

# **NORTH CAROLINA RECREATIONAL THERAPY ASSOCIATION**

## **32<sup>nd</sup> Annual NCRTA Conference**



**Hilton Greenville  
207 SW Greenville Boulevard  
Greenville, NC 27834**

**Monday, October 3<sup>rd</sup>, 2022- Tuesday, October 4<sup>th</sup>, 2022**

**[www.ncrta.org](http://www.ncrta.org)**

## **2022 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](http://www.ncrta.org) to register for the 2022 NCTRA Annual Conference. Follow us on social media or sign up for NCRTA e-mails for the latest conference updates.

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 BY WEDNESDAY, SEPTEMBER 21ST. 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:**

Your membership must be effective prior to registering for the conference. All non-members will be subject to a non-member convenience fee which is an additional \$50 and will not include a membership. All memberships will be verified the day of conference at check-in. 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](http://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 CEUs. 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](mailto:ncrtaconference@gmail.com). Cancellations marked before September 20th, 2022, will receive a full refund minus a \$50 processing fee. After September 20th, 2022, 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 3rd, 2022, 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, 2022, by contacting John Rhodes at [ncrtaconference@gmail.com](mailto: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 Hilton must agree to abide by the hotel policies relating to matters of safety and liability.

# 2022 Annual Conference Fee Schedule

<b>Early Registration Rates</b> <b>Ends Wednesday, August 31st, 2022</b>	
Monday One Day Professional	\$ 170
Tuesday One Day Professional	\$ 160
Two Day Professional (Monday and Tuesday)	\$ 270
Monday One Day Student	\$ 150
Tuesday One Day Student	\$ 140
Two Day Student (Monday and Tuesday)	\$ 250
Non-Members Fee	\$ 50
CEUs (required to get Continuing Education Credit)	\$ Included in Professional
<b>1<sup>st</sup> Increased Rates</b> <b>Ends September 9<sup>th</sup>, 2022</b>	
Monday One Day Professional	\$ 180
Tuesday One Day Professional	\$ 170
Tw Day Professional (Monday and Tuesday)	\$ 280
Monday One Day Student	\$ 160
Tuesday One Day Student	\$ 150
Two Day Student (Monday and Tuesday)	\$ 260
Non-Members Fee	\$ 50
CEUs (required to get Continuing Education Credit)	\$ Included in Professional
<b>Late Registration</b> <b>All Registrations End September 21st, 2022</b>	
Monday One Day Professional	\$ 190
Tuesday One Day Professional	\$ 180
Two Day Professional (Monday and Tuesday)	\$ 310
Monday One Day Student	\$ 170
Tuesday One Day Student	\$ 160
Two Day Student (Monday and Tuesday)	\$ 280
Non-Members Fee	\$ 50
CEUs (required to get Continuing Education Credit)	\$ Included in Professional
<b>On-Site Registration</b>	
<b>Limited Onsite Registrations on day of conference are limited to 20 people and meals are NOT guaranteed</b>	
Monday One Day Professional	\$ 205
Tuesday One Day Professional	\$ 195
Two Day Professional (Monday and Tuesday)	\$ 325
Monday One Day Student	\$ 185
Tuesday One Day Student	\$ 175
Two Day Student (Monday and Tuesday)	\$ 295
Non Members Fee	\$ 50
CEUs (required to get Continuing Education Credit)	\$ Included in Professional

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. CEUs 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

Hilton Greenville  
207 SW Greenville Boulevard  
Greenville, NC 27834

(252) 355-5000

Call above to reserve  
Mention NCRTA for discounted  
rate

**Must book by September 9<sup>th</sup>,  
2022**

Hilton Greenville:  
Single Room: \$149.00  
Double Room: \$149.00

Holiday Inn  
Single \$119.00  
Double: \$119.00

# Conference Agenda

Monday, October 3<sup>rd</sup>  
**Full Conference Day One**

Time	Session Title	Session Presenters	Session Number	Location	CEUs
7:00am-8:00am	<b>Check-In/ Registration</b>			LOBBY	
7:45am-8:00am	Welcome & NCRTA Announcements				
8:00am-9:30m	<b>Concurrent Sessions:</b>				
	Make Stuff. Feel Better. The utilization of Scribl expressive art workshops in Recreational Therapy.	Katina Hilliard	1	TBD	0.15
	NCBRTL: More Than a Credentialing Board, What Are the Misconceptions?	Becky Garrett	2	TBD	0.15
	Changing North Carolina One Spot at a Time: How RTs Can Promote Social Change	Dr. David Loy, Brendon Hildreth, and Darcy Hildreth	3	TBD	0.15
9:30am-9:45am	<b>Break</b>				
9:45am-11:15am	<b>Concurrent Sessions:</b>				
	Recharge Your RT Batteries: How ATRA Empowers Recreational Therapists	Brent Wolfe	4	TBD	0.15
	Recreation Therapy services in a federal correction setting	John Rhodes	5	TBD	0.15
	NCBRTL/Educator forum	(No CEUs offered)		TBD	0.15
11:15am-11:45am	<b>Break</b>				
11:45am-12:45pm	<b>LUNCH BUFFET SERVED</b>			LOBBY	
12:45pm-2:15pm	<b>Keynote Session: "Hello" – A Introduction to Meaningful Conversations about Living and Dying</b>	Mary Lou Infinito	6	TBD	0.15
2:15pm-2:45pm	<b>Break</b>				
2:45pm-4:15pm	<b>Concurrent Sessions:</b>				
	When a therapist needs therapy: when, who, and how to ask for help.	Becky Halioua	7	TBD	0.15

