Welcome Delegates,

I would like to take this opportunity to welcome you all to CTRA Conference 2020, in beautiful Jasper, Alberta. The theme for this year’s conference is Venturing Beyond. So, I decided to do what most people do when they want interesting facts...I went to google. What does it mean to Venture Beyond, “to go somewhere unpleasant, dangerous or exciting!”

Well I am sure that most of us in our journey of life both personally and professionally have had all those experiences. It is the unpleasant, the dangerous and the exciting experiences that shapes who we are. We use Therapeutic Recreation interventions to bring meaning and a better quality of life to the persons we are serving. Often, we as professionals must navigate patients through unpleasant and dangerous times in their journey in order to bring excitement back in their lives again. In my brief time working in Mental Health and Addictions it has been a true joy to walk with patients through difficult times and see the excitement on their faces when they get reconnected to the leisure experiences that once brought them joy or to introduce them to a new experience.

This conference will have amazing sessions, great networking opportunities with old and new friends. We have so many experts in the field of Therapeutic Recreation that are going to share their expertise and knowledge. So, don't be afraid to take in sessions that might seem a little dangerous, unpleasant or exciting and “Venture Beyond”.

I am very excited to attend this conference in beautiful Jasper. I cannot see a more fitting place to rejuvenate then attended the amazing sessions but also getting out and seeing all that beautiful Jasper has to offer. I look forward to seeing you all in Jasper!

Carl Ings, CTRS
President of CTRA
A Note from your Conference Chairs:

Welcome Delegates!

We are excited to present you with the fabulous 2020 CTRA Conference Program! An opportunity that includes a wide range of education sessions that will encourage and inspire you to venture beyond boundaries – both personally and professionally. An opportunity for learning and collaboration will revitalize your passion for therapeutic recreation and will leave you feeling energized.

The conference offers opportunities for networking, socializing, and experiencing the breathtaking beauty of Jasper. You will definitely want to extend your stay so you can take time to truly appreciate the spectacular Rocky Mountains just outside your door. Our Maligne Lake Wilderness Kitchen social event will be a perfect time for you to sit back, relax, enjoy an extravagant meal, and take in the magnificent views. Satisfaction guaranteed!

The Jasper Park Lodge is a luxury mountain resort with awe-inspiring views, and outstanding conference facilities. The lodge offers you a chance to enjoy some of your own recreation by going for a hike, canoeing around the lake, horseback riding up a mountain or relaxing at the Lodges world class spa.

We hope you are as excited about this conference as we are and hope that you truly do fine your time to reach out, learn new things, try new activities and Venture beyond.

Looking forward to seeing you in May, feel free to come find us for a quick chat or a soak in the pool!

Jaclyn England & Pam Russ
2020 CTRA Planning Committee Chairs
A Note from your ATRA

On behalf of the Alberta Therapeutic Recreation Association (ATRA) Board of Directors and Staff, welcome to our beautiful province!

ATRA is excited to partner with CTRA for the 2020 conference. If you are attending this year’s conference, then you’ve already “ventured beyond” and we hope that continues during this event in Jasper. Recreation Therapists from across the country can learn from each other and share our experiences. Thank you to our planning committee co-chairs Pam and Jaclyn, as well as their hardworking conference planning committee for all their work. Thank you to all the speakers, we appreciate that you are willing to share your knowledge and experience with others so we can all grow our profession.

I hope you are all able to take some time to enjoy all that spectacular Jasper has to offer and practice what we preach! Enjoy this event and your time in the mountains.

Kerry Appleton
ATRA President
### TUESDAY MAY 5TH, 2020

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>6:30pm - 8:30pm</td>
<td>Registration Desk Open</td>
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### WEDNESDAY MAY 6TH, 2020

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<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>7:00am – 8:30am</td>
<td>Registration Desk Open &amp; Continental Breakfast</td>
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| 8:30am- 10:00am | 101 - Cracking the Dementia Code™  
*Presenter: Karen Tyrell*  
*Ballroom*  
| 8:30am- 10:00am | 102 - Using Social Media for Marketing  
*Presenters: Susan and Andrew Purrington*  
*Room A*  
| 8:30am- 10:00am | 103 – Preparing Practice-Ready Graduate: A Therapeutic Recreation Educators Forum  
*Presenters: Kimberley Woodford, Anne-Marie Sullivan, Deval McNeill and Sarah Moore, and Tricia Rachfall*  
*Room B*  
| 8:30am- 10:00am | 104 – Creating Fact Sheets to Support Evidence Based Practice in RecT: A How To  
*Presenters: Kellie Duckworth and Courtney Knight*  
*Room C*  
| 10:00am - 10:30am | Break                                                                   |
| 10:30am - 12:00pm | 105 - StrongerU Senior Fitness  
*Presenter: Emily Johnson*  
*Ballroom*  
| 10:30am - 12:00pm | 106 - Forest therapy Guiding: A standardized approach to Holistic Healing and Wellness  
*Presenters: Erik Luvaas and Ronna Schneberger*  
*Room A*  
| 10:30am - 12:00pm | 107 - Adversity-Informed Therapeutic Recreation Practice  
*Presenters: Colleen Hood and Cynthia Carruthers*  
*Room B*  
| 10:30am - 12:00pm | 108 – TimeSlips: Connecting Through Creativity  
*Presenter: Margret Ushko*  
*Room C*  
| 12:00pm -1:30pm | Light Lunch (Then join us for a walk around the lake!)  
*Saskatchewan and Manitoba Chapter members are invited to attend a meet and greet at this time.* |
| 1:30pm - 3:00pm | 105 - StrongerU Senior Fitness  
*Presenter: Emily Johnson*  
*Ballroom*  
| 1:30pm - 3:00pm | 106 - Forest therapy Guiding: A standardized approach to Holistic Healing and Wellness  
*Presenters: Erik Luvaas and Ronna Schneberger*  
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| 1:30pm - 3:00pm | 108 – TimeSlips: Connecting Through Creativity  
*Presenter: Margret Ushko*  
*Room C*  
| 3:00pm - 3:30pm | Nutritional Break                                                        |
| 3:30pm - 5:00pm | 105 - StrongerU Senior Fitness  
*Presenter: Emily Johnson*  
| 3:30pm - 5:00pm | Forest therapy Guiding: A standardized approach to Holistic Healing and Wellness  
*Adversity-Informed Therapeutic Recreation Practice*  
| 3:30pm - 5:00pm | TimeSlips: Connecting Through Creativity                               |
| 7:00pm - 10:00pm | CTRA Awards/CTRA Volunteer Recognition  
*Student / Speed Networking*  
| 7:00pm - 10:00pm | Wine & Cheese, Silent Auction, Posters and Exhibitors                   |

### Communities of Practice Legend:

- Older Adults
- Rehabilitation
- Mental Health and Addictions
- Community
- Child and Adolescents
- Students
- All Populations
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<tr>
<th>Time</th>
<th>Event</th>
<th>Room/Location</th>
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<tr>
<td>7:00am - 8:15am</td>
<td>Registration Table Open &amp; Hot Breakfast</td>
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<tr>
<td>8:15am - 8:30am</td>
<td>Opening Remarks</td>
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<td>8:30am - 10:00am</td>
<td><strong>Keynote</strong> – Rena Rachar – Life Coach</td>
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<td><strong>How Emotional Intelligence Leads to Deeper Connections and Greater Success at Work and in Life.</strong></td>
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<td>• Certified Life Coach Martha Beck Institute</td>
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<td>• Certified Divorce Coach College of Divorce Coaches</td>
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<td>• Executive Coach Alderson Consulting</td>
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<td>• Success Coach Edmonton Public School Board</td>
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<tr>
<td>10:00am - 10:15am</td>
<td>Break</td>
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<td>10:15am - 11:45am</td>
<td><strong>201 – TR Community of Practice in Canada: A Nationwide initiative to promote evidence-based resource sharing, higher standards of practice and consistency.</strong></td>
<td>Mary Schaffer Ballroom /Pyramid A/ Pyramid B/ Pyramid C/ Signal Room</td>
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<td>11:45am - 1:15pm</td>
<td>Lunch on your Own – (Networking Opportunity)</td>
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<td>1:15pm - 2:15pm</td>
<td><strong>202 – Pawsitive Strides: Changing the Face of Animal-assisted Interventions</strong></td>
<td>Ballroom</td>
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<td><strong>Presenters:</strong> Nancy Kahl, Kandice Hurlock and Ashley Palmer</td>
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<td>1:15pm - 2:15pm</td>
<td><strong>203 – The Role of Leisure Education in Community Transitions:</strong></td>
<td>Room: A</td>
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<td></td>
<td><strong>Supporting successful transitions to community-based programming</strong></td>
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<td><strong>Presenters:</strong> Kari Medd and Bobbie-Jo Atchison</td>
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<td>2:15pm - 2:30pm</td>
<td>Break</td>
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<td>2:30pm - 3:30pm</td>
<td><strong>207 – Off Duty Recreation Therapy:</strong></td>
<td>Room A</td>
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<tr>
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<td><strong>Can Life stations/activity centers help reduce Responsive Behaviors when no Recreation staff are on duty?</strong></td>
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<td><strong>Presenters:</strong> Kerry Appleton, Audrey Wheeler, Raeleen Vanden Dungen and Miranda Perry</td>
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<tr>
<td>3:30pm - 4:00pm</td>
<td><strong>Nutritional Break</strong></td>
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<tr>
<td>4:00pm - 5:00pm</td>
<td><strong>212 – Enhancing Recreation Therapy Practices through the use of 3D Printed Aids</strong></td>
<td>Room A</td>
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<td><strong>Presenters:</strong> Maria Neumann, Pam Russ, Ryley Foster</td>
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<tr>
<td>6:00pm - 9:00pm</td>
<td>Social Event</td>
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<tr>
<td>6:45am - 7:15am</td>
<td>NCTRC Certificants Meeting</td>
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<td>7:00am - 8:00am</td>
<td>Continental Breakfast</td>
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| 8:00am - 9:30am     | FRIDAY MAY 8TH, 2020  
|                     | 301 – Advancing Therapeutic Recreation Practice through the implementation of SMART Devices  
|                     | Presenters: Michelle Richard and Katelyn Scott  
|                     | **Ballroom**                                                        |
|                     | 302 – YOU ARE AWESOME – Applying Affirmations to TR Practice  
|                     | Presenters: Joanne Brohmam and Tracy Hopkins  
|                     | **Room: A**                                                         |
|                     | 303 – Music, a Book, or a Necklace: How can we use these everyday items in a new way as therapy?  
|                     | Presenters: Dr. Megan Strickfaden and Lara Pinchbeck  
|                     | **Room: B**                                                         |
|                     | 304 – The Role of Meaningful Recreation for Clients with Chronic Illnesses in a Physical Rehab Setting  
|                     | Presenter: Amy Prystupa  
|                     | **Room: C**                                                         |
|                     | 305 – Positive Psychology and PERMA Profiler: A One-year snapshot on a Psychiatric unit.  
|                     | Presenter: Carl Ings  
|                     | **Room: D**                                                         |
| 9:30am - 9:45am     | Break                                                               |
| 9:45am - 10:45am    | 306 – From Theory to Practice and back again: Co-constructing Recreation Practice  
|                     | Presenters: Bobbi Jo Atchison and Amanda Ebert  
|                     | **Ballroom**                                                        |
|                     | 307 – Exploring Wellness Initiatives for Youth: Collaborative Partnership and Peer Support  
|                     | Presenters: Jennifer Doddridge  
|                     | **Room: A**                                                         |
|                     | 308 – Comprehensive Program Plan in Acute Psychiatry – A Small Town Perspective  
|                     | Presenter: Vickie Kornelsen  
|                     | **Room: B**                                                         |
|                     | 309 – National Dementia Strategy for Canada and the role of Therapeutic Recreation in Canada  
|                     | Presenters: Jenna Johnson, Glenn Skimming, Rebecca Genoe and Sara Stoking  
|                     | **Room: C**                                                         |
|                     | 310 - "Living with a Brain that Lies" – A Recreation Therapist’s struggle with Obsessive Compulsive Disorder  
|                     | Presenter: Jennifer Masek  
|                     | **Room: D**                                                         |
| 10:45am - 11:00am   | Break                                                               |
| 11:00am - 12:00pm   | 311 – Enhancing Person-Centered Approaches to Responsive Behaviours in Acute Care through the use of Art-based Vignettes – Change to 60  
|                     | Presenter: Leanne Hughes  
|                     | **Ballroom**                                                        |
|                     | 312 – Infusion of the Leisure Well-Being model by Addictions and Mental Health Recreation Therapists at Lady Flower Gardens  
|                     | Presenters: Amy Delay and Deanna LeSage  
|                     | **Room: A**                                                         |
|                     | 313 – Non-Pharmacological Interventions that may slow or delay the onset of Dementia  
|                     | Presenters: Carolyn Neufeld and Deborah Paulus  
|                     | **Room: B**                                                         |
|                     | 314 – NCTRC Internship and Professional Experience Requirements  
|                     | Presenters: Susan Kauer and Robin McNeal  
|                     | **Room: C**                                                         |
| 12:00pm - 1:30pm    | AGM & Buffet Lunch                                                  |
| 1:30pm - 3:00pm     | 316– 3 Research Projects  
|                     | 1: Maintaining Friendships after a diagnosis of Dementia: Is there a role for TR?  
|                     | Presenter: Rebecca Genoe  
|                     | 2: The sounds of St. George: A Music care research Project.  
|                     | Presenters: Nancy deVere and Chelsea McKinnon  
|                     | 3: How Therapeutic Recreation Practice can enhance belonging for older Adults in Community Spaces.  
|                     | Presenter: Brittany Weisgarber  
|                     | **Ballroom**                                                        |
|                     | 317 – Facilitating Client Change in TR Services  
|                     | Presenters: Colleen Hood and Cynthia Carruthers  
|                     | **Room: A**                                                         |
|                     | 318 – Do the Grind Blind. A Collaborative Hiking Adventure between Therapeutic Recreation and Blind Beginnings  
|                     | Presenter: Christina Duncan  
|                     | **Room: B**                                                         |
|                     | 319 – Building Efficacy, Role Clarity and Competency for Recreation Therapists in Physical Activity Interventions  
|                     | Presenters: Jane Papenhuyzen and Patti Lanigan  
|                     | **Room: C**                                                         |
|                     | 320 – Neighbourhood Time: A New Approach to Recreation and Leisure for Increased Reach and Impact.  
|                     | Presenters: Heather Rozak and Sherry Schaefer  
| 3:00pm - 3:15pm     | Nutritional Break                                                   |
| 3:15pm - 4:15pm     | Closing Keynote – Bev Suntjens - Authentically Venturing Beyond: Looking In, Around, and Overseas  
|                     | In this session, Bev Suntjens will help you answer the critical post-conference question: what now? To truly venture beyond, we will look inwards, around us, and even overseas as conference themes will be explored through the lenses of reflective practice and professional connection. A brief review of key learnings from a trip to the Netherlands, including Hogewyk (Dementia Village), will provide an intriguing vantage point to determine how you will truly venture beyond CTRA 2020, in a way that is authentic to your practice.  
|                     | **Room D**                                                          |
| 4:15pm - 4:30pm     | Closing Remarks                                                     |
CTRA COP’s – Building competency through knowledge, experience, and excellence!

