



# The Therapeutic Recreation Association of Atlantic Canada presents:



## *“Different Beats, One Rhythm: Fine Tuning Our Practice”*

11<sup>th</sup> Annual AGM and Conference

March 25<sup>th</sup> and 26<sup>th</sup>, 2010

World Trade and Convention Centre, 1800 Argyle Street, Halifax, Nova Scotia

Dear Colleagues,

Let me be the first to welcome you to our Annual Conference and General Meeting!

Our conference will be held at the World Trade and Convention Centre in downtown Halifax. The theme this year is: **Different Beats, One Rhythm: Fine Tuning Our Practice**. On day one, our conference begins with an exploration of our Standards of Practice and how we can become more accountable to service delivery. In addition, on day two we have a number of educational opportunities that recognize the different areas of practice and research. We will hold our Annual General Meeting and Awards Dinner to honor those who have made tremendous contributions to our field.

Each year the TRAAC conference planning committee, board members and volunteers work hard to provide participants with the best possible conference. We take the comments from the overall program evaluations of the previous year and try our best to make changes accordingly. We have worked diligently to make this year's conference the best one yet! We hope that you will enjoy the sessions.

Once again, we are happy to invite you to an excellent conference full of opportunities to network with other professionals and increase your knowledge of the wonderful field of Therapeutic Recreation.

I look forward to seeing you in March!

Rhonda Maclean CTRS  
Acting Chair of TRAAC 2009-2010

**Conference Planning Committee:** Rhonda Booth, Alex Chandler, Linda Hall, Claire Lederman, Rachel MacMillan, Austin Oswald, Charlotte Stevens & Crystal Watson Larbi



## *11<sup>th</sup> Annual TRAAC Conference*

### Putting Our Standards into Practice

Pre-Conference Session with Dr. Susan Hutchinson  
Thursday, March 25<sup>th</sup>, 2010

This pre-conference workshop is designed to be a practical opportunity to collaborate with other practitioners to problem-solve ways of implementing NSRPH/TRAAC's Joint Standards of Practice in various health care settings. The focus will be on reviewing what it means to our profession to have standards and how they can be used to guide and improve service delivery in our everyday practice. Participants will have the chance to collaborate with others who work, or are interested in, similar practice settings: e.g., long term care, mental health, transitional care, and community based (e.g., home support, adult residential, adult day centres). This day-long workshop will be in four parts:

1. Why do we need Standards of Practice and what it means to be part of a "community of practice"?
  - a. Challenges and barriers to putting standards into practice
  - b. Success stories we can learn from
2. What are the Joint Standards of Practice and how does my department measure up?
3. Problem-Solving strategies to achieve our Standards of Practice.
4. Next Steps in moving Standards of Practice forward as a profession.

In preparation for active participation in the workshop, be sure to bring any tools and documents you have for your department/program (e.g., assessment tools, written plan of operation/C.P.P., program descriptions, evaluation tools, policies and procedures for documentation etc.).

By the end of the workshop participants will be able to:

1. Name three reasons for using the Standards of Practice.
2. Define "community of practice" and describe three benefits of forming communities of practice within recreation as a therapy and service.
3. Identify three areas for improvement within their practice setting.
4. Name the nine standards within the Joint Standards of Practice.
5. Identify one strategy to address deficits within their current practice setting.

## **11<sup>th</sup> Annual TRAAC Conference**

Pre-Conference with Dr. Susan Hutchinson  
Thursday, March 25<sup>th</sup>, 2010

**7:30 am - 9:00am**

Registration

**8:40am – 8:55am**

Welcome and Opening Remarks

**9:00am – 10:00am**

Part I: Why Do We Need Standards of Practice?

**10:00am – 10:15am**

Nutritional Break

**10:15 am – 12:00**

Part II: What are *Our* Standards of Practice?

**12:00pm – 1:00pm** - LUNCH on your own

**1:00pm – 3:00pm**

Part III: How Do We Put Standards into Practice?

**3:00pm – 3:15pm**

Nutritional Break

**3:15pm - 4:30pm**

Part IV: Using Standards to Advance the Profession

**4:30 – 6:00pm**

**Meet and Greet (Atrium)**

Conference delegates are invited to relax, socialize and network. Hors d'oeuvres will be served and a cash bar will be available.

**6 pm – 8 pm**

**Annual General Meeting and Awards Banquet**

PLEASE NOTE: If you have registered for the pre-conference or the full conference, the cost of this dinner is included in your conference fees! If you choose to attend the AGM and Dinner alone, the cost is \$60 before March 4, 2010, \$75 after March 5, 2010.

