

NORTH CAROLINA RECREATIONAL THERAPY ASSOCIATION

33rd Annual NCRTA Conference



**Hilton DoubleTree Asheville - Biltmore
115 Hendersonville Road,
Asheville, NC 28803**

Monday, October 2nd, 2023- Tuesday, October 3rd, 2023

www.ncrta.org

2023 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 2023 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 THURSDAY, SEPTEMBER 21ST. There will only be Limited 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.

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. Cancellations marked before September 20th, 2023, will receive a full refund minus a \$50 processing fee. After September 20th, 2023, 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, 2023, 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, 2023, by contacting John Rhodes at ncrtaconference@gmail.com. All meal requests for allergies, gluten free, dairy free, and vegetarian meals should be communicated via email to ncrtaconference@gmail.com 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.

2023 Annual Conference Fee Schedule

Early Registration Rates	
Ends Wednesday, August 31st, 2023	
Monday One Day Professional	\$ 130
Tuesday One Day Professional	\$ 150
Two Day Professional (Monday and Tuesday)	\$ 260
Monday One Day Student	\$ 110
Tuesday One Day Student	\$ 130
Two Day Student (Monday and Tuesday)	\$ 230
Non-Members Fee	\$ 50
CEUs (required to get Continuing Education Credit)	\$ Included in Professional
1st Increased Rates	
Ends September 10th, 2023	
Monday One Day Professional	\$ 140
Tuesday One Day Professional	\$ 160
Tw Day Professional (Monday and Tuesday)	\$ 280
Monday One Day Student	\$ 120
Tuesday One Day Student	\$ 140
Two Day Student (Monday and Tuesday)	\$ 240
Non-Members Fee	\$ 50
CEUs (required to get Continuing Education Credit)	\$ Included in Professional
Late Registration	
All Registrations End September 21st, 2023	
Monday One Day Professional	\$ 150
Tuesday One Day Professional	\$ 170
Two Day Professional (Monday and Tuesday)	\$ 300
Monday One Day Student	\$ 130
Tuesday One Day Student	\$ 150
Two Day Student (Monday and Tuesday)	\$ 250
Non-Members Fee	\$ 50
CEUs (required to get Continuing Education Credit)	\$ Included in Professional
On-Site Registration	
Limited Onsite Registrations on day of conference are limited to 20 people and meals are NOT guaranteed	
Monday One Day Professional	\$ 175
Tuesday One Day Professional	\$ 185
Two Day Professional (Monday and Tuesday)	\$ 325
Monday One Day Student	\$ 130
Tuesday One Day Student	\$ 150
Two Day Student (Monday and Tuesday)	\$ 250
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 DoubleTree Asheville – Biltmore

115 Hendersonville Road,
Asheville, NC 28803

(828) 274-1800

Hilton DoubleTree:

King Room: \$169.00

Double Room: \$169.00

Call above to reserve
Mention NCRTA for discounted
rate

**Must book by September 10th,
2023**

Booking Link!

<https://www.hilton.com/en/attend-my-event/avlbnmdt-rta-bof3cd48-94db-4283-8f1f-01cd4c880a9f/>

Conference Agenda

Specialization Area: The Specialization Area Designation on the CTRS credential is used to indicate recreational therapy experience and focused continuing education within a specified area of practice, both of which are necessary components for advancing competence in practice. Sessions marked as a “Specialization Area” for this event have been pre-approved for the corresponding NCTRC specialty area designation. See “session descriptions” for additional details.

Monday, October 2nd **Full Conference Day One**

Time	Session Title	Session Presenters	Session Number	Location	CEUs
7:00am-8:15am	Check-In/ Registration			LOBBY	
8:00am-8:15am	Welcome & NCRTA Announcements				
8:15am-9:15m	Concurrent Sessions:				
	Encouraging Teambuilding Skills in Individuals with Intellectual/Development Disabilities Utilizing a Tent and Simple Adaptations <i>*Specialization Area</i>	Rich Phuong	1	Burghley	0.1
	Therapeutic Sailing for Individuals with Physical Disabilities: Virtual Reality to Reality <i>*Specialization Area</i>	Dr. Cari Autry and Dr. Stephen Anderson	2	Stuyvesant	0.1
	The role of the Recreational Therapist at Soldier Recovery Units with Active Duty Military	Ariel Bailey and Jenn Trantin	3	Vanderbilt	0.1
9:15am-9:30am	Break				
9:30am-11:00am	Concurrent Sessions:				
	What Have You Done For Me Lately: An Update from ATRA	Dr. Brent Wolfe	4	Stuyvesant	0.15
	Chair Chi: Seated Tai Chi for the movement impaired population <i>*Specialization Area</i>	Pat Griffith	5	Burghley	0.15
11:00am-12:45pm	Lunch On Your Own			LOBBY	
12:45pm-1:45pm	Concurrent Sessions:				
	Functional Fitness in Recreation Therapy <i>*Specialization Area</i>	Jennifer S. Bell	6	Stuyvesant	0.1
	Overcoming Burnout	Lacey Burgess Hatley	7	Vanderbilt	0.1
	Farm Animal-Assisted Therapy for Individuals with Autism	Mackenzie Dolecheck	8	Burghley	0.1