A community of practice is a group of TR professionals who work with a similar population/setting and would like to collaborate, network, share resources, theories, assessment tools, research, best practices, CEU opportunities, etc. to continually grow and develop competency. Within this goal, CTRA has endeavored to organize our continuing education opportunities to align with these COPs. The conference program has been colour coded to aide in your selection of sessions that will enhance your practice in a particular COP.

Networking Opportunity!

This opportunity is directed to students, new grads or practitioners interested in changing populations. Take this unique opportunity to meet with a variety of professionals in the field of Therapeutic Recreation. This event will be set up where at least one to two professionals will be paired up with two to three students at a table. After a predetermined period of time, depending on delegates in attendance, the group of students will be able to move to the next table and so on. Students and professionals will have an opportunity to network, ask any important questions they have and chat about working in the field of Recreation Therapy. It will be a fun environment where you will walk away with a network of connections and maybe some new tools in your toolbox. Make sure you bring your business cards!

Session 101 - Cracking the Dementia Code™

Day 1
Wednesday, May 6th
8:30 – 10:00AM
This course provides an overview of dementia and Alzheimer’s disease. It focuses on managing dementia related behaviours using creative non-drug techniques, including Therapeutic Reasoning™. The course also includes interactive components as well as helpful tips for Recreation Professionals to deliver quality person-centred care for their residents/clients.

Karen Tyrell, is a Certified Dementia Practitioner (CDP); a Certified Professional Consultant on Aging (CPCA) as well as a Certified Dementia Care Provider (CDCP). With her extensive education and front-line experience working with seniors, Karen developed a passion for supporting those who are affected by dementia as well as their caregivers. In 2009 Karen was compelled to create her company Personalized Dementia Solutions Inc., to share her expertise and practical solutions as a Canadian Dementia Consultant and Educator, to better support families, corporations and frontline staff.

Karen is the author of the book, “Cracking the Dementia Code - Creative Solutions to Cope with Changed Behaviours”.
- She published a Therapeutic Colouring & Activity Book for Older Adults.
- She is also the co-creator of the “Dementia Caregiver Solutions” App. And more recently, she and her team have developed the online self-pace dementia designation program called, CDCP (Certified Dementia Care Provider), which is intended primarily for care workers.

Karen facilitates regular monthly family caregiver support groups both online and in person. As a consultant, she works one-on-one with families to provide emotional support and practical solutions to help alleviate everyday challenges associated with dementia. Last but not least, Karen is also very proud of her involvement as part of the development team for the first true Canadian Dementia Village in Langley, BC.

**Day 1**
**Wednesday, May 6th**
**8:30 – 10:00AM**

**Session 102 - Using Social Media for Marketing**

This session introduces the skills and knowledge needed to plan, implement, and manage social media campaigns. Social media is an increasingly important and powerful tool for marketing RT programs and organizations as well as advocating for clients served, allowing Recreation Therapists to reach and influence more individuals and organizations than ever before. Unfortunately, RTs typically do not learn the skills and knowledge needed to manage social media campaigns nor do these abilities come naturally to professionals, even younger ones. Additionally, agency resources often limit the ability to hire a social media manager. Therefore, this session will introduce the foundations of social media and social media campaigns, types of social media content, and tools for planning and managing social media campaigns. Participants will put this information into practice by creating the framework for a social media marketing campaign of their choice.
Dr. Susan Purrington, CTRS is faculty in the Therapeutic Recreation program at Douglas College in British Columbia. Prior to coming to Douglas, she taught at SUNY Cortland (Cortland, NY), Indiana University (Bloomington, IN), and California State University, Chico (Chico, CA). Her focus of teaching and research include first-year student development, technology in recreation, mental health, older adults, and assessments. In partnership with Dr. Andrew Purrington, they developed a course on technology use in recreation, and are currently developing a companion textbook focusing on the use of social media for marketing and advocacy work within the field of recreation, parks, and therapeutic recreation. Susan has presented at regional, national (United States), and international (Scotland and Greece) conferences on a variety of topics related to digital devices, technology, mental health, and advocacy.

Dr. Andrew Purrington holds a PhD in Recreation, Park and Tourism Management earned from Penn State University. He has taught at SUNY Cortland (Cortland, NY), Southern Illinois University (Carbondale, IL), and Penn State University (University Park, PA). His teaching has focused on the management of recreation services and organizations, including strategic leadership, organizational behavior, and marketing. In partnership with Dr. Susan Purrington, he developed a course on technology use in recreation, and they are developing a companion textbook focusing on the use of social media for marketing and advocacy in the recreation field. Dr. Purrington has published peer-reviewed articles and technical reports and has delivered several workshop and conference presentations. His research interests include culture, organizational behavior, decision making, adult play, and research methods.

Session 103 - Preparing Practice-Ready Graduates: A Therapeutic Recreation Educators Forum

Therapeutic Recreation (TR) educators play an important role in preparing graduates to feel competent and confident to practice upon graduation. With over 20 Bachelor and Diploma level TR programs offered in Canada (and more in the United States), and the push for standardization of TR curriculum and TR scope of practice, it is important to provide opportunities for TR educators, practitioners, and students to connect to generate ideas. While all programs have their own identity, there will be numerous shared experiences related to TR education in general. The goals of the TR Educator forum are to: Discuss TR curriculum commonalities and differences across various educational institutions and settings, Identify common challenges experienced by educators, students, and TR clinical internship supervisors. Identify potential solutions and strategies to best to support the professional growth of TR students to better prepare them for their future professional roles.

Kimberley Woodford is a Certified Therapist Recreation Specialist and Academic Instructor/Internship Supervisor and Program Director for Dalhousie University Therapeutic Recreation Program. She is a graduate of Memorial University of Newfoundland and Labrador, and Mount Saint Vincent University. She has worked as a Therapeutic Recreation Specialist with the Nova Scotia Health Authority with older adults Veterans Memorial and Geriatric Restorative Care) and adult Mental health and Addictions. She has a thirst for research and innovation and has been involved in several research studies within the mental health and therapeutic recreation fields. She also served as the Research and Evaluation Director with the Strongest Families Institute, a not-for-profit organization that provides psychologically informed education via distance to families of children/youth experiencing mild to moderate mental health issues. In her free time she loves running, hiking, and cross-stitching.
Tristan Hopper is an Assistant Professor in the Faculty of Kinesiology and Health Studies at the University of Regina. Tristan completed an Honors BA in Therapeutic Recreation at the University of Waterloo (2013), a Master of Arts in Leisure Studies from Dalhousie University (2015), and a Ph.D. from the University of Alberta (2018). Tristan’s work involves respectfully engaging and mobilizing individuals (i.e., youth) who are often marginalized to address significant societal challenges, such as homelessness, social exclusion/inclusion, and mental health issues. Using a meaning-oriented and strengths-based approach, as a research-practitioner his work primarily draws on the use of community-based participatory research methods (including youth-led participatory action research, YPAR) and aims to build thriving communities and provide an effective support system through co-creating and co-implementing people-centered solutions through a social justice lens. Tristan has practiced as a recreation therapist in various settings that include children’s mental health, forensics, and education.

Day 1
Wednesday, May 6th
8:30 – 10:00AM

Continued - Session 103 - Preparing Practice-Ready Graduates: A Therapeutic Recreation Educators Forum

Devan M. J. McNeill, MA, CTRS completed his undergraduate degree at Brock University in Inclusive and Therapeutic Recreation. From there he completed his internship in Halifax, Nova Scotia and later became a Certified Therapeutic Recreation Specialist (CTRS). He worked as a Recreation Therapist for a number of years in mental health and addictions, acute care, day programs, and on a stroke unit. He completed his master’s degree at the University of Waterloo in Recreation and Leisure studies focusing on concepts of community and identity of persons with schizophrenia through narrative methodology. Devan went on to teach Therapeutic Recreation at the Nova Scotia Community College – Marconi Campus. In 2015 he moved to the University of Lethbridge to start instructing and coordinating the new Therapeutic Recreation degree program. He is currently a PhD student in Population Studies in Health at the University of Lethbridge.

