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Welcome 2018 Conference Delegates!

We are so excited you have made the choice to join us in Ottawa for the 19th annual TRO Conference, May 30th - June 1st. The Eastern Region Conference Committee has been working for the past 18 months to bring you this amazing opportunity. For 3 days, you will grow your profession and your practice and, at the same time, re-energize your personal and professional self without ever having to leave the grounds of the beautiful, “Brookstreet Hotel and Conference Centre.”

Some of you have chosen to take advantage of our “Certification Stream”: To become a Certified Laughter Yoga Leader. We welcome your arrival to get your certification started on Tuesday May 29th.

Our Keynote speakers, Valerie Spironello and Todd Nicholson promise to educate, inspire, and entertain while they challenge you to assess your personal and professional growth.

On Wednesday, plan to attend the interactive AGM in the afternoon, and the Dinner and Awards Event followed by the Meet and Greet/Networking Social (All included in your conference fee!).

Thursday’s Tradeshow will host over 20 Exhibitors showcasing amazing products and services. Don’t miss your chance to bid on some great finds at the Silent Auction.

What Rec Therapist does not play BINGO? By your cards when you register, play throughout the conference and get ready to yell “BINGO!!”

For the Craft Beer and Wine lovers...get your raffle tickets to win some amazing liquid refreshments.

***Make sure you have some cash on hand as Bingo cards and raffle ticket sales are cash sales.***

Check out the “Re-energize” sessions on the “At-a-glance.” All are on site and complimentary. Pick one and don’t forget your “workout gear” (if required).

If you haven’t purchased a ticket to “The Lumiere Experience” you are going to want to do that ASAP as this event is becoming popular and we don’t want anyone to miss out!

We truly want you to enjoy the overall experience of this year’s conference. We hope that you will touch base with us sometime during the conference to let us know you are enjoying it and if there is anything we can do to make your experience better.

See you soon to ....... Grow TR: Re-energize!

Caryn and Cindy  
2018 Conference Co-Chairs

Caryn Johnston (cajohnston@toh.ca)  
Cindy DesLauriers (cdeslauriers@toh.ca)
Message from TRO President

On behalf of Therapeutic Recreation Ontario and the TRO Board of Directors, it is my pleasure to welcome you to the 2018 Annual Conference at the Brookstreet Hotel in Ottawa. The theme of Grow TR: Re-energize will encourage us to give fresh vitality into our practice!

The organizing committee has done a brilliant job creating a conference that is reflective of the vision of TRO to be the “leader in uniting and advancing the Therapeutic Recreation profession in Ontario.” Presenters representing diverse TR service delivery settings will share their knowledge, expertise and innovative ideas for enhancing your TR practice. The quality of the sessions will demonstrate to delegates the strengths, diversity and innovation of Therapeutic Recreation.

I am thrilled at the continued interest and participation in our Annual Conference. It is a time of growth for Therapeutic Recreation in Ontario. I would invite you to attend the TRO Annual General Meeting. A great deal has been accomplished this year. Join us to discuss all that has occurred and be sure to take part in the election. As Therapeutic Recreation Professionals in Ontario, we should all be very proud of where we are today and excited about where we are headed.

Organizing a conference requires countless hours of meetings and planning. On behalf of the TRO Board of Directors, I would like to take this opportunity to congratulate and thank Conference Co-chairs Caryn Johnston and Cindy Des Lauriers, as well as, all members of the Organizing Committees for creating an extraordinary conference.

As a conference delegate, you are truly our greatest asset today and tomorrow, and we could not accomplish what we do without your support and leadership. Throughout this conference, I encourage you to stay engaged, motivated and help us shape the future of Therapeutic Recreation. My personal respect and thanks goes out to all of you.

I look forward to meeting with you at the conference May 30th – June 1st in Ottawa, where we will continue to meet and bring inspired people together to ensure Therapeutic Recreation Ontario continues to be Re-energized!