	Creating Quality Internships for Community & Non-Profit Sites	Nicole Kohler	8	TBD	0.15
	Chair Chi: Seated Tai Chi for the movement impaired populations	Pat Griffith	9	TBD	0.15
5:00pm-7:00pm	<b>ECU and NCRTA SOCIAL:</b> <b>Come join ECU and NCRTA for some Recreational Therapy Social Time</b> <b>Offsite Social: Bar/Restaurant Social</b> <b>Location: TBD</b>				
<b><u>Total CEUs Available Per Person for Monday:</u></b> <b>0.6 CEUs</b>					
<b><u>Tuesday, October 4<sup>th</sup></u></b> <b><i>Full Conference Day 2</i></b>					
Time	Session Title	Session Presenters	Session Number	Location	CEUs
7:00am-8:00am	<b>Check-In/ Registration</b>			LOBBY	
8:00am-9:00am	Inclusive Fitness Interventions in Recreation Therapy	Jennifer S Bell	10	TBD	0.10
	Cognitive Remediation – A recreational therapist’s approach	John Rhodes	11	TBD	0.10
	Gain Control of Your Stress: Evidence-Based Techniques to Teach Yourself and Your Recreational Therapy Clients	Dr. Amelia Saul	12	TBD	0.10
9:00am-9:15am	<b>Break</b>				
9:15am-10:45am	<b>Concurrent Sessions:</b>				
	The Use of Community Reintegration Programs for Adults on Acute Inpatient Psychiatric Units	Shannon Russell	13	TBD	0.15
	Exploring the Next Generation of Adaptive Sports and Recreation: Windsports	Dr. Cari Autry and Dr. David Loy	14	TBD	0.15
	Caring for the Caregiver: The importance of Leisure for Recreational Therapists	Brent Wolfe	15	TBD	0.15
10:45am-11:15am	<b>Hotel Check Out/ Break</b>				
11:15am-11:45pm	Lunch Served			Lobby	
11:45pm-12:15pm	NCRTA Business Meeting & Induction of 2022-2023 Board of Directors			TBD	

12:15pm-1:45pm	<b>Keynote Session:</b> The Humanitarian Response to Substance Use Disorders	Jarmichael R. Harris	16	Lakeshore Ballroom	0.15
1:45pm-2:00pm	<b>Break</b>				
2:00pm-3:00pm	<b>Concurrent Sessions:</b>				
	Coastal Adventures: Overcoming Barriers using Adaptive Sports on the Coast	MK Boone	17	University Ballroom A & B	0.10
	Mindfulness in RT: Implementation of Adapted Yoga, Meditation, and Breathing	Aron Lanie and Maegan Ellison	18	University Ballroom C	0.10
3:30pm-4:00pm	<b>Conference Conclusion: Turn in CEU SHEETS</b>			LOBBY	

**Total CEUs Available Per Person for Tuesday:**  
**0.50 CEUS**

**Total CEUs For Monday & Tuesday Per Person:**  
**1.1 CEUS**

## Session Descriptions

*Description corresponds with session number. For example, number 6 is the description for session 6.*

1. **Speaker Name:** Katina Hillard  
**Title of Program:** Make Stuff. Feel Better. The utilization of Scribl expressive art workshops in Recreational Therapy.  
**Session Description:** This session will provide foundational knowledge about the PeaceLove Program and Scribl workshops, which trains professionals in various expressive art sessions that can be utilized in a variety of settings. In the presentation, we will explore the PeaceLove story, the difference between expressive arts and other forms of art, possible outcomes of each session, and how the program teaches individuals to create a safe environment through encouragement, active listening, reflection, and sharing. Additionally, the presentation will include a hands-on approach to assist attendees in understanding how the PeaceLove program can be utilized within the Recreational Therapy setting.
  
2. **Speaker Name:** Becky Garrett  
**Title of Program:** NCBRTL: More Than a Credentialing Board, What Are the Misconceptions?  
**Session Description:** Recreational Therapy state licensing is often misunderstood, and disciplinary actions often come with confusion. This session will help participants understand the differences between the many recreational therapy organizations, title protection and the varying roles and agencies that govern our profession.
  
