



Multi day Conference, April 7 - 9, 2024

**TR's Big Picture Perspective: People,
Places, and Programs**

Conference Session Guide

All Sessions Pre-Approved for CEUs

**Please email any questions to:
NYSTRAcon@gmail.com**

2024 Keynote Address

Day 1 - Keynote Plenary (60 mins)

9:00 am April 7th

Presented by Dr. Susan Purrington



Susan Purrington, PhD, CTRS has been working with people from all backgrounds and abilities for over 20 years in a variety of settings, including rehabilitation hospitals, community recreation, and higher education.

A Big Picture Perspective: Innovations for Impact

The therapeutic recreation profession faces immense opportunities alongside growing needs. This keynote will provide insights from an experienced leader on innovations and changes required to maximize the impact of recreational therapy. Attendees will gain perspective on the current state of the field along with an inspiring view of the future. They will leave equipped with ideas to drive progress and advocate for the vital role of TR in whole-person health.

Additional Plenary Sessions

Day 2 - Opening Plenary (90 mins)

9:00 am April 8th

Presented by Dr. Brent Wolfe

What Have You Done for Me Lately: An Update from ATRA

ATRA's mission is to empower recreational therapists and empowerment is at the core of everything we do. How does ATRA empower and advocate for recreational therapists? What has ATRA been doing lately to empower and advocate for recreational therapists? How can you 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!

Day 3 - Closing Plenary (60 mins)

12:00 pm April 9th

Presented by Dr. Jackie Dyke

NYSTRA Call to Action 2024

The closing plenary will serve as a call to action for and reflect on the current state of RT/TR in New York State and how conference attendees can get involved through advocacy at the state and local levels to raise the profile of the profession and improve service provision.

Breakout Sessions Round 1 (90 mins)

Jacqueline Dyke

Expand Your Leisure to Expand Your Practice

How much do you rely on your own leisure experiences in your provision of TR services? This session will give participants an opportunity to examine their own leisure and how this may influence the services that they provide to folks whom they serve. Participants will review strategies to expand their personal leisure skills and comfort in leading interventions that are unfamiliar or new, in order to improve TR service delivery.

Crystal Morgan & Dilson Abreau

Everyone Benefits from Playing Games

An interactive session exploring the benefits of playing games for specific populations and the different types of games/play.

Jasmine Edwards & Miguel Carvajal

Revamping or Starting a Therapeutic Recreation

Volunteer/Internship Program to Take In College and University TR Students

Participants will learn what is NCTRC's criteria for supervising students. Participants will learn about Affiliation Agreements with colleges and universities versus bringing students on board as independent volunteers. Participants will be given hands-on tools to help them establish or revamp a volunteer and/or internship program at their facility for TR and Rec Education college and university students. There will be breakout discussions to discuss onboarding students effectively and the role of site supervisors.

Heather Bright & MaryJo Archambault

Application of the Standards of Practice (Double Session)

The ATRA Standards of Practice are applicable to every recreational therapy setting. Participants will explore the content of the ATRA Standards of Practice manual. Participants will learn how to apply the standards to their practice and how to develop or revise policies and procedures for their Recreational Therapy department or program. Participants should bring a copy of the SOP Manual to this session.

Breakout Sessions Round 2 (90 mins)

Jessica Andrianos

Recovery Programming in Practice

This session will discuss the importance of instilling a recovery based approach in mental health. We will discuss goals of recovery based programming, and what can aid in someone's recovery journey. Additionally, this session will identify how trauma can affect recovery, factors that may hinder someone's recovery, and how to support patients in working through these areas as a CTRS. Lastly, this session will complete an interactive demonstration on how this group is completed in an inpatient psych unit also involving group disclaimers, topics that could be covered, and an outline of the program.

Carolyn Franklin & Pheona De Jong

“Forget ME not”: A look into the eyes of individuals with Dementia

“Forget ME not” is designed to re/educate you about dementia. To provide a better understanding about the disease process and how to effectively interact with individual.

During this session you will have the opportunity to learn, share, and gain better understanding of how to program for participants with dementia.

Shari Wall & Megan Concannon

How to Broach Sensitive and Difficult Topics with Clients (Double Session)

This session will look at how we, as a society, are reckoning with difficult and sensitive issues and topics that cannot be swept under the rug. Is there a danger in not bringing up and discussing these issues and topics in a therapeutic environment? Whether we work on an inpatient unit, outpatient services or in a Skilled Nursing Facility, our clients are going to either have personal experience with or knowledge of these topics and form an opinion about them. Many of these issues and topics have been deemed taboo in the workplace but in the absence of conversation, people make assumptions that are often uneducated. How do you as a professional handle these topics? What if you say the wrong thing? What if you offend a client? How do we get past the awkwardness of approaching these topics to truly help our clients deal with their emotions? Real, possibly difficult conversations with our clients can often lead to a deeper therapeutic relationship.