Leanne Hughes
TRO President
On behalf of Members of Ottawa City Council, it is my distinct pleasure to extend a warm welcome to all those participating in the 19th Annual Therapeutic Recreation Ontario (TRO) Conference, taking place at the Brookstreet Hotel from May 30th to June 1st 2018.

I am delighted that Ottawa has been selected as the host venue for this educational meeting, providing a valuable forum for TR practitioners, educators and students to convene under the theme Grow TR: Re-energize. Delegates will learn about new innovative program ideas, TR trends and research, as well as benefit from networking and professional development opportunities.

As Head of Council, I want to acknowledge the 2018 Conference Committee, keynote speakers, sponsors and volunteers for dedicating efforts, expertise and resources to the successful organization of this province-wide gathering.

As Mayor of the host city, I invite visitors to explore the Ottawa Sports Hall of Fame and the Barbara Ann Scott Gallery at City Hall, as well as the revitalized Lansdowne park, its restored heritage pavilions, and new TD Place, home of the Ottawa REDBLACKS CFL team, and Ottawa Fury FC United Soccer League team.

Allow me to convey my best wishes to the participants for a productive and rewarding assembly, as well as to the visitors for a most memorable stay in Ottawa.

Sincerely,

On behalf of Members of Ottawa City Council, it is my distinct pleasure to extend a warm welcome to all those participating in the 19th Annual Therapeutic Recreation Ontario (TRO) Conference, taking place at the Brookstreet Hotel from May 30th to June 1st 2018.

I am delighted that Ottawa has been selected as the host venue for this educational meeting, providing a valuable forum for TR practitioners, educators and students to convene under the theme Grow TR: Re-energize. Delegates will learn about new innovative program ideas, TR trends and research, as well as benefit from networking and professional development opportunities.

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Allow me to convey my best wishes to the participants for a productive and rewarding assembly, as well as to the visitors for a most memorable stay in Ottawa.

Sincerely,
2018 TRO Planning Committee

Co-Chairs
Cindy Des Lauriers
Caryn Johnston

Social
Greg Stenman
Lindsay Webber
Katie Jacobson-Lang

Facilities
Dave Harris
Jessica Brenner

Financial
Siobhán McSharry

Volunteers
Erin Langiano
Kathy Sager

Registration
Jennifer Sterne

Program
Kim Durst-Mackenzie
Sara Richardson-Brown
Kellie Halligan

Marketing and Sponsorship
Ashley Hilliard
Carolyn Mills
Shannon Young

TRO Representative
Rozalyn Werner-Arcé
Laughter Yoga Certification
Laughter Yoga Certification: Sylvie Dagenais-Douville

Laughter-Yoga-at-a Glance

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Laughter Yoga</th>
<th>Duration</th>
</tr>
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<tbody>
<tr>
<td>Tuesday May 29</td>
<td>2-8:00 pm (dinner not included)</td>
<td>Laughter Yoga</td>
<td>5 hours</td>
</tr>
<tr>
<td>Wednesday May 30</td>
<td>11-12:30 pm and 3:30-5:30 pm</td>
<td>Laughter Yoga</td>
<td>3.5 hours</td>
</tr>
<tr>
<td>Thursday May 31</td>
<td>10:30-12:00 pm, 2-4:30 pm and 5-6:00 pm</td>
<td>Laughter Yoga</td>
<td>5 hours</td>
</tr>
<tr>
<td>Friday June 1</td>
<td>9:30-12:00 pm</td>
<td>Laughter Yoga</td>
<td>2.5 hours</td>
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Session Description:
This 16-hour certification will be provided by Certified Laughter Yoga Teacher, Sylvie Dagenais-Douville. Laughter Yoga is a modality combining laughter exercises and yoga breathing that can be used with a variety of populations to improve mood, reduce stress, improve the immune system and increase positive social connections. Laughter Yoga was started by Dr. Madan Kataria from India with just five people in a Mumbai park in 1995. Now there are thousands of laughter clubs in more than 108 countries.