Sarah Moore
Ann Marie Sullivan
Tricia Rachfall
Session 104 - Creating Fact Sheets to Support Evidence Based Practice in RecT: A How-To

RecT staff often find they recommend specific recreation/leisure activities without being completely knowledgeable about current research indicating potential benefits and/or drawbacks of participation. To overcome this challenge, we are using a “traffic lighting” process to guide the creation of staff documents summarizing relevant research, allowing staff to recommend activities with confidence. These activity-specific fact sheets present the evidence in a meaningful way using common language so clients, families and caregivers better understand why specific leisure activities are being recommended. These fact sheets can also be a powerful tool for general leisure education and for advocating for RecT to audiences such as allied health professionals and funders. Part one will introduce delegates to the fact sheets. Part two will guide delegates through the step-by-step process of developing fact sheets. Prior reading is necessary to partake in part two.

Kellie Duckworth works as a recreation therapist on the Acute Rehabilitation and Neuromotor teams at Sunny Hill Health Centre for Children in Vancouver. Kellie has worked in the field for over thirty years. Professionally Kellie maintains membership in BCTRA and CTRA, as well as her certification with NCTRC. She has served on the CTRA Board of Directors and BCTRA Board of Directors and on various committees. Kellie is also a contract faculty member at Douglas College. In her current role as Knowledge Broker, Kellie supports the Therapeutic Recreation Services Department at Sunny Hill in bringing evidence into practice.

Courtney Knight works as a recreation therapist at Vancouver General Hospital on the inpatient tuberculosis isolation unit where many patients have mental health/substance use challenges and/or are not originally from Canada. Courtney graduated with a Bachelors of Therapeutic Recreation from Douglas College in 2017. One of the projects she was assigned to during her internship under Kellie Duckworth was to revise the fact sheet layout to improve readability. Professionally, Courtney maintains membership in BCTRA, CTRA and is certified through NCTRC. Though relatively new to formal recreation therapy practice, Courtney has years of experience in disability sport both as a five-time Paralympian and program coordinator.
105 - StrongerU Senior Fitness

For TR professionals, teaching senior fitness has become an increasingly common expectation for those working with seniors. The gap between theoretical knowledge and practical implementation is often described as one of the most difficult barriers for facilitating a quality, safe, and effective senior fitness program. In this session, we discuss, and spend time physically, bridging this gap. We'll start with ensuring you can not only recite Canada's physical activity guidelines, but you also understand how to plan and implement the intricacies of the guidelines. We'll discuss the benefits of fitness for seniors as it relates to the 6 domains of wellness and how to implement each domain during a 30-minute fitness class.

Emily Johnson is the Founder and Creative Director of StrongerU Senior Fitness- Canada's first pre-choreographed senior fitness series. Her mission is to help organizations and individuals elevate and innovate their senior fitness offering. Emily holds a Bachelor of Human Kinetics Honours (BHK Hons), 8 fitness certifications, has trained over 250 senior fitness instructors, and manages nearly 50 senior living recreation departments across Canada. Emily has presented for organizations such as Parks and Recreation Ontario, Sport for Life, Therapeutic Recreation Ontario, major senior living organizations, and more. She is known for challenging assumptions on an important, and often overlooked topic, with infectious energy and humour.
106 - Forest Therapy Guiding A Standardized Approach to Holistic Healing and Wellness:

Learn and experience first-hand the healing and restoration offered by forest therapy guided walks in this interactive presentation. Forest therapy is a practice of slowing down the brain and body to notice what nature has to offer and to offer something in return. The practice elicits many well evidenced psychophysiological health and wellness outcomes. After a review of the scientific literature and an overview of the components of the practice, participants will be guided on a forest therapy walk by Certified Forest Therapy Guides. Recreation therapists may consider utilizing components of this practice or train to become a certified guide as they develop intervention program plans. An overview of strategies for facilitating and adapting forest therapy guided walks with multiple populations and settings will be presented. Participants should come dressed to spend two hours outside in the current weather conditions.

Erik Luvaas, PhD, CTRS is an Assistant Professor in Recreation Therapy in the Department of Recreation, Parks, & Tourism Administration. Prior to entering academia, he was the Recreational Therapist and Program Director for the Recreation Therapy & Movement Arts Program at Shriners Hospitals for Children in Portland, Oregon, and the Youth Sports Program Manager for the nonprofit Paralympic Sports Club, Adaptive Sports Northwest. He has also worked as a Rehabilitation Therapist at Oregon State Hospital, a psychiatric rehabilitation hospital. His research looks at the psychophysiological benefits of nature engagement, nature-based recreation therapy interventions, and differences in nature engagement along different dimensions of diversity.

Ronna Schneberger has been an award winning master interpreter, naturalist, and hiking guide in the Mountain Parks for the past 25 years. Today she is a leader in Canada bringing the practice of Forest Therapy to those in the medical and mental health systems, parks, and ecotourism. She is one of the first Forest Therapy Guides in Canada and trains forest bathing guides around the world.

Day 1
Wednesday, May 6th
1:30 – 3:00PM

107 - Adversity-Informed Therapeutic Recreation Practice

Many of the clients we work with in the TR profession have experienced some form of adversity (stigma, marginalization, loss, trauma) and these experiences of adversity affect clients’ ability to engage fully in the treatment process and/or to reap the benefits of TR interventions. Thus, it is important for TR practitioners to understand the impact of adversity, loss and trauma and to take an “adversity-informed” approach to treatment. This session will provide an overview of adversity, loss and trauma and their connection to the clients served in TR. The session will end with an overview of the keys strategies for incorporating an adversity lens into TR interventions.
Colleen Hood is a Professor at Brock University. She has been an educator in TR for over 30 years and is one of the co-authors of the Leisure and Well-Being Model. Her research interests include TR and recover in mental health; leisure and well-being; and TR professional practice. She is also a Registered Psychotherapist and carried a small private practice in her free time.

Cynthia Carruthers

**108 – TimeSlips: Connecting Through Creativity**

TimeSlips is designed to support those looking to create meaningful moments with and for people with memory loss by creating value, meaning and purpose through creative engagement. Let your imagination soar. Start telling stories. TimeSlips opens storytelling to everyone by replacing the pressure to remember with the freedom to imagine. We can improve the quality of life of elders and the circle of care that surrounds them - family, friends, and care teams. This is an introduction to the power of TimeSlips by presentencing a creative and interactive workshop to teach the core concepts of TimeSlips approach.

Margaret Ushko - Before starting Therapeutic Recreation Plus, Margaret worked for several years as a Recreation Therapist and a Recreation therapy assistant. While gaining experience as a recreation therapy assistant, she was able to complete a Therapeutic Recreation Diploma from Lethbridge College. She also has a Bachelor of Science Degree from the University of Alberta along with many other certifications, including being a TimeSlips facilitator and AFLCA certifications. She is passionate about the value and benefits of therapeutic recreation for everyone. She has taught swimming and coached Karate for many years. Some of the leisure pursuits that she enjoys include swimming, gardening, sewing, painting, music, and hiking.

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**Keynote – How Emotional Intelligence leads to deeper connections and greater success at work and in life.**

As humans, everything we sense travels through our bodies in the form of electrical signals. These signals enter at the base of the spinal cord, travel through the emotional center, and finally up to the rational region of the brain. In other words, we experience things emotionally before our reason kicks in. (Let's press pause for a moment and consider that last statement. This understanding alone can start to change the game.) Emotional intelligence (EQ) involves improving communication between the emotional and rational centers of the brain.

The stats are in; EQ is a strong predictor of workplace performance, successful leadership, and personal excellence. Fortunately, EQ is flexible. Improving EQ includes gaining mastery in:

- Self-awareness (e.g. accurate self-assessment, self-confidence)
- Self-management (e.g. emotional regulation, self-control)
- Social awareness (e.g. empathy, accurate observation, skilled listening)
- Relationship management (e.g. clear communication, conflict navigation, successful bond building)

In short, when we truly understand the emotional component of our physiology, life gets better. One main reason for this is that emotionally Intelligent people are stronger connectors; and humans need connection— we’re wired for it, Brené Brown defines connection as “the energy that is created between people when they feel seen, heard, and valued; when they can give and receive without judgement.” When we are being truly seen by another, we like how we feel—safe, important, loved. When connection is lost, we feel
threatened, insecure, lonely...and we don’t like it. (Cue emotional dysregulation and heightened conflict.) In today’s fast-paced, crammed-full, tech-heavy world, a great deal of people are experiencing a reduction in deep connection, both at work and at home. And connection must come first; it’s what builds trust, respect, and security. This keynote address will teach participants the basic neuroscience underpinning emotional intelligence and give them specific strategies for boosting their skills in this area. Attendees will walk away both motivated and equipped to more intentionally and meaningfully connect with those they love, lead, and serve.

Rena Racher – Life Coach

- Certified Life Coach Martha Beck Institute
- Certified Divorce Coach College of Divorce Coaches
- Executive Coach Alderson Consulting
- Success Coach Edmonton Public School Board

201 – TR Community of Practice in Canada: A nationwide initiative to promote evidence-based resource sharing, higher standards of practice and consistency.

CTRA is developing several nationwide communities of practice (COP) to help TR professional’s network, collaborate, find and share evidence-based literature, assessments, and other helpful resources specifically related to the population you work with. These COP’s will meet face to face annually at the CTRA conference, and connect throughout the year online through internet websites, webinars, e-newsletters, etc. Find out how you can be part of these exciting new groups to improve your TR competencies and effectiveness, offer or receive mentorship, and share evidence and helpful resources. Share your input to help CTRA brainstorm ideas and plan priorities of focus for the next year.
This session will provide an overview of Pawsitive Strides, an animal-assisted TR intervention program at St. Joseph’s Healthcare Hamilton (SJHH). Pawsitive Strides is a collaboration between SJHH and Zachary's Paws for Healing, a local non-profit organization in Hamilton. Emphasis will be placed on program development, delivery, and evaluation. Recommendations and implications for the implementation of animal-assisted TR interventions, particularly with mental health and addictions populations, will be discussed.

Nancy Kahl R/TRO DIP - Before her entry into Recreation Therapy, Nancy held a range of positions over a span of 15 years as a Registered Massage Therapist. After completing her Diploma with Honours in Recreation Therapy at Mohawk College in 2016, she was the successful recipient of the Adrienne Gilbert Award of Student Excellence. Nancy has obtained valuable experience in the Forensic Psychiatry Program at St. Joseph’s Healthcare Hamilton. From there, she performed numerous other duties, including stays in the Schizophrenia Outpatient Clinic and Central Rehabilitation Resource Clinic. Nancy is the creator and facilitator of the Pawsitive Strides Program.

Ashley Palmer R/TRO - Ashley holds a Bachelor of Arts Honours Therapeutic Recreation degree from the University of Waterloo. Since 2009, she has worked as a Recreation Therapist at St. Joseph’s Healthcare Hamilton for the Forensic Psychiatry Program. Ashley also holds a range or recreation-related experience in mood disorders, acute care, corrections, and with the acquired brain injury population. Outside of work Ashley enjoys travelling and spending time with her family, friends and morning walks with her dog, Oreo. Ashely is a facilitator of the Pawsitive Strides Program.

Kandice Hurlock - Kandice holds an Honours Bachelor’s Degree in Community and Criminal Justice from Conestoga College and is a recent graduate of the Recreation Therapy Intensive Diploma program at Mohawk College. Kandice has a range of recreation-related experience in youth corrections, mental health, and addictions. Most recently, she has completed practicum experiences at St. Joseph’s Healthcare Hamilton in the Centralized Rehabilitation Resource Clinic and Forensic Outpatient Program. Kandice is Professional Member of TRO and is working towards obtaining her R/TRO designation.
203 – The Role of Leisure Education in Community Transitions: Supporting successful transitions to community-based programming

Community reintegration goes beyond the physical presence of individuals in their community to include a broader definition whereby individuals live, participate and socialize within their community. This session will explore the role of leisure education in supporting successful community reintegration from the perspective of two theories: Leisure Ability Model and a Community Transition Model. We will discuss supported transition as both a process and an outcome. The session will explore current evidence that supports leisure education as part of the community transition process for individuals who have experienced a stroke. Outcome measurement data from a leisure education program will be reviewed. Discussion will include use of Leisure Education as a modality to build capacity for the individual and the community.

