

LEADING

THE

WAY

WSTRA

16TH ANNUAL  
CONFERENCE  
APRIL 10 & 11

SEATTLE CHILDREN'S HOSPITAL  
SEATTLE, WA



**WSTRA**  
Washington State Therapeutic Recreation Association

FRIDAY  
APRIL  
10

# PRE CONFERENCE SESSIONS

**CEU pre-approval is in process. ATRA and NCTRC cannot guarantee that these continuing education opportunities will be granted CEUs**

## TRAUMA INFORMED CARE IN HELPING PROFESSIONS

11:00AM 12:30PM AT NAVOS BURIEN CAMPUS, 1033 SW 152ND STREET BURIEN, WA 98166

Presented by Stephanie Lopes, CTRSR, Recreational Therapy Supervisor, Youth Residential Services, Navos Mental Health Solutions

\*limited to 15 participants\*

This educational session will inform participants of Trauma Informed Care, its importance in the professional practice of those in "helping" fields and the effects of implementing TIC into the planning and implementation of therapeutic recreation services and treatment planning. This session will engage participants in discussion throughout lecture, a tour of the newly constructed and remodeled Lake Burien Campus, home of Navos Child, Youth and Family Services, and the experience of utilizing a Comfort Room. There will be ample opportunity for questions as the group moves through the campus together.

Identify key principles of trauma informed services. Demonstrate the understanding of applications of trauma informed care principles in therapeutic interventions with clients served. Demonstrate understanding of the effects of trauma on the brain. Demonstrate understanding of the effects of less restrictive and alternative interventions in long-term inpatient programs

## AQUATIC THERAPY BASICS

2:00PM 4:00PM AT SEATTLE CHILDREN'S HOSPITAL MAIN CAMPUS 4800 SAND POINT WAY NE SEATTLE, WA 98105 ROOM RC. 3.905

Presented by Linda Amazeen, PTA and Jacki Williford, CTRS/R

Aquatic Therapy refers to the use of swimming, activities and exercises performed in water for physical rehabilitation, fitness, social, emotional and psychological well being. The benefits of aquatic therapy are well documented and evidence-based. This is a 2 part session beginning with lecture for an introduction to the basics of Aquatic Therapy followed by functional skills and participation/observation in the therapy pool area. Participation in the pool will be limited to 20 people. Please bring a swimming suit, towels will be provided. Other attendees may participate while seated around the poolside.

Learn 3 important precautions and contraindications specific to the aquatic environment to consider when assessing readiness for participation in aquatic therapy. Through observation or practice in the pool, learn techniques to safely assist patients and explore equipment available to enhance the aquatic experience and promote independence in the water. Lead 3 water-based activities that improve physical abilities and promote social interaction in a group setting.

# CONFERENCE SESSIONS

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## ASSESSMENT OF PARTICIPATION OF CHILDREN WITH DISABILITIES

Jacki Williford, CTRS/R, Seattle Children's Hospital & Cheryl Kerfeld, PT, PhD, acting assistant professor, Department of Rehabilitation Medicine, University of Washington.

**DESCRIPTION** Participation is recognized as an important outcome of pediatric rehabilitation intervention. The World Health Organization's International Classification of Functioning, Disability, and Health Framework (ICF) defines participation as "involvement in life situations" and regards it as an essential aspect of child physical, emotional, and social well-being. Existing evidence shows that through participation in leisure, recreational, and sport activities children learn about the expectations of society; learn to communicate and get along with others; build friendships; and develop skills and competencies they need to become successful in their home, school, and communities. Inter-professional collaboration is an essential component of improving the participation of children with disabilities.

Despite the benefits of participation, children with disabilities tend to be more restricted in their participation than children without disabilities, a gap that widens as they become adults. Through an interactive shared learning experience, this course will familiarize the participants with the practical use of existing participation outcome measures for children with disabilities. Using case examples, participants will be able to better utilize participation outcomes measures for clinical reasoning and decision making.

**OUTCOMES** Define participation and identify an example of the social, psychological, and physical benefits of participation of children with disabilities in leisure, recreational and sport activities. Compare and contrast 2-3 potential child, family, and societal facilitators of and barriers to participation for children with disabilities. Describe and discuss the practical use of existing participation outcome measures for children with disabilities in collaboration with the child and family, Therapeutic Recreation Specialist and other professionals. Interpret the utilization of participation outcome measures for clinical reasoning and decision making in Therapeutic Recreation treatment planning. In response to case examples and the integration of evidence-based research into Therapeutic Recreation practice, discuss and analyze available participation outcome measures that have demonstrated potential to influence improvements in measuring participation in children with disabilities.

## EVIDENCE BASED PROGRAMS

Patty Irvin, CTRS, Eastern State Hospital Rehabilitation Services

**DESCRIPTION** Evidence-based Practice- What is it? What are some EBPs that are available to you as a Recreational Therapist

**OUTCOMES** Identify the definition of evidence-based practice Perform an internet search for a clinical question relating to TR practice. Provide an example of using evidence-based practice in daily TR service delivery

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## THERAPEUTIC AND EDUCATIONAL USES OF ROLE PLAYING GAMES AS INTERVENTION MODALITIES FOR INDIVIDUALS AND GROUPS FROM THE THERAPEUTIC RECREATION PERSPECTIVE.

