



Canadian Therapeutic Recreation Association with
Nova Scotia Recreation Professionals in Health &
Therapeutic Recreation Association of Atlantic Canada
Present
the 22nd Annual Conference & General Meeting
June 13th-15th, 2018, Dartmouth, Nova Scotia



Welcome Delegates,

I would like to take this opportunity to welcome you all to CTRA Conference 2018, Navigating the Tide, Revitalizing our Practice! I really like this title as it makes you think of the profession of Therapeutic Recreation and yourself as a professional.

Navigating the tide makes me think about where the profession of Recreation Therapy has been and what is to come. I feel, we are at a crossroads in our profession, in that we need to move forward on such aspects as education, standardizing internship placements, engaging our students and creating a better professional environment for the future. When I think about the concept of revitalizing our practice, going to conferences comes to mind. Conferences are excellent opportunities to get a boost in what you do, by networking and sharing ideas with colleges across Canada and internationally!

This conference looks amazing right from the start through to the closing. We have so many experts in the field of Therapeutic Recreation that are going to share their expertise on how we can all navigate and revitalize our daily practice.

I am very excited about this conference as it is being held in Dartmouth, Nova Scotia. It feels like a coming home party for me, as I grew up on the east coast and lived in Halifax for 4 years. Enjoy the seafood, great people and the amazing east coast culture.

I am looking forward to seeing you all on June 13th!

Chris Richard, CTRS

President of CTRA



Welcome!

We could not be more pleased for the privilege to welcome you to beautiful Halifax, Nova Scotia, for the 22nd annual *CTRA Conference*. *The Nova Scotia Recreation Professionals in Health and Therapeutic Recreation Association of Atlantic Canada* are proud to be co-hosting this event, and we are eager for you to experience the friendly and vibrant Maritime community that we call home.

Indeed, our conference theme is “Navigating the Tides, Revitalizing Our Practice” and we are proud of the fine selection of educational sessions we have to offer you. Our unique array of learning opportunities will allow you to explore your current practice and inspire professional growth, all while enjoying the sights and attractions of our beautiful, coastal city.

We cannot give enough credit to the truly talented and dedicated individuals who volunteered their time to make this conference a huge success. Thank you for the numerous hours and dedication you have given; we are very fortunate for the pleasure of working alongside you.

Also, to all our conference participants, we know you will have a wonderful experience! Thank you all for coming together to promote and strengthen our noble profession. We encourage you to take the time to connect with other professionals, make new friends, and explore what opportunities Halifax has to offer you.

Yours Sincerely,

Shelley Smith and Andrea Leahey

CTRA 2018 Conference Co-Chairs



Wednesday, June 13th

Concurrent Sessions 8:15 a.m. – 12:00 p.m.

Title: 101: The Role of Acceptance in Facilitating Living Well with Illness and Disability: Facilitating a Positive Identity and Supporting Positive Experience

Presenter: Colleen Hood & Erin Lemoine

Session Description:

One of the main goals of TR is to support clients to live as well as possible, while accepting the limitations that illness or disability creates. The Leisure and Well-Being Model suggests that the dimensions of well-being that are relevant for TR are increasing positive emotion and experience, and cultivating a positive identity. Acceptance of illness or disability is seen to be the first step towards living well. This session will address two aims: 1) to explore intervention and facilitation approaches related to living well, positive identity, positive experience and acceptance, and 2) to describe two TR programs that have been developed and implemented with clients that directly address these goals.

Learning Objectives:

1. Participants will be able to identify two theories that underlie living well with illness and disability;
2. Participants will be able to describe and identify the importance of acceptance as a necessary step towards living well
3. Participants will be able to identify two strategies for facilitating acceptance as part of TR intervention.
4. Participants will be able to describe the goals of the Be Your Best Self and the Happy Habits programs.

Title: 102: ACTIVATOR™ Wellness Nordic Walking Course for Recreation Therapy Professionals

Presenter: Kimberly Willison

Session Description:

Learn how a rehabilitative Nordic Walking program can motivate your clients while significantly improving treatment outcomes for balance, core strength, posture, reducing impact on lower extremities and joints; and promoting an active lifestyle. Research backed and proven effective across a variety of conditions including mental health and rehabilitation. Learn the technique



behind Nordic Walking and find out about the amazing results when working with Older Adults and those with Parkinson's. Course cost is normally \$200!

Demo poles will be provided to all registered participants during the class. Poles will be available post session to purchase at a special conference rate of \$69.99 (reg. \$99), should participants be interested in completing the practical aspect for an additional certificate.

Learning Objectives:

1. Participants will learn how to design a safe group exercise program on Nordic walking;
2. Participants will be able to demonstrate and instruct people in Nordic Walking as well as 10 new seated and standing exercises;
3. Participants will be able to identify the benefits of Nordic Walking and contraindications.

Title: 103: Grow Your Professional Skills: Gardening, Gardens & Therapeutic Horticulture

Presenter: Lesley Fleming, Beth House, Jennifer Kirby

Session Description:

Three talks in this half day intensive will focus on how recreation practitioners can broaden their professional toolkit using gardening, gardens and outdoor spaces for recreation or treatment with applications appropriate for all populations. Foundational knowledge, drawn from allied health profession horticultural therapy, will use therapeutic frameworks from both recreation and horticultural therapy to cover treatment options, therapeutic plant-based activities, accessible spaces, adaptive gardening strategies and techniques, as well as gardens and outdoor spaces used as delivery sites. Examples of existing programs and gardens will demonstrate the effectiveness of evidence-based practice that can engage and excite clients and therapists using horticulture.

Learning Objectives:

1. Gardening Used for Recreation and Treatment: identification of options & versatility gardening offers for both recreation and treatment referencing theory, effective programs & research;
2. Therapeutic Gardens, Enabling Gardens, and Restorative Gardens: identification of therapeutic garden characteristics, garden types, and applications for special populations;
3. Making the Most of Your Garden: identification of barriers to accessibility in gardens and strategies to reduce such while using plant-based programming for recreation & treatment



Title: 104: Steps to Connect Facilitators' Training

Presenter: Susan Hutchinson, Dr. Heidi Lauckner, Dr. Karen Gallant, Dr. Brad Meisner, Christie Silverside

Session Description:

Steps to Connect is a three session evidence-informed and theory-driven leisure education program. It is designed to help people who experience barriers to community participation to identify existing, local leisure and recreation opportunities so they can build on their personal strengths to connect with and contribute to others and their community. The presentation will provide a review of the program development and feasibility testing to date. Participants will receive a Steps to Connect participant workbook and facilitators' guide and will be guided through key program activities and processes. Participants will also brainstorm about how to bring Steps to Connect to their own therapeutic recreation services and community settings.

Learning Objectives:

By the end of the session participants will:

1. Name 2 theories or concepts unpinning the Steps to Connect program
2. Name and describe 4 key elements of the program that allow it to be relevant to different settings and populations.
3. Describe one way the program could be utilized in their practice setting or local community.

Title: 109: Revitalizing Our Professional Quality of Life

Presenter: Jenna Johnstone

Session Description:

Recreation therapists are experts in supporting and promoting "quality of life" however, when have we stopped to consider or discuss quality of life from our perspective? Research suggests that we need time and spaces to reflect on experiences related to our practice (Austin, et al., 2013; Briscoe & Ari, 2015) however, let's face it, there is not enough time in our day to adequately do so. This interactive half-day session will provide you with an opportunity to discuss Professional Quality of Life, become familiar with current research exploring PQoL among TR practitioners, engage in conversations, self-reflective exercises and explore tools to assist in revitalizing your Professional Quality of Life.

Learning Objectives:

1. By the end of the session, each participant will be able to distinguish the concepts within the Professional Quality of Life Framework.



