

GREAT LAKES
RECREATIONAL THERAPY
STUDENT CONFERENCE

April 1-2, 2016
Bradford Woods

PRESENTED BY INDIANA UNIVERSITY &
GRAND VALLEY STATE UNIVERSITY

WELCOME

Dear students, professionals, and distinguished guests,

Welcome to the first annual Great Lakes Recreational Therapy Student Conference! We are so thankful that you have taken the time out of your schedules to come and join Indiana University and Grand Valley State University for an exciting weekend full of opportunities for professional and personal development in the field of Therapeutic Recreation. Over the course of the next 36 hours, you will be presented with and exposed to influential speakers, creative interventions, chances for networking, and opportunities to ask the questions that you may not have had time to inside the classroom.

Before the conference gets into full swing, we would like to thank our host for the weekend, Bradford Woods. Bradford Woods has been providing recreational, educational, and leadership development opportunities for over 50 years in south-central Indiana. Their mission is “to improve the quality of life for people of all abilities and backgrounds through experiential learning and therapeutic programs while providing a unique learning environment for students, future leaders, and faculty.” This mission aligns closely with the ideals of recreational therapists worldwide, and we would not have been able to make this conference a success without their dedication to our cause and profession.

The Great Lakes Recreational Therapy Student Conference has highlights that every student will enjoy! Our keynote speaker, David Austin, is one of the most respected professionals in Recreational Therapy, and will offer his insight and knowledge to us. He has influenced the education of each student here through his numerous, respected textbooks, and articles that he has published about the field of RT. Intervention and activity highlights include, but are not limited to, universally designed zip line, adventure therapy activities, wheelchair sports, adaptive ropes course techniques, adaptive canoeing, animal-assisted therapy, mindfulness and stress management, and equine facilitated learning! Other opportunities for professional development include discussions on Recreational Therapy licensure, NCTRC exam prep, problem-solving modalities, and an ask-a-rec-therapist panel discussion. The potential that each of us has to learn and benefit from this conference is endless!

Take the chance over the next two days to build relationships with peers because they will serve as potential, valuable colleagues in the near future. This is the first time that hundreds of Recreational Therapy students have had the chance to meet and learn from each other. It creates tremendous potential for new energy and ideas.

Thank you so much for coming this weekend. Enjoy!

Sincerely,
Indiana University and Grand Valley State University Departments' of Recreational Therapy

STUDENT COMMITTEES

SPONSORSHIP & PROGRAM DESIGN

Tich Allen
Nathan Red
Miranda Terhune

Amy Feinberg
Allie Rosen

FRIDAY SOCIAL ACTIVITIES

Emily Jones
Abby Reverman
Brooke Tilley

Josie McGraw
Haley Robbins

SATURDAY SOCIAL ACTIVITIES

Miranda Brooks
Lauren Maynard
Jill Welk

Carly Herndon
Haley Webber

OPENING & CLOSING KEYNOTE ADDRESS

Tiffany Bell
Emily Greenland
Kimber Marsh

Couteney Calvin
Cortney Hicks

REGISTRATION

Mary-Therese Bonaguro
Kathleen James
Heidi Morrival

Taylor Cozart
Sarah Kalishman

SPEAKERS/PRESENTERS

Sydney Lahmeyer
Ashley Martin
Amanda Praire
Sydney Weber

Shannon Mackenzie
Jake Miller
Alyssa Ream
Rebekah Worpell

INTERVENTIONS

Tis Blackley
Lynsey Higgins
Morgan Van Senus

Brianna Deal
Bryant Mehey

MEET THE SPEAKERS

KEYNOTE SPEAKER: DAVID AUSTIN



David R. Austin, Ph.D., FDRT, FALS is Professor Emeritus of Recreational Therapy at Indiana University. He has more than 50 years of experience in recreational therapy as a practitioner, educator, researcher, and author.

He is the author of over 140 articles and several textbooks, including the widely used book, *Therapeutic Recreation: Processes and Techniques: Evidence-Based Recreational Therapy*, now in its 7th edition.

He has given more than 220 presentations in 30 states and 4 Canadian provinces, as well as in England, Ireland, Puerto Rico, and Australia. Included in his presentations have been two keynote addresses given at Canadian Therapeutic Recreation Association (CTRA) Annual Conferences and the opening keynote address at the 2014 American Therapeutic Recreation Association (ATRA) Annual Conference in Oklahoma City.

He is the developer of one of the leading conceptual models in recreational therapy, the Health Protection/Health Promotion Model.

Dr. Austin has served as president of the American Therapeutic Recreation Association, the Society of Park and Recreation Educators, and the Academy of Leisure Sciences. He is a Fellow in the Academy of Leisure Sciences and a Founding Fellow in the National Academy of Recreational Therapists.