Kari Medd is a proud alumni of the University of Alberta with a degree in Recreation Administration and a focus in special populations. She is currently a Recreation Therapist II at the Glenrose Rehabilitation Hospital where her role includes Clinical Educator with Interdisciplinary Student Services, coordinating student placements, and Professional Practice Lead as part of the Recreation Therapy Provincial & Zone Professional Practice Councils with AHS. Her clinical role includes working with individuals who have experienced a Brain Injury/Stroke. Kari has been involved with ATRA in varying roles over the years including Education Liaison, President, Chairing the Competency PAC and Symposium Education Committee. She has been the recipient of the ATRA Distinguished Service award, Volunteer of the Year award as well the CTRA Professional of the Year. Kari enjoys an active leisure lifestyle including snowboarding, paddle boarding, yoga and biking.

Bobbi-Jo Atchison has a Bachelor and Master’s degree in Adapted Physical Activity from the University of Alberta. She is the owner and founder of Equality Fitness & Recreation, an organization that strives to provide equitable access to adapted fitness, physical activity, recreation, sport, and wellness services to all individuals. Bobbi-Jo is also an instructor in the Faculty of Kinesiology, Sport, and Recreation at the University of Alberta and is certified through the Canadian Society of Exercise Physiology (CSEP) as a Certified Exercise Physiologist (CEP) and is a Recreation Therapist with ATRA.

Day 2
Thursday, May 07
1:15-2:15PM

204 – Benefits of the Wellness-Based group for Post-Concussion Syndrome

Through a collaborative approach between recreation therapy and social work, a four-week wellness-based program for clients who have post-concussion syndrome has been in practice with Community Accessible Rehabilitation for over two years now. The evidence
gathering thus far has shown the positive benefits of a peer-support based group. This session will walk through the development process, the session outlines, outcome measures of the group, and how to apply this knowledge to other practice areas.

Tiffany Morin is a Recreation Therapist with the Community Accessible Rehabilitation program in Calgary with 20 years experience in the field. She has a degree in Community Rehabilitation from the University of Calgary and is currently working on a thesis-based master’s degree at the UofC. Tiffany is also a Certified Therapeutic Recreation Specialist (CTRS). When she has free time, you will find her out exploring in the mountains or cities around the world.

205 - Dementia Care Enabling Garden – Imagining, Creating and Sustaining Use of Outdoor Space

This session will look at the Senior Care Canada 2016 Award Winning Therapeutic Garden at the Wellington Terrace LTCH and discuss the development and implementation of enabling garden programs in dementia care. We will discuss program ideas, implementation and applications for small spaces, as well as adaptations to meet varied capabilities. This session will also explore community engagement and creative funding options.

Caitlyn Cheyne is an Honors graduate from Niagara College and a Graduate from Brock Universities Recreation and Leisure Studies program with a major in Therapeutic Recreation. She completed her internship in Newfoundland at a long-term care home in St Johns and obtained her CTRS certification in November 2015. Caitlyn is also a Registered Recreational Therapist through TRO – Therapeutic Recreation of Ontario. She now works at the Wellington Terrace Long Term Care home in Fergus Ontario. The facility has 6 neighborhoods and 176 beds. Caitlyn's neighborhood consists of complex care and dementia care. In her spare time, Caitlyn enjoys playing hockey, baseball and curling. She also volunteers with the Home’s “No One Dies Alone” program that ensures support to each resident until the end of life.

Day 2
Thursday, May 07
1:15-2:15PM

206 – Venturing Beyond in TR Professional Practice: A new Practitioner’s Journey in developing Cultural competency.

This session aims to provide professionals an opportunity for personal and professional reflection on providing culturally relevant Therapeutic Recreation services. Included will be an overview of the literature and current trends regarding cultural competency in Therapeutic Recreation, as well as a student’s experiential journey in developing cultural competency through an evidence-based project and internships. Participants will be provided an opportunity for critical self-assessment and reflection. Additionally, the session will include guided, small group discussions regarding cultural competency and how it relates to the Therapeutic Recreation process.

Marcy Fekry currently works for Alberta Health Services as a Recreation Therapist in rural Alberta within inpatient psychiatry and the community. She has completed her undergraduate degree with honors in Therapeutic Recreation from the University of Lethbridge in 2019 and has recently passed the NCTRC exam to become a Certified Therapeutic Recreation Specialist (CTRS). Marcy completed her Diploma with honors in Therapeutic Recreation from NorQuest College in 2017 and was awarded the 2017 Student Award from the Alberta Therapeutic Recreation Association. Marcy has challenged herself and her learning by traveling away from home to complete her 2017...
clinical placement in Northwest Territories and her 2019 internship in southern Alberta. Marcy is an individual dedicated to seeking out opportunities to increase her skills in providing culturally safe care. She is devoted to building upon her student evidence-based project on Cultural Competency in TR and be a part of the increase in the TR research. Marcy has gained experience working as a recreation assistant in a Dementia Care Matters Butterfly Home where she established her passion for providing person-centered inclusive therapeutic recreation services. On a personal level, Marcy enjoys gardening, painting, crocheting, walking in nature and laughing with friends.

207 - Off Duty Recreation Therapy: Can life stations/activity centers help reduce responsive behaviours when no recreation staff are on duty?

In the spring of 2020 two U of Lethbridge CTRS students and their preceptor take advantage of a grant the Fairview long term care facility received and study how they can reduce responsive behaviors when there is no recreation therapy staff on site. Residents residing in our special care unit are assessed using the Cohen-Mansfield Agitation Inventory (CMAI) before and after the implementation of our life stations/activity centers. Come learn about the results of our study and whether or not life stations/activity centers are effective at reducing these behaviors in residents with moderate to advanced dementia.

Kerry Appelton has been practicing as a Recreation Therapist for seven years and works at a 65 bed long term care facility in rural Northern Alberta. Kerry has been a preceptor for the past 6 years and loves taking students. When Fairview long term care received a grant to help make the facility more dementia friendly she knew she would need the help of some passionate University of Lethbridge CTRS students and her skilled Recreation Therapy Assistant to help complete this project.

Audrey Wheeler lives in Canmore, Alberta. She has a degree from McGill University in Linguistics and has just completed the After-Degree program in Therapeutic Recreation at University of Lethbridge and will graduate at the end of May. She has received several awards for academic achievement, the ATRA Entry to Practice Award and was nominated for the ATRA Outstanding Student Leader Award. Audrey enjoys outdoor recreation and adventure travel with her husband and two daughters. She looks forward to working as a CTRS in the near future.

Raeleen Vanden Dungen graduated with a BSc in Kinesiology from the University of Lethbridge in 2017, and is currently working towards her degree in Therapeutic Recreation at the University of Lethbridge. During her academic endeavours, she played soccer on the university’s women’s soccer team for four years.

Miranda Perry is a graduate of the University of Alberta and has her Bachelor’s degree in Recreation, Sports and Tourism. Miranda
has been working for the past year as a Recreation Assistant gaining experience before beginning her career as a Recreation Therapist. Miranda works in Fairview long term care.

Day 2
Thursday, May 07
2:30 – 3:30PM

208 – Flourishing through leisure: Using a recreation therapy practice model to improve wellbeing

This presentation covers the creation of Camp RAD (Recreation for Adolescents with Disabilities) and the use of the APIE process in a camp setting. Specific focus will be given to a study that analyzed qualitative data on caregiver's perceived benefits of a therapeutic camp on well-being using the Flourishing Through Leisure Model. Practitioners will gain an understanding of the population served by Camp RAD, the assessment, planning, and evaluation of a camp program, and using a model to design, deliver, and evaluate RT services. Camp RAD is partnered with Georgia Southern and uses students as the caregivers during camp. Students assess and create individual treatment plans (ITPs) for each camper under their care. The design of camp provides the ability for students to gain hands on experience connected to their curriculum. This session provides an outline of using a camp program paired with college curriculum to provide therapeutic services in a community setting.

Abigail Greer is an undergraduate student at Georgia Southern University pursuing a dual degree in Recreational Therapy and Outdoor Recreation. During her junior and senior year, Abigail conducted research on the effects of a therapeutic camp on overall well-being in adolescents with disabilities. Abigail recently completed her Recreational Therapy internship at Eagle Mount Billings in adaptive sports and recreation. Abigail hopes to one day work in a children's hospital as a dual certified Recreational Therapist and Child Life Specialist. Currently Abigail is gearing up for a trip to Spain to push 12 people in wheelchairs over 80 miles on the Camino de Santiago to improve access to outdoor adventures for people with disabilities.

Dr. Brent Wolfe is a professor of Recreation at Georgia Southern University. In addition, Dr. Wolfe maintains an active CTRS certification, and is the current American Therapeutic Recreation Association (ATRA) Executive Director. Dr. Wolfe received his Masters and Doctorate in Recreation and Leisure studies from the University of Georgia. For the last two years, Dr. Wolfe has advocated for licensure for Recreational Therapy in the state of Georgia.
209 – Exploring ESFT: Adapting family therapy services to better meet the needs of youth with DBD diagnosis in the community

The Intensive Outreach Pilot Project (IOP) is a program offered by Halifax’s IWK Children’s Hospital that is in its second year of providing an intensive outreach service. The IOP team has adapted their service, following the Ecosystemic Structural Family Therapy (ESFT) model, to better serve children and youth with a DBD diagnosis and their families. In this presentation the speaker will discuss genograms, eco-maps and critical events timelines, alternative assessments that provide a more holistic understanding of these families’ lives. The speaker will then examine a case study of a family whose attendance and efficacy increased significantly with the implementation of the ESFT model. The most recent NCTRC Job Analysis states 37.5% of CTRS’s are working in behavior and mental health, but only 9.5% working in the community. Can we learn from this case study to improve the services provided to families in our communities?

Anna Millar, a CTRS, graduated from Dalhousie University’s Therapeutic Recreation undergraduate program in the spring of 2016. She currently works in Adolescent Intensives Services at the IWK Children’s Hospital in the community with the Intensive Outreach Pilot Project and in Mental Health and Addiction, serving youth at risk. In her free time she enjoys spending time on the ocean and hiking with her dog.

210 - I’m BORED!

This session will explore the impact of boredom on clients with ABI. What are the challenges that people face that leads to feelings of boredom? What are the behavioral presentations of boredom? How do we assess boredom? What needs to be considered when creating a plan with clients to manage their boredom? Why do we cringe every time someone refers a client because they are bored?

Rhonda Booth has worked with people with Acquired Brain Injury for over 28 years, from inpatients to community. She has presented locally, nationally and internationally, has been honoured to receive awards from NSRPH, TRAAC, NSTRA and CTRA, has had the great fortune to be a coauthor on a couple of journal articles and is known for her dancing abilities. In her free time with her partner, John they travel, camp, canoe and enjoy their cat. She also cheats at scrabble.

211 – Creating supportive environments: Unpacking the process of effective facilitation
Building an environment of mutual trust and respect is a central aspect of effective facilitation. This presentation will focus on the process of creating such spaces, backed by facilitation related findings from a recent research study which include (1) authenticity; (2) creating safety; (3) valuing process over content; (4) meaningful leadership.