W. A. Hawkes-Robinson, Interdisciplinary TR student at Eastern Washington University, Founder of RPG Research, RPG Therapeutics LLC.

**DESCRIPTION** This session will provide background and research information about the effects of role-playing gaming in all forms upon participants. It will address the many inculcated concepts in popular culture regarding role-playing games and gamers, and present the existing relevant research. All formats of role-playing gaming will be discussed, including Choose Your Own Adventure (CYOA) books, offline and online computer-based role-playing games, live-action role-playing (LARP), and tabletop role-playing games. This will include the potential benefits, and deficits, from participating in these various recreational activities. The session will initially provide examples of each game format in a typical recreation setting, then proceed with the existing research using RPG for various educational and therapeutic interventions from other disciplines (psychiatry, psychology, education, sociology, cognitive, behavioral, etc.), then illustrate how the application of TR methodologies are an excellent fit for these activities as an intervention modality for many populations in group and individual settings.

**OUTCOMES** Identify and explain existing research indicating the benefits and risks of diversionary use of RPG in all major formats. Identify and explain examples of specific areas that non-adapted RPG can directly achieve TR-related client outcomes. Identify specific populations that can benefit from a TR-based RPG intervention program. Identify examples of specific areas that applying TR methodologies to adapted RPG can achieve specific client outcomes. Specify areas still needing further research for future use of TR-based RPG.

## THE 3BS BIKE ACCIDENT, BRAIN INJURY AND BEYOND

Rosalyn Fast, B. Ed

**DESCRIPTION** This workshop highlights how Traumatic Brain Injury (TBI) caregivers can assist Recreation Therapists in rehabilitating and reintegrating injured family members into their community. Family caregivers are the 'invisible' help to Recreation Therapists in the development of therapeutic goals. Involving caregiver's in interdisciplinary collaboration is vital to the successful continuum of care for clients living with TBI.

**OUTCOMES** Define two symptoms that affect the traumatic brain injury client's well being and overall family dynamics. Develop client-centered goals based on a family member's viewpoints for participation in community leisure activities. Identify tools to use when working with family members to enhance working with their clients and as part of an interdisciplinary team.

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## ADVANCEMENT OF THE THERAPEUTIC RECREATION PROFESSION THROUGH DISCUSSION OF STAFF PERCEPTIONS IN A MAXIMUM SECURITY FORENSIC MENTAL HEALTH TREATMENT FACILITY

Emily S. Messina, PhD, CTRS

**DESCRIPTION** This session explores methods of advocating for the Therapeutic Recreation profession through the analysis of qualitative interviews with staff at a maximum security forensic mental health treatment facility regarding recreation programming at that facility. Analysis of interviews revealed the following key themes: value of activities, accessibility, attendance, choice, internal motivation, participation, idle time/structure, resident accountability, safety, documentation, LOS, facility issues, program content, program preference, criticisms, and suggestions. The statements generating these themes will be examined through the lens of professional advocacy, concluding with discussion among participants regarding similarities to their programs and take away methods for using these statements as starting points for conversations with their own colleagues and administrators.

**OUTCOMES** Identify at least three staff concerns regarding programming with this population. Identify at least three staff cited benefits of programming with this population. Identify at least two similarities between staff perceptions at the sample facility and their facility. Identify at least two methods of incorporating staff statements from the sample facility into conversations advocating the Therapeutic Recreation profession with staff at their facility

## IMAGINING INCLUSION: A RESEARCH COLLABORATION ADDRESSING OUTCOME MEASURES FOR THERAPEUTIC RECREATION IN MENTAL HEALTH

Maya Alonso

**DESCRIPTION** THRIVE is a community-based mental health program that provides Therapeutic Recreation interventions to mitigate clients' experiences of stigma, isolation, and exclusion ultimately supporting them to connect meaningfully in their community. THRIVE & the TR Department at Douglas College are into the 2nd year of a 2 year research collaboration to better understand the lived experience of mental illness and to develop meaningful outcome measures that capture the effectiveness of therapeutic recreation interventions.

**OUTCOMES** Identify challenges facing community-based mental health programs and strategies for overcoming them. Identify reasons, strategies and benefits of fostering a community-academic partnership. Identify the benefits of Photovoice as a research method and therapeutic process. Identify a strategy for developing outcome measures that reflect clients lived experiences.

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## UNDERGRADUATE RESEARCH IN TR: INCREASING RESEARCH COMPETENCIES TO ADVANCE THE PROFESSION

Radka Prihodova, Katryna Koenig, Suezin Kang (Faculty supervisor Colleen Reid, PhD, Therapeutic Recreation, Faculty of Child, Family and Community Studies, Douglas College.

**DESCRIPTION** The application of research knowledge increases the accountability and credibility of TR profession. Student involvement in research contributes to the advancement of the profession as it equips future TR specialists with skills necessary for supporting evidence-based practices. This session will focus on strategies for involving students in research and the benefits of undergraduate research from the point of view of students participating in a community-based participatory research project in a community mental health setting in Vancouver, British Columbia. Through involvement in the research project the students' understandings of qualitative research methods and project management increased. In this session the student researchers will share their experiences, describe their involvement in the project, and discuss acquired research and leadership skills. Lastly, they will discuss how these skills will enhance their professional competence.

**OUTCOMES** Identify three strategies for involving students in community-based participatory research. Describe Photovoice as a qualitative research method. Identify three benefits of undergraduate research for advancement of TR profession

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