2. By the end of the session, each participant will have reflected on current TR research exploring PQoL and identify three ways it can impact personal practice.
3. By the end of the session, participants will be able to identify at least 2 new strategies to incorporate into daily practice to revitalize Professional Quality of Life.

Concurrent Sessions 1:00 p.m. – 4:15 p.m.

Title: 105: Self Care Practice and Leisure Counselling in Community Based Addiction Services

Presenter: Jodie Charters, Beth Taylor

Session Description:

This session will explore the role of both individual leisure counselling and the integration of self-care language and practice as key treatment modalities for community-based addiction services clients. Through exploration of research, practice examples and experiential learning, we will dive into these two treatment approaches that have become the backbone of RT service in one ever-changing community healthcare setting.

Learning Objectives:

1. Participants will be able to identify at least three benefits to including self-care language and/or practice in available treatment approaches.
2. Participants will practice specific leisure counselling skills and questions that are relevant to their service area.
3. Participants will become familiar with at least three evidence-based tools that will help to support/promote self care practice and/or leisure counselling as RT treatment modalities.

Title: 106: Committee on Accreditation of Recreational Therapy Education (CARTE): Orientation to Accreditation and Site Visitor Training

Presenter: Rhonda Nelson, Teresa Beck

Session Description:

This two-part session is designed to orient recreational therapy practitioners and educators to accreditation under the Commission on Accreditation of Allied Health Education Programs (CAAHEP) and the Committee on Accreditation of Recreational Therapy Education (CARTE). Part 1 will provide a general overview of the importance of academic accreditation and the history of CAAHEP-CARTE. Participants will be introduced to the specific standards and guidelines that are utilized to evaluate recreational therapy programs and the procedures academic



programs follow when seeking and maintaining accreditation. Part 2 will focus on practical application of CARTE procedures for evaluating programs with emphasis placed on the site visit and the role of the site visitors. Interested participants will gain knowledge and resources needed to apply to be an accreditation visitor for the CARTE.

Learning Objectives:

Part 1: Following this session, participants will be able to:

1. Describe the rationale for accreditation and at least three benefits of academic accreditation.
2. Identify at least 3 basic procedures necessary in applying for accreditation and explain how to acquire materials for the application process.
3. Differentiate between a standard and a guideline and identify at least 4 key elements to determine compliance with CARTE Standards and Guidelines.

Part 2: Following this session, participants will be able to:

4. Identify at least 3 roles and responsibilities of CARTE site visitors
5. Name at least 3 steps in the process of becoming a CARTE accreditation site visitor.
6. Describe at least 4 activities that are part of the CARTE accreditation site visit team's review and evaluation procedure.

Title: 107: Spirituality and Expressive Arts in Therapeutic Recreation- Strengths Recognition, Resilience Building and Increased Self-Efficacy Implementing Ancient Spiritual Methods

Presenter: Jeannie Lawler-Lunn

Session Description:

This half-day workshop explores the use of ancient spiritual practices and expressive arts as therapeutic recreation interventions. Research findings are presented on the therapeutic benefits of spirituality and expressive arts in TR. Participants are guided through 5 experiential exercises including Totem Animal meditation for strengths recognition, Cave Art using symbolism, resilience building with Personal Mythology, finding the light in the darkness with the Starry Night art exercise and Drumming without Drums for community/group cohesion.

Learning Objectives:

1. Learn how to facilitate a Therapeutic Recreation Intervention using totem meditations and drumming, interpret psychological results of totem animal identification and use to promote client strength recognition and resilience building.



2. Learn the basics of symbolism, and how to implement with clients in the promotion strengths recognition, resilience building and enhanced sense of self-efficacy.
3. Learn the basics of Positive Psychology, as it relates to the Therapeutic Recreation role in supporting spiritual activity and how to implement using art exercises in the promotion of strengths recognition, resilience building and improved self-efficacy.

Title: 108: Research in Action

- Mind Body Mingle
- Exploring Sex as Leisure for Adults with Acquired Physical Disabilities
- Fitting In/Standing Out
- Sowing the Seeds of Success

Presenter: Kristen English, Rachele Manett, Maegan Ciesielski, Joy Pennick and Nelson

Mind Body Mingle; a multi-phase study for the development of an evidence-based community health promotion program for youth with disabilities.

Session Description:

The purpose of this 3-phase study was to design a health promotion program for adolescents with disabilities. Our research team reviewed existing evidence, engaged clinicians and community service providers and most importantly, empowered youth with disabilities to create Mind Body Mingle, a 10-week community based intervention in partnership with the YMCA. This session will provide a summary of the work, findings and the evaluation of a TR intervention and service model.

Learning Objectives:

1. Participants will be able to describe 2 methods for client engagement in TR research and program design.
2. Participants will be able to identify 2-3 key findings from the MBM study to inform effective health promotion intervention planning and implementation.
3. Participants will be able to identify 3 elements of the MBM service model that support community integration.

Exploring Sex as Leisure for Adults with Acquired Physical Disabilities: Moving Sex into TR Practice



Session Description:

Research has shown that sexual activity has positive emotional, mental, physical, and cognitive health outcomes for individuals who engage in a safe, consensual way, coinciding with the benefits of healthy leisure pursuits. This session will report on research focused on exploring sex as a form of leisure, with the long-term goal of incorporating sex into Therapeutic Recreation practice. Research findings will be shared from focus groups with adults with acquired physical disabilities and interviews with allied health professionals, including TR specialists. The focus groups will explore rehabilitation process after acquisition of a physical disability, how and where sex is or is not part of that process, and how it could be included. Interviews with allied health professionals will focus on the current and potential roles of allied health practitioners in address sex as leisure within rehabilitation settings. The session will include discussion of recommendations for both research and practice.

Learning Objectives:

1. Identify connections between sex and leisure as described during the presentation.
2. Understand the current and future potential focus on sex, within physical rehabilitation in health care settings.
3. Describe the experience of reclaiming one's sexuality after acquisition of a physical disability, based on research presented in the session.

*Fitting In/ Standing Out: Recreation Therapy's Place in Healthcare***Session Description:**

Recreation Therapists play a key role in healthcare, but given their diversity in scope of practice and goals, discord with allied health professions can occur. Differing views based on medical, social, strengths or critical models of disability can make interdisciplinary work challenging, potentially resulting in moral discomfort about how to practice TR. Revitalizing TR practice requires reflection on TR curriculum, assumptions of disability, and the importance of textbooks as knowledge receptacles. The purpose of my investigation was to examine how disability is conceptualized and professional practice is articulated in undergraduate TR courses. Using critical disability theory, in-depth readings of popular TR textbooks were analyzed with critical discourse analysis. The textbooks had fundamental commonalities, yet remarkable divergence regarding how to both fit in and stand out as a field. The implications of my findings and reflections on the future of TR practice will be discussed

Learning Objectives:

1. Participants will be able to identify two or more aspects of their practice, which relate to different concepts and models of health and human services (e.g., medical model, minority model, social model).



2. Participants will be able to appraise how both ‘fitting in’ and ‘standing out’ in healthcare affects assessment, implementation, and documentation practices in recreation therapy.
3. Participants will be able to identify and describe factors influencing the field of recreation therapy, including professionalization, advanced education, globalization, legislation and regulation, and other healthcare fields.

Intergenerational Programs: Breaking down ageist barriers, engaging elderly, and improving youth experiences

Session Description:

Ageism is discrimination based on a person’s age; it is most commonly directed towards older adults. Intergenerational programs, which bring together older and younger generations, can be an effective means by which to address ageism in our society. These programs are especially important since attitudes toward aging and the elderly are strongly embedded in our childhood experiences. In this session, we will share findings from a study examining the outcomes of the intergenerational program “MUSIClinks” on engagement of seniors with dementia living in residential care homes and on engagement and perceptions of aging of youth volunteers. Thirty-two residents from four care homes and 87 students from four junior and high schools participated in this study. Findings from this study demonstrated that intergenerational programs could result in significant, positive outcomes related to engagement and experiences for both the youth volunteers and the seniors with whom they were paired.