	Spectrum Disorder: Parent's Perspectives <i>*Specialization Area</i>				
1:45pm-2:00pm	Break				
2:00pm-3:30pm	Concurrent Sessions:				
	"Driving EAST: An RT's voyage into 24/7 care for a veteran living with a TBI" <i>*Specialization Area</i>	Lauren Driver	9	Burghley	0.15
	Adaptive Cycling: Get Out & Ride <i>*Specialization Area</i>	Rebecca Halioua and Eric Gray	10	Stuyvesant	0.15
6:00pm-8:00pm	NCRTA SOCIAL: 6-8pm Come join NCRTA for some Recreational Therapy Social Time Onsite Social: TGI Fridays (directly next to hotel) Offsite Social: Hi-Wire Brewing (284 Lyman St location)				

Total CEUs Available Per Person for Monday:
0.5 CEUs



Tuesday, October 3rd
Full Conference Day 2

Time	Session Title	Session Presenters	Session Number	Location	CEUs
7:00am-8:00am	Check-In/ Registration			LOBBY	
8:00am-9:00am	Concurrent Sessions:				
	What's New With NCBRTL?	Becky Garrett	11	Vanderbilt	0.10

	A Review of Assessments for Older Adults receiving RT Services: A Chance to Practice while the Weighing Pros and Cons of Standardized and Non-Standardized Assessments <i>*Specialization Area</i>	Dr. Kailtin Mueller	12	Burghley	0.10
	Emotional Intelligence for Mental Health Populations <i>*Specialization Area</i>	Hannah Strayer	13	Stuyvesant	0.1
9:00am-9:15am	Break				
9:15am-10:45am	Concurrent Sessions:				
	NCRTA, recreational therapists working together to advance recreational therapist in North Carolina.	John Rhodes and Kelsie Boykin	14	Stuyvesant	0.15
	A New Horizon: How Community Integrated Service Delivery is Changing the Face of RT	Katie Vara and Keneshia Oguntayo	15	Burghley	0.15
10:45am-11:15am	Hotel Check Out/ Break				
11:15am-11:45pm	Lunch Served			Lobby	
11:45pm-12:15pm	NCRTA Business Meeting & Induction of 2023-2024 Board of Directors			Burghley	
12:15pm-1:45pm	Keynote Session: Developing a Growth Mindset as a Recreational Therapist	Dr. Brent Wolfe	16	Burghley	0.15
1:45pm-2:00pm	Break				
2:00pm-3:30pm	Concurrent Sessions:				
	Recreation Therapy on the inside, RT services in a federal correction setting	John Rhodes	17	Burghley	0.15
	ATRA Quality Internships Statement Manual and Training Update	Deborah Logan and Joan Sutton	18	Stuyvesant	0.15
3:30pm-4:00pm	Conference Conclusion: Turn in CEU SHEETS			LOBBY	