3. **Speaker Name:** Dr. David Loy, Brendon Hildreth, and Darcy Hildreth

**Title of Program:** Changing North Carolina One Spot at a Time: How RTs Can Promote Social Change  
**Session Description:** The International Sign of Accessibility (ISA) for designed and implemented in 1968. This symbol or icon represents an image of disability that is outdated and no longer acceptable for the public perception of disability. A new icon has recently been developed and there is a nationwide movement for social change to accept and adopt the new accessibility icon. Recreational therapy has always had a critical role in advocacy and promoting social change for individuals with disabilities. Learn about this new icon of disability accessibility and what the recreational therapy profession can do in North Carolina to promote this social change.

4. **Speaker Name:** Dr. Brent Wolfe

**Title of Program:** Recharge Your RT Batteries: How ATRA Empowers Recreational Therapists

**Session Description:** At the heart of what every recreational therapist does is empowerment. We empower our clients to overcome barriers. We empower our clients to attempt new challenges. We empower our clients to enhance their quality of life. At the core of every recreational therapist's daily job is the idea of empowering others. But who is empowering recreational therapists? Who is looking out for recreational therapists the way recreational therapists look out for others? The answer to this question is the American Therapeutic Recreation Association (ATRA). This session will look at the idea of how ATRA lives its mission to empower recreational therapists. Additionally, we will discuss ideas on how engagement leads to empowerment.

5. **Speaker Name:** John Rhodes

**Title of Program:** Recreational Therapy in a federal corrections facility.

**Session Description:** Recreation Therapy in correction setting is an ever-expanding field and is often hidden in the background. Come learn about what goes on in the day in the life of a recreation therapist for the bureau of prisons.

6. **Speaker Name:** Mary Lou Infinito

**Title of Program:** "Hello" – A Introduction to Meaningful Conversations about Living and Dying

**Session Description:** The opportunity to acquire additional knowledge about yourself and others through interactive exchange and sharing of your current understandings of "Quality of Life" for yourself and others.

7. **Speaker Name:** Becky Halioua

**Title of Program:** When a therapist needs therapy: when, who, and how to ask for help.

**Session Description:** As therapists we are really good at giving advice, but we don't always practice what we preach. When we go through a traumatic event it can be hard for us to recognize the same signs and symptoms of stress and trauma in ourselves as we do in our patients. What do we do when we realize things aren't working? Who do we ask for help, and how do we get it? *\*Disclaimer: this session will discuss Domestic Violence and may be triggering for some attendees.*

8. **Speaker Name:** Nicole Kohler

**Title of Program:** Creating Quality Internships for Community & Non-Profit Sites

**Session Description:** Recreation Therapy Internships are not just for clinical sites! For practitioners in non-clinical sites like community parks & recreation and non-profit organizations, NCTRC requirements for internships may seem intimidating, but in this session, you'll find out that you're likely already doing everything that's required and can easily give your students a very valuable experience. We'll break down the NCTRC job task domains and apply



them to a site just like yours so you can see how simple it can be to implement in your agency. Creating quality internships creates quality professionals that we'll work alongside someday. We'll also discuss collaboration with local universities, internship projects and evaluation tools. Leave this session with tangible tools to implement at your site and prepare to equip the next generation of leaders and practitioners.

9. **Speaker Name:** Pat Griffith

**Title of Program:** Chair Chi: Seated Tai Chi for the movement impaired populations

**Session Description:** Chair Chi is a gentle exercise program developed by Pat Griffith to help people receive the benefits of traditional Tai Chi Chuan in the comfort and safety of their chair. This allows people who cannot stand or do not feel confident with their balance, to participate.

10. **Speaker Name:** Jennifer S Bell

**Title of Program:** Inclusive Fitness Interventions in Recreation Therapy

**Session Description:** This session provides an overview of using fitness as a Recreation Therapy intervention in multiple RT workplace settings.

The session includes the need for physical activity among those living with a disability diagnoses, and reviews the assessment, planning, implementation, and evaluation process of a fitness program. This session includes example exercises, equipment, adaptations utilized for specific populations, safety and risk considerations, and resources for additional study.

11. **Speaker Name:** John Rhodes

**Title of Program:** Cognitive Remediation – A recreational therapist's approach

**Session Description:** Cognitive Remediation is an excellent tool for a recreational therapist who is working in a behavioral health setting to have in their toolbox. This intervention focuses on targeted cognitive skills that need to be address and strengthened.