Lauren Cripps recently completed her PhD at Brock University, where she has been teaching Therapeutic Recreation for the past 8 years. Lauren’s doctoral work focused on using the evidence informed process to translate a TR intervention into adolescent mental health services. The majority of Lauren’s professional TR experience is in acute, outpatient and community mental health services, but she has also worked as a crisis counsellor for at risk youth and a recreation coordinator for children with intellectual disabilities. Lauren’s areas of interest in research and learning include recovery from mental illness; evidence informed practice; positive psychology; the therapeutic use of animals; and innovative therapeutic recreation program design. Lauren’s research is inspired by her four children and her Master’s and Doctoral work was supervised by Colleen Hood.

Colleen Hood is a professor in the Department of Recreation and Leisure Studies at Brock University in St. Catharines ON. Her areas of interest include leisure and well-being; leisure and recovery; trauma-informed therapeutic recreation practice; recovery-oriented care for people with mental health issues; and the role of leisure in coping and adaptation. Colleen is a registered psychotherapist, she trained at Toronto Institute for Relational Psychotherapy. She and Cynthia Carruthers are co-authors of the Leisure and Well-Being Model.

**Day 2**
Thursday, May 07
4:00-5:00PM

**212 – Enhancing recreation therapy practices through the use of 3D printed aids**

3D printing has become a more accessible and affordable option in hospitals, schools, community facilities and even individuals homes, it is time to utilize this functional tool in recreation therapy practices! Our presentation will discuss how one Recreation Therapy team collaborated with a research team to create new 3D printed adaptive aids, the trial and error of the designs and how we continue to use the use of 3D printed aids in our practice. The session will also look at increasing the knowledge and understanding of the 3D printing process and explore other adaptive aid ideas and the implementation of these aides into daily practice.
Maria Neumann has been a Recreation Therapist for 2 years and has experience in supportive living, inpatient orthopedic and amputee units and is currently working in an outpatient clinic for those experiencing chronic neurological disorders. Like most recreation therapists, Maria enjoys helping people find meaning and passion through recreational activities and is always looking to find innovative ways to reduce barriers. In her free time, Maria enjoys walking her dog, camping, hiking, yoga, playing basketball and pottery.

Pam Russ has been a Recreation therapist at the Glenrose Rehabilitation Hospital for 14 years working mainly with spinal cord and general neurology patients. One of her favorite things about recreation therapy is the ability to find new and creative ways to assist her patients in returning to a successful leisure lifestyle. Pam spends the rest of her time raising 3 little boys and encouraging them to participate in their recreation.

Ryley Foster

Day 2
Thursday, May 07
4:00 – 5:00PM

213 – Sand in the shorts: Experiences of moral discomfort in practice

Are there moments in your practice that you don’t like to talk about? Perhaps moments when theory bumps with practice, when you need to make difficult decisions, or when you realize you’ve made a mistake? This uncomfortable session will share stories of moral discomfort collected through a research study, and is designed to start conversations and contemplations about ethical minefields that may exist within our professional landscapes. Four themes will be share: (1) the ass(et) of vulnerability, (2) friends or friendly, (3) ‘we’re f***ed either way’ and, (4) Now what? Grappling with discomfort. Please note: There will be cursing in this presentation.

Amanda Ebert graduated from the University of Alberta in 2008 with a Bachelor of Science in Kinesiology, and again in 2019 with a master’s degree in adapted physical activity. After years of working with children and youth with impairments at The Steadward Centre, Amanda has now joined the team at Equality Fitness & Recreation where she continues to support families with participation in sport, recreation and fitness. Amanda also teaches in the Faculty of Kinesiology, Sport, and Recreation at the University of Alberta, and is actively engaged with numerous community groups across Edmonton and the province.
214 – Making the case for TR services in Canadian corrections: Progress, opportunities, and challenges to overcome

The most recent NCTRC Job Analysis Report states that 2.7% of CTRSs work in correctional institutions. While TR appears to be advancing in U.S. corrections, Canada has been slower to expand services in these contexts. This session will discuss the current position of TR in Canadian correctional contexts. Drawing from limited research on TR in corrections and supporting literature, a rationale for the need for TR services in prisons will be presented. The speakers will also draw from their personal experiences as CTRSs working in provincial and federal correctional institutions (one in a practitioner role, one in a researcher role) to present on the opportunities for advancement, challenges to overcome, and recommendations for next steps when considering the expansion of TR services in Canadian correctional institutions.

Brittany Weisgarber, a CTRS, graduated from Dalhousie University’s therapeutic recreation undergraduate program in spring of 2017. She is currently pursuing an MA in Social Science at Concordia in their individualized research program and is set to graduate in the fall of 2020. Her current research endeavours are focused on the advancement of TR in Canadian corrections and perceptions and experiences of belonging in older adulthood. Brittany is particularly interested in using arts-based research methods and forms of dissemination to bridge the gap between research, practice, and the communities in which research takes place.

Anna Millar, a CTRS, graduated from Dalhousie University’s Therapeutic Recreation undergraduate program in the spring of 2016. She currently works in Adolescent Intensives Services at the IWK Children’s Hospital in the community with the Intensive Outreach Pilot Project and in Mental Health and Addiction, serving youth at risk. In her free time she enjoys spending time on the ocean and hiking with her dog.
215 – NCTRC: The future

This session will focus on various aspects of NCTRC including the future of credentialing. Present day updates and a look at the 2019 CTRS Profile Study and professional pride in the credential will be discussed.

Susan Kaufer has been employed with NCTRC as a Credentialing Specialist with NCTRC since 1997. Susan earned her Bachelor’s degree in Recreation and Leisure Studies from SUNY Brockport. She attends and speaks at professional Therapeutic Recreation conferences, provides webinars and university campus guest lectures several times each year. Other responsibilities include serving as NCTRC committee liaison, review of certification applications and assisting with customer service matters. Prior to NCTRC employment, Susan had over 10 years of professional practice in the Therapeutic Recreation field in the areas of Behavioral Health, Geriatrics and Developmental Disabilities.

Robin McNeal, CTRS is the Director of Credentialing and also a Credentialing Specialist at NCTRC. As the Director of Credentialing, she serves as the primary contact for all internal procedures regarding the NCTRC Credentialing program. She is also responsible for reviewing certification applications and answering questions about each application process. She has 7 years of clinical experience working in various settings including physical rehabilitation and long term care. Robin has her Bachelor’s degree in Therapeutic Recreation from Ithaca College. She has attended various local and regional TR conferences and has presented at local and national conferences and colleges on NCTRC Certification, Recertification and Specialty Certification.
216 – Best practices in Dementia Care using DementiAbility Methods

Alzheimer’s and other forms of dementia are on the rise. With no cure in sight, emphasis must be placed on addressing needs using non-pharmacological approaches and best practices to support meaningful engagement and successful outcomes. A leading approach that has gained international momentum in dementia care is called the DementiAbility Methods. This philosophy of care focuses on connecting research to practice through education, with an emphasis placed on implementing tailored interventions and activities that are connected to individual needs, interests, skills, routines, habits and abilities. Using research related to brain, environments and behaviour, these approaches use the WOW Model to put person-centred care into action and emphasize the importance of creating an environment that looks, smells and feels like home (Elliot, O’Neill, and Dempsey, 2016). This session will review the foundational knowledge of the DementiAbility Methods, reveal the evidence that supports best

Jenna Johnstone is the President-Elect for the Canadian Therapeutic Recreation Association, Sr. Recreation Therapist for Vancouver Coastal Health at the largest LTC home in the lower mainland in BC. Jenna is has a strong passion for the field of therapeutic recreation with a focus on supporting older adults living with dementia. Jenna completed her Master’s degree from Brock University in 2017 with a research focus on Professional Quality of Life among TR practitioners working in LTC homes. Committed to life long learning, Jenna hopes to share her passion and lessons learned in striving for best practice in Long Term Care.

Gail Elliot is Gerontologist & Dementia specialist and the Founder and CEO of Dementiability Enterprises Inc. She retired from McMaster University, Ontario, Canada, in 2012 with the purpose of focusing on dementia education. She is passionate about changing the face of dementia, and dementia care. Over the past 30 years she has gained the reputation as a leading expert in the field of aging, with a focus on interventions for dementia. She has worked in academic settings and in the community. In her role as an educator she has delivered workshops, presented at conferences and taught at the college and university level on a variety of topics in the field of aging both locally, nationally and internationally. DementiAbility Methods and Validation Communication workshops are two of the core courses in the McMaster University Geriatric Certificate Program. Gail works closely with the Occupational Therapists Association of Hong Kong, Montessori Aged Support Services in Australia and with colleagues in the United States.

Gail is the author of the book Montessori Methods for Dementia: Focusing on the Person in the Prepared Environment (currently available in English and Chinese), Memory Aids for Dementia, Helping Me – Helping You: A Resource for the Dementia Caregiver and is co-author of Checklist for Change: A Guide for Facilitating Culture Change in LTC. She is also editor, and author, of the many titles available as part of the Carry on Reading in Dementia series, author of the “Work It” series and creator of the iPad app “Best Guess”, a trivia game incorporates the DementiAbility principles into a game that has been set up for success.
Michelle Richard has been employed as a Recreation Therapist with Alberta Health Services for 20 years. Throughout her career she has had the pleasure of being an integral part of interdisciplinary teams providing therapeutic recreation to all ages and populations. She has had many rewarding experiences as a recreation therapist including; 6 years at Halvar Jonson Centre for Brain Injury in Ponoka, AB; Stroke Rehabilitation at Red Deer Hospital for 11 years; as well as 2 years in Acute and Palliative Care. She is currently the Professional Practice Lead for Recreation Therapy in the Central Zone and began this exciting challenge in 2017 providing practice support for therapists and Allied Health Managers. She has been an ATRA/ CTRA member since 1998 and enjoyed being part of the ATRA board as the Communication Director on the ATRA Board of Directors for the 2017 – 2019 term. She was the proud recipient of the 2017 Broadening Horizon’s ATRA award for innovative practice in the field of Therapeutic Recreation. Michelle had the exciting opportunity to be the co-designer of the User Guide for Smart Devices in Therapeutic Recreation with Professional Practice Annette Yunick and Recreation Therapist Katelyn Scott who is co-presenting today.

Katelyn Scott is a Certified Therapeutic Recreation Specialist (CTRS) who holds a position, as a sessional instructor at Lethbridge College for their Therapeutic Recreation Gerontology (TRG) program. In addition, Katelyn works with Alberta Health Services as a Recreation Therapist. With a Bachelor of Therapeutic Recreation (BTREC) degree from the University of Lethbridge, she holds an active position with the BTREC Advisory Council. With the council, she contributes to the effort of establishing quality education standards to be approved by the Committee on Accreditation of Recreation Therapy Education. While completing her final internship with Alberta Health Services South Zone, Katelyn co-created the User Guide for Smart Devices in Therapeutic Recreation with Professional Practice Leads Michelle Richard and Annette Yunick. This comprehensive document will become Alberta Health Service’s first standardized clinical tool with an emphasis on the use of smart devices as a modality for treatment. Katelyn has orientated practitioners across the province about incorporating smart devices into our practice through public speaking, group discussion and provincial presentations.

**Day 3**
Friday, May 8th
8:00 – 9:30AM

302 – YOU ARE AWESOME – Applying affirmations to TR Practice

Affirmations refer primarily to the practice of positive thinking and self-empowerment fostering a belief that positive mental attitude supported by affirmations will achieve success. Studies show that positive affirmations lead to positive thinking. This session will review best practice research related to the use of affirmations in TR practice as well as provide a practical hands on Sign making activity to aid the TR practitioner in the practice of self-care.

Joanne Brohman
Tracy Hopkins

303 – Music, a book, a fork, or a necklace: How can we use these everyday items in a new way as therapy?