He is the only individual to have received the NTRS Distinguished Service Award, the ATRA Distinguished Fellow Award, and the SPRE Distinguished Fellow Award.

He counts as his greatest achievement being awarded Indiana University's highest teaching award, the Frederic Bachman Lieber Memorial Award for Distinguished Teaching.

MEET THE SPEAKERS

CLOSING SPEAKER: JIM PLATZER



Jim retired from Genuine Parts Company, a Fortune 500 company, in 2003. While he held numerous positions throughout his 25-year career, Jim's last position was President & General of a Distribution Facility for GPC. Jim's job included complete P&L and operational responsibility of the \$35M/year facility.

Jim's ambition during retirement has been to give back to the community by serving others. Jim is a Lion, current zone chair, he's received a Melvin Jones Fellowship and Presidential Leadership Award, and he's past president of the Fort Wayne Shoaff Park Lion's Club. Jim founded and served as president

of the local chapter of Foundation Fighting Blindness (FFB), which has now raised over \$580,000 for research. He is also a member of the FFB's National Visionary Council. Jim is a current member and past President of the Board of Trustees for the Parkview YMCA in Fort Wayne Indiana, a large facility with over 20,000 members. He is on the Board of Trustees at Leader Dogs for the Blind and has served in Philanthropy, Client Programs & Services, Governance and is past chair of the Lions Advisory Council. Over the years Jim has been a keynote speaker for corporations and non-profits advocating and delivering key messaging with heart and authenticity. Jim is also now a children's book author, getting ready to publish "A Lion-Hearted Puppy, Journey of a Guide Dog". The book is written through the eyes of his first Leader Dog Maddy. As you can well imagine, there are many other items on Jim's bucket list, some that he is already pursuing, and you never know what he may decide to do next! Jim and his wife Janice have been married for 37 years and have one son. Jim is a former private pilot and enjoys long distance running.

MEET THE SPEAKERS

Stacey Carlson CTRS, Recreation Therapist at Meaningful Day Services

Lexi Cousino BS, CTRS. Lexi graduated from Grand Valley State University in 2007, has experience working in a variety of populations, including psychiatric, geriatric, children with disabilities, and TBI. As Director of Recreation Therapy Lexi helped develop a program and open a 32 bed inpatient psychiatric hospital in Detroit. Lexi is currently the Director of Recreation Therapy and is the leader of the TBI program at The Lakeland Center located in Southfield, Michigan.

Shay Dawson M.A., CTRS is the Director of Bradford Woods and Adjunct Lecturer at Indiana University. Shay has worked in full time management of therapeutic programs for fifteen years. This includes Supervisor of the Therapeutic Services Department for inpatient child, adolescent, and adult behavioral health units at Genesis HealthCare Systems, Coordinator of the Respite and Recreation Program for Youth in Foster Care at Kent State University, and the Director of Recreational Therapy at Bradford Woods running medical camps and adventure therapy programs. Shay is working towards a doctoral degree at Indiana University with a research focus centered on creating evidence based pediatric and family based health programs at Bradford Woods. Shay has held the roles of Chair and Vice Chair of the Board of Directors for the National Council of Therapeutic Recreation.

Kelsey Deckard CTRS, Recreation Therapist at Meaningful Day Services

Dustin Ervin - Dustin is in his final semester at Indiana University and plans to graduate with a Bachelor's Degree in Recreational Therapy in May of 2016. Dustin is currently completing his internship at the Indianapolis VA Medical Center- Domiciliary.

Shaun Geise BA, CTRS, Director of Recreation Therapy, Ferraro Behavior Services, LLC-Northern Region

Brittany Hook CTRS - Brittany received her Bachelor's Degree from Indiana University- Bloomington in Fall of 2009. Brittany received her CTRS credentials in October of 2009. Brittany has worked in multiple settings including a secured dementia unit, geriatric psych unit, and in the community serving individuals with developmental disabilities. Brittany currently works at the Indianapolis VA Medical serving homeless Veterans. Brittany has been with the VA for the past 3 ½ years.

Tommy Means MS, CTRS, is a past Academy of Leisure Studies Future Scholar recipient and is currently a full time Associate Lecturer at the University of Wisconsin-La Crosse. Tommy has 4 years of experience working at summer camps for individuals of all abilities in a variety of capacities from general counselor to camp co-director

MEET THE SPEAKERS

and his masters thesis, Therapeutic Recreation at Camp, has recently been accept for publication in the American Journal of Recreation Therapy.