Learning Objectives:

1. Participants in this session will understand how and why intergenerational programs are an effective means by which to break down ageist barriers in our society.
2. Participants in this session will learn how to implement successful intergenerational programs in residential care settings
3. Participants will learn about the risks and benefits associated with implementing a MUSIClinks program in LTC settings.

Seeds of Success, Northwood’s Mental Health and Wellness support program: planting the seeds of wellbeing for long-term care residents

Session Description:

Seeds of Success, created in June 2015, is a mental health and wellness support program designed to address the needs of Northwood’s long-term care residents who experience mental health challenges. *The Marjorie Lindsay Centre* is staffed by an Occupational Therapist and Recreation Therapy Assistant who provide program opportunities for positive mental health and wellness through purposeful, task-based therapeutic activities (creative expressions, gardening) that promote a sense of belonging and well-being by encompassing the social, physical, spiritual and



intellectual domains. Responding to residents' on-going requests for further supports, *Seeds of Success* established additional support- groups: *My Northwood: Finding My Place*, *Grief & Loss*, *SOS* (Social Group), *Positive Steps*; *Moving through Depression* and *Managing Anxiety*, all co-facilitated by staff from Social Work, Spiritual Care, Occupational Therapy and Recreation Therapy. The *Seeds* program has become an integral part of the Northwood community by developing this effective multi-disciplinary approach to holistic resident care.

Learning Objectives:

'The Seed'. Background information: how & why was Seeds of Success / Marjorie Lindsay Centre established (vision, goals & objectives); financial & staffing considerations.

1. 'The Garden'. A detailed overview of programs and activities (goals, objectives & implementation); referral & selection criteria; scheduling; documentation & assessment of participants.
2. 'The Harvest'. A review of program success, based on measurable outcomes; expanding the multi-disciplinary approach; future program development.



Thursday, June 14th

Opening Keynote

Why Recreation Therapy Matters to Me



Dr. Gord Gubitz, MD, FRCPC

Assistant Professor, Neurology

Department of Medicine, Dalhousie University

Dr. Gord Gubitz is a world-renowned expert in stroke care. He has been instrumental in validating the role of Recreation Therapy on an acute care neuro service in Halifax NS. His insights into the positive effects of Therapeutic Recreation in the lives of his patients and their families will revitalize your personal commitment to the field.



Concurrent Sessions 10:30 a.m. – 12:00 p.m.

Title: 202: SitN'Dance

Presenter: Jacqueline Mills

Session Description:

This session is fun, informative and beneficial! Its aim is to enable participants to learn about and/or implement, a program of adapted seated dance to use as part of the Therapeutic Recreation process.

Sit'N'Dance is a means for geriatric populations with impaired cognition, mobility, or health to be able to dance again. Participants, seated in a circle, learn simple moves, demonstrated by the leader and imitated by the participants.

The program encourages reminiscence, sequential memory, social interaction, and recall in addition to providing aerobic exercise. It is designed to be very flexible, tailored to specific ability levels and needs.

In this presentation, conference participants will learn several easy to follow seated dances based on styles such as jazz, ballroom, folk (traditional dance), swing etc that can be used by therapeutic recreation clinicians as part of their practice for their clients. Some ideas for creating seated dance moves and methods of adaptation for special needs will be presented. No previous dance experience needed.

Sit'N'Dance has been presented throughout Canada and the U.S.A.

Learning Objectives:

1. Participants will learn 5-7 seated dances that could be utilized as a TR intervention
2. Participants will learn how to create moves for seated dance
3. Participants will learn how to adapt material as part of the TR assessment and implementation.

Title: 203: Promoting Discussion on the Entry Level Education for Recreation Therapy Practice

Presenter: Thom Skalko

Session Description:

This session will explore international implications of moving towards a Masters level entry for the Recreation Therapist and as well the impact on such a change to the Recreation Therapy Assistant entry to practice. The session will explore a Masters level entry in relation to existing



four-year undergraduate, honours undergraduate, coop undergraduate, Masters thesis, and masters/doctoral programs in TR.

Learning Objectives:

1. Upon completion of this session, participants will be able to identify three factors that impact RT entry-level decisions.
2. Upon completion of this session, participants will be able to identify three pros for altering entry-level educational requirements for practice in Recreation Therapy.
3. Upon completion of this session, participants will be able to identify at least three potential barriers to modifying entry-level practice in RT.

Title: 204: Navigating Successful Therapeutic Relationships in Mental Health Settings; Revitalizing and Optimizing Healthy Strategies to Create Optimal Client Outcomes

Presenter: Janis Smith

Session Description:

Healthy client-staff therapeutic relationships are essential for building trust, rapport, and respect. This can be especially challenging with clients with mental health conditions. Review the current literature/research trends for tips and tricks of what you can do to help enhance professional competence, build optimal relationships, and strengthen client outcomes. Learn about evidenced based approaches and communication strategies that can help us be more effective at creating quality therapeutic relationships in the least amount of time. Review our standards of practice, code of ethics, and leisure values for additional insight. Reflect and evaluate your own strengths of what is working well for you, and also identify areas to continue to develop and grow.

Learning Objectives:

1. Review literature/research related to building optimal therapeutic relationships.
2. Reflect about and list at least 3 personal strengths and competencies, as well as 3 areas for personal growth.
3. Network with other therapists in your practice setting to discuss strategies, share lessons learned, and get support to help you be more effective at building optimal therapeutic relationships.

Title: 205: Are We All the Same: Perspective and Scope of Practice in United States, Australia, New Zealand, and Japan

Presenter: Pei-Chun Hsieh, Ann Richards



Session Description:

Recently, there has been much interest in international collaboration to enhance therapeutic recreation (TR) practice and professional development.

Learning Objectives:

1. Identify three TR-related professional associations and organizations outside of the United States
2. Name two similarities and differences on the credentialing processes and scope of practice between the United States and other countries
3. List two ways to promote international collaboration

Title: 206: Collaborative Care in Paediatric Rehabilitation

Presenter: Andrea Waters, Nicole Works

Session Description:

This interactive session will highlight ambulatory paediatric rehabilitation service delivery at the IWK Health Centre using the principles of inter-professional collaboration (IPC) and a person-centred approach. Participants will be introduced to the foundations of solution-focused coaching and IPC as tools to enhancing patient/client engagement in their own care, as part of the therapeutic recreation process. A variety of resources will be discussed to support the assessment process and outcome evaluation. This session will also provide examples of the patient/client experience.

Learning Objectives:

1. Participants will be able to describe how solution-focused coaching can be used to enhance the patient/client experience.
2. Participants will demonstrate an understanding of the importance of role clarity and team functioning in inter-professional collaboration.
3. Participants will demonstrate the ability to incorporate a minimum of two types of solution-focused questions into a therapeutic recreation practice example

Concurrent Sessions 1:00 p.m. – 2:30 p.m.

Title: 207: Including Children of All Abilities in Summer Camp: A Universal Design Approach



Presenter: Stuart J. Schleien

Session Description:

For too long, school-age children with disabilities have not had opportunities to participate in and enjoy summer camp alongside their nondisabled peers. Due to unaccepting attitudes, fears of the unknown, and lack of know-how among camp leaders and staff members, children who are differently-abled have been shut out of these extraordinary experiences. However, a growing collection of evidence based best practices are being developed and field-tested that are resulting in innovative camp programming. It is time that we develop the skills, open our camp gates, and provide inclusive camp experiences to children who traditionally have been denied these important and joyous opportunities.

