emotionally and/or developmentally disabled, it is of utmost importance that they have a strong foundation of health of their own in those areas. Life and work stress can easily impact the life of the RT, but also impact the outcomes of their patients. This session will help the audience evaluate their own foundation of health, encompassing mind, body, and spirit, while giving them the tools to improve their daily practices, so that their patients may receive better services and outcomes.
10. **Speaker Name:** Kayla Jakubczak, LRT/CTRS
Session Title: Community-Based Adaptive Sports and Recreation for Injured Service members
Session Description:90% of troops incur and survive traumatic injuries during combat and return to civilian life with lasting physical and/or psychological trauma. Many military service members are diagnosed with amputations, burns, brain injury, post-traumatic stress, and more; they are affected by these diagnoses across different health domains and often experience a decrease in confidence, self-esteem, sense of belonging, and sense of purpose as a result. Because military service members are affected on a holistic scale, recreation therapy is a good treatment option. After participating in TR/RT treatment and adaptive sports, injured service members reported an increase in self-esteem, confidence, independence, sense of belonging and community, and positive view of his/her disability.
This session introduces practitioners to the benefits of TR/RT interventions for injured service members. During the session, we will dive into the research behind adaptive sports and TR/RT, look at program examples, and learn how to develop a community-based TR/RT program for injured service members.
11. **Speaker Names:** John Rhodes, MS LRT/CTRS & Cari Sipe Owens, LRT/CTRS
Title of Session: Becoming Involved in NCRTA: Promoting the Advancement of Licensed Recreational Therapists in NC.
Session Description: Ever wonder what goes on behind the scenes of NCRTA? Come find out how NCRTA is supporting recreational therapists in the state of North Carolina. This session will cover NCRTA as an organization, what goes into conference planning, and where you fit in!
12. **Session Speaker:** Judy Kinney, PhD, LRT/CTRS, CCLS; Assistant Professor Department of Community and Therapeutic Recreation (CTR), UNC Greensboro
Title of Session: Pediatric Assessment

Session Description: This session will address the overall considerations when assessing children and highlight the differences between assessing adults and children. Key domains of pediatric assessment will be reviewed. The processes of formal and informal assessments will be discussed. Some pediatric assessment instruments will be identified. At various points in the session, participants will apply information presented using a case study to generate discussion of considerations that need to address during the assessment process based on individual needs. Key developmental considerations to be addressed when assessing children include applying developmental theories, developmental milestones, and child reactions to hospitalization by age group.

13. **Speaker Name:** Lei Guo

Title of Session: Application of Qi Gong and Meditation in RT

Session Description: This session will introduce Qi Gong and meditation as tools for recreational therapy practice. Qi Gong and meditation are very popular exercises in China for health. They can be practiced by almost anyone, especially for older adults who have limited physical movements.

14. **Speaker Names:** Ariel Malphrus, CDP, Recreational Therapy Student Western Carolina University & Jennifer Hinton, PH.D., LRT/CTRS, FDRT-Western Carolina University

Title of Session: Increasing involvement in RT service: Learning the motivations and constraints of volunteers

Session Description: What really entices individuals to become engaged in service? What would motivate potential volunteers for an RT department? How do we continue to encourage RT students (and practitioners!) to contribute their skills in their community? Come to this presentation to learn the preliminary results of a student-led research study into the functional reasons individuals have that choose to volunteer.

15. **Speaker Name:** Donica Conseen MS CTRS/LRT, QP

Title of Session: Promoting yourself as a Recreational Therapist for Jobs not labeled as TR/RT: Thinking Outside the Box

Session Description: Recreational Therapists have professional competencies that benefit many agencies, but many health and human services administrators are unaware of the profession or the CTRS credential. This session will provide education regarding jobs which are related to recreation therapy but are not titled recreation therapy. It will also education students and practitioners regarding additional practical credentials that you can obtain to enhance your search- including Associate Professionals and Qualified Professional. These jobs, what populations you can serve in these positions and why recreational therapists are a good fit for these positions will all be addressed.