Through these illustrative films, explore how caregivers and therapists can use everyday objects as therapeutic tools when a loved one experiences a change in their health. These fictitious stories build upon more than 15 years of ethnographic research conducted by Dr. Strickfaden’s research team in Canada, Europe, United States, Australia, and China. This presentation will discuss how humans are affected by and can affect their physical environment and the stuff therein to improve their health. Learn how to use these in your own practice and how to guide families and caregivers to use everyday objects.
Megan Strickfaden, PhD, is a design anthropologist, researcher, and educator. She is a professor in the Department of Human Ecology at the University of Alberta (Canada) and an adjunct professor in the Faculty of Architecture and Arts at Hasselt University (Belgium), the School of Design at Queensland University of Technology (Australia), and College of Fashion and Design at Donghua University (China). Megan uses ethnographic and co-created film to explore with and provoke change. She has directed/produced over 20 films including Light in the Borderlands (2013), Dementia Care by Design (2015), and Smoke Break (2019). These films are used to teach concepts relating to caregiving, rehabilitation medicine, physiotherapy, engineering, nursing, industrial design, interior design, and architectural design in Canada, USA, China and Europe. She has curated three film festivals in Edmonton (Canada), Toronto (Canada), and Hasselt (Belgium).

Lara Pinchbeck is an architectural designer, social sciences researcher (PhD student), certified project manager, professional human ecologist, and public participation practitioner. As an industry expert, Lara provides Universal Design solutions to make spaces more accessible. Her work focuses on making indoor and outdoor spaces accessible for everyone, especially those with invisible disabilities. Lara provides professional design and architectural advice, conducts building audits and assessments, and provides project consultation and design research, education and training for a variety of clients including architects, developers, healthcare facility operators, homeowners, commercial property owners, landscape designers, interior designers, and business owners.

304 – The role of meaningful recreation for clients with chronic illnesses in physical rehab setting

This session will look at the Neuromusculoskeletal programs at GF Strong Rehab Centre in Vancouver, and the various diagnoses that are treated there. We will discuss Recreation Therapy’s role in an interdisciplinary team, and how meaningful recreation can help to increase overall quality of life for this population. We will go over common barriers that people with chronic illnesses often face to engaging in recreation and leisure and identify ways that Recreation Therapists can help to motivate, encourage, and engage clients.

Amy Prystupa graduated from Douglas College with her Bachelor’s of Therapeutic Recreation in 2018, and was valedictorian of her class. She got a position at GF Strong Rehab Centre right after graduating, and has been working on the Neuromusculoskeletal programs for the past 2 years. Before working in rehab, Amy worked with people living with mental health diagnoses at Open Door Group, and with people living acquired brain injuries at the Strive Centre. She also worked on 2 research projects while in school, and gained experience in long-term care through her internship and volunteering. Amy has always had a passion for rehab and working with individuals experiencing a functional loss or change in their overall health. When she’s not working, Amy enjoys travelling, camping, fishing, and spending time with her cats.

305 – Positive psychology and the PERMA profiler: A one year snapshot on a psychiatric unit

This session will outline the development and implementation of a positive psychology-based TR program on an acute care psychiatric unit. Initiatives connected to each phase of the APIED process will be discussed and supported with clinical examples.

Carl Ings is a Recreation Development Specialist with Central Health. He currently works in Mental Health and Addictions with both Youth and Adults in Grand Falls-Windsor, NL. He worked in Long Term Care for 19 years prior to this switch in October of 2018. He graduated from Dalhousie University in 1999 with a BRec in Therapeutic Recreation. In 2001 obtained his CTRS status from NCTRC. He is currently serving his 1 yr term as the President for CTRA. Before this he was the President Elect (1 yr) and Atlantic Director (3yrs) with the CTRA Board. He also served as President and Central Director of the Newfoundland and Labrador Therapeutic Recreation Association for four years. Carl has presented provincially, nationally and internationally on a variety of Recreation Therapy topics. For those who don’t know him, Carl thoroughly enjoys his leisure time and enjoys a variety of leisure activities such as golf and camping with his family in the summertime and playing hockey, cross country skiing and snowmobiling in the winter. Also, he is a family guy who will be celebrating 20 years of marriage this July to his wife Lorraine. He also has two amazing girls, Bryanna 15 and Catherine 11, who keep him busy all year long with their schedules.
306 – From theory to practice and back again: Co-constructing recreation

Is linking theory to practice enough? Using a community exercise transition model, we will discuss challenges and successes with translating theory to practice and share stories about how playing in the space between theory and practice can allow us to re-imagine recreation and programming for our community. We will use real-life examples of the processes of co-constructing recreation with participants and families and discuss potential solutions to systemic gaps that continue to exist.

Bobbi-Jo Atchison has a Bachelor’s and Master’s degree in Adapted Physical Activity from the University of Alberta. She is the owner and founder of Equality Fitness & Recreation, an organization that strives to provide equitable access to adapted fitness, physical activity, recreation, sport, and wellness services to all individuals. Bobbi-Jo is also an instructor in the Faculty of Kinesiology, Sport, and Recreation at the University of Alberta and is certified through the Canadian Society of Exercise Physiology (CSEP) as a Certified Exercise Physiologist (CEP) and is a Recreation Therapist with ATRA.

Amanda Ebert graduated from the University of Alberta in 2008 with a Bachelor of Science in Kinesiology, and again in 2019 with a masters degree in adapted physical activity. After years of working with children and youth with impairments at The Steadward Centre, Amanda has now joined the team at Equality Fitness & Recreation where she continues to support families with participation in sport, recreation and fitness. Amanda also teaches in the Faculty of Kinesiology, Sport, and Recreation at the University of Alberta, and is actively engaged with numerous community groups across Edmonton and the province.
This will be an experiential session designed to enhance professional competencies, support development of evidence-based practice and promote awareness, advocacy and advancement of collaborative wellness programming and toolkits. Participants will learn innovative tools for youth engagement along with strategies that encourage youth to disconnect from screens and reconnect with their minds, bodies and spirits. In an interactive session, participants will explore use of creative, physical and land-based activities as a means of connection and engagement.

Jennifer Doddridge has a clinical background in Therapeutic Recreation with a BA with Honours from the University of Alberta and a Masters of Arts in Leadership with a Health Specialization from Royal Roads. In addition, she holds an Advanced Practice in Mental Health certificate from Douglas College and trauma informed care training. At present, Jennifer is an instructor in the Douglas College Therapeutic Recreation Program within the Faculty of Child, Family and Community Studies. She also has the privilege of doing consult work with Foundry BC central office as a wellness project consultant for youth with mental health/substance use concerns. Jennifer’s past work experience includes 25 years with Fraser Health in adolescent psychiatry along with a supervisory role in acute care. She is passionate about health promotion, empowerment of youth, mentorship, and land based/outdoor programming. She is excited to share her learning’s and experiences with innovative opportunities for innovative and collaborative wellness programs for youth. Her intention is to make impact within the Therapeutic Recreation profession and to help shape the direction of health care delivery for youth with mental health needs. She is inspired by the Foundry’s vision and innovative service delivery and is motivated to share knowledge and experiences.

308 – Comprehensive Program Plan in Acute Psychiatry - a Small Town Perspective

A CPP in action gives credibility and confidence to advocate for program needs in a way that little else can. Having a model of service delivery that is clear, objective, and transferable to other members of the care team as well as different locations of service delivery gives increased time for client care and engagement, as well as demonstrating how both the goals of the organization and client goals can be met.

Vickie Komelsen - I have worked for Northern Health in Terrace, BC since 1996, in a variety of positions including Home Support, Resident Care Attendant, Recreation Therapy Assistant, and Recreation Therapist. I graduated from Norquest College in 2011 with my Diploma in Recreation Therapy, joining as a professional member right away. Since becoming a Recreation Therapist, I have worked in residential, community, and now in-Patient settings, including spend time at the assisted living facility and providing some program support there. I also am a trainer for the Tiered Exercise Program and am very passionate about prevention activities that Recreation Therapy is uniquely qualified to support. When I’m not working, I enjoy spending time painting, reading, and playing with my dogs.

Day 3
Friday, May 8th
9:45 – 10:45AM

309 – National Dementia Strategy for Canada and the role of Therapeutic Recreation in Canada

Incidence of Alzheimer’s disease and related dementias continues to increase in Canada, and as a result, many recreation therapists are providing services for those who are living with an illness causing dementia. In June of 2019, the Canadian Government released a strategy titled, ‘A Dementia Strategy for Canada; Together We Aspire’. This strategy identified several principles and national objectives in hopes of creating “a Canada in which all people living with dementia and caregivers are valued and supported, quality of life is optimized, and dementia is prevented, well understood, and effectively treated”. In this session, participants will be provided with a high level overview of the strategy and will describe the role of TR in Canada in supporting this strategy. This session will also involve discussions around advocacy and the steps CTRA is taking to get involved in supporting this strategy.

Jenna Johnstone is a practicing CTRS in North Vancouver at the largest LTC home in BC. Jenna is the Sr. Recreation therapist with a passion to deliver quality services for individuals living in LTC. Jenna is a graduate from Brock University completing her BA and MA degrees. Jenna has been on the board for CTRA since 2016 and is on the education committee for BCTRA. In her spare time Jenna enjoys hiking, reading, dancing, rollerblading and being with friends and family.
Rebecca Genoe is a Professor and researcher at the University of Regina. Her research interests lie in the area of leisure and aging. More specifically, she is interested in better understanding the role of leisure in the lives of older adults living with dementia or a chronic illness. Rebecca uses qualitative approaches to better understand how older adults use leisure to cope with illness as well as the impact that chronic illness has on their leisure and their identities. Rebecca is the current prairie director and is involved in the Provincial association where she has won awards for her involvement.

Glenn Skimming

Sara Stukings - I graduated from the University of Regina in 2015 and have been working with the Saskatchewan Health Authority for the past 4 years. The last year and a half I have been working in Swift Current, SK as a Regional Recreation Therapist. I am currently the co-chair for the CTRA Saskatchewan/Manitoba Chapter, sit on the National Dementia Strategy committee, and have also worked as the CTRA Website Admin for the past 5 years. In my free time I enjoy everything coffee related...as well as camping, spending time with friends/family, working on the acreage, curling, reading, volunteering, and continuing to challenge myself with new educational pursuits.

310 – “Living with a brain that lies” – A recreation therapist’s struggle with obsessive compulsive disorder

Obsessive Compulsive Disorder is often a misunderstood and misdiagnosed psychiatric disorder. It’s takes an average of 14-17 years from the time OCD begins for people to obtain proper treatment. In 2004, OCD was associated with more disability adjusted life-years (the number of years lost to disability) than multiple sclerosis and Parkinson disease combined. In this session you will learn to debunk the common misconceptions about OCD. You will learn the truth, learn treatment and learn therapeutic recreation interventions for the neurobiological disorder. Jennifer will take you through her journey of OCD recovery, self-discovery and incorporation of the Alberta OCD Foundation (aocdf). When you know what’s really “so OCD” you’ll stop saying it.

Jennifer Masek first volunteered visiting patients at Selkirk Hospital in Manitoba at age 15. At age 17 she worked as a dietary aide in Long Term Care where she knew she loved being an advocate and providing care for others in need. At 18 she moved to Alberta to play for the Grande Prairie Wolves College Volleyball team. She coached Bantam volleyball, volunteered at the Peace Area Riding for the Disabled Society, Youth in Action summer program and the Rick Hansen, Wheels in Motion fundraiser. In 2004 she won the Women’s Junior Muscle Beach Fall Classic Bodybuilding Competition where she learned that changing your body size does not change the way you think about yourself.