Breakout Sessions Round 3 (90 mins)

Jason Page & Jackie Dyke

Doing the CHORES of career development

The purpose of this session is to guide attendees through a skills-based career development model that can be used across the career spectrum to help maintain career momentum. Participants will be given tools and techniques to help them with issues related to career planning, self-advocacy, and overcoming career-based challenges.

Eileen Andreassi & Ashley O'Leary

Designing and Implementing Co-Treatment Sessions with Colleagues

The length of stay for in and out-patient rehabilitation continues to decrease leaving less time for CTRS' to provide comprehensive services on a 1 to 1 basis. Additionally, many of us practice alone or in a small department while assigned to specific units. Recreational Therapists bring unique skill sets to clinical treatment and co-treating with colleagues gives our patients the best of both worlds. This session will focus on common and discipline specific goals addressed during therapy sessions and the role of the CTRS in establishing and implementing a therapy session in this format.

Marty Golub

WRAP: Wellness Recovery Action Plan - Develop your own Wellness Toolbox, Daily Maintenance Plan and Stressors Worksheets.

In this session we will dive right into creating your own Wellness Toolbox, Daily Maintenance Plan and Stressors Worksheets. Just like you would do if you were in a WRAP group. WRAP is consistent with TR philosophy: the use of skills to assist people in overcoming challenges to become more functional, to use these strategies to get well and to stay well; that hope, self-advocacy, support, education and personal responsibility are integral in the WRAP Process. Bring paper or a composition book and pencil or pen to do your work with us. Goals of WRAP and its sections will occur during the creation of your Wellness Toolbox, Daily Maintenance Plan and Stressors worksheets. WRAP is Evidenced Based Practice. Each person will do their own sheets, within small groups. (I'm looking forward to it!)

Breakout Sessions Round 4 (90 mins)

MaryJo Archambault & Heather Bright

Chair Yoga as a Modality for Individuals with Developmental Disabilities

The fitness needs of adults with developmental disabilities are often overlooked. Furthermore, individuals with developmental disabilities are at greater risk for experiencing stress. Yoga has been shown to be both an effective coping mechanism as well as a modality to improve functional fitness. This experiential session will lead participants through the assessment, planning, implementation, and evaluation process. Participants will leave with a plan for their own agencies.

Kristin Russell-Miller

DBT Skills Deep Dive: Orientation to Skills Training – Using and Teaching Skills for the Recreation Therapist

Dialectical Behavioral Therapy is an evidenced based treatment model that is successfully used in mental health settings to treat a variety of issues. In this session we will look closely at initial orientation to skills training: establishing relationships with clients, expectations for group training sessions (structural aspects of skills training) and selling skills training as a useful tool and learning to analyze behavior. (This is not a double session, however, this presentation should occur prior to other sessions for those who are interesting in attending all. Sessions can be attended independently.)

Jaesung Park & Kirstin F. Walker

A Taekwondo Intervention Program to Improve Balance and Gait Performance in Older Adults

Older adults tend to have low levels of participation in physical activity because of a decline in physical function and sedentary behavior. Aging leads to reduced overall physical function in older adults. Those reduced capabilities can cause falls. Falls in older adults cause fatal and nonfatal injuries and are associated with injury-related death. Taekwondo is a traditional form of Korean martial art that emphasizes a range of movements and for the purpose of self-defense and physical fitness. The presenters will introduce the basic characteristics of older adults, instruct how to practice Taekwondo and explore the ways to process the clients' experience to produce desirable intervention outcomes.

Breakout Sessions Round 5 (60 mins)

Jason Page

Hello darkness my old friend: The therapeutic benefits of dark leisure

Dark leisure can simply be defined as leisure activities associated with death and tragedy and is a growing part of the leisure landscape. Indeed, the chances are you are already participating in some dark leisure pursuits of your own. This session will explore the concept of dark leisure and consider how this area of leisure and recreation may be used to provide therapeutic benefits to the populations we serve.

