CTRA is proud to present:
Pathways to Wellbeing: What Does the Framework for Recreation in Canada mean for Therapeutic Recreation
Friday, December 4, 2015 12:00 pm – 1:00 pm


Questions:
CEU Letter of Participation: executivedirector@canadian-tr.org


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Pathways to Wellbeing: What Does the Framework for Recreation in Canada Mean for Therapeutic Recreation?

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CTRA Webinar December 4, 2015
Presentation Overview

• Introductions
• Background to development of National Recreation Framework
• Vision, values and principles of operation
• Strategic goals and priorities for action
• ‘Next Steps’
• Questions to Ponder
Welcome & Introducing Co-facilitators:

• Dr. Susan Hutchinson

• Dr. Anne-Marie Sullivan
Our Own Pathway
Poll #1: How Do You Identify Yourself?

When meeting someone for the first time, would you identify yourself as a Recreation Professional or a Healthcare Professional?
Recreation Sector

Regardless of how you identity yourself it seems we are part of the ‘recreation sector’ given the sector is defined as:

• “The recreation field includes volunteers, paid staff, community groups, educators, researchers, organizations and governments that work collectively to enhance individual and community wellbeing through recreation.”
Development of National Framework for Recreation in Canada

2011 National Recreation Summit
2012 National Roundtable
2014 Second NRS
February 2015, Pathways to Wellbeing: Framework for Recreation in Canada
Why a National Recreation Framework?

To respond to current realities and emerging trends & challenges:

• Demographic
• Health
• Social
• Economic
• Technological
Poll #2: What Is Impacting TR?

• What do you see as the current realities and emerging trends and challenges impacting TR?

  • Demographic
  • Health
  • Social
  • Economic
  • Technological
Recreation = vital ‘solution’

• Recreation is integral to society
• Recreation sector can be collaborative leader in addressing major issues
• All people/communities deserve access to recreation experiences
A Renewed Definition of Recreation

“Recreation is the experience that results from freely chosen participation in physical, social, intellectual, creative and spiritual pursuits that enhance individual and community wellbeing.”
Poll #3: Does this Recreation Definition ‘Fit’ TR?

• This is the definition that has been adopted within the National Recreation Framework. Does this definition fit with how you see recreation in TR?

• “Recreation is the experience that results from freely chosen participation in physical, social, intellectual, creative and spiritual pursuits that enhance individual and community wellbeing.”
Vision & Values

Vision

• “We envision a Canada in which everyone is engaged in meaningful, accessible recreation experiences that foster:
  • Individual wellbeing
  • Community wellbeing
  • The wellbeing of our natural and built environments”

Values

• Recreation is a ‘public good’
• Inclusion and equity
• Sustainability
• Lifelong participation
Principles of Operation

- Principles of operation provide some “rules of the road” in how the field carries out its business.
  - Outcome Driven
  - Quality and Relevance
  - Evidence-based
  - Partnerships and Collaboration
  - Innovation
Poll #4 Do These Principles Matter for TR?

• Looking at the principles of operation for the NRF, do we see them also reflecting core principles of operation for TR?
  • Outcome Driven
  • Quality and Relevance
  • Evidence-based
  • Partnerships and Collaboration
  • Innovation

• Is there anything missing?
National Framework “allows for a bold re-visioning of recreation’s capacity for achieving wellbeing”

• Individual
• Community
• Environmental
Goal #1: Active Living

Foster active living through physical recreation

Examples of Priorities for Action:

• Enable participation in physically active recreational experiences throughout the life course....

• Incorporate physical [leisure] literacy in active recreation programs for people of all ages and abilities.
Goal #2: Inclusion and Access

Increase inclusion and access to recreation for populations that face constraints to participation

Priorities for Action:

• ...Address constraints to participation faced by children and youth from disadvantaged families and older adults who are frail and/or isolated.

• ...Facilitate full participation in recreation by people of all abilities across all settings. Work with persons with disabilities and special needs to create inclusive opportunities and build leadership capacity....remove physical and emotional barriers to participation.
Goal #3: Connecting People and Nature

• Help people to connect to nature through recreation

• Priorities for Action:
  • “Develop public awareness and education initiatives to increase understanding of the importance of nature to wellbeing and child development, the role of recreation in helping people connect to nature....”
Goal #4: Supportive Environments

Ensure the provision of supportive physical and social environments that encourage participation in recreation and help to build strong, caring communities

Priorities for Action:

• Enhance mental and social wellbeing by creating supportive social environments...

• Develop and implement targeted recreation education campaigns that...help people acquire the skills and attitudes they need to plan for making recreation a part of their lives.
Goal #5: Recreation Capacity

• Ensure the continued growth and sustainability of the recreation field.

• Priorities for Action:
  • Increase collaborative efforts...to support and nurture a vibrant recreation system that serves as the primary means for achieving the vision and goals in this Framework.
  • Support a pan-Canadian, comprehensive knowledge development strategy that increases support for:
    • recreation research and data collection...with special attention to applied research at the community level
    • collaborative efforts among governments, recreation associations and colleges and universities to develop new recreation programs and services that meet the evolving and expanding needs within communities.
Poll #5 Which of these goals are priorities for TR?

• Which of the following goals are priorities for TR?
  • Active living
  • Inclusion and access
  • Connecting people and nature
  • Supportive environments
  • Recreation capacity

• Please choose up to three.
Our Thoughts about Next Steps: As Educators

• We need to be able to recognize how society is changing and how we need to better prepare students for this changing world
  • E.g., preparing students to take on role of TR in community development, health/wellness promotion, disease prevention
  • Development of skills to facilitate partnership building and collaborations, related to evidence-informed decision making, program evaluation, etc.

• Recommendation: All TR educators educate in relation to the Framework
Our Thoughts about Next Steps: Locally and Regionally

• Increased communication/partnerships between community/clinical practitioners

• Partnership/affiliation agreements between provincial TR and Recreation organizations

• Provincial TR associations leading creation of provincial implementation plans around these goals and action priorities
Our Thoughts about Next Steps: Nationally

• Nationally, CTRA and CPRA need to work together
• CTRA leading development of
  • **national position papers** that describe **how/why TR** is an effective/efficient solution to address health/community care priorities.
  • **practice guidelines** that outline how to take action on these priorities
  • **national implementation plans** around these goals and action priorities
What is **Our ‘Pathway to Wellbeing’** in TR? Questions to ‘Ponder’…

• Now that you have been introduced to the Framework, do you see anything you would want to shift within your practice to align it with one or more of the goals and priorities for action?

• Are the issues addressed by the Framework so different that TR needs to have a distinct voice within (or apart from) the Framework?

• What are the **unique** contributions that the TR profession can make to addressing the goals and priorities of the Framework?

• **Even if you are not doing this for CEU we would appreciate everyone’s perspective.**
Final thoughts or questions?

Thank you!

• Contact us:
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