## *11<sup>th</sup> Annual TRAAC Conference*

Friday, March 25<sup>th</sup>, 2010

**7:30am - 8:30am**

Registration

**8:30am – 9:30am**

Keynote Speaker:

**Session 1A:** *Competence-Confidence-Performance-Recognition: RT Imperatives*

– **Dr. Jeff Witman**

Competence which develops into excellence creates the possibility for an ever expanding range of possibilities for recreation therapists! The competent professional develops confidence, achieves high level performance, and gains recognition for themselves and for our profession. The intent of this session is to provide a grounded perspective on where we're at and where we need to go, individually and collectively, in this journey toward enhanced effectiveness.

**9:30am – 9:45am**

Nutritional Break Provided

**9:45am – 10:45am**

Concurrent Sessions 2A & 2B

**Session 2A:** *Occupational Well-being: An Occupational Therapy Questionnaire for Assessing Well-being in Leisure*

– **Susan Doble**

This session will introduce the concept of occupational well-being, and then focus more specifically on leisure as a domain for well-being. A tool to assess and measure occupational well-being will be presented. The ways that this tool could be used within therapeutic recreation settings will be discussed. The goal is to familiarize TR practitioners with assessment tools used by allied health professionals that have relevance for measuring health outcomes and evaluating programs in therapeutic recreation.

**Session 2B:** *Re-creating the Self: Facilitating Identity Change Following Acquired Brain Injury*

– **Susan Hutchinson and Chris Rafuse**

Following an acquired brain injury (ABI) in adulthood people often experience disruptions in how they see themselves or their identities. Efforts to reclaim one's sense of self can be more difficult when people are unable to resume former valued roles or activities (e.g., work, sports). Drawing on research and work with individuals who have experienced an ABI, this session will consider the ways in which leisure may be a context for identity reconstruction. Suggestions for facilitating identity reconstruction in and through therapeutic recreation will also be discussed.

**10:45am – 11:45am**

**Concurrent Sessions 3A & 3B**

**Session 3A:** *Case Studies: How to Tell Your TR Practice Story*

– **Erin Montgomery, Rhonda Booth, Dr. Susan Hutchinson and Dr. Jerome Singleton**

Many practitioners work wonders with challenging residents, patients or clients, but few people know about the great work they do. Case studies provide a way to tell your and practice story to colleagues in health care settings to help others learn about the nuances of effective practice. Case studies build upon professionals' abilities to assess, plan, implement and evaluate the efficacy of their services. Music therapy requires that during their 1,000 hour internship placement that the student completes a case study. How to do a case report was presented to Therapeutic Recreation professionals at QE11 in 2007.

Currently students

enrolled in a Therapeutic Recreation class are using the case report method in their class.

The purpose of this panel presentation is to provide an overview of how to write a case study, present an example from a collaborative Therapeutic Recreation and Music Therapy program which resulted in writing a case study, and to discuss the importance of case studies to support student learning and inter professional collaborations.

**Session 3B:** *Interdisciplinary Programming: Taking it to the next level*

– **Dawn MacDonald, Bob Baird and Tara Harnish**

Interdisciplinary Programming may be a new concept for most of us working within Recreation Therapy. How would this concept enhance and possibly hinder the services we currently offer? What does interdisciplinary programming mean? Does this mean anyone can do our job? These are some of the questions we will answer and reflect upon during this session. Interdisciplinary programming has been up and running for just over a year on two inpatient psychiatric units at the Abbie Lane and although we are still learning we have discovered that this model allows us to work together in the most effective and efficient way to produce the best health outcomes for the people we serve.

**11:45am – 1:30pm**

Lunch

**1:30pm – 3:00pm**

**Session 4A:** *Chronic Disease Self-Management: What does this mean for T.R.?*

– **Susan Hutchinson and Crystal Watson**

Chronic disease self-management (CDSM) interventions are designed to educate people to take a more active role in the management of their health condition. Beyond helping people to learn to manage the negative consequences of their health condition, it is important to teach strategies for "living well" with a chronic condition. This is where T.R. can play a key role. The focus of this presentation is provide two examples of innovative community-based CDSM projects that incorporate a T.R. focus, and to identify leisure-related content that could strengthen current CDSM interventions.