Kristin Russell-Miller

DBT Skills Deep Dive: Interpersonal Effectiveness – Using and Teaching Skills for the Recreation Therapist

Dialectical Behavioral Therapy is an evidenced based treatment model that is successfully used in mental health settings to treat a variety of issues. In this session we will look closely at Interpersonal Effectiveness Skills, why they are important and recreation therapist will be taught (and practice) applications for use in their programs. Interpersonal Effectiveness Skills are the heart of building and maintaining relationships and self-respect, learning to be assertive.

Susan Purrington

Oops, “AI” Did it Again! A Hands-on AI Session for Recreational Therapists and Educators (Double Session)

This engaging session will explore the growth of AI and its ethical implications, the pros and cons of AI in recreational therapy practice and uncover possible uses of AI. Further, the session provides a hands-on experience using AI tools . Participants will learn about real-world AI applications, like chatbots and generative AI image generators, being used in recreational therapy today through interactive demonstrations. Participants will be able to try these technologies first-hand and develop strategies for implementation. Participants will leave with a balanced perspective on AI in recreational therapy and concrete ideas for responsibly leveraging AI technology to improve their programs and client outcomes. This session combines an insightful discussion on the risks and benefits of AI with practical application of AI tools participants can immediately use in their practice.

Breakout Sessions Round 6 (90 mins)

Brent Wolfe

Caring for the Caregiver: The Importance of Leisure for Recreational Therapists

Recreational therapists are care-givers. We spend our careers providing for the needs of others, assisting them in enhancing their overall quality of life, and helping them live life to the fullest.

But what happens when the care-giver stops? None of the answers to these questions are positive which is why it is so essential for caregivers to take care of themselves. This topic of self-care is one that is being discussed more and more frequently, but how are recreational therapists doing with their selfcare? This session will explore why selfcare is so important and not only how recreational therapists can practice self-care, but how they can make it part of their daily routine. Come and learn why recreational therapists need a little recreational therapy!

Dorothy Ferencik

Style Matters™: The Kraybill Conflict Style Workshop

This session will emphasize the professionalism domain of the NCTRC Job Analysis. By learning the five different conflict styles, participants will learn to more effectively communicate with interdisciplinary teams and apply concepts of cultural competence/intelligence.



Breakout Sessions Round 7 (90 mins)

Jason Page

Choose your own adventure: Gamification in RT practice

Gamification impacts our everyday lives whether we are travelling, getting the groceries, or even doom scrolling. This session will explore gamification theory and how that theory is applied across our lives to influence our behaviors. The session will then review three products that use game theory to help participants shake off the usual routine. The group will then have an opportunity to discuss how these practices can be used within their own programs to enhance the day to day lives of those they serve.

Jacqueline Dyke

Expand Your Leisure to Expand Your Practice

*****Cannot get credit for this session if you attended on Sunday*****

How much do you rely on your own leisure experiences in your provision of TR services? This session will give participants an opportunity to examine their own leisure and how this may influence the services that they provide to folks whom they serve. Participants will review strategies to expand their personal leisure skills and comfort in leading interventions that are unfamiliar or new, in order to improve TR service delivery.

Susan Wilson

Relational Leadership: A management style that complements skills we already have

How much do you rely on your own leisure experiences in your provision of TR services? An introduction to relational leadership. This session will give participants an opportunity to examine the use of relational leadership. Participants will review ways this leadership style can be used as a process to work towards change in their own organizations.

Breakout Sessions Round 8 (60 mins)

Shane Howze & Carolyn Franklin

Coping with personal loss as an RT

As RTs we are often faced with caring for and treating individuals who are experiencing loss. Teaching individuals we serve different coping mechanisms in dealing with their loss has become a cornerstone in RT practice. But what happens when tragedy hits home and the RT is faced with loss? Experience our journey in recovering from a personal loss through the lens of an RT.

Catherine Troiano & Samantha O'Brien

Recreation Reflection: Keeping Youth Engaged and Motivated

In this session, we will explore the tips and tricks to motivating youth to engage in recreation programs. By exploring our recreation departments various aspects and roles, we will share facilitation skills and potential program ideas that have encouraged our youth to not only engage in programs, but to excel in them.

Rebecca Gonzalez

Grow with Us; A Horticultural-Based Therapy Intervention for Recreational Therapists

Have you ever thought to yourself; "I can't keep a plant alive" or "I'd love to garden, but don't know where to start". In this session, you will learn what horticultural therapy is and its benefits, tips on how to facilitate horticultural-based therapy groups, and different tools to grow a garden. This session will give you easy and simple tools to keep your plants alive, happy and well.

Thank you for your support.