Bryan P. McCormick Ph.D, CTRS is currently part of the Department of Recreation, Park & Tourism Studies at Indiana University. He also served on the faculty at East Carolina University. He has served on the boards of directors of the Recreation Therapists of Indiana and the American Therapeutic Recreation Association. He is also a past president of the American Therapeutic Recreation Association. He has been awarded the David R. Austin Member of the Year Award (RTI), the Scholarly Achievement Award (ATRA), and Centennial Leader Award (East Carolina University). Dr. McCormick's work focuses on the social and community functioning of adults with severe mental illness. He is the author or co-author of almost 50 peer-reviewed publications and 11 book chapters.

Michael McGowan Ph.D - On faculty in the Department of Recreation Park and Tourism Administration at Western Illinois University, Dr. Mike, teaches therapeutic recreation, adventure education and field courses in adaptive paddling, sea kayaking and backpacking classes, and coordinates the graduate program. He has both clinical and field experience with the Jacksonville Mental Health and Developmental center, Juvenile Corrections for the State of Wisconsin, Coordinator of the Challenge Education Program at Bradford Woods and the Wisconsin Easter Seals Center for Camping and Recreation. In 2003 he was named the Joel Meyer Visiting Professor to Indiana University and he is past president of the Wilderness Education Association.

Jordan McIntire M.S., is a Program Specialist in the Recreational Therapy department at Bradford Woods. She will be beginning a Leisure Studies PhD program at Indiana University in the fall of 2016. Jordan has experience coordinating and facilitating adventure therapy programs for at-risk youth, military families and adults and children with disabilities. Jordan is also a behavioral therapist and works with children on the Autism spectrum.

Jake Newhard BA, CTRS, Director of Recreation Therapy, Ferraro Behavior Services, LLC-Indianapolis Region

Danny Pettry M.Ed., M.S., LPC, NCC, CTRS Pettry has a M.Ed. in Mental Health Counseling and a M.S. in Recreational Therapy. Pettry is a Licensed Professional Counselor (LPC) and a Certified Therapeutic Recreation Specialist (CTRS). He has provided services for children and adolescents with mental health needs at River Park Hospital (Huntington, West Virginia) since 2002.

Lori Schweyer CTRS graduated with her Bachelors of Science in Therapeutic Recreation from Indiana Institute of Technology in 2006. She has 8 years of experience working on the waiver program and with individuals with disabilities. Lori is currently the Supervisor of Recreation Therapy at North Node Wellness, INC, a provider of recreation therapy and behavior management in Fort Wayne, IN and surrounding counties.

MEET THE SPEAKERS

Kaitlyn Smith CTRS - Kaitlyn Smith graduate with her Bachelor's Degree in Recreational Therapy from Indiana University in 2015. Kaitlyn completed her internship at the Indianapolis VA Medical Center in Spring of 2015. Kaitlyn has been Certified through NCTRC since May of 2015 and has been a PATH Certified Instructor since 2014. Kaitlyn currently works at the Indianapolis VA Medical Center serving Veterans receiving services in inpatient and outpatient mental health.

Tim Street is the Associate Director of Bradford Woods. Tim graduated from Indiana University with a Bachelor's in Journalism in 2003 and a Master's in Public Affairs in 2010. In his previous life, Tim worked as a graphic designer and journalist, having spent time at the Indianapolis Star and Outside Magazine. In his free time, Tim is an avid runner, photographer, and outdoor enthusiast. He is an instructor for Indiana University Outdoor Adventures, where he frequently teaches courses in backpacking, kayaking, wilderness leadership, map and compass, and more.

Maggie Whaley graduated in 2014 from Grand Valley State University with a Bachelor's degree in Therapeutic Recreation. In her time as a student and new professional, she has become involved with the ATRA leadership team and currently serves as the co-chair for ATRA's Student Development Committee.

Melanie Wills, B.S., is the Director of Outdoor Education and Professional Services at Bradford Woods. Melanie specializes in adapted ropes course systems. She has facilitated several full day universal ropes course design preconference workshops at the Association for Challenge Course Technology (ACCT) Annual Conference. Melanie is also the chair for the Universal Design Kindred Group through ACCT. She has worked in management positions within outdoor settings at various locations for over 15 years.