**3:00pm – 4:00pm**

**Concurrent Sessions 5A & 5B**

**Session 5A:** *Acquired Brain Injury: Using Therapeutic Recreation for Optimal Outcomes*  
– **Beth Ellis**

The impact an acquired brain injury has on an individual's daily life and lifestyle, not to mention recreation and leisure time, can be profound. To mitigate this, Brain Injury Services of Hamilton has implemented group therapeutic programming to enhance leisure skills, social engagement and self esteem. This presentation will demonstrate examples of program plans that have been successfully implemented at Brain Injury Services of Hamilton and their outcomes. Tips and strategies will be offered to assist in planning and implementing group programming for individuals with acquired brain injured. A client will provide his passionate perspective on the value of this program.

**Session 5B:** *Exploring the Leisure Experiences of Women Caring for Persons Harmfully Involved with Alcohol, Drugs & Gambling*

– **Stephanie Wood**

This session will examine the results of a research study exploring the leisure experiences of women who care for people harmfully involved (PHI) with alcohol, drugs & gambling. Research shows family & friends who provide care for PHI are likely to experience health related problems. Studies on caregivers in other circumstances show leisure is often extremely difficult to access & this can greatly impact the quality of life & health of the caregiver. Leisure has been demonstrated to have the potential to ameliorate health problems by providing venues for healthy physical activity, stress relief & social support. Guided by feminist social constructionism this study explored how Nova Scotian women caring for PHIs shape their leisure. Findings revealed the complexity of their relationships, the burden they carried and how they negotiated self care. The women shaped their leisure within the context of their situations, but their leisure was often ignored by the PHIs, informal supports (i.e. family and friends) and formal supports (i.e. health care providers, leisure service providers) despite the health benefits associated with leisure. Also discussed will be the implications these results have for therapeutic recreation programming.

**4:00pm – 4:10pm**

Nutritional Break Provided

**4:10pm – 5:30pm**

**Session 6A:** *Different Beats, One Rhythm*

– **Heather Pentz**

People are flocking to drum circles around the world for team building, community building, stress relief, and relaxation. Close the TRAAC conference in a fun and upbeat way and come celebrate the power of the drum. This is a creative, inspiring group-drumming session that will foster a rhythmical space for conference participants to come together and celebrate. Join Heather Pentz from Tidal Beat ([www.tidalbeat.ca](http://www.tidalbeat.ca)) in this hands-on group-drumming event and have some fun! No experience is needed. Drums and other unique, easy-to-play percussion instruments will be provided. Get ready to drum up rhythms!!

## ***Presenter Biographies*** (In Order of Session)

### **Susan Hutchinson**

Susan Hutchinson teaches in the Therapeutic Recreation program at Dalhousie University. She is the Academic Representative on the Department of Health's Chronic Disease Self-Management Advisory Committee and, in partnership with Dr. Susan Doble (Dalhousie's School of O.T.) has developed a CDSM support workshop for caregivers (Take Care workshop). Prior to returning to graduate school she worked in a rehabilitation hospital with individuals who had experienced neurological impairments (stroke, ABI). Her research focuses on leisure as a resource in coping and adaptation.

### **Jeff Witman**

Jeff Witman is an Associate Professor in the Behavioral Science Department at York College of Pennsylvania. Jeff's previous teaching was done at the University of NH, Kent State University and Lock Haven (PA) University. Jeff's work in practice included 9 years as Director of Occupational Therapy and Therapeutic Recreation at Hampstead Hospital in NH, 5 years as Director of Activity Therapy at Philhaven Behavioral Healthcare in PA and 5 years as Program Director at several camps and outdoor centers. Jeff works part-time as a trainer for Teambuilders, Inc. leading group development experiences for a variety of organizations. Jeff's professional involvement has included service as President of National Therapeutic Recreation Society and membership on the State Boards for Special Olympics and for Very Special Arts. Jeff is currently Past- President of the PA Therapeutic Recreation Society. His publications include Special Education Naturally (Indiana University), Guidelines for Curriculum Planning in Therapeutic Recreation: A Tool for Self-Assessment (ATRA) and Taking The Initiative (Venture Publishing).

### **Susan Doble**

Dr. Susan Doble is an associate professor in the School of Occupational Therapy at Dalhousie University.

### **Chris Rafuse**

Chris Rafuse has finished the Therapeutic Recreation program at Dalhousie University and will be writing for certification in October. Chris is a partner in NEXT STEP Forward Rehabilitation Services that is a practice using recreation as a rehabilitation tool for acquired brain injury (ABI). The practice includes a 'teaching house' for two residents with ABI.

### **Erin Montgomery**

Erin Montgomery is an accredited Music Therapist (MTA) with over 6 years clinical experience in a variety of settings.

