

CEU pre-approval is in process. ATRA and NCRTC cannot guarantee that this continuing education opportunity will be granted CEU's.

# North Carolina Recreational Therapy Association



## Student & Professionals Issues Forum

Friday, February 22, 2019

***Hosted by Western Piedmont Community  
College at  
Foothills Higher Education Conference  
Center***

2128 Sterling Street | Morganton, NC 28665

**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](http://www.ncrta.org) to find the link to Eventzilla to register for the 2019 NCRTA Student & Professional Issues Forum (SPIF).

In order to receive the reduced conference registration fee, you must register online and submit payment by 11:59PM on **February 12<sup>th</sup>, 2019**. 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](http://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  @OfficialNCRTA

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. On-site registration will also be available. Make all billing and payment inquiries to Alex Jones at [alexjones.john@gmail.com](mailto:alexjones.john@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](mailto:ncrtaconference@gmail.com). We request that accommodation requirements be made by **February 12<sup>th</sup>, 2019** so that we may fully meet your needs.

**HOTEL INFORMATION:**

Hampton Inn	<i>115 Bush Drive</i>	828-432-2000
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Mention discount code “NCRTA” in order to receive the \$109 rate

**CONFERENCE FEES:**

Membership Level	Before Feb 12th	After Feb 12th or On-Site
Professional Rates	\$40	\$45
Student Rates	\$20	\$25

**CONTINUING EDUCATION FORMS:**

CEU Forms (Professionals Only)	\$22.00
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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 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. 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 Foothills Higher Education Center relating to matters of safety and liability.

**PARKING:** Parking is free in the lot in front of the Foothills Higher Education Center.

## Conference Schedule at a Glance

*\*If you are attending sessions that are multi-part, you have to attend all sessions in that series to receive any CEU Credits*

7:30-8:45	Check-in/Registration .....	
7:30-8:45	Light Breakfast Provided by WPCC .....	
8:15-8:30	Welcome to SPIF, Announcements/Awards/Keynote Intro .....	<i>North Hall</i>
8:30-9:30	<b>Keynote Session</b>	
<b>Session 1</b>	<b>NCTRC Overview (0.10 CEU's)</b> .....	<i>North Hall</i>
	Presenter: Anne Richard, MS, LRT/CTRS, Executive Director and Robin McNeal, CTRS, Director of Credentialing	
9:30-9:45	Break	
9:45-11:15	Concurrent Sessions (Each session is 0.15 CEU's)	
<b>Session 2</b>	<b>Minibikes as Recreational Therapy:</b> .....	<i>Room A</i>
	<b>Promoting growth and resilience in displaced and at-risk youth through National Youth Project Using Mini Bikes (NYPUM)</b>	
	Presenter: Adam Scoot, MA, NCC, LRTA, LPCA	
<b>Session 3</b>	<b>How Can I Avoid Errors in my RT License Application?</b> .....	<i>Room B</i>
	<i>Student Track- No CEU's available</i>	
	Presenter: Becky Garrett, MS, LRT/CTRS	
<b>Session 4</b>	<b>Develop a Community Reintegration Program</b> .....	<i>Room C</i>
	Presenters: Julie Bradwell, LRT/CTRS	
11:15-12:30	Lunch on your own	
12:30-2:00	<b>Keynote</b>	
<b>Session 5</b>	<b>* How to Get Away with Unethical Decision Making</b> .....	<i>North Hall</i>
	Presenters: Sean Pumphery. MSW, LCSW	
2:15-2:30	Break	
2:30-4:00	Concurrent Sessions (Each session is 0.15 CEU's)	
<b>Session 6</b>	<b>Students: Understand How to Articulate Your</b> .....	<i>North Hall</i>
	<b>Professional Strengths and Weaknesses as You Navigate Recreational Therapy Interviews</b>	
	Presenters: Jennifer Hinton, Ph. D. LRT/CTRS, FDRT	
<b>Session 7</b>	<b>Stressed? There's an App for That! Recreational Therapy</b> .....	<i>Room B</i>
	<b>Interventions Using Mobile Health Apps</b>	