Learning Objectives:

1. Learn the definition of and rationale for inclusive camp
2. Make distinctions between the various levels of participation in camp (i.e., physical integration through social inclusion)
3. Describe 3 evidence based best practices that facilitate socially inclusive camp

Title: 208: TRANSFIXED ON TR: Exploring the Ways to Support Gender Identity in Recreation

Presenter: Theo Orr, Dawn MacDonald

Session Description:

While recreation and leisure can be used as a process for self-discovery, identity formation and coping, it can also contribute to exclusion, stigma and isolation for those individuals who identify as transgender. Through a first voice lens, participants will explore these topics as well as the role and relevance of gender neutral and gender specific programming. Through the principles of universal design, we will examine the possibilities for providing equal access and equal opportunities for members of the 2SLGBTQ* community as it relates to the therapeutic recreation process.

Learning Objectives:

Upon completion of this session participants will be able to:

1. Identify 2 resources for evidence informed information regarding inclusive practice.
2. Identify 3 barriers to recreation and leisure for those individuals who identify as transgender.
3. Identify 2 strategies for achieving gender neutral service delivery.



Title: 209: Ensuring Competence and Success: A Guide For Internship Supervisors and Students

Presenter: Sarah Moore, Devan McNeill, Kimberley Woodford, Tristan Hopper, Jerome Singleton, Suzie Lane (posthumously).

Session Description:

In every Therapeutic Recreation program, internship signifies the final stages of preparation before practice. It is essential for students to gain the necessary knowledge, skills, and practice in order to prepare them for their future roles in Recreation Therapy. To that end, the NCTRC job task areas are used to identify those requirements necessary for entry into practice. However, the job task areas can be difficult to navigate and understand, particularly for newer practitioners and students. Thus, in this session we will describe the NCTRC knowledge domains, identify communication strategies that can be used between field supervisor and intern to ensure NCTRC job task areas are met during internship, and understand/remedy potential gaps in preparing interns for future Therapeutic Recreation practice. If you are (or are planning on being) an internship supervisor or if you are a student who will soon be applying for internship, this session is for you!

Learning Objectives:

1. Participants will identify and explain NCTRC job task areas during internships and the role of a Recreation Therapist.
2. Participants will identify and explain two gaps in current internship practices across Canada.
3. Participants will identify and explain two potential strategies to improve the learning experiences for students during their internship.

Title: 210: Growing Therapeutic Recreation: Standards of Practice and Growth Competencies

Presenter: Jane Crawford, Tiffany Morin

Session Description:

Participants in this session will interact in small groups and be a part of the development of growth competencies for recreation therapists in Canada.

Learning Objectives:

1. At the completion of the session the attendee will be able to explain the differences between entry to practice standards and growth competencies.
2. At the completion of the session the attendee will be able to list three ways a therapist maintains and develops competencies.



3. At the completion of the session the attendee will be able to delineate the range of knowledge, skills, behaviours and attributes of a Recreation Therapist in Canada.

Title: 211: Improving Outcomes for Survivors of Complex Childhood Trauma

Presenter: Claire Lederman

Session Description:

Complex childhood trauma describes the problem of children's exposure to multiple or prolonged traumatic events and impact of this exposure on their development. It can result in emotion dysregulation, feelings of loss of safety, direction, and ability to detect and respond to danger cues.

Recreation Therapists and Recreation Therapy Associates have a unique opportunity when working with survivors of childhood trauma to expand their windows of tolerance and build new neural networks through trauma informed leisure, recreation and play activities.

Learning Objectives:

1. By attending this session, participants will be able to define and give 1-2 examples of complex childhood trauma that may be present when providing Therapeutic Recreation Service.
2. By attending this session, participants will be able to summarize the ARC model and give examples of individual and group programming that supports it and the CTRS Role.
3. By attending this session, participants will be able to identify the key role of the care-giving system in achieving self-regulation when working with children who have experienced complex childhood trauma.

Concurrent Sessions 2:45 p.m. – 3:45 p.m.

Title: 212: The Use of iPads in Dementia Care

Presenter: Lauren Alexa, Ashley MacMullin

Session Description:

This presentation will provide an overview of how iPads are being used in dementia care in Veteran Services and Seniors Mental Health.

Learning Objectives:

1. Participants will learn at least two apps to help decrease responsive behaviours in dementia.
2. Participants will learn at least two apps to help increase meaningful engagement in dementia.



3. Participants will individually use at least one app on an iPad during the presentation to become more familiarized with iPad use.

Title: 213: Recreation Therapy in the Yukon: Larger Than Life

Presenter: Gillian Kirk

Session Description:

Exploring the Yukon is full of excitement and challenges for Recreation Therapists. CTRS's working in long-term care encounter various dynamics effecting leisure, such as Residential school survivors, outdoor enthusiasts, and isolated living. This presentation will explore the cultural contexts of the Yukon and the strategies used to meet these needs.

Learning Objectives:

1. Upon completion of this session, each participant will be able to identify 3 barriers and challenges to leisure in the Yukon/Northern settings, increasing cultural competencies for TR professionals.
2. Upon completion of this session, each participant will be able to identify 2 strategies to successfully work in a new cultural context.
3. Upon completion of this session, each participant will be able to identify 3 strategies being used to advance Recreation Therapy in the Yukon.

Title: 214: NCTRC Certification Process

Presenter: Susan Kaufer, Robin McNeal

Session Description:

This session provides an in depth coverage of the NCTRC Certification Standards. It will include the requirements for application, application process.

Learning Objectives:

Upon completion of this session, participants will:

1. Describe the three requirements to gain professional eligibility from the NCTRC Certification Standards
2. Name three components of the application process for Professional Eligibility
3. Restate at least two (2) methods to prepare for the NCTRC Exam



Title: 215: What is My Story? Being a Reflective Practitioner

Presenter: Anne Marie Sullivan

Session Description: Some common characteristics associated with helping professions include authenticity, self-awareness, disclosure, and integrity. None of these can really be evident without self-reflection. Ethical practice depends on reflexive practice. In this session, the speaker will demonstrate how her own experiences influence her practice and participants will explore their own stories to consider how to be more reflexive in practice.

Learning Objectives:

1. Participants will be able to define reflexivity in TR practice.
2. Participants will demonstrate an understanding of the importance of authenticity in reflexive practice.
3. Participants will describe their own experiences and explore how these influence their practice.

Title: 216: Challenge by Choice: Meaning-Making and Youth-Led Approaches to Community Based TR

Presenter: Tristan Hopper, Deanna Le Sage

Session Description:

A well-documented need exists for community-based, youth-lead approaches to therapeutic recreation programming. Utilizing a qualitative case study approach, the purpose of this empirical study was to explore how engaging “at-risk” youth through a youth-lead approach to therapeutic recreation programming can contribute to leisure-induced meaning making. Data was generated via one-on-one interviews and was analyzed using the three-step process of content analysis as described by Elo and Kyngäs (2008). Five key themes are identified based on meaning making through youth-led approaches to programming. Furthermore, the presentation aims to demonstrate how a youth-led, community-based recreation program ‘Challenge by Choice’ leads to more meaningful engagement of “at-risk” youth. Uniquely, the authors of the session are 1) a researcher and b) an experienced Recreation Therapist and through this case example the session will bridge the ‘gap’ between research and practice, ultimately demonstrating how practitioners can begin incorporating bottom-up, meaningful engagement strategies into practice as demonstrated in the research.

Learning Objectives:

1. Identify and explain two meaningful engagement approaches utilized successfully in TR practice with young adults with mental health concerns.



2. Identify and explain two benefits of using the bottom-up approaches to Therapeutic Recreation programming in the community with young adults.
3. Identify and explain the collaboration strategy steps identified between the University of Alberta and the Challenge by Choice program have been an example of successfully supporting research in the Therapeutic Recreation field

Concurrent Sessions 4:00 p.m. – 5:00 p.m.