### **Rhonda Booth**

Rhonda Booth is a Certified Therapeutic Recreation Specialist (CTRS) with over 16 years experience in Stroke and Acquired Brain Injury Rehabilitation.

### **Jerry Singleton**

Jerry Singleton is a professor in the Therapeutic Recreation program at Dalhousie University.

### **Dawn MacDonald**

Dawn graduated in 1999 with a Bachelor of Science in Kinesiology and in 2002 with a Bachelor of Science in Therapeutic Recreation both from Dalhousie University. Dawn has been employed with Capital Health since 2002 and more specifically as a Recreation Therapist within the mental health program since 2003. In 2003 she obtained her CTRS designation and in 2004 her CPRP (Certified Psychiatric Rehabilitation Practitioner) designation. Dawn has also been Professional Practice Leader for Recreation Therapy within the mental health program for the past 5 years. Dawn's interests include incorporating mindfulness practice into TR practice, yoga, basketball and painting.

### **Bob Baird**

Bob graduated from Dalhousie University in 1997 with a BA in Psychology and in 1998 with BA in Recreation Therapy. He moved to Charleston, SC after graduation to work at the Medical University of South Carolina with people with spinal cord injuries, traumatic brain injuries and orthopedic disabilities. He moved to Atlanta, GA in 1999 to work at the Shepherd Center to manage the largest disabled sports program in North America and do consulting work for the United States Paralympic Committee. Bob moved back to Halifax in 2005 to begin work within the mental health program at Capital District Health Authority.

### **Tara Harnish**

Tara Harnish graduated from NSCC with a 2 yr diploma in Therapeutic Recreation. She has been working with Capital Health since 2005 and has gained experience working with clients who have brain injury, dementia and mental illness. Currently she works as a Recreation Therapy Associate in Acute Care Mental Health Services at the Abbie Lane Hospital in Halifax. Tara has recently completed training in Auricular Acupuncture and offers this service to the patients.

### **Crystal Watson**

Crystal graduated from Dalhousie University in 2000 with a Bachelor of Recreation degree and shortly thereafter became certified as a Therapeutic Recreation Specialist. She has completed a Master of Arts in Leisure Studies at Dalhousie. In 2001, she became the Recreation Therapist at Capital Health. She has worked in a variety of settings as a Therapeutic Recreation Professional, including Long-Term Care, Physical Rehabilitation, Acute Care and Public schools. She is an active member of the Therapeutic Recreation Association of Atlantic Canada. She has presented on a variety of professional topics at local conferences, facilitated workshops related to importance of health and leisure within the African Canadian community and has also been a part-time lecturer at Dalhousie in the Therapeutic Recreation program. Crystal Watson has helped develop and facilitate a diabetes prevention project (Taking Hold of Our Health) designed to raise awareness of type 2 diabetes among African Nova Scotian youth, communities and families.



### **Beth Ellis**

Beth started her education graduating from Niagara College with a Recreation and Leisure Services diploma and then received her Honours degree in Inclusive and Therapeutic Recreation at Brock University. While studying at Brock she was a teaching assistant which helped her to apply her knowledge and share her enthusiasm for Therapeutic Recreation. Beth was born and raised in Hamilton, Ontario but her family is from Amherst, Nova Scotia. This helped make her decision to do her 14 week internship at the Nova Scotia Rehabilitation Centre. While there she focused on acquired brain injury and stroke rehabilitation, and also worked with the InteRACT program. All of these experiences helped to prepare her for her current job at Brain Injury Services in Hamilton and with the help of her mentors during her internship and her educational background Beth successfully completed her NCTRS exam in October of 2008.

### **Stephanie Wood**

Stephanie Wood, MA, CTRS, is an avid shower singer and loves to practice yoga. Through diverse employment & volunteer opportunities, she has experience in research, knowledge translation and exchange, facilitation, program planning and evaluation. Her work related to health is diverse and ranges from working with women with disordered eating to how the built environment influences physical activity and nutrition. She recently finished her Master of Arts degree where she explored the leisure of women who care for people harmfully involved with alcohol, drugs & gambling.

### **Heather Pentz**

Heather Pentz loves to design and facilitate group-drumming events that are creative, inspiring, and fun. With a collection of more than 200 interesting percussion instruments, she makes it easy for people to create spontaneous, in-the-moment music. It's like kids having fun. Heather has trained with Arthur Hull and Christine Stevens in California, and is certified in Community Facilitation Skills and Health Rhythms Facilitation. She owns and operates Tidal Beat, a drum circle facilitation business serving the Maritimes. She lives near Halifax, Nova Scotia with her two dogs, Alphie and Diva.

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