Presenter: Amelia Saul, MS LRT/CTRS

- Session 8** \* **PART 1- A Puzzling Implementation Endeavor** ..... *Room D*  
**in Recreational Therapy: Application of the APIE process within a**  
**“puzzle room” intervention**  
 Presenters: Alex Jones, LRT/CTRS, Sergio Mancilla, & Travis Tweed,  
 LRT/CTRS Supervisor
- Session 9** **Becoming Involved in NCRTA:** ..... *Room C*  
**Promoting the Advancement of Licensed Recreational Therapists in**  
**NC**  
 Presenter: John Rhodes, MS LRT/CTRS and Cari Sipe Owens, LRT/CTRS
- 4:00-4:15 Break
- 4:15-5:15 Concurrent Sessions (Each session is 0.15 CEU’s)
- Session 10** **NCTRC Internship Guidelines:** ..... *North Hall*  
**Ensuring a Quality Internship**  
 Presenters: Anne Richard, MS, LRT/CTRS, Executive Director and Robin  
 McNeal, CTRS, Director of Credentialing
- Session 11** **Therapeutic Interventions within** ..... *Room B*  
**Mental and Behavioral Health**  
 Presenter: Lacey Burgess Hatley, MS, CTRS/LRT
- Session 12** \* **PART 2- A Puzzling Implementation Endeavor** ..... *Room D*  
**in Recreational Therapy: Application of the APIE process within a**  
**“puzzle room” intervention**  
 Presenters: Alex Jones, LRT/CTRS, Sergio Mancilla, & Travis Tweed, LRT/CTRS  
 Supervisor

## Full Conference Schedule

### CEU Session #1-Keynote:

#### ***NCTRC Overview (0.10 CEU’s)***

Presenter: Presenter: Anne Richard, MS, LRT/CTRS, Executive Director and Robin McNeal, CTRS, Director of Credentialing

This session will focus on various aspects of the NCTRC Certification Program including applying for professional eligibility, recertification requirements, and areas of specialization. In addition, the speaker will provide an overview of the results from the most recent job analysis study, changes to the certification standards, special projects, and NCTRC news from the past year.

### CEU Session #2:

#### ***Minibikes as a Recreational Therapy: Promoting growth and resilience in displaced and at-risk youth through the National youth Project Using Minibikes (NYPUM) (0.15 CEU’s)***

Presenter: Adam Scott, MA, NCC, LRTA, LPCA

This session will focus on the therapeutic use of minibikes with youth in out-of-home placements, in the custody of DSS, or otherwise deemed “at-risk.” The National Youth Project Using Minibikes (NYPUM) offers a rich and beneficial program for youth ages 10-17 to develop positive relationships with adult mentors, to learn essential life skills in every functional domain - social, physical, emotional, cognitive, and spiritual, and to achieve the 5 important goals of leisure independence - perceived competence, perceived control, focus and flow, meaningful experience, and fun and enjoyment. The program application of NYPUM at Southmountain Children and Family Services (SMCFS) also includes a strong emphasis on understanding and cultivating both the core behavioral components of team-building and the protective factors of resilience as central underlying themes throughout the course. This program offers both preventive benefits and rehabilitative benefits as a recreational therapy treatment option for a population predictably vulnerable to adverse social outcomes in the future, and functionally affected by a host of adverse childhood experiences (ACEs) like abuse, neglect, grief and loss, and trauma, in the present.

**CEU Session #3:**

***How Can I Avoid Errors in my RT License Application?***

*Student Track- No CEU's Available*

Presenter: Becky Garrett, MS, LRT/CTRS

This session gives an overview of what forms and additional required documents are needed to obtain your license as quickly as possible. Learn how to use the NCBRTL online application process.

**CEU Session #4:**

***Develop a Community Reintegration Program (0.15 CEU's)***

Presenters: Julie Bradwell, LRT/CTRS

Your consumers are nervous, afraid, and apprehensive to go out into the “real” world after hospitalization. It is our job to make sure they have the knowledge for a successful outcome to reintegrate back into society once they have been injured or are newly diagnosed. This session will provide a comprehensive overview of what to include in a

**CEU Session #5:**

***How to Get Away with Unethical Decision Making (0.15 CEU's)***

Presenters: Sean Pumphery, MSW, LCSW

Most presentations and talks on ethics delineate what the Code of ethics consist of and present case histories of what occurred in unethical behavior. This presentation utilizes a dynamic, research informed format which may assist students, professionals, and clients to become more self-aware; therefore, prevent or overcome ethical breaches. There are fascinating reasons why ethics are compromised and include but not limited: self-attribution, emotional states, creativity, altruistic beginnings, ego depletion, and moral erosion. This workshop will assist in preventing unethical breaches include but are not limited to: monitoring, honor pledge, slow ethical consideration, moral saliency, and changing frame of reference.