OVERVIEW OF EVENTS

FRIDAY · APRIL 1

12:00-12:30pm · Check-In at BDH

12:30-1:00pm · Welcome and BDH Orientation

1:00-2:30pm · Breakout Sessions

2:45-4:15pm · Breakout Sessions

4:30-5:15pm · Check-In to Lodging

5:30-7:30pm · Dinner and Opening Keynote Address

7:30-9:30pm · Social

SATURDAY · APRIL 2

7:15-8:00am · Sunrise Hike

8:00-9:00am · Breakfast

9:15-10:15am · Breakout Sessions

10:30-11:30am · Breakout Sessions

11:45am-12:45pm · Breakout Sessions

12:45-1:45pm · Lunch, Mindfulness Activity, and Internship/Job Fair

2:00-3:00pm · Breakout Sessions

3:15-4:15pm · Breakout Sessions

4:30-5:30pm · Closing Address

5:30pm · Check-Out

SCHEDULE OF EVENTS

FRIDAY · APRIL 1

12:00-12:30pm · Check-In

Baxter Dining Hall

Please leave everything in cars until the 4:30 p.m. cabin check in

12:30-1:00pm · Welcome and Orientation

Baxter Dining Hall

Break up into groups, get to locations.

1:00-2:30pm · Breakout Sessions

Universally Designed Zip Line

Zip Line

*Jordan McIntire, Melanie Wills, Tim Street & Andrew **Lastname***

This session will introduce students to a 375' universally designed zip line. Students will demo equipment including ropes, harness, accessible chair, and a 4/1 advantage system. A few lucky students will be able to ride the zip line as a demonstration. Discussion will focus on the clients that are able to utilize this facility including campers that use ventilators as well as specific adaptations for those clients.

(Limit of 30 participants)

This session will be repeated from 2:45-4:15 pm.

Behavioral Health Communications and Conflict Resolution Initiative

Carr Center

Shay Dawson

This session will include an experiential activity that has commonly been facilitated in adult inpatient and outpatient behavioral health units. Processing and psychoeducational content will include an overview of the pros and cons of specific communication styles and strategies for healthy confrontation.

This session will be repeated from 2:45-4:15pm.

Therapeutic Riding

Agape Riding Center

Agape Therapeutic Riding, Inc.

This session will take place at the Equine Center at Bradford Woods. Agape Therapeutic Riding, Inc., the oldest equine assisted therapy program in Indiana, will lead students in a demonstration of various equine assisted learning interventions. This includes therapeutic riding (on the horse) and equine assisted learning (off of the horse).

(Limit of 30 participants)

Adaptive Canoeing

Waterfront

2:45-4:15pm · Breakout Sessions

SCHEDULE OF EVENTS

Universally Designed Zip Line

Zip Line

*Bradford Woods: Jordan McIntire, Melanie Wills, Tim Street & Andrew **Lastname***

This session will introduce students to a 375' universally designed zip line. Students will demo equipment including ropes, harness, accessible chair, and a 4/1 advantage system. A few lucky students will be able to ride the zip line as a demonstration. Discussion will focus on the clients that are able to utilize this facility including campers that use ventilators as well as specific adaptations for those clients.

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Equine Facilitated Learning

Agape Riding Center

Agape Therapeutic Riding, Inc.

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(Limit of 30 participants)

Adaptive Canoeing

Waterfront

Recreational Therapy for Veterans

Interpretative Center

Brittany Hook, Kaitlyn Smith, Dustin Ervin

A panel discussion regarding Recreational Therapy Treatment for Veterans with mental health, substance abuse, and homelessness diagnoses.

4:30-5:15pm · Check-In to Lodging

Check into lodging at this time – cannot move in prior to this.

5:30-7:30pm · Dinner and Opening Keynote Address

Baxter Dining Hall

Speaker: David Austin

SCHEDULE OF EVENTS

7:30-9:30pm • Social

Baxter Dining Hall & Bonfire Pit

Icebreakers, S'mores, and a Bonfire with Hot Chocolate! Following a keynote address from David Austin, we will remain in the dining hall for two team-building activities to help build relationships with RT students from different schools. We will then move to the fire pit for one last activity of the evening.

SATURDAY • APRIL 2

7:15-8:00am • Sunrise Hike

Wake up on the right side of the bed and come on a wonderful hike to get your day off to a good start! Come tag along and go on a nice walk through the woods and watch the sunrise over Tully Overlook! You won't want to miss this amazing experience. We will meet under the shelter by the dining hall at 7:10am on Saturday, April 2nd. We will plan on leaving right at 7:15am so get there ahead of time! We will be back in time for breakfast at 8:00am.

8:00-9:00am • Breakfast

Baxter Dining Hall

9:15-10:15am • Breakout Sessions

Adventure Therapy Activities

Sport Court

Jordan McIntire

During this session you will learn the basic principles of planning and facilitating adventure therapy activities. You will have the opportunity to participate in a Blind Maze activity, climb a 35' accessible cargo tower, as well as tour a fully accessible low universal ropes course. This session will highlight the type of facilitation used with military families at Bradford Woods.

(Limit of 30 participants)

This session will be repeated from 2:00-3:00pm.