Title: 217: Using Multisensory Interventions in Recreational Therapy to Address Anxiety, Agitation and Pain in Individuals Receiving Substance Abuse Treatment

Presenter: Rhonda Nelson, Erika Hummel

Session Description:

Multisensory interventions are frequently utilized as a non-pharmacological approach to addressing anxiety, agitation, and pain for people with diverse health conditions. Despite a high prevalence of these symptoms in individuals being treated for substance abuse issues, recreational therapists and other professionals working with this population rarely use multisensory interventions. This session will introduce an innovative recreational therapy intervention that was provided in a multisensory room at a substance abuse treatment facility. An overview of the rationale for the program, specific activity protocols, and assessment/evaluation instruments will also be presented along with program outcomes. Suggestions for translating findings into broader recreational therapy practice and future opportunities to expand evidence-based practices in this area will also be explored.

Learning Objectives:

Following this session, participants will be able to:

1. Describe three activity interventions that can be provided in a multisensory room to address anxiety, agitation and pain
2. Identify three different assessment tools that can be utilized to evaluate anxiety, agitation and pain in recreational therapy practice
3. Summarize current evidence surrounding the effectiveness of multisensory interventions to address anxiety, agitation and pain in individuals receiving substance abuse treatment

Title: 218: TR Certification – via Equivalency Path A: Insights and Understandings

Presenter: Gary Comeau, Jannick Theriault

Session Description:



The National Council for Therapeutic Recreation Certification (NCTRC) designed equivalency paths for individuals with extensive work in recreation therapy (RT) and the NCTRC Certification Standards identified coursework. NCTRC states “certification indicates that the CTRS is the most qualified provider of recreational therapy services, with the skill, ability and knowledge recognized as essential for recreational therapy practice.” There are three pathways to becoming a CTRS. During this session, we will discuss how to become a CTRS using the equivalency pathway A. We will begin by reviewing the application process and provide information and how to complete the Professional Path A certification requirements. We will also discuss potential barriers and solutions to overcome the barriers. At the end of the session, you will leave with the knowledge and confidence to pursue your ambition of becoming a CTRS.

Learning Objectives:

1. Discuss NCTRC requirements for certification using Professional Path A to enhance professional competence and gain additional credentials
2. Identify at least two educational institutions that will support continuing education learning opportunities in TR.
3. Identify three potential barriers and name at least two “how-to’s” to over the barriers.
4. Develop a strategy on how to navigate the registration process by using practical solutions and recommendations.
5. Enhance the understanding of the importance of being a CTRS and how it relates to governing and regulating bodies.

Title: 219: Photovoice: Digital Storytelling and Speakers Series: 2 Upstream Interventions That Can be Applied to Your TR Practice to Address the Social Determinants of Health

Presenter: Maya Alonso

Session Description:

Workshop participants will be introduced to two evidence based interventions (Photovoice: Digital Storytelling and Speakers Series) that were used in a Research Study to successfully impact upstream determinants of health including stigma and social exclusion for people living with mental illness. Workshop participants will learn about the Imagining Inclusion research project and how project findings can be applied to their own TR practice, regardless of the setting and population group with whom they work.

Learning Objectives:

1. To learn how to implement Digital Storytelling as a front line intervention to encourage individuals to identify, articulate and represent their social realities.



2. To learn how to implement Speakers Series as therapeutic intervention for participants and an Upstream Intervention addressing stigma in the community.
3. Demonstrate a general understanding of Imagining Inclusion research project including concepts of community-based research project, co-learning, peer participation, and health promotion.
4. Demonstrate an understanding of the impact of Upstream interventions.

Title: 220: Grief, Loss and Leisure: What a TR Professional Needs to Know

Presenter: Dana Mills

Session Description:

Grief and loss, just like leisure experiences, are accumulated over time. This presentation is designed to assist professionals with taking risks and reaping rewards of helping others deal with grief and loss using therapeutic recreation. Topics discussed will be on grief and loss as it is experienced across the life span. How leisure is connected to culture and spirituality when coping with grief and loss. Finally focusing on best practice for helping individuals and professionals to be competent in working with grief and loss.

Learning Objectives:

1. Learners will be able to define the terms grief and loss.
2. Learners will be able to describe grief and loss across the life span.
3. Learners will be able to identify the cultural and spiritual leisure experiences that support cope with grief and loss.
4. Learners will be able to explain best practice for helping individuals and TR professionals to develop competence when working with grief and loss.

Title: 221: Friends Group: A Session for Focusing on Younger Populations in Long-Term Care

Presenter: Brenda Johnson, Karla Nogue

Session Description:

This session will provide the audience with an overview of a dynamic and resident-focused program that is based on a changing long-term care population. Various modalities used in this program will be discussed and demonstrated, as well as discussion on how you might recognize and adapt a program based on the specific needs of your facility.

Learning Objectives:



By the end of this session:

1. Participants will be able to identify the importance in supporting the needs of younger populations in long-term care.
2. Participants will be able to recognize 3 methods of engaging participants in an age-appropriate program in long-term care.
3. Participants will be able to distinguish at least 2 trends within long-term care populations.



Friday, June 15th

Concurrent Sessions 8:30 a.m. – 10:00 a.m.

Title: 301: Future-Proofing: Investigating the Intersection of TR and the Recovery Model in Youth Mental Health Services

Presenter: Lauren Cripps, Colleen Hood

Session Description:

Transition to adulthood can be a challenging time for most; it is a period when young people are maturing physically, emotionally, cognitively and socially. It is also a critical time in which mental health issues can arise, and research supports that early intervention maximizes recovery for young people living with mental illness. This session will explore the principles of recovery, the unique qualities of the youth population, and the role of leisure as a supportive factor in recovery-oriented care. This session is intended to provide an opportunity for delegates to engage with evidence-based knowledge, further supporting TR practice as an essential service of the mental health care.

Learning Objectives:

1. Upon completion of this session, each participant will be able to identify at least 3 principles of recovery for individuals with mental illness.
2. Upon completion of this session, each participant will be able to identify at least 3 findings that support and promote TR service as essential in recovery-oriented health care
3. Upon completion of this session, each participant will be able to identify at least 3 strategies for supporting youth in TR mental health services.

Title: 302: Models of Therapeutic Recreation; Which One is Best for You?

Presenter: Jo-Ellen Ross, Candace “Candy” Ashton-Forrester



Session Description:

Selecting the appropriate practice model for your service is critical as it guides the development, implementation, and evaluation of your practice. Further, it defines the outcomes you are trying to achieve with clients and provides the foundation for research. In this session, we will review and critique the 11 published therapeutic recreation (TR) practice models so that you will be able to choose at least one model that best suits your practice. Time will be provided for you to discuss the different models relevant to your setting/population with other participants.

Learning Objectives:

1. Identify three means that practice models are useful in TR practice
2. Identify three considerations in selecting a TR practice model to guide your practice
3. Choose at least one TR practice model that best suits your practice and explain why and how it can/does direct your practice, or articulate why none of the current models are a good fit for your practice

Title: 303: NCTRC Recertification: Continuing Professional Competence

Presenter: Susan Kaufer, Robin McNeal

Session Description:

This session provides an in depth coverage of recertification standards and requirements. Continuing education, professional experience, and re-examine.

Learning Objectives:

By the end of the session the CTRS will be able to:

1. Define the NCTRC CTRS recertification standards including the two components, interpretive guidelines and necessary hours required for recertification.
2. Apply the ten Job Tasks and the six Knowledge Areas of the 2014 National Job Analysis Study to the recertification process
3. Restate the two methods of the NCTRC recertification review process.

Title: 304: Evidence-Based Practice: How and Where to Search for Evidence

Presenter: Pei-Chun Hsieh, Anne Richard



Session Description: The importance of evidence-based practice (EBP) is well recognized; however, locating and integrating information into our practice can be challenging.