Total CEUs Available Per Person for Tuesday:
0.55 CEUS

Total CEUs For Monday & Tuesday Per Person:
1.05 CEUS



Session Descriptions

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

- 1. Speaker Name:** Rich Phuong
Title of Program: Encouraging Teambuilding Skills in Individuals with Intellectual/Developmental Disabilities Utilizing a Tent and Simple Adaptations (***NCRTC Specialization Preapproved: Developmental Disabilities***)
Title of Program: This session will be centered on techniques utilizing the process of setting up tent to foster teambuilding skills in individuals with intellectual/developmental disabilities. The session will also include an explanation of the adaptations we have used with this intervention and the results of them; as well as a physical demonstration of the activity along with an exposition of behaviors and tendencies observed during facilitation.
- 2. Speaker Name:** Dr. Cari Autry and Dr. Stephen Anderson
Title of Program: Therapeutic Sailing for Individuals with Physical Disabilities: Virtual Reality to Reality (***NCRTC Specialization Preapproved: Adaptive Sports and Recreation***)
Session Description: “I can’t change the direction of the wind, but I can adjust my sails to always reach my destination” (Dean). Metaphorically and literally, therapeutic sailing can address various physical, cognitive, emotional, and social functional outcomes for individuals with disabilities. It is a recreational therapy intervention that also allows for inclusive participation with those without disabilities. Virtual Reality Sailing Simulators (VRSSs) can help people with disabilities increase functional skills, sailing skills, and transition such skills into real life participation by bridging the gap between on-land and on-water sailing. The presenters have a VRSS in Dr. Autry’s Simulation Lab at ECU in which the purpose is to increase evidence through research. In this session, participants will learn about therapeutic sailing through two programs for individuals with physical disabilities: Phase I: The Virtual Reality Sailing Simulation (VRSS) Program and Phase II: The Adaptive Sailing Program (ASP)). In addition, the following areas will also be discussed: the transference of knowledge and skills from virtual reality to reality; the application of the APIED process within each program; and current research results from each program.
- 3. Speaker Name:** Ariel Bailey and Jenn Trantin
Title of Program: The role of the Recreational Therapist at Soldier Recovery Units with Active Duty Military
Session Description: The focus of this session will be to share information about how recreational therapists are working with Active Duty military members. We will provide an overview of the Army Recovery Care Program, our role as RTs within a military program, and how the APIE process is used in the comprehensive care of the members. We will also describe Army Trials & Warrior Games and how the pivotal role RT has in helping Active Duty Athletes prepare and train.

4. **Speaker Name:** Dr. Brent Wolfe
Title of Program: What Have You Done For Me Lately: An Update from ATRA
Session Description: ATRA's mission is to empower recreational therapists and empowerment is at the core of everything we do. How does ATRA empower recreational therapists? What has ATRA been doing lately to empower recreational therapists? How can I feel empowered through ATRA? These are just some of the questions that we will be addressing in this session from your national professional association. Expect to leave feeling empowered and ready to change the world!
5. **Speaker Name:** Pat Griffith
Title of Program: Chair Chi: Seated Tai Chi for the movement impaired populations- Pat Griffith, Tai Chi Chuan certified instructor, Founder of Chair Chi (***NCRTC Specialization Preapproved: Adaptive Sports and Recreation/ Physical Medicine/Rehabilitation***)
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.
6. **Speaker Name:** Jennifer S. Bell
Title of Program: Functional Fitness in Recreation Therapy (***NCRTC Specialization Preapproved: Adaptive Sports and Recreation/ Physical Medicine/Rehabilitation***)
Session Description: This session provides an overview of using fitness as an 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.
7. **Speaker Name:** Lacey Burgess Hatley
Title of Program: Overcoming Burnout
Session Description: Being able to recognize when burnout (specifically related to working as a Recreational Therapist) is approaching and ways to manage stress to prevent burnout from occurring.
8. **Speaker Name:** Mackenzie Dolecheck
Title of Program: Farm Animal-Assisted Therapy for Individuals with Autism Spectrum Disorder: Parent's Perspectives (***NCRTC Specialization Preapproved: Developmental Disabilities***)
Session Description: Autism Spectrum Disorder (ASD) is a developmental disorder that affects an individual's ability to communicate, create social relationships, and regulate sensory input and repetitive behaviors. An uncommon intervention used in ASD treatment is farm animal assisted therapy (AAT). AAT interventions focus on the use of animals in adjunct to achieve goals and outcomes. Farm AAT is defined as the use of farm animals such as cows, sheep, goats, horses, and pigs in AAT interventions. There is a lack of evidence on the use of farm animals and their benefits within the scope of AAT and in recreational therapy. The purpose of this study was to provide evidence, from the perspective of parents, of the potential benefits of farm AAT as a recreational therapy intervention for individuals with ASD. Data collection using a semi-structured interview guide was conducted over the phone with parents who participated in family session programs at the study location. Five participants were selected who matched the inclusion criteria for this study. The findings from this study reported that there were increases in

social behaviors, regulation of behaviors, and a sense of normalcy for the children. The findings from this study will provide a foundation for future research related to farm AAT such as evidenced-based curriculums and practices. The data will provide therapists and parents with an understanding of the potential benefits that are gained from participation in farm AAT interventions.

9. **Speaker Name:** Lauren Driver

Title of Program: “Driving EAST: An RT’s voyage into 24/7 care for a veteran living with a TBI”
(NCRTC Specialization Preapproved: Physical Medicine/Rehabilitation)

Session Description: What if your TOOLBOX was turned upside down? What if you had to knock off the dust from those tools for a loved one? While we all take on many roles, having a personal recreational therapist 24/7 can be rewarding, exhausting, as well as overwhelming. Having support and utilizing resources to assist with therapeutic goals can help to reduce the anxiety, promoting a more positive outcome for both the RT and loved one. We will go into ways an RT utilizes their own tools for self-care, awareness, and coping with a new normal.