Jennifer received a BPE from the University of Alberta and has been working as a Registered Recreation Therapist in Edmonton for 11 years. She is the chair for her LUE for HSAA (Health Sciences Association Of Alberta), on the Therapeutic Recreation Program Advisory Committee for NorQuest College and on the Tourette OCD Alberta Network team. She recently presented on Obsessive Compulsive Disorder at the IOCDF Conference in Washington, NorQuest College, Young Adult Services & Access Open Minds and at Edmonton Alberta Hospital. In her spare time, you will see Jennifer cooking/baking, playing league sports, sewing, making crafts, journaling, camping/travelling, gardening, hiking, snowshoeing, snowboarding, riding her motorcycle, hanging out with friends/her pup Mahnee or meeting strangers.

It took Jennifer 21 years of living with Obsessive Compulsive Disorder before receiving OCD treatment of any kind. She kept extremely busy and coped by using Recreation and Leisure as a healthy outlet to experience joy while suppressing shame and hiding her ‘embarrassing,’ yet torturous symptoms. It was a struggle to not only reach out, but to find appropriate treatment in Alberta. In 2015, she found a private clinic and began her journey to recovery. While overcoming shame, Jennifer was interviewed twice on Global TV for OCD awareness week and incorporating the Alberta OCD Foundation (aocdf). She was a guest speaker on the Centre for Cognitive Behavioural Therapy (CFCBT) Q&A Panel for OCDweek and #GETloud week. Jennifer was interviewed twice by CBC live radio on OCD and the isolation she experienced. Her
OCD artwork was entered into a Neuroscience Conference Poster Presentation and won a first place cash reward. Jennifer has worked in a variety of health care settings including Older Adult Homecare Day Program, Assisted Living and Long Term Care. Jennifer is currently employed with CapitalCare Dickinsfield. She enjoys working with Young Adults in the Young Adult Day Support Program (YADS) and in the LTC unit.

311 – Enhancing person-centred approaches to responsive behaviours in acute care through the use of arts-based vignettes

Person-centred care is a philosophy that honours the individuality of each person and recognizes their right to dignity and respect. Evidence suggests that translating this philosophy into daily actions in a multifaceted healthcare environment is challenging. The purpose of this action-based research was to co-create knowledge aimed at advancing person-centred approaches in acute care at Sunnybrook Health Sciences Centre. Our research involved: (1) focus groups with patients, families and staff to shed light on the current practices that support and/or resist person-centred care approaches; (2) the co-creation of video vignettes that reveal supportive and resistive practices to person-centred care; and (3) knowledge mobilization strategies that will inspire greater awareness of and recognition for incorporating person-centred approaches into care. Implications of the study included deeper levels of communication and a greater sense of competence among all team members.

Leanne Hughes has 23 years of experience in Recreation Therapy at Sunnybrook Health Sciences, located in Toronto, ON; working on various patient care areas. In her current position, Leanne is the Professional and Education Leader of Recreation Therapy. She is also an Instructor at Georgian College in Orillia, Ontario. She is registered with Therapeutic Recreation Ontario (R/TRO) and is a Certified Therapeutic Recreation Specialist (CTRS). Leanne has been involved in numerous Best Practice Initiatives and is currently completing her Certificate in Quality Improvement and Patient Safety.
312- Infusion of the Leisure Well-Being Model by Addiction and Mental Health Recreation Therapists at Lady Flower Gardens

Infusion of the Leisure Well-Being Model into existing programming provides a theoretical framework to enhance therapeutic experience and well-being. Community Addiction and Mental Health Recreation Therapists have incorporated the Leisure Well-being Model into an innovative gardening partnership program at Lady Flower Gardens. The program facilitates social connectedness, community engagement, virtuous leisure and improved physical and mental health. Qualitative and quantitative data is collected throughout the season which allows for continuous evaluation of client and program outcomes.

Amy Delday graduated with a BSc Psychology in 2002 from McGill University and BA Specialization, Therapeutic Recreation in 2006 from Concordia University. Amy started her career at as a Recreation Therapist in the Forensics Department of Alberta Hospital Edmonton. She spent three years at the Phoenix Program and two and half years at Turningpoint Program. Amy is currently employed with DiverseCity Housing and enjoys the fast paced, challenging nature of her job. Every day she is thankful that she chose the profession she is in because she gets to assist people in self discovery and wellness. Most of Amy’s time outside of work is devoted her family but she makes time to garden, go to the gym and enjoy the simple things in life.

Deanna LeSage is currently a Recreation Therapist II with Young Adult & Cross Level Services in Edmonton Community Addictions and Mental Health Services. Previous work experience includes 25 years of providing recreation therapy services to young offenders, adult forensic and acute psychiatry clients. Deanna has served on both the Alberta Therapeutic Recreation Association and the Canadian Therapeutic recreation Association board of directors. Deanna has been the recipient of several recreation therapy awards including both the Alberta Therapeutic Recreation Association and Canadian Therapeutic Recreation Association Professional of the Year Award in 2007 and 2010. Leisure interests include biking, hiking, swimming, snowboarding, yoga, volunteering at Edmonton Humane Society and spending time with family.

313 – Non-pharmacological interventions that may slow or delay the onset of dementia

As dementia diagnoses are explored in countries all of the world, the need for recreational therapists become even more essential. Why it is important for facilities and home caregivers to use recreational therapists services. Our evidenced based
practices work to slow the onset of dementia, and may extend people lives in the lower stages of dementia, thereby, improving the quality of lives of people diagnosed with dementia, and improves bad behaviors.

Carolyn Neufeld is CTRS, certified dementia specialist (CDS), and certified Senior Fitness Specialist. Her academic credentials include a BS in Recreation with an option in Recreation Therapy; a BA in Liberal Studies; Minors in Health Sciences, and Human Development from the California State University East Bay 2012. She has a Certificate in Dementia from the University of Birmingham, UK, 2016. She is a member of the International Golden Key Society, American Therapeutic Recreation Association (ATRA), Bay Area Therapeutic Recreation Association (BATRA), American Correctional Association (ACA), and California Board of Recreation and Park Certification, (CBRPC).


Deborah Paulus is CTRS, Certified Dementia Practitioner (CDP), and a National Council of Certified Dementia Practitioners (NCCDP). She has received her Bachelor of Science-Leisure Studies with a concentration in Therapeutic Recreation, from the University of South Alabama, May, 2009. She has received her Master Degree in Therapeutic Recreation, University of Indiana, May, 2018. She is a member of The Honor Society of Phi Kappa Phi, American Therapeutic Recreation Association (ATRA), Bay Area Therapeutic Recreation Association (BATRA), and American Correctional Association (ACA).

Presenter: ACA, CPRS, ATRA, CMC, Gulf Coast Symposium She presently works for the California Health Care Facility for California Department of Corrections and Rehabilitation on the Memory Care Unit and with clients that are in the Enhanced Out Patient program.

Lori Tiago is a state certified recreation therapist. She has a BA in Recreation Administration from San Jose State University and has her degree in therapeutic recreation from the California State University East Bay, 2014. She is a member of the American Correctional Association (ACA), and California Board of Recreation and Park Certification, (CBRPC) Presenter: ACA, CPRS, and ATRA.

**314 - NCTRC Internship and Professional Experience Requirements**

Student internship and professional work experience are an integral part of preparation for practice as a successful Certified Therapeutic Recreation Specialist. Supervision is the link between education and practice for the new professional. In order to best prepare a student, it is essential that all individuals involved in the internship experience are aware of current NCTRC Certification Standards for the internship experience. For the Equivalency Path process, requirements for CTRS supervision of work experience will be examined as well as the professional work experience option that does not require CTRS supervision. This session provides an in depth coverage of the NCTRC Certification Standards regarding both internship for the Academic Path process as well as the Equivalency Path process using professional experience.

Susan Kaufer has been employed with NCTRC as a Credentialing Specialist with NCTRC since 1997. Susan earned her Bachelor’s degree in Recreation and Leisure Studies from SUNY Brockport. She attends and speaks at professional Therapeutic Recreation conferences, provides webinars and university campus guest lectures several times each year. Prior to NCTRC employment, Susan had over 10 years of professional practice in the Therapeutic Recreation field in the areas of Behavioral Health, Geriatrics and Developmental Disabilities.

**315 – Therapeutic recreation in long-term care – Oh the possibilities! A pilot project showcasing benefits of evidence based practice**

An overview of an ongoing pilot project in four different long term care facilities within Southwest Saskatchewan. In this session,
we will discuss steps taken to advocate for the transition from diversional activities to the implementation of the Leisure Ability Model. We will show how we are using the APIED process to provide evidenced based interventions and programming that are 'out of the box' and not necessarily what you would expect in LTC. We will also showcase the different community partnerships that were established to enhance the quality of the programs and overall quality of life of the residents.

Camille Lesiuk - I work as a Senior Recreation Therapist in Swift Current, Saskatchewan and oversee 10 long term care facilities within Southwest. I attended the University of Regina and convocated in 2013 and then became certified soon after. I have been with the Saskatchewan Health Authority for over 5 years. I have successfully introduced evidence based recreation therapy into long term care by transitioning the activities based model into using the Leisure Ability Model. In my spare time I keep busy playing team sports including volleyball, hockey, curling, and baseball.

Jill Stevenson – I live in Swift Current. I attended the University of Saskatchewan School of Physical Therapy graduating with a Bachelor of Science in Physical Therapy. I have worked for the former Cypress Health Region and now the Saskatchewan Health Authority for the past 16 ½ years, with the last 5 years as Manager of Therapy Services including Recreation Therapy. I have worked in acute care, outpatients, ad community during my career as a physical therapist working with all ages.

Sara Stukings - I graduated from the University of Regina in 2015 and have been working with the Saskatchewan Health Authority for the past 4 years. The last year and a half I have been working in Swift Current, SK as a Regional Recreation Therapist. I am currently the co-chair for the CTRA Saskatchewan/Manitoba Chapter, sit on the National Dementia Strategy committee, and have also worked as the CTRA Website Admin for the past 5 years. In my free time I enjoy everything coffee related...as well as camping, spending time with family, working on the acreage, curling, reading, volunteering, and continuing to challenge myself with new education and projects.

Day 3
Friday, May 8th
1:30-3:00PM

316.1 – Research Projects: Maintaining friendships after a diagnosis of dementia: Is there a role for TR?

Dementia is associated with many losses, including loss of friends, which can lead to social isolation. However, friendship is a vital part of the human experience and not only do people with dementia want to maintain friendships, they also experience meaning in doing so. Therefore, we wanted to better understand how people living with dementia and their long-term friends continue to nurture their relationships. We interviewed people living with memory loss, friends, and family members to identify strategies for sustaining friendships after a diagnosis of dementia. Through our data analysis process, three main strategies were identified, including prioritizing friendship, shifting ways of thinking about my friend and our relationship, and addressing changes in memory through practical strategies. In this presentation, we will explore these strategies in-depth and consider the vital role that recreation therapists have in supporting friendships after a diagnosis of dementia.

Rebecca Genoe is a Professor and researcher at the University of Regina. Her research interests lie in the area of leisure and aging. More specifically, she is interested in better understanding the role of leisure in the lives of older adults living with dementia or a chronic illness. Rebecca uses qualitative approaches to better understand how older adults use leisure to cope with illness as well as the impact that chronic illness has on their leisure and their identities. Rebecca is the current prairie director and is involved in the Provincial association where she has won awards for her involvement.

316.2 - The Sounds of St. George: A Music Care Research Project

This presentation will illustrate the power of music as it breaks down the barriers of social isolation and loneliness among the 238 Residents at St. George Care Community. The "Sounds of St. George" is a music-based research project in partnership with Room 217, aiming to enhance the Resident dining experience, as well as, addressing the individual needs of Residents exhibiting self-isolating responsive behaviors due to mental health challenges, spanning over an 8-week period. Join us, as we explore the challenges of this music initiative and uncover the many beneficial outcomes of using music as an intervention, positively effecting the diverse population at St. George Care Community.

