St. Petersburg
Recreation Therapy
Conference
January 29-31, 2010

Bayfront Medical Center
Sheen Conference Center
701 6th Street South
St. Petersburg, FL 33701
Conference Site Information

- The conference will be held in the Sheen Conference Center at Bayfront Medical Center, located at 701 6th Street South in St. Petersburg, Florida.
- On Friday parking is available in the West Parking Garage which can be accessed from 7th Street South and 6th Avenue South. Please bring your parking ticket to the registration desk for validation.
- On Saturday and Sunday parking will be available in the East Parking garage, accessible from 6th Street South, directly across from the Bayfront Medical Center East Entrance. Please bring your parking ticket to the registration desk for validation.
- The conference center is located directly inside the West Lobby entrance.
- For more information on Bayfront Medical Center, check out their website at www.Bayfront.org.
- Finding parking and finding your way around the conference area can be a little tricky. We suggest carpooling and/or taking advantage of local taxi services. Some taxi phone numbers are listed below.

  Yellow Cab:  (727) 327 3600  
  Bats Taxi:  (727) 367 3702

Lodging Information

A block of rooms is reserved for conference attendees at the Ponce De Leon Hotel. A Conference room rate of $89.00 for a one bed room or $99 for two full beds is available. Availability is limited and rooms must be reserved by December 29, 2009. Be sure to mention that you are with the Bayfront group in order to receive the conference rate.

  Ponce De Leon Boutique Hotel  
  95 Central Avenue (Between Beach Drive & 1st Street)  
  St. Petersburg, FL 33701  
  Phone - 727.550.9300  
  Fax - 727.895.2287  
  poncedeleonhotel.com

Other lodging options not affiliated with the conference:

  Hilton St. Petersburg Bayfront  
  (727) 894-5000  
  333 1st St. S.  
  St. Petersburg, FL 33701  
  www.hilton.com

  Hampton Inn-Downtown  
  (727) 892-9900  
  80 Beach Dr. NE  
  St Petersburg, FL 33701  
  www.hamptoninn.com

  America's Best Inns & Suites  
  (727) 894-3248  
  342 3rd Ave. N.  
  St Petersburg, FL 33701  
  americasbestinnstpete.com

Please contact our conference co-chairs for more information:

  Beth Birkmire  
  Phone: 727 893-6791  
  Email: beth.birkmire@bayfront.org

  Cory Kapes  
  Phone: 727 892-5196  
  Email: cory.kapes@stpete.org

Special Accommodations: Please attach a detailed description of any special accommodations you require. This includes dietary considerations and any potential accessibility concerns. Accommodations may not be guaranteed for requests received after January 15, 2010.
Friday, January 29, 2010
Registration table opens and continental breakfast served beginning at 7:30am. Drop by and pick up your conference registration information and name badge.

9:00am - 11:00am

Recreation Therapy’s use of Equine Assisted Therapy to Improve Quality of Life
Stuart Sidell, MS, CAS, CTRS
Tracy Jones, CTRS
Edie E. Dopking, Ph.D.
Carla Berry, MA, LCDC, CAP
Jenna Miller, M.A.
This session will include an introduction to equine assisted therapy at Quantum Leap Farm in Odessa, FL, and its use with residents diagnosed with a terminal illness at Bay Pines VA. Presenters will explain a research proposal, including introduction and explanation of assessment tools used to complete the study. Session will additionally include videography and photography of interventions as well as resident response to recreation therapy intervention. The session will close with the presenters answering questions and clarifying material through a panel discussion.
9:00am - 11:00am, 0.2 CEUs
Rooms A & D, code S1

Using Cinema in the Therapeutic Setting
Shelba Waldron
Many teachers and therapists have used movies to help enhance a theme or generate reflection in the lives of clients and students. Movies can be a powerful and thought provoking tool that can spawn creativity and fascinating group discussions. Understanding movie themes, potential therapeutic triggers, and how to create discussions are a vital necessity to any group leader who uses cinema as a therapeutic outlet.
9:00am - 11:00am, 0.2 CEUs
Rooms B & C, code S2

11:15am - 12:15pm

Making The Ordinary Extraordinary: Creating New and Innovative Recreational Technologies That Integrate Style, Function & Aesthetics
Stephen Sundarrao
Using the latest robotics and state of the art technologies, Rehab Ideas is bringing to market innovative, useful and aesthetic products that provide independence, mobility and respect to people with disabilities.
11:15am - 12:15pm, 0.1 CEUs
Rooms A & D, code S3