10. **Speaker Name:** Rebecca Halioua and Eric Gray

Title of Program: Adaptive Cycling: Get Out and Ride

Session Description: This session will provide an overview of adaptive cycling for persons with physical limitations. Information provided will include common diagnosis recommended for utilizing adaptive cycling as a treatment modality, risk/safety considerations and risk reduction methods, contraindications for participation, best practices, resources for adaptive cycling education and participation in the Southeast.

11. **Speaker Name:** Becky Garrett

Title of Program: What’s New with NCBRTL

Session Description: NCBRTL has a new Board and a new Executive Director how does this change the operations.

12. **Speaker Name:** Dr. Kaitlin Mueller

Title of Program: A Review of Assessments for Older Adults receiving RT Services: A Chance to Practice while the Weighing Pros and Cons of Standardized and Non-Standardized Assessments
(NCRTC Specialization Preapproved: Geriatrics)

Session Description: This session will provide an overview of assessments for older adults in recreational therapy, while also practicing communication skills for effectively conducting assessments. The results of the ATRA Delphi Study for Assessments with older adult settings will be shared, as well as the steps for creating a standardized assessment. Then, the bulk of the presentation will include interactive practice of standardized and non-standardized assessments for therapists and students to weigh their pros and cons. The concluding goal of this presentation is to help attendees find a standardized assessment tool to use with their older adult clients in a variety of service settings (skilled nursing, assisted living, living in the community, adult day centers, hospice, physical rehabilitation, outpatient, etc.).

13. **Speaker Name:** Hannah Strayer

Title of Program: Emotional Intelligence for Mental Health Populations
(NCRTC Specialization Preapproved: Behavioral Health)

Session Description: This session will introduce emotional intelligence and the benefits of incorporating programming that promotes/improves emotional intelligence in the psychiatric setting. Factors that negatively impact emotional awareness/responses of persons with poorly controlled mental health diagnoses will be reviewed. Attendees will have the opportunity to participate in an example intervention to improve emotional intelligence, as well as learn

potential modifications/adaptations to the intervention that can be implemented for other age groups or diagnostic criteria.

14. **Speaker Name:** John Rhodes and Kelsie Boykin

Title of Program: NCRTA, recreational therapists working together to advance recreational therapist in North Carolina.

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!

15. **Speaker Name:** Katie Vara and Keneshia Oguntayo

Title of Program: A New Horizon: How Community Integrated Service Delivery is Changing the Face of RT

Session Description: Caliber Therapies is a specialized therapy company committed to expanding opportunities for recreational therapy consumers and practitioners. With a goal to make recreational therapy a household name and expand career opportunities, Caliber Therapies utilizes a unique delivery model—community integrated therapy. With no facility to check into, therapists face unique challenges as well as achieve major successes with their clients. A relatively new practice frontier for many recreational therapists, this session will focus on how RT is delivered solely in a residential and/or community based setting, how services are delivered over telehealth, and outcome tracking in an unconventional setting.

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

Title of Program: Developing a Growth Mindset as a Recreational Therapist

Session Description: As recreational therapists it is vital that we see and understand the strengths and growth opportunities in our clients and ourselves. Sometimes however, that can become incredibly difficult. This session will compare the ideas of growth and fixed mindsets, explore how we can develop a growth mindset, and make applications for recreational therapists.

17. **Speaker Name:** John Rhodes

Title of Program: Recreation Therapy on the inside, RT services in a federal correction setting

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.

18. **Speaker Name:** Deborah Logan, PhD(c) and Joan Sutton,

Title of Program: ATRA Quality Internships Statement Manual and Training Update

Session Description: The ATRA Quality Internship subcommittee has created resources to help you provide a quality internship experience and become a qualified intern supervisor. Learn what these are and how to access them.

2022-2023 Board of Directors	
Maegan Ellison	Past-President
John Rhodes	President
Candice Moore	Secretary
Becky Halioua	President Elect
John Alex Jones	Treasurer
Aaron Lanie	Member at Large
Hannah Starnes	Member at Large

203 Student and Professional Issues
Forum
February 2023
UNCW



Crystal Burton	Member at Large
Vacant	Member at Large
John Rhodes	Conference Planning Chair
Vacant	Student Representative
Kelsie Boykin	Student Representative

Check NCRTA.Org for Future Events

CEUS Preapproved