**CEU Session #6:**

***Students: Understand how to articulate your professional strengths and weaknesses as you navigate recreational therapy interviews (0.15 CEU's)***

Presenters: Jennifer Hinton, Ph.D., LRT/CTRS, FDRT

Representing yourself professionally in recreational therapy is vitally important! In this session, students will have an opportunity to better understand expected job tasks of the RT intern, identify strengths and weaknesses related to job tasks and personal qualities, and practice articulating those strengths and weaknesses in a professional manner.

**CEU Session #7:**

***Stressed? There's an App for That! Recreational Therapy Interventions Using Mobile Health Apps (0.15 CEU's)***

Presenters: Amelia Saul, MS LRT/CTRS

Stress is a vital part of an individual's life, but too much stress can have negative effects on your body, mood, and behavior. As Recreational Therapists, we are always looking for new and innovative ways to improve our interventions. This session will discuss what stress is, the effects of stress, and will demonstrate a variety of evidence-based mobile health interventions that can be done with Recreational Therapy clients of any age. Participants in this session will leave with a wealth of knowledge about helpful, cost-effective tools that can be used to assess stress and ways to help reduce symptoms of stress.

**CEU Session #8:**

***PART I- A Puzzling Implementation Endeavor in Recreational Therapy: The application of the APIE process within a "puzzle room" intervention. (0.15 CEU's)*** *This session is divided into 2 parts, you must attend both of the sessions to receive the CEU credit*

Presenters: Alex Jones, LRT/CTRS, Sergio Mancilla, & Travis Tweed, LRT/CTRS Supervisor

This session will provide participants an opportunity to complete an uncommon intervention strategy to reach common patient goals in recreational therapy; specifically detailing how and why the implementation of a puzzle room intervention is applicable to the APIE process.

**CEU Session #9:**

***Becoming Involved in NCRTA: Promoting the Advancement of Licensed Recreational Therapists in NC. (0.15 CEU's)***

Presenters: John Rhodes, MS LRT/CTRS & Cari Sipe Owens, LRT/CTRS

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!

**CEU Session #10:**

***NCTRC Internship Guidelines: Ensuring a Quality Internship (0.15 CEU's)***

Presenters: Anne Richard, MS, LRT/CTRS, Executive Director & Robin McNeal, CTRS, Director of Credentialing.

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 in depth coverage of the NCTRC Internship Standard. The information is geared to internship supervisors and will discuss how to successfully develop an internship experience. It will include the requirements necessary to complete an internship experience and requirements to maintain certification.

**CEU Session #11:**

***Therapeutic Interventions within Mental and Behavioral Health (0.15 CEU's)***

Presenters: Lacey Burgess Hatley, MS, CTRS/LRT

During this session participants will be educated on a number of different mental health diagnoses and Recreational therapy goals related to each. Participants will be educated on different intervention techniques to utilize with clients with mental and behavioral health issues, followed by hands on demonstrations of different interventions.

**CEU Session #12:**

***PART 2- A Puzzling Implementation Endeavor in Recreational Therapy: The application of the APIE process within a “puzzle room” intervention. (0.15***

***CEU's)*** *This session is divided into 2 parts, you must attend both of the sessions to receive the CEU credit*

Presenters: Alex Jones, LRT/CTRS, Sergio Mancilla, & Travis Tweed, LRT/CTRS Supervisor

This session will provide participants an opportunity to complete an uncommon intervention strategy to reach common patient goals in recreational therapy; specifically detailing how and why the implementation of a puzzle room intervention is applicable to the APIE process.

**Available CEU's to each attendee (PENDING): = Up to 0.7 CEU's**