Recreational Therapists Working with Other Disciplines to Improve Patient Outcomes
Ann Mierau
This session will explore the professional roles and relationships of the RT on inpatient and outpatient treatment teams. Examples of complementary treatment practices for persons with brain injuries will be provided.
11:15am - 12:15pm, 0.1 CEUs
Rooms B & C, code S4

Welcome Lunch and Keynote Speaker
Marrying the Recreational Therapy Profession: It’s Not Turning Two into One, But Two Into Three: ATRA, NTRS and Us
Alexis McKenney, Ed.D., CTRS
The question of whether it is best to have one professional organization or two professional organizations has been debated since the earliest days of the recreational therapy profession. As the profession confronts some daunting challenges associated with shifts in healthcare and government spending, considerations on how to move forward in a manner that best serves all recreational therapists is essential. This session will involve an exploration of reactions following a presentation that centers on a look back at arguments that have been made for having two organizations, as well as arguments now being made for combining resources into one professional organization.
12:30pm - 2:00pm, 0.1 CEUs
Rooms A, B, C, & D, code S5
2:15pm - 3:15pm

**The Recreation-Cognition Connection**  
*Ann Mierau*

Recreation exercises the mind and improves cognitive functioning across age groups and abilities. This session will present a hands on approach to enhancing the "Recreation Cognition Connection."

2:15pm - 3:15pm, 0.1 CEUs  
Rooms C & B, code S6

2:15pm - 4:15pm  

**Making the Arts Accessible to All**  
*Jenny Baxley Lee, MA, ADTR, CCLS*

In this workshop, we will explore the environmental, physical, emotional, and at times spiritual barriers to creative expression in personal and professional realms and offer interactive arts experiences and professional tools to overcome “arts’ access” obstacles. Come prepared to explore best practices and hard lessons learned! Participants will experience didactic and interactive methods of learning and will take away concrete tools to be used with the populations they serve.

2:15pm – 4:15pm, 0.2 CEUs  
Rooms D & A, code S7

2:15pm - 4:15pm  

**Handcycles for Fun, Fitness, and Competition**  
*Mary Carol Peterson*

Learn the benefits of handcycling for persons with ambulatory disabilities and be introduced to all of the different handcycling designs available today. Therapeutic concerns such as clinical indications/contraindications, how to avoid skin breakdown, and equipment use and adaptations will be addressed.

2:15pm - 4:15pm, 0.2 CEUs  
Mangrove Room, code S10

3:30pm – 4:30pm  

**Establishing Effective Adaptive Sports Programs Using Community Partnerships**  
*Jeanene Griffin, CTRS, CBIS*

*Jennifer Day, CTRS*

Presenters will provide a model that has been established at the Tampa VA Medical Center, to create consistent adaptive sports programming that meets the needs of injured active-duty service members, disabled veterans and community members with disabilities. We will highlight some of the several pertinent aspects of an overall program such as: funding, community resources and partnerships, leadership support, proper staffing, trainings/certifications, program evaluation/outcome measures, and barriers to providing optimal programs.

3:30pm - 4:30pm, 0.1 CEUs  
Rooms C & B, code S8

**WrightWay Conference Social**

Please join us for fun and networking at Midtown Sundries Restaurant, 200 1st Avenue South, St. Petersburg, 6:30pm - Light refreshments will be served courtesy of WrightWay Consulting, Inc.

**Saturday, January 30, 2010**

Registration table opens and continental breakfast served beginning at 8:00am

9:00am - 11:00am  

**Creative Approaches to Mental Health**  
*Heather Wojtkun, M.Ed, CTRS*

*Erin Todd, MT-BC*

This session will focus on the use of music and art as therapeutic interventions with mental health populations. Hands on activities will be included with the presentation.

9:00am - 11:00am, 0.2 CEUs  
Rooms c & B, code S9

9:00am - 11:00am  

**Developing Partnerships: Miami-Dade Parks & Recreation’s Road to Paralympic Partners**  
*Jody Cox, CTRS*

*Belinda Phillips, CTRS, MSc.Ed.*

In 2008, Miami-Dade Parks & Recreation became a US Paralympic Sports Club. Since the inception of the club, MDPR has developed partnerships, known as Paralympic Partners, with other organizations that serve individuals with disabilities. These partnerships promote, improve, and develop sports programs for individuals with physical disabilities. This session will take a look at the department’s road to developing Paralympic Partners and define some of the benefits and challenges it has encountered. In addition, it will lay out future plans for the Paralympic Partners and set the framework for other organizations to share resources.