Learning Objectives:

1. Identify three reasons for unitizing evidence-based practice in therapeutic recreation.
2. Identify three sources for locating evidence to inform practice.
3. Identify two strategies to conduct a successful database search.

Title: 305: Non- Pharmacological Interventions in Dementia Care

Presenter: Carl Ings, Stephanie Bennett, Anne Marie Sullivan

Session Description:

The majority of long-term care residents have a diagnosis of dementia. Often, residents exhibit behavioural and psychological symptoms of dementia. The use of non-pharmacological interventions can play a major role in decreasing these challenging symptoms. We will explore an action research project involving a clinician, a TR intern and an academic focusing on the role of recreational therapy interventions in reducing challenging behaviours for individuals with dementia.

Learning Objectives:

1. Participants will be able to describe the action research process and list three benefits of action research.
2. Participants will be able to list at least three facilitation techniques that can reduce challenging behaviours.
3. Participants will be able to state two standardized tools used in TR practice with residents who have challenging behaviours.

Concurrent Sessions 10:15 a.m. – 11:45 a.m.

Title: 306: Therapeutic Recreation in Schools for Students with Various Mental Health, Physical, Developmental and/or Learning Disabilities – A Pilot Project Series

Presenter: Linda Martin, Sarah Streisel, Hayley James, Mike Salud

Session Description:

A need was identified for therapeutic recreation in schools for students with various physical, developmental and/or learning disabilities, as well as mental health concerns. Linda Martin has



been working with Therapeutic Recreation students over the past six years piloting therapeutic recreation services in six different school based programs, elementary and high school. TR services were piloted to improve functional independence, reduce sedentary behaviour, achieve developmental milestones, and improve physical literacy to create optimal learning environments, with a focus on supporting the student's individual learning plans. Three case studies will focus on providing TR services to elementary students in an extreme behavioural program, following the Neurosequential Model in Education, a Structured to Success Program (S2P) supporting students from grades 1 – 8, and a high school Interprofessional clinic serving the mental health needs of adolescents with intellectual disabilities.

Learning Objectives:

Upon completion of the session, each participant will be able to:

1. Identify three school-based programs where recreation therapy services may be provided.
2. Provide examples of how therapeutic recreation can be used in schools to assist in supporting students Individual Learning Plans (ILP's).
3. Identify different types of therapeutic recreation interventions effective for students with a variety of needs and strengths.

Title: 307: The Recreation for Mental Health Game: A Leisure Education Tool to Facilitate Community Participation

Presenter: Susan Hutchinson, Rachele Manett

Session Description:

The Recreation for Mental Health Game was first developed as a tool to train community recreation practitioners about how to make recreation programs and places more welcoming and inclusive for adults living with mental health challenges. The game is part of a Nova Scotia-based 'Recreation for Mental Health' (R4MH) project (www.rec4mentalhealth.com) and is based on a synthesis of five research projects involving people with lived experience of mental health challenges, peer supporters, and mental health practitioners. The game has since been adapted to be used by therapeutic recreation practitioners working in community mental health settings. Participants will have the opportunity to play the game and learn more about how it has been developed for use in TR practice.

Learning Objectives:

By the end of the interactive session participants will:

1. Describe one way the Recreation for Mental Health game could be a leisure education tool in TR practice related to mental/behavioural health.
2. Describe 2 adaptations of the R4MH game for use with different audiences and contexts.



3. Describe three evidence-based resources available to support TR practice available from the Recreation for Mental Health website.

Title: 308: Just the Facts – TR Evidence Based Fact Sheets

Presenter: Kellie Duckworth, Courtney Knight

Session Description:

Recreation therapists often find they are recommending participation in specific recreation/leisure activities without being completely knowledgeable about the current state of evidence that would indicate potential benefits and/or drawbacks of participation. To overcome this challenge at Sunny Hill Health Centre for Children, we have initiated a “traffic lighting” process to guide the creation of documents by recreation therapy staff that summarizes the evidence allowing staff to recommend these activities with confidence. These staff documents are then used to create a library of activity-specific fact sheets that condense the evidence in common language so they are meaningful to families. However, these fact sheets aren’t just applicable to a paediatric setting; they can be used as a tool for leisure education for a number of populations and audiences. An in-depth overview of the traffic-lighting process will be explained and specific templates for staff data collection and fact sheets presented.

Learning Objectives:

By the end of this session participants will be able to:

1. Understand how to set up and maintain the components of a fact sheet library.
2. Understand the traffic lighting process used to create the staff documents.
3. Understand the role the fact sheets play in keeping TR professionals abreast of the latest research.
4. Understand the role fact sheets can play in leisure education for a number of populations and audiences.

Title: 309: Navigating the Tide, Revitalizing and Enhancing our National Code of Ethics

Presenter: Jenna Johnstone

Session Description:

Calling all TR educators, practitioners and students, it’s time to get serious about our National Code Ethics! A Code of Ethics articulates the values, virtues, principles and guidelines to help navigate the tide for practitioners when faced with moral or ethical quandaries (Anderson & Heyne, 2012; Pollock & Montgomery, 2018, Sylvester, 2009). However, research suggests that



there is a lack of familiarity or presence with CTRA's Code of Ethics from the perspective of practitioners (Lee, Cripps, Malloy & Cox, 2011). In this session participants will interact in small groups to strategize ways to strength the presence of a national code of ethics and begin developing a more robust code of ethics to help move our profession forward.

Learning Objectives:

1. Each participant will be able to Identify and describe the fundamental principles of CTRA's code of ethics.
2. Each participant will be able to identify 4 ways to strengths the presence of a national code of ethics.
3. Each participant will share possible future directions for the content of CTRA's Code of Ethics.

Title: 310: Strengthening Our Services: Exploring Professionals' Perspectives on Therapeutic Recreation Practice

Presenter: Rebecca Genoe, Douglas Cripps, Sherri Nelson, Kathy Park

Session Description:

Our interactive session aims to build on a research study exploring the strengths, opportunities, and challenges that therapeutic recreation professionals experience in Saskatchewan. We will briefly share results of our study, including how TR is defined by professionals, our success stories, and our vision for the future of TR. Then, we will facilitate discussion on how TR professionals can collaborate to identify and then build on their capacities and needs to strengthen the profession. Next, we will facilitate discussion on what professionals can do, individually and collaboratively, to promote TR in their own workplaces and communities. Finally, suggestions for continuing the discussion on the strengths and needs of TR professionals within your own communities will be explored.

Learning Objectives:

1. The participants will be able to identify three strengths and three challenges of TR practice in Saskatchewan and how comparable this is to the strengths and challenges experienced across Canada.
2. The participants will be able to identify at least three ways they can collaborate with other professionals to build a stronger practice.
3. The participants will be able to identify at least three ways they can promote TR within their facilities and communities.



Concurrent Sessions 1:30 p.m. – 2:30 p.m.

Title: 311: Including Students with Disabilities in Extracurricular High School Programs

Presenter: Rick Green

Session Description:

In the U.S., high school students with disabilities participate in extracurricular recreation and athletic activities at a lower rate than their nondisabled peers. Participation rates for students with significant limitations are even lower. In this session, the speaker will present preliminary results of a study examining the expectations for participation in extracurricular activities by students with disabilities as perceived by four distinct stakeholder groups. Special consideration will be made to distinguish among the contextual factors that inhibit participation and inclusion. The role of the recreational therapist in the public schools will be discussed, with a focus on strategies for assessing barriers that inhibit participation in extracurricular activities, and strategies for planning, implementing and evaluating recreational therapy services that promote increased participation and inclusion.

Learning Objectives:

Participants will be able to....

1. Distinguish between activity and participation as it relates to participation in high school activities.
2. Identify three contextual factors that limit activity and participation in sports and recreation.
3. Describe the role of the recreational therapist in the process of promoting inclusion and active participation by students with disabilities in high school activities.