Therapeutic Use of Music in Recreation Therapy - Ukulele

Activity Center

Michael McGowan

The Ukulele is the perfect instrument to integrate participatory music into recreation therapy. You will learn to play the ukulele for instrumental instruction, to accompany communal singing, and for use as a modality for treatment in reminiscence, re-motivation and socialization.

(Limit of 10 participants, must sign up)

This session will be repeated from 10:30-11:30am.

SCHEDULE OF EVENTS

Innovative Interventions

Interpretive Center

Tommy Means

This interactive presentation will explore the nuances of what it truly means to be “innovative” when developing interventions. Attendees will evaluate their own mental models of recreation and leisure and how these paradigms may impact their ability to be innovative. This presentation will also explore the importance of creating interventions, with respect to evidence-based practice, that naturally address client goals and objectives. After a discussion on innovation and mental models, attendees will work together to evaluate a case study and develop an intervention rooted in evidence. A series of interactive games will also be used to provide a hands on opportunity to express creativity and share ideas.

Why Professional Associations Matter

Carr Center

Bryan McCormick

Professional associations are the way members of a profession advocate for their clients and practice. This session will present information about how they work and ways that you can get involved.

10:30-11:30am • Breakout Sessions

Adapted Sports Clinic with Sit Volleyball and Wheelchair Basketball

Sport Court

Jordan McIntire

During this session you will learn the fundamentals of sit volleyball and wheelchair basketball. Students will have the opportunity to try out other adaptive sports equipment and discuss contraindications of adaptive sports. There will also be opportunities to partake in friendly competition!

(Limit of 30 participants)

This session will be repeated 3:15-4:15pm.

“Drawing the Line in the Sand”

Interpretive Center

Shaun Geise and Jake Newhard

A How-To on Effectively Creating and Maintaining Your Professionalism: Creating, Establishing and Maintaining Meaningful, Professional Relationships through community-based treatment objectives. Balancing personal and professional relationships with both clients and team care professionals.

Therapeutic Use of Music in Recreation Therapy - Ukulele

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The Ukulele is the perfect instrument to integrate participatory music into recreation therapy. You will

SCHEDULE OF EVENTS

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(Limit of 10 participants, must sign up)

Conversation Café: Exploring Therapeutic Recreation with Students

Carr Center

Maggie Whaley

Students will be given the opportunity to explore their professional foundation in Therapeutic Recreation in a World Cafe style conversation. This format will allow students to engage in small group dialogue with their peers in a setting that encourages mindfulness and participation from every person involved. Conversation topics will include professional philosophy and advancement of the profession. Conversation outcomes will be assimilated in a whole group conversation to encourage action from conversation.

11:45am-12:45pm • Q&A with a CTRS

Baxter Dining Hall

Panel Discussion (Shaun Geise, Jake Newhard, Brittany Hook, Kaitlyn Smith, Tommy Means, Danny Pettry, Lori Schweyer)

12:45-1:45pm • Lunch & Mindfulness Activity

Baxter Dining Hall

During lunch time, everyone is welcome to participate in our arts and crafts sensory workshop! Everyone has the option of coloring adult coloring pages OR making a bracelet. Different colors will be provided to support various disabilities!

12:45-1:45pm • Internship/Job Fair

Baxter Dining Hall

- Ferraro Behavior Services - Shaun Geise & Jake Newhard
- VA Medical - Brittany Hook & Kaitlyn Smith
- Meaningful Day Services - Stacey Carlson & Kelsey Deckard
- Danny Pettry
- Lakeland Center - Lexi Cousino
- North Node Wellness, INC - Lori Schweyer

2:00-3:00pm • Breakout Sessions

Adventure Therapy Activities

Sport Court

Jordan McIntire

During this session you will learn the basic principles of planning and facilitating adventure therapy activities. You will have the opportunity to participate in a Blind Maze activity, climb a 35' accessible cargo tower, as well as tour a fully accessible low universal ropes course. This session will highlight the type of facilitation used with military families at Bradford Woods.

(Limit of 30 participants)

SCHEDULE OF EVENTS

Maintaining Professional Therapeutic Relationships with Vulnerable Clients

Carr Center

Brittany Hook

This session will focus on defining vulnerable clients; evaluating self-awareness, knowledge and cultural competency; clients' inherent dignity and worth; the professional relationship; understanding empathy; establishing rapport; professional domain and professional drift; boundaries and ethical behaviors as a professional; our role in maintaining clients' progress; evaluation and termination; and balancing personal and professional life.