9:00am - 11:00am, 0.2 CEUs  
Rooms A & D, code S11
Recreation Therapy’s Role in Dementia Care  
Stuart Sidell, MS, CAS, CTRS  
Tracy Jones, CTRS  
This session will describe recreation therapy treatment approaches for patients diagnosed with dementia. During this session, presenters will identify cognitive and communicative losses associated with dementia and ways to structure the environment to reduce stress and promote communication during recreation therapy interventions. Session will also describe assets, liabilities, and primary symptoms common with early, middle, and late stage dementia, along with information on managing problematic behaviors often seen with this population.  
11:15am - 12:15pm, 0.1 CEUs  
Rooms C & B, code S12

Collaboration Between Educators, Practitioners, and Students on a Sensory Stimulation Program  
Kari Kensinger, Ph.D., CTRS  
Nicole Olson  
This session will describe how these three groups can work together to develop programs that benefit clients. Participants will learn how to replicate the sensory programs in community and clinical settings.  
11:15am - 12:15pm, 0.1 CEUs  
Rooms A & D, code S13

12:30pm – 1:30pm Lunch Provided  
Take this opportunity to network with fellow professionals

Documentation: Promoting our Profession and Evidence-Based Practice  
Barbara L. Parker, CTRS  
We will explore the impact clinical documentation has on the credibility of the profession, the establishment of evidence based practice and ways to enhance RT practice by improving clinical documentation.  
1:45pm - 3:45pm, 0.2 CEUs  
Rooms A & D, S14

Future Trends for Senior Centers in the Aging Network  
Jay Morgan  
Senior centers across the country are not only adapting to the future challenge of accommodating the Boomer generation, but also continuing to adapt to the changing needs of two other generations (GI & Silent) as they age-in-place. This session will review a brief history of the senior center movement in relation to aging services development. There will also be a review of how national and state organizations are assisting senior centers across the country through national senior center accreditation, best practice resources of other senior centers, web-based tools for keeping up with current senior center trends, the diversity of types of senior centers, how to merge recreation vs. social service philosophies and utilizing technology in everyday senior center operations. The final segment will focus on how current trends will impact the future development of senior centers.  
1:45pm – 2:45pm, 0.1 CEUs  
Rooms B & C, code S15

Recreation Therapy within the Medical Foster Home Program  
Ashley Love, CTRS  
Eileen Jiminez, CTRS  
Nicole J. Johnson, MA, LCSW  
The session will provide an introduction to the Medical Foster Home Program and the role of the Recreation Therapist for the veterans, caregivers, and others associated with the veteran and caregivers. Presenters will decipher the difference between the Medical Foster Home setting and an “institutionalized” setting and introduce appropriate tools used by the Recreation Therapist for both assessment and treatment. Data will be incorporated from local and national levels to explain overall statistics regarding positive outcomes of the overall cohesion between the MFH Program and the profession of Recreation Therapy.  
3:00pm - 4:00pm, 0.1 CEUs  
Rooms B & C, code S16

Treasure Hunt: Where is the Gold Coast ATRA Chapter?  
Come explore the possibilities of (re)building a professional organization in Florida. Barbara Parker of Bay Pines VA Healthcare System will be facilitating this discussion of how we could make this happen, and how you can be involved.  
Group meets at 4:15 pm  
Rooms A & D
Sunday, January 31, 2009
Registration table opens and continental breakfast served beginning at 8:30am

**Adaptive Kayaking in the Community**

*Cory Kapes, MS, CTRS*

Kayaking is a great sport for all people of all abilities. Learn how to make it accessible and safe using a variety of adapted equipment and techniques. Session includes an overview of program development and facilitation along with a hands-on demonstration on Tampa Bay. Please check the appropriate box on your registration form if you plan to attend and dress appropriately to be active.