Title: 312: The Engagement in Preferred Activities

Presenter: Rhonda Nelson

Session Description:

Focused on person-centred care, the Engagement in Preferred Activities Scale (EPASS) was developed in order to provide recreation therapy professionals with a rapid assessment instrument that can be used to measure an individual's level of engagement in activities of interest. This tool enables professionals working in geriatric service settings to expand their documentation to easily capture more comprehensive and valuable outcome data. This session will provide an overview of the assessment tool, information on reliability/validity testing, suggestions for use, and an introduction to web-based resources available through the online EPASS Toolkit that can assist with staff development, quality improvement and regulatory compliance initiatives.

Learning Objectives:



1. Discuss the relevance of measuring and documenting client engagement in connection with person-centred care initiatives in geriatric service settings.
2. Identify the three main variables used in the EPASS and explain how each item is scored.
3. Name three resources that are available to recreational therapy professionals through the online EPASS Toolkit.

Title: 313: How to Better Use Music to Supercharge Your Exercise Programs.

Presenter: Margot Glatt

Session Description:

This session will teach you how to prepare a 30 minute chair exercise program to meet physical health needs incorporating music that resonates with older adult participants in your Therapeutic Recreation services. You will learn how to select and source appropriate music that will motivate your participants. You will learn choreography and accompanying song suggestions to bring it all together to meet the participant's needs.

Learning Objectives:

1. Participants will identify music search criteria and learn how to locate and obtain appropriate music to enhance the older adult exercise experience as part of your TR programs.
2. Participants will relate two musical genres, songs and artists familiar to an older adult population.
3. Participants will learn how song structure, and musical phrasing impact choreography

Title: 314: Walking Soccer NS: Navigating a New Program That Revitalizes Physical and Social Engagement of Seniors

Presenter: Dana Mills

Session Description:

Walking Soccer Nova Scotia is an innovative sports program for seniors; a first of its kind in Canada, which has received two awards of recognition since its beginning in the fall of 2016 from the soccer and sports community. Walking Soccer is a modified, social version of the game of soccer, aimed at keeping men and women over the age of 55, or who are recovering from a physical ailment, physically active and social within their communities. This will be an informative session demonstrating a collaborative process that has increased physical health and enhanced social interaction within the senior population in Nova Scotia. A comprehensive review



of how this program has began to where we are today that has revitalized the quality of life for seniors will be presented.

Learning Objectives:

1. Learners will gain knowledge about one Canadian federal funding source that supports innovative program development applicable to recreation therapy professionals.
2. Learners will increase awareness about three unique outcomes for collaborative work in the field of therapeutic recreation.
3. Learners will be able to identify three positive benefits of the leisure activity walking soccer as a therapeutic recreation program.
4. Learners will be able to identify three positive affects of the leisure activity walking soccer as a therapeutic recreation program.

Title: 315: SPP for Student Engagement: A Proposal for New TR Professional Organization to Consider Supporting the Next Generation

Presenter: Janice Arndt, Matthew Steele

Session Description:

Students are the future of TR, by empowering student to be engaged in Therapeutic Recreation professional associations to advance the field the profession becomes empowered. This session will present how TR Associations can engage students by empowering the Student Committee responsible for student engagement and research presentation awards in their organization. The presentation will provide the opportunity for engagement by students and practitioners in disguising how the presentation could be used in their organization.

Learning Objectives:

1. The participants will be able to identify & explain three reasons why TR professional associations should engage TR Students in their association.
2. The participants will be able to identify and explain three reasons why TR students should be engaged in their TR professional association.
3. The participants will be able to identify and explain three strategies to recruit TR students into their TR professional association.
4. The participants will be able to identify and explain three strategies to increase membership renewals and retain TR student members in their TR.



Concurrent Sessions 2:45 p.m. – 3:45 p.m.

Title: 316: Physical Activity Recommendations for Children With and Without Disabilities: The 24-Hour Movement Guidelines

Presenter: Sarah Moore

Session Description:

Therapeutic Recreation professionals use a wide variety of activities from arts and crafts to physical activity to enhance individual's well-being. Physical activity benefits all people universally, including children with disabilities. Yet, children with disabilities are less active and more sedentary than their peers without disabilities – this can lead to children with disabilities having a higher risk for obesity and related metabolic diseases. Being physically active in recreational activities promotes well-being, promotes inclusion, minimizes risk of hypokinetic disease, and optimizes physical functioning, amongst many others. Recently, the Canadian 24-hour movement guidelines were introduced (as a way to influence movement-related behaviours (i.e., sleep, sedentary behaviours, and physical activity) that make up the whole day. This presentation will describe the importance of physical activity participation and related movement-related behaviours in the 24-hour period for children with disabilities. The session will illustrate common barriers to physical activity participation children with disabilities experience, and offer practical suggestions for therapeutic recreation practitioners for the promotion of physical activity in their programs.

Learning Objectives:

1. Participants will identify and explain the three components of the 24-hour movement guidelines.
2. Participants will identify and explain two barriers to physical activity participation for children with disabilities.
3. Participants will identify and explain two ways to promote physical activity in their therapeutic recreation practice.

Title: 317: Loneliness Due to Lack of Community Connection and How TR Can Bridge the Gap

Presenter: Robin Abbass, Georgina Megens

Session Description:

This presentation will discuss the presence of loneliness and isolation experienced by individuals lacking connections to community and how TR can play a role in rebuilding those connections. Participants will have the opportunity to learn about successful initiatives developed by Recreation Therapists for creating community connections in diverse settings with different client needs and barriers. Taking a closer look at the benefits, barriers and potential challenges associated with belonging to community, participants will explore strategies for creating strong



community connections, and helping others to find balance between independence and social connection.

Learning Objectives:

1. By the end of the session the participants will be able to identify at least 3 common antecedents of loneliness and strategies for being able to identify the commonalities between populations in their TR practice
2. By the end of the session the participants will be able to identify at least 3 benefits to strong community connections and the value the connections will have for future clients receiving TR services
3. By the end of the session the participants will be able to identify at least 3 potential opportunities for community connection in their TR practice

Title: 318: Putting Out the Fire Before it Starts – Proactive Fall Prevention

Presenter: Bobbi-Jo Atchison

Session Description:

A fall with or without injury can have serious implications for the health, wellness and quality of life of older adults, particularly for those in long term care who are frail and medically complex. This presentation will discuss a pilot project developed to decrease the fall risk of older adults through focusing on modifiable risk factors such as strength, endurance, balance, coordination and dual task activities. An overview of the current literature and best practices that can be used in therapeutic recreation programming, along with a synopsis of quick and easy tools for assessing fall risk and implications for Recreation Therapy will be discussed.

Learning Objectives:

1. Identify three current ‘best practices’ in physical activity and fall prevention for older adults that can be used in TR programming.
2. Describe three modifiable risk factors to fall prevention that Recreation Therapists need to understand in frail and medically complex older adults.
3. List three fall risk and physical functioning measurement assessment tools for older adults that CTRS’ can use.

Title: 319: Mental Illness – It’s Time to Stop Being Weird About it: Use of Recreation Therapy to Reduce Stigma

Presenter: Zac Crouse



Session Description:

Participants will learn about the use of recreation therapy as a medium to assist clients with mental illness in the community re-integration process. This session will include concrete tips for front-line practitioners to maintain mental wellness and embrace the resilience process.

Participants will learn respectful techniques for working with individuals who have mental illness and explore the connection between the brain & the body.

Learning Objectives:

1. Participants will identify and explain two uses of recreation therapy as a medium to reduce the stigma associated with mental illness.
2. Participants will identify and explain the resilience process as a method for ensuring client-centred service within a Therapeutic Recreation framework.
3. Participants will learn at least three (3) methods for improving mental health for front-line therapeutic recreation practitioners.