16. **Speaker Name:** Donald McDonald

Title of Session: Addiction Recovery is a Process, not an Event

Session Description: This Session will educate participates on current addictions statistics and stigma. The presenter is the Executive Director of Addiction Professionals of North Carolina who will share his personal story of recovery from addictions, the current movement about language surrounding addiction, and a look into the stigma surrounding addiction. Learn more about battling addiction and the factors that can help lead to the road of recovery through the use of recreational therapy.

17. **Speaker Name:** John Rhodes

Title of Session: Hand Drumming Recreational Therapy Activities for a Diverse Population

Session Description: This Session will teach participants basic hand drumming and a handful of activities to use as Recreational Therapy interventions.

18. **Speaker Name:** Gina Powell

Title of Session: Reading is for Everyone

Session Description: This session will provide information on the importance of reading and how it helps the brain to increase functionality. Session attendees will also learn about who qualifies for services from the NC Library for the Blind and Physically Handicapped, how the library serves those people, and how to implement services into Recreational Therapy services.

19. **Speaker Name:** Deborah Logan, MS, LRT/CTRS, CDP- Western Carolina University

Title of Session: Escape: Escaping the mystery of using standardized assessments in practice.

Session Description: This interactive session will work to unlock the mystery of finding and using free assessments to identify needs and strengths to treat clients. We will discover ways to incorporate standardized assessment in practice and releasing the mystery of how to make this happen in a variety of settings.

20. **KEYNOTE Speaker Name:** Julie Bradwell, LRT/CTRS

Title of Session: Pearls of Wisdom: 30 years later

Session Description: Let's tour the past 30 years and see what we can learn from them to move forward another 30 years... plus! in with the new and out with old. But keep the history alive. What can you bring to the table? Let's learn from each other.

21. **Speaker Name:** Danny Pettry II, M.Ed., LPC, NCC, CTRS

Title of Session: Trauma Focused Recreational Therapy for Children and Adolescents

Session Description: In this session we will discuss possible symptoms of trauma in children and adolescents. Session attendees will also be able to identify recreational therapy interventions to treat trauma, including: psycho-education, relaxation skills training, affect regulation skills, interpersonal skills, and safety skills.

22. **Speaker Name:** Hayley Sink & Dan Johnson

Title of Session: **ACCESS of Wilmington: Community Based Recreation Therapy**

Session Description: This session will cover the development of non-profits, capital development, and local support for community-based recreation therapy. Programs will be covered of fitness, Miracle League baseball, and adapted sports.

23. **Speaker Name:** Ruth Ann Styron, MS, LPC

Title of Session: Recreational Therapy Interventions for Anxiety and Depression

Session Description: Anxiety and depression are prevalent disorders impacting a wide-range of populations. Anxiety and depression have similar presentations and can sometimes be mistaken for each other depending on the population. Anxiety and depression may also be comorbid, further complicating treatment. There are many effective interventions to alleviate the symptoms of anxiety and depression. Recreational therapists may have an essential role in the treatment of anxiety and depression while remaining within an appropriate scope of practice.

2017-2018 Board of Directors	
Miranda Evans	President
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2018-2019 Board of Directors	
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2019 Student & Professional Issues Forum



February 22nd, 2019
 Foothills Higher Education Conference Center
 Morganton, NC

2019 Annual NCRTA Conference



October 20th, 2019 - October 22nd, 2019
 Hilton Charlotte University Place Hotel
 Charlotte, NC

2018 Vendors



Danny W. Pettry, II, M.Ed., LPC, NCC, CTRS-BHS
Consultant/ Trainer/ Rec Therapist
RecTherapyToday/ RecTherapyCEUs
1509 Walnut St. # 5
Kenova, WV 25530
www.rectherapytoday.com



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