12. **Speaker Name:** Dr. Amelia Saul

**Title of Program:** Gain Control of Your Stress: Evidence-Based Techniques to Teach Yourself and Your Recreational Therapy Clients

**Session Description:** Is the stress you are feeling becoming overwhelming? What do you do when you begin to feel overwhelmed? What if you could learn techniques to help you regain control of your life through evidence-based stress management techniques? The purpose of this session is to teach you specific evidence-based stress management techniques that you can practice daily to help in regaining control over your life while minimizing your stress and anxiety. These techniques may be beneficial to not only you but also to your recreational therapy clients in a variety of settings including Behavioral Health, Physical Rehabilitation, Geriatrics, Adolescents and Children, Substance Abuse and Addiction, and Community-Based Settings.

13. **Speaker Name:** Shannon Russell

**Title of Program:** The Use of Community Reintegration Programs for Adults on Acute Inpatient Psychiatric Units

**Session Description:** Adults admitted to an acute psychiatric unit are required to remain on the unit until the day of discharge, often causing difficulties with transitioning back into the community. Community reintegration is used to help individuals transition from an institutionalized setting into their community by providing education, skill development, and

community resources to assist with community engagement and participation. This session will cover an introduction to the benefits of using community reintegration programs with adults on an acute inpatient psychiatric unit, current evidence-based practices within the field of recreation therapy, and a practical guide to implementing this type of program within your recreational therapy practice.

14. **Speaker Name:** Dr. Cari Autry and Dr. David Loy

**Title of Program:** Exploring the Next Generation of Adaptive Sports and Recreation: Windsports

**Session Description:** Advances in technology are allowing individuals with disabilities to explore and participate in windsport activities as the newest brand of adaptive adventure sports available as interventions in recreational therapy. This session will introduce several types of windsports that facilitate and empower independence through the use of wind including kiting, kiteboarding, hang gliding, paragliding, and sailing on land and water. The session will also include for each of these windsport activities evidence-based outcomes, practical adaptations, techniques, personal experiences, equipment, and resources for practitioners as well as participants. Connecting with nature and the power of the wind has never been so available to individuals with disabilities.

15. **Speaker Name:** Dr. Brent Wolfe

**Title of Program:** Caring for the Caregiver: The importance of Leisure for Recreational Therapists

**Session Description:** At the heart of what every recreational therapist does is empowerment. We empower our clients to overcome barriers. We empower our clients to attempt new challenges. We empower our clients to enhance their quality of life. At the core of every recreational therapist's daily job is the idea of empowering others. But who is empowering recreational therapists? Who is looking out for recreational therapists the way recreational therapists look out for others? The answer to this question is the American Therapeutic Recreation Association (ATRA). This session will look at the idea of how ATRA lives its mission to empower recreational therapists. Additionally, we will discuss ideas on how engagement leads to empowerment.

16. **Speaker Name:** Jarmichael R. Harris

**Title of Program:** The Humanitarian Response to Substance Use Disorders

**Session Description:** The language we use has remarkable impacts on how society views mental health and substance use disorders. Whether you are a person in recovery, a family member of a person in recovery, or an ally like myself, I believe that when we change our language, we can change our culture. We are Change Agents.

17. **Speaker Name:** MK Boone

**Title of Program:** Coastal Adventures: Overcoming Barriers using Adaptive Sports on the Coast

**Session Description:** I will be discussing our organization's take on adaptive sports by taking advantage of living next to the Atlantic coast. We will be discussing the positive outcomes of having adaptive sports in the ocean, lakes, and on the beaches of Wilmington. The benefits will be discussed mostly in subjective opinions on a person-to-person basis since IRB approval would take months to acquire to show any more data than just opinions. The prominent areas for this discussion include foundational knowledge and advancement of the profession.

18. **Speaker Name:** Aron Lanie and Maegan Ellison


**Title of Program:** Mindfulness in RT: Implementation of Adapted Yoga, Meditation, and

## Breathing

**Session Description:** Session will include an introduction to mindfulness practices including yoga asana, breathing practices, and meditation. A review of the benefits of mindfulness practices will be presented alongside methods of implementation in various RT settings, populations, and interventions. An experiential and adapted yoga practice including seated yoga asana, breathing practice, and a guided meditation will be facilitated by the speakers. This session is aimed at anyone in the field looking to incorporate mindfulness and yoga-based interventions into their practice.

CEUS Pending

2021-2022 Board of Directors	
Maegan Ellison	President
Dr. Amelia Saul	Past-President
Candice Moore	Secretary
John Rhodes	President Elect
John Alex Jones	Treasurer
Becky Halioua	Member at Large
Hannah Starnes	Member at Large
Crystal Burton	Member at Large
Vacant	Member at Large
John Rhodes	Conference Planning Chair
Aron Lanie	Student Representative
Haley Cartette	Student Representative

**2023 Student and Professional Issues  
Forum**  
 February 2023  
 Catawba College  


# 2023 Annual NCRTA Conference

Fall 2023

**Doubletree by Hilton Asheville Biltmore**  
 115 Hendersonville Road Asheville, NC 28803