Title: 320: Sharing our Experiences: An Inter-Professional Approach to Addressing Post-Stroke Depression

Presenter: Andrea King, Wendy Simpkin, Annette Samson

Session Description:

Post stroke depression affects 1 in 3 stroke survivors. This session will discuss the experiences of an inter-professional acute stroke team in developing a team based approach in identifying, documenting and supporting patients considered at risk for post stroke depression.

Learning Objectives:

1. Participants will be able to identify 4 factors that put patients at risk for post stroke depression.
2. Participants will be able to identify at least 3 screening tools that can be used with patients considered at risk for post stroke depression.
3. Participants will be able to identify at least 3 challenges associated with using standardized screening tools in an acute care environment.
4. Participants will be able to describe the role of a recreation therapist on an inter-professional acute stroke team and interventions used to support treatment of post stroke depression.



Closing Address

Living our History of Therapeutic Recreation





Andrew Ritcey, MA, CTRS

Consultant

Let's contemplate the history of Canadian Therapeutic Recreation over the past 50 years. In this interactive session one of Canada's longest practicing TR professionals will reflect on our varied storied past --- the development of the modern day TR profession; our collective achievements; where you think we might set our sights and what we can strive for in the next 50 years.

Things to know...

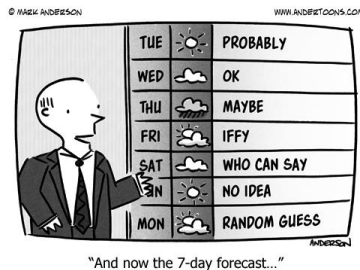


We are keeping it green in 2018!

Make sure you use emailed to you for session slides and session evaluations using survey monkey.

Drop by the registration desk if you need the link

The weather in Nova Scotia is known for average temperatures around 20 C in June, (with the average low around 11 C). On average, there are 13 days in June where fog or drizzle may be present for a portion of the day. Haligonians are always prepared with an umbrella or raincoat.



We suggest wearing layers of clothing for the conference sessions as the room temperatures fluctuate through the day. Many of the session rooms have beautiful views where the sun or clouds along with room temperature systems will play a part in the temperature of your conference session.



Location Information

DoubleTree by Hilton

101 Wyse Road, Dartmouth, Nova Scotia, B3A 1L9



[DoubleTree](#) by Hilton Halifax Dartmouth offers an ideal location, overlooking the beautiful Halifax harbour. Just minutes from downtown Halifax, this modern hotel is situated next to the MacDonald Bridge, offering easy access to the ferry terminal at Alderney Landing and the bustling shopping district at Dartmouth Crossing.

Visit our onsite restaurant, The Narrows Bistro, and enjoy good food and excellent service. Open for breakfast, lunch and dinner daily, our modern restaurant serves delicious fare, prepared fresh by our talented culinary team. Maintain your exercise routine in the fitness center or take a dip in the heated indoor pool.

ALL CONFERENCE DELEGATES HAVE FREE PARKING. Please park on the hotel side of the lot.

WIFI is available for all conference delegates



CTRA Conference Annual Exhibitors Showcase and Social- A singularly spectacular event – add in- ahead of showcase.

7:30 – 10:00 p.m. Wednesday, June 13



Join recreation therapy product suppliers and community partners for the annual **Exhibitor's Wine and Cheese Social** sampling the best in Nova Scotia flavours. Check out the products and talk to our non-profit community supporters. The exhibitors will be with us until Thursday afternoon. Please drop by their booths, explore their products and resources.

Guest tickets \$20

Annual Silent Auction

Join us Wednesday evening during the Exhibitor's Wine and Cheese Social, for the Annual Silent Auction. We thank our provincial presidents and partners in advance for their contributions. The great fun over bidding adds to the community experience every year.

**HALIFAX
PHOTO
BOOTH**



Fun times in the photo booth #CTRA2018

The Photo Booth of Fun will open on Wednesday evening during the exhibitor social, don't forget to tweet out your fun pics #CTRA2018 , all kinds of Nova Scotia themed goodies to add to your shots . It will remain open for the rest of the conference. Create this years memories!

CTRA Conference 2018 Morning Exercise



Daily morning walk @ 6:45-7:30a.m.

Yoga Wednesday, June 13 & Friday, June 15@ 6:45-7:30a.m.

Aquafit Thursday, June 14@ 6:45-7:30a.m.

Price: Karma (minimum \$5 in person)

**Local Yogi's please bring a yoga mat

*All activities are inclusive to all skill levels!

*Social and wellness events may be subject to change.



Thursday, June 14th, Evening Social Events



Segway Tour **Sold Out!**

Glide with us on a 1.5-hour Segway tour on the Dartmouth Waterfront Trail and crossing of the MacDonald Bridge which links Halifax and Dartmouth. The tour includes training and spectacular views of the Halifax Harbour and the Halifax Skyline without taking a single step. Only 20 spots available, so book now!



Time: Thursday, June 14th, 6:15-8:00 p.m.

**If you are also interested in taking part in the pub-crawl, you can! Meet us at Durty Nelly's when your Segway tour is finished!*

Tickets must be purchased for the pub-crawl and the Segway tour when registering for the conference. You will receive your event tickets when you check in at the conference.



Thursday, June 14th, Evening Social Events



Pub crawl: **Sold Out!**

Advertised as having the second most bars per capita in Canada, people come to Halifax for a good time! Don't miss the biggest party of the week and make sure to sign up for the pub-crawl across Halifax and Dartmouth. We will meet in the hotel lobby at 6:30p.m. sharp before heading to the Alderney Ferry Terminal for the 7:00pm ferry to Halifax. We will kick off the fun in Halifax, enjoying local beer in historic pubs accompanied by many laughs and good times. The evening will end within walking distance from our hotel, at an Irish pub in downtown Dartmouth. The crawl includes a t-shirt, cover charges, and your ferry tickets.

Itinerary

6:30 p.m. **leave the hotel lobby for 7:00p.m. ferry to Halifax**

7:30 p.m. Lower Deck

8:45p.m. Durty Nelly's

10:00 p.m. Beer Garden

11:15p.m. Ferry to Dartmouth

11:30 p.m. Celtic Corner

Return to Hotel

Tickets must be purchased for the pub-crawl and the Segway tour when registering for the conference. You will receive your event tickets when you check in at the conference.

Come Early & Stay Late!- move to end

The [DoubleTree](#) by Hilton Halifax Dartmouth is a great place to use as your travel hub pre & post conference to explore our city and province rich in history, museums and galleries, tours, urban parks and gardens, fantastic dining experiences & eclectic shopping areas.

Located on the second largest natural harbour in the world, life in the region revolves around the sea and the surrounding areas offer plenty of fun activities on land, water and in the air.....one of life's few places where you can enjoy urban flair and coastal retreats all in the same day!



Halifax truly is a vibrant urban centre resting on the edge of nature where scenic day destinations can be explored like the south shores of Lunenburg County home of the Bluenose II, and the Annapolis Valley the heart of Acadian culture and wine country.



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Feedback since "At a Glance":

highlighted = completed & changes are made in this edit to review

highlighted = my questions

no highlight = incomplete info/waiting for finalized info.

2) Time changes (TC)/schedule changes (SC):

11) Survey monkey for evaluations- are going to say we are "as paperless as possible" ?

12) Stepping out of pictures - policy? or statement?- pics at social events or throughout the conference?

13) Fix Robin's name

14) Sienna Caspar session on Wednesday #110-11 - removed

15) Add Welcome from Chris Richard- CTRA pres.

16) I thought there was someone Jerry was going to ask us to remove from "presenter"- maybe someone has insight- I think they were/are part of research team but not presentation?

17) There is a section I have highlighted in the glance at sessions- I just want confirmation of time, as this is confusing me.