9:00am - 12:00pm, 0.3 CEUs
Rooms A & D, code S17

***You must have signed up on your registration form to attend***

**Sexual Trauma and Recreation Therapy: What Works**

*Barbara L. Parker, CTRS*

This session will discuss the role of the CTRS in the treatment of sexual trauma. Information provided will address successful therapeutic recreation treatment modalities. This session will also allow participants the opportunity to participate in these modalities first hand.

9:00am - 11:00am, 0.2 CEUs
Rooms B & C, code S18

**Enhancing Quality of Life for Veterans in a Nursing Home: Cultural Transformation**

*Stuart Sidell, MS, CAS, CTRS*

There are more than 1 million seniors living in nursing homes in the United States. Many succumb to boredom, loneliness, and helplessness. It does not have to be this way! This session will lead you through a process to change the way you think about nursing homes. We will present a description of the continuing journey to improve the quality of life of veterans at the Bay View Community Living Center, through the process of culture transformation.

11:15am - 1:15pm, 0.2 CEUs
Rooms B & C, code S19

The American Therapeutic Recreation Association (IACET Provider # 406) has reviewed and approved this workshop for up to 1.40 CEUs.

NCTRC® does not preapprove any continuing education. NCTRC has not reviewed or approved the content of these materials, and does not endorse or sponsor any of the activities of the St. Petersburg Therapeutic Recreation Conference.

Thank you to everyone who made this conference possible. This has truly been a grassroots effort and is the direct result of the cooperation of many local organizations and therapists who believe in the importance of what we do.

**Conference Committee Co-Chairs**
Cory Kapes, CTRS and Beth Birkmire, CTRS

**Conference Planning Committee**
Barbara Parker, CTRS
Dawn Lewellyn, CTRS
Shelba Waldron, CTRS

**Conference Sponsors**
Thank you very much to our generous sponsors for their support.
Conference Registration Form
St. Petersburg Recreation Therapy Conference
Bayfront Medical Center, St. Petersburg, FL
January 29-31, 2010

Please Print, this is how your information will appear in our records and on your name badge.

Name: __________________________________________ (include CTRS or other credentials you would like to have listed)

Organization: __________________________________________

Mailing Address: __________________________________________

City: __________________________ State: _______ Zip: __________

Phone: __________________________ Fax: __________________________

Email: __________________________________________

Check here if you require special accommodations/diet restrictions: _____ (please attach a written description)

Please check your registration package (onsite registration will not be available):

Full Conference Registration Includes CEUs pending approval by the American Therapeutic Recreation Association
Meals: Continental breakfast Friday, Saturday, and Sunday. Lunch on Friday and Saturday along with the Friday night social.

Early Registration (due by December 15, 2009):

_____ Presenter $70.00
_____ Professional $100.00
_____ Student $80.00
_____ One Day $50.00 please specify day: ___ Friday ___ Saturday ___ Sunday

Registrations after December 15, 2009 and prior to January 15, 2010:

_____ Presenter $115.00
_____ Professional $145.00
_____ Student $130.00
_____ One Day $65.00 please specify day: ___ Friday ___ Saturday ___ Sunday

Registration closes on January 15, 2010. All forms must be postmarked prior 1/15/2010. Onsite registration not available

_____ Check here if you plan to attend Adaptive Kayaking in the Community, Sunday, January 31, 2010, 9:00am - 12:15pm

_____ Check here if you are taking sessions for CEUs. Approval pending by the American Therapeutic Recreation Association

Payment: Please send a check or money order payable to Bayfront Medical Center
and please enter “RT Conference” in the memo line.

Please send your registration and payment to: Cory Kapes
Therapeutic Recreation
1400 19th Street North
St. Petersburg, FL 33713
Please place a check mark on the line next to sessions that you intend to attend. This will help our presenters to be prepared.

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9:00am - 11:00am, Friday, January 29, 2009

___ Using Grief in the Therapeutic Setting
9:00am - 11:00am, Friday, January 29, 2009

___ Recreational Therapists Working with Other Disciplines to Improve Patient Outcomes
11:15am - 12:15pm, Friday, January 29, 2009

___ Cultural Sensitive Care and Community Reintegration for People with SCI
11:15am - 12:15pm, Friday, January 29, 2009

___ Marrying the Recreational Profession: It’s Not Turning Two into One, But Two Into Three – ATRA, NTRS and Us
(Welcome Lunch & Keynote Speaker)
12:30pm - 2:00pm, Friday, January 29, 2009

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