How to Build a Sensory Program on a Budget

Interpretive Center

Lexi Cousino

Session will focus on the basics of sensory stimulation, what is sensory stimulation, who can benefit and the best practice for utilizing sensory stimulation. Session will also highlight creative inexpensive ways to build your sensory stimulation repertoire and give the opportunity to create your own sensory tool to take home with you.

Community Based Recreation Therapy with Individuals with Intellectual Disabilities

Activity Center

Lori Schweyer

A look at the Indiana State Medicaid Waiver System: This session will be discussing the basics of the Indiana State Medicaid Waiver program for individuals with intellectual disabilities including qualifications, funding and services as well as recreation therapy in context to the waiver. This includes the population served, how referrals are made/received, the required documentation, interventions, interdisciplinary teamwork, and employment opportunities.

3:15-4:15pm • Breakout Sessions

Adapted Sports Clinic with Sit Volleyball and Wheelchair Basketball

Sport Court

Jordan McIntire

During this session you will learn the fundamentals of sit volleyball and wheelchair basketball. Students will have the opportunity to try out other adaptive sports equipment and discuss contraindications of adaptive sports. There will also be opportunities to partake in friendly competition!

(Limit of 30 participants)

Working as a Recreation Therapist within the Medicaid Waiver System

Activity Center

Stacey Carlson and Kelsey Deckard

This session will explore the involvement of Recreation Therapy within Indiana's Medicaid

SCHEDULE OF EVENTS

Waiver system and highlight the many roles of the Recreation Therapist working in this unique setting.

Recreational Therapy in Mental/ Behavioral Health

Carr Center

Danny Pettry

This session is designed to help participants to have a better understand of the role of Recreational Therapy in Mental/ Behavioral Health settings.