Nancy de Vera has been recently promoted to the Executive Director role at St. George Care Community, a long term care home serving the downtown Toronto area. Nancy is a Therapeutic Recreation Ontario Board member and is also on the Professional Advisory Committee for the TR Program at Seneca College. She holds a H.B.A from the University of Toronto and is also a graduate of the Post-Graduate Therapeutic Recreation Program with Honors at Georgian College. Nancy has been in the Therapeutic Recreation field for over 8 years gaining unique experiences from complex care, rehab hospitals, and day programs working with adults and seniors with
developmental disabilities, mental health challenges, and aging health concerns. She finally found her niche in long-term care; where she is grateful to be a part of the Residents’ lives and witness, alongside them, as they discover new avenues of what life has to offer.

Chelsea Mackinnon works diligently to incorporate music into traditional healthcare settings, and inspires others to join her in this journey. As the education and research manager at the Room 217 Foundation, she gathers evidence to show music’s effectiveness as a therapeutic tool. Chelsea teaches two interdisciplinary undergraduate courses at McMaster University in which her students learn about the many applications of music in health care. She is also the founder of Intergenerational Music Hamilton, which unites elementary students, university students and long-term care/retirement residents for a month of music-making and meaningful interactions. Chelsea integrates music into the healthcare system through her translation of evidence into clinical and community contexts.

316.3 How therapeutic recreation practice can enhance belonging for older adults in community spaces

Having a sense of belonging is acknowledged as a pervasive human need. Despite its necessity, not all people experience what it means to belong. Although belonging is recognized as being essential for aging well, ageist attitudes, stereotyping, and age-related life transitions have a jeopardizing impact on many older adults’ sense of belonging. This presentation will discuss the importance of enhancing sense of belonging through therapeutic recreation services within older adult contexts. It will also present findings from a qualitative study focused on the perceptions and experiences of belonging for older adults who are involved in a 50+ community centre located in Montreal. Factors that contribute to and detract from belonging identified by participants of this research will be used to inform strategies for therapeutic recreation specialists’ can use to foster the conditions for belonging when working in older adult service contexts.

Brittany Weisgarber, a CTRS, graduated from Dalhousie University’s therapeutic recreation undergraduate program in spring of 2017. She is currently pursuing a Master of Arts in Social Science at Concordia University in their individualized research program and is set to graduate in the fall of 2020. Her current research endeavors are focused on the advancement of therapeutic recreation in federal and provincial prison contexts and the concept of belonging as it relates to aging and older adulthood. She is particularly interested in using arts-based research methods and forms of dissemination to bridge the gap between research, practice, and the communities in which research takes place.

317 – Facilitating Client Change in TR Services

In TR services, we often espouse that we support clients to make changes that lead to improvements in their well-being and quality of life. But do we? This session is designed to examine our evolving conceptions of the key ingredients for supporting client change. In the session, we will explore some of the factors that make change difficult. And we will also explore some of the strategies that have been demonstrated to be helpful in facilitating client change.

Colleen Hood is a Professor in the Department of Recreation and Leisure Studies at Brock University. She has been working in the field of TR for over 30 years and is committed to the professional practice of TR. She is one of the authors of the Leisure and Well-Being Model and works closely with her co-author Cynthia Carruthers. She is also a Registered Psychotherapy in the province of Ontario.

Cynthia Carruthers has been working in the field of TR for over 30 years. She is the co-author of the Leisure and Well-Being Model and has been instrumental in introducing positive psychology concepts to the field of TR.
318 – Do the grind blind. A Collaborative hiking adventure between therapeutic recreation and blind beginnings

Hiking the strenuous Grouse Grind trail in North Vancouver, BC with little or no sight? Why? Why not? Anyone who is visually impaired has the right to try any activity, including the grueling, steep, bumpy, root filled 2.5 kilometre trail to the top of Grouse Mountain. With support and lots of direction, anything can happen. For children and youth who are visually impaired, having a new and unique experience that they can tell their friends about is truly important for healthy growth, development and self-esteem. Discover the impact of a hiking program that was developed from a partnership between Recreation Therapy at Sunny Hill Health Centre for Children in Vancouver and Blind Beginnings, a non-profit organization.

Christina Duncan is a Recreation Therapist in the Neuromotor Program at Sunny Hill Health Centre for Children (part of BC Children’s Hospital) in Vancouver for the past nineteen years. She is a team member on the Visual Impairment Interdisciplinary Team and the Hearing Loss Team at Sunny Hill. Christina is well linked with community recreation partners, including Blind Beginnings, and adapted recreation organizations from all across British Columbia. Throughout the year, she assists to facilitate a weekly in-patient recreation program at Sunny Hill. Christina is an avid Grouse Grinder/hiker who is keen to share her passion for hiking with children and youth who are visually impaired and/or who require extra support.

319 – Building efficacy, role clarity and competency for recreation therapists in physical activity interventions.

Building on the findings and recommendations of the "Canadian Association for Long Term Care, Recreation Therapy to Promote Mobility Among Older Adults in Long-Term Care" (May 2018), this session will examine the preliminary development of an outcome measure for recreation therapy physical activity interventions. These interventions often range from recreational-level (mild, easy)
exercise and active games to functional fitness (targeted, therapy goal-directed) to active living; however, it is often unclear whether or not we are actually achieving desired outcomes. Through identifying key competencies, addressing barriers, providing role clarity and developing a therapeutic recreation-specific measure, we aim to advance the recreation therapist’s contribution and efficacy to meet person-centred physical health goals and align with evidence and recommendations for physical health.

Jane Papenhuyzen is the Practice Director, Provincial Recreation Therapy and the Calgary Professional Practice Lead with Alberta Health Services. Clinical roles have focused on community neuro rehab and geriatric psychiatry. Jane has a Master of Science Health Promotion Studies from the University of Alberta. Jane is currently serving on the Alberta Therapeutic Recreation Association (ATRA) Board of Directors as Education Director. As a previous 5-year ATRA Vice President and professional practice lead since 2005, Jane has led provincial work in health legislation, wellness in community rehab, competencies for recreation therapists and risk management. Jane received the 2012 CTRA Professional of the Year and 2010 ATRA Distinguished Service Award.

Patti Lanigan - My educational foundation includes a Bachelor of Physical and Health Education Degree and a Recreation Therapy Diploma. I began my career as a recreation therapist in my hometown of High Prairie, Alberta, working in Long Term Care for many years. Since 2012, I have worked as Recreation Therapy Clinical Lead for the North Zone of Alberta Health Services as well as a recreation therapist in LTC and Supportive Living. In 2012, I earned the CTRS credential and in 2017, obtained NCTRC Specialty Certification in Geriatrics. I served as President of the Alberta Therapeutic Recreation Association (ATRA) from 2014 - 2018. In 2017, I was honoured to receive ATRA’s Distinguished Service award. I enjoy a multitude of leisure activities including reading, mountain biking, kayaking, X-C skiing, and exploring nature with my husband and our Golden Retriever in this beautiful national park that we are lucky to call home.

Day 3
Friday, May 8th
1:30-3:00PM

320 - Neighborhood Time: A New Approach to Recreation and Leisure for Increased Reach and Impact

Neighborhood Time is an alternative activity approach that fosters the same leisure freedoms that are experienced while living at home. In a spontaneous fashion, it reflects the unique interests, skills and life stories of each individual and creates opportunities for residents to exercise self-determination, independence and growth regardless of where they are in their journey. It is a flexible delivery practice creating a supportive environment that empowers residents, through choice, to do things that are meaningful to them. Join us in discussing how to best optimize existing staff to help guide and foster ‘normal’ leisure time; various residents doing a variety of activities, all at the same time, in the same living area. CapitalCare has completed a trial, developed a curriculum and now with support from the Center for Aging and Brain Health Innovation (CABHI), is in the process of collecting evidence to support the benefits of this delivery service.

Heather Rozak graduated from the University of Alberta, Adapted Physical Education program and has been working as a Recreation Therapist for the CapitalCare Foundation since 1996. Heather has worked in various CapitalCare locations in Edmonton and area and with various people with different interests and abilities. Heather also assists with marking support with The NorQuest College
Sherry Schaefer began working in geriatric care settings, specializing in recreation therapy as well as special event planning. Completing her Degree from University of Alberta in Recreation Administration she began a 15 year stretch as a Recreation Therapist providing creative leisure opportunities for those with both physical and cognitive challenges in their senior years. Sherry has held many positions within CapitalCare, including rehabilitation attendant, recreation therapist, Community Liaison Manager, Care Manager, and currently Director of Fundraising and Donor Relations. She has a deep understanding and expertise about seniors – their living environments and how to improve their quality of life through programming and charitable endeavors. In addition to her work at CapitalCare and CapitalCare Foundation Sherry has maintained a community engagement philosophy through leadership in her professional associations, starting with ATRA, then Alberta representative and founding director of CTRA. She has also been on executives for AFP, AAFRE, and CAGP Alberta North.

Closing Keynote – Bev Suntjens - Authentically Venturing Beyond: Looking In, Around, and Overseas

In this session, Bev Suntjens will help you answer the critical post-conference question: what now? To truly venture beyond, we will look inwards, around us, and even overseas as conference themes will be explored through the lenses of reflective practice and professional connection. A brief review of key learnings from a trip to the Netherlands, including Hogewyk (Dementia Village), will provide an intriguing vantage point to determine how you will truly venture beyond CTRA 2020, in a way that is authentic to your practice.

Bev Suntjens
DINING

THE EMERALD LOUNGE
A lounge & patio with a clear view to towering peaks.
Daily 11:30am – 1:00pm

THE NOOK CHOPHOUSE
Alberta's most storied chophouse.
Dinner Daily 5:30pm – 10:00pm

ORSO TRATTORIA
Northern Italian cuisine on the Spa & Boutique Level.
Breakfast Monday–Friday 6:00am – 11:00am
Breakfast Saturday–Sunday 6:00am – 12:00pm
Dinner Daily 5:30pm – 10:00pm

FITZHUGH'S TO GO
Gourmet coffee and snacks on the Spa & Boutique Level.
Daily 6:00am – 5:00pm

ONAI SUSHI
Japanese tradition on the Spa & Boutique Level.
Monday – Saturday 6:00pm – 9:00pm
Sunday Closed

THOMPSON'S TERRACE
Greenside fare (and yes, Arnold Palmer). DAILY 11:30am – 5:00pm

IN-ROOM DINING
DAILY 6:00am – 1:00am

*Reservations recommended.
To book a table, please contact the concierge: 780.852.6091 | jlp.concierge@fairmont.com

SPA, SERVICES & BOUTIQUES

HEALTH CLUB & SWIMMING POOL
Sunday – Thursday 7:00am – 10:00pm
Friday – Saturday 7:00am – 11:00pm

THE SALON
Tuesday – Saturday 10:00am – 6:00pm
Sunday – Monday Closed

THE SPA
Voted #1 Spa in Alberta. To book a treatment or for more information, please contact: 780.852.6014 | jlp.spa@fairmont.com
Daily 8:00am – 8:00pm

MOUNTAIN GALLERIES
A vibrant collection of contemporary Canadian art, inspired by our wilderness.
Monday – Thursday 10:00am – 6:00pm
Friday – Saturday 9:00am – 10:00pm

FAIRMONT STORE
Luxury gifts, jewelry, high-end fashion, Fairmont bedding, and more.
Daily 7:30am – 10:00pm

GOLF CLUB

GOLF COURSE & GOLF SHOP
To book a tee time or for more information, please contact: 780.852.6090 | jlp.golfreservations@fairmont.com
May–October
Daily 7:00am – 9:00pm