GV Substance Abuse

Interpretive Center

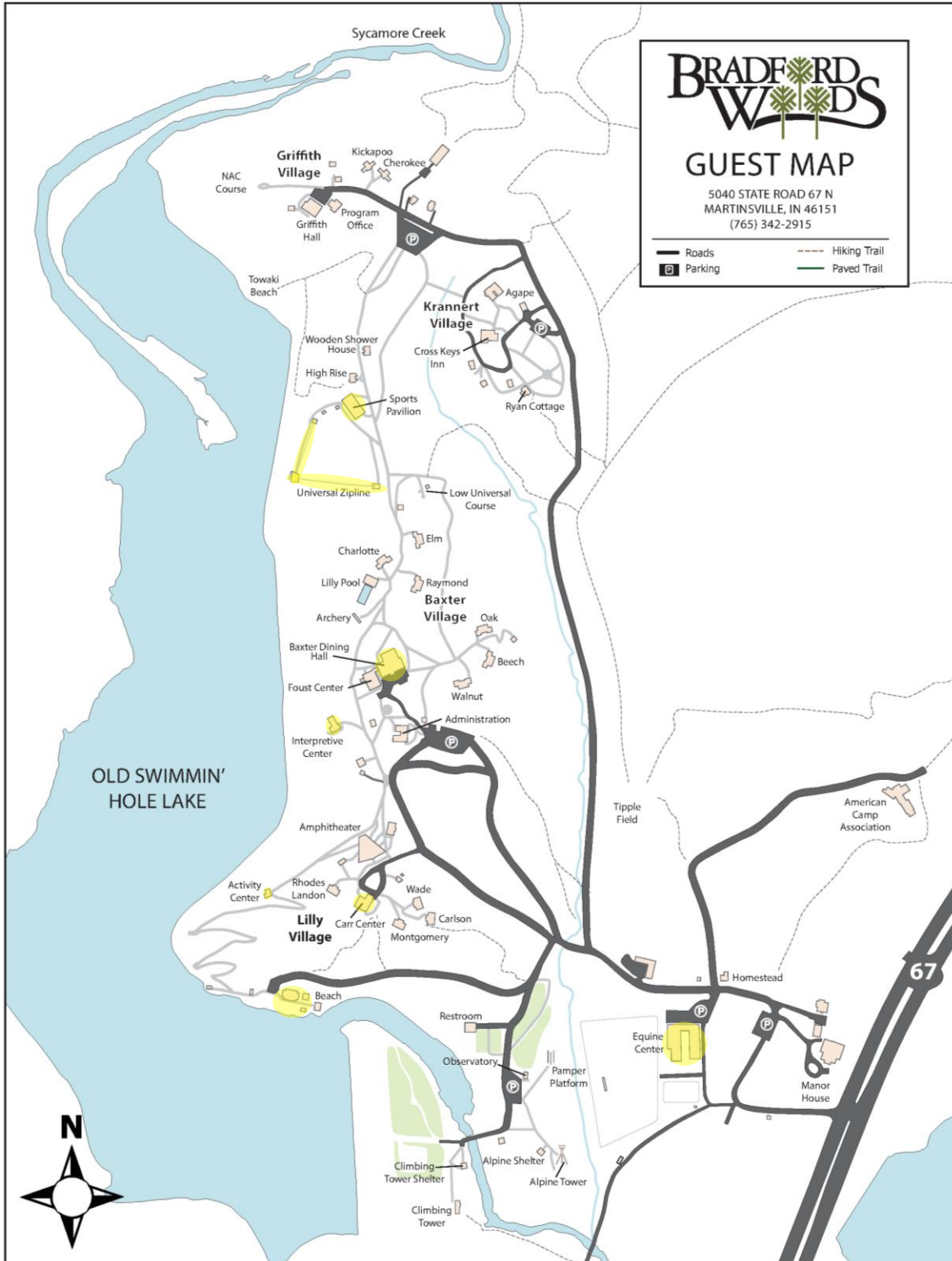
4:30-5:30pm • Closing Address

Baxter Dining Hall

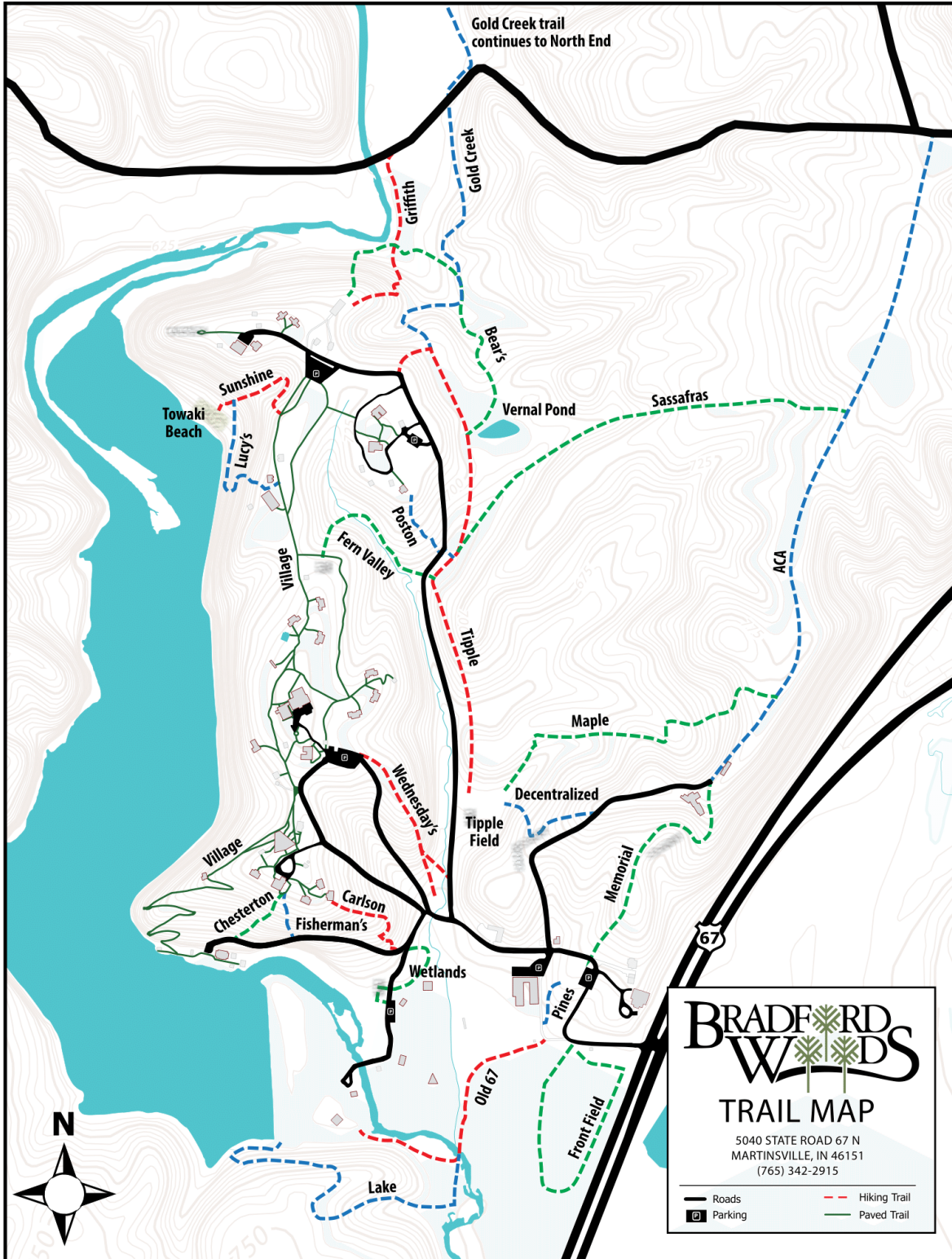
Speaker: Jim Platzer - "Leveraging your greatest assets"

5:30pm • Check-Out

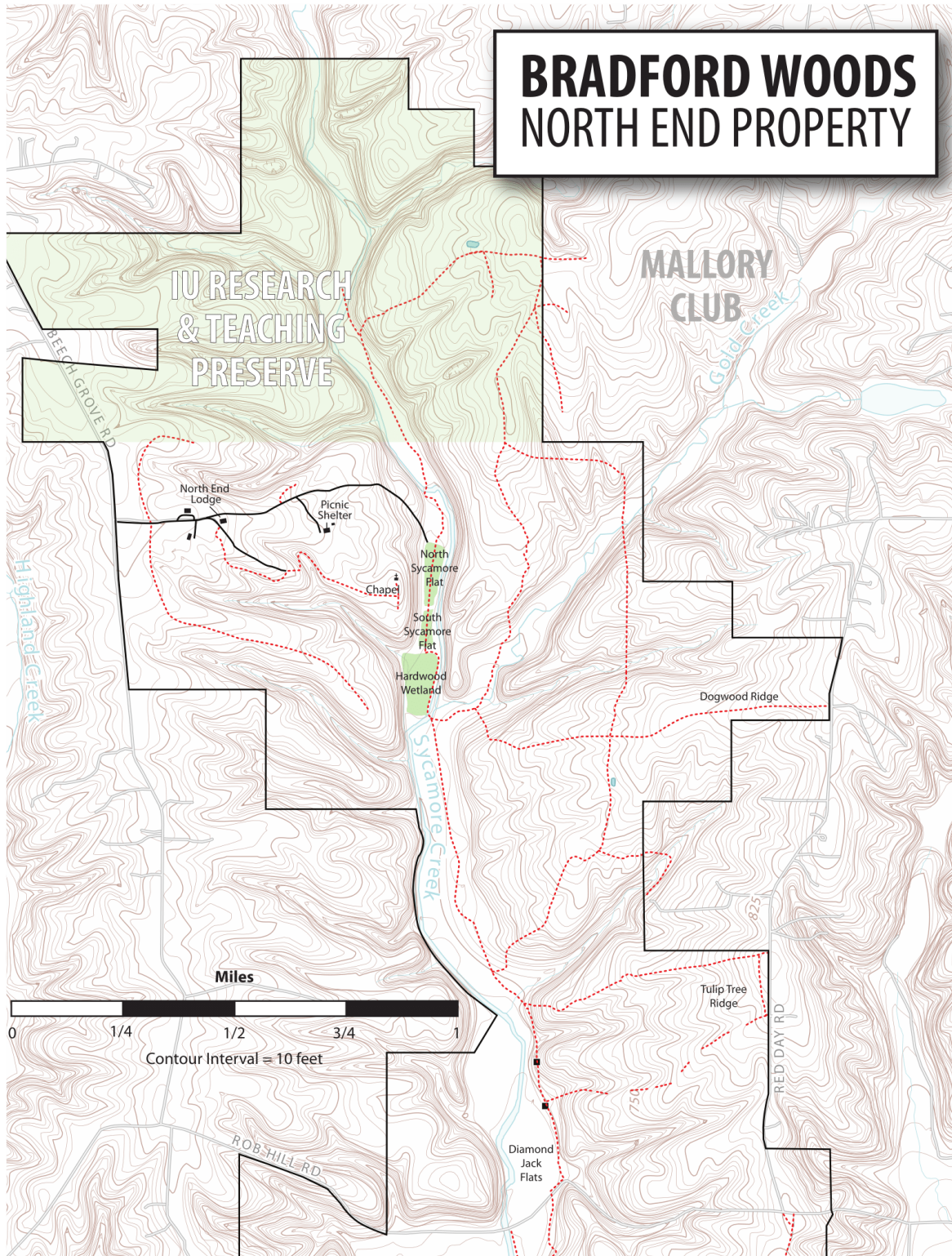
PROPERTY MAP



SOUTH END TRAIL MAP



NORTH END TRAIL MAP



CONFERENCE SPONSORS



DEPARTMENT OF RECREATION, PARK, AND TOURISM STUDIES

INDIANA UNIVERSITY
School of Public Health
Bloomington



ITEMS TO BRING TO THE CONFERENCE:

- Change of clothes
- Linens & Blankets/Sleeping Bag and Pillow
- Toiletries
- Hiking Boots
- Active Wear
- Rain Clothes
- Warm Jacket