In the Laughter Yoga Leader Certification, you will learn the history, science, principles and concepts of Laughter Yoga, 40 foundational exercises, where and how Laughter Yoga is used, and how to facilitate your own laughter sessions.

Upon completion of the training, you will receive

- Current Laughter Yoga training manual
- Dr. Kataria School of Laughter Yoga - Laughter Leader Certificate
- Registration as a member of Laughter Yoga International
- Six months free access to laughteryoga.org/prozone

Learning Objectives:
1. Participants will be able to identify at least 3 benefits of Laughter Yoga for their population.
2. Participants will be able to demonstrate a minimum of 40 foundational laughter yoga exercises.
3. Participants will have formed a draft program to implement upon return to their workplace.

Please note:
1. Laughter Yoga includes all conference benefits including meals, key note speakers and AGM.
2. No daily registration for Laughter Yoga.
3. Must attend all Laughter Yoga sessions to receive certification.

PCC’s: Approved
Intervention Program Delivery
Program Development Diagnostic Groupings and Populations Being Served

NCTRC Job Analysis Areas:
Not Approved
IMP-Implementation
### Tuesday May 29 At-a-Glance

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>2:00-8:00 pm</td>
<td>Laughter Yoga, Rm: RTJ (this session is only for Laughter Yoga registrants. Dinner is not included.)</td>
</tr>
<tr>
<td>7:00 pm - 9:00 pm</td>
<td>Registration Desk Open for anyone from 7:00 pm - 9:00 pm. Located upstairs across from Newbridge 1&amp;2</td>
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### Wednesday May 30 At-a-Glance

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:30-9:30 am</td>
<td>Registration and Breakfast - Newbridge 1&amp;2</td>
</tr>
<tr>
<td>9:00 am</td>
<td>Welcome &amp; Announcements</td>
</tr>
<tr>
<td>9:30-10:30 am</td>
<td>Todd Nicholson Keynote: “Message of Success. From Dreams to Reality” - Newbridge 1&amp;2</td>
</tr>
<tr>
<td>10:30-11:00 am</td>
<td>Break - Newbridge foyer</td>
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| 11:00-12:30 pm     | W1 Beyond Social Skills: Developing interpersonal confidence in a forensic mental health setting Rm: Newbridge 5  
  W2 Therapeutic Recreation in Pediatric Palliative Care-Caring for the Whole Family Rm: Mulligan  
  W3 Pedal Bike Exercise on ADP Clients with Arthritis-prospective longitudinal 12 week pilot project Rm: Newbridge 4  
  W4 Growing and Re-energizing your community and program through music Rm: Celtic 1  
  W5 Through Our Eyes-Inclusive Facilitation: A Practical Approach to Culture Change Through Education Delivery Rm: Celtic 2  
  LAUGHER YOGA Rm: RTJ |
| 12:30-1:30 pm      | Lunch and 1:00 Announcements - Newbridge 1&2                          |
| 1:30-3:00 pm       | AGM - Newbridge 1&2                                                    |
| 3:30-5:00 pm       | Break - Newbridge foyer                                               |
| 3:30-5:00 pm       | W6 It takes the Loneliness Away: Innovative Programming for Social Isolation Rm: Newbridge 5  
  W7 CHEO-OCTC Recreation Therapy’s Approach to Engaging and Supporting Youth Rm: Celtic 1  
  W8 HIIT: A High Intensity Interval Training Program, for Individuals with Schizophrenia Rm: Newbridge 4  
  W9 Finding Me, Myself and I: Using Group Art for Self-Expression, Personal Growth and Emotional Wellness for Individuals Living with an Acquired Brain Injury Rm: Celtic 2  
  W10 Identifying and Overcoming Barriers to Writing for Publication Rm: Mulligan  
  3:30-5:30 pm For yoga only LAUGHER YOGA Rm: RTJ |
| 6:30 pm            | Dinner and Awards - Newbridge 1&2                                      |
| 8:30 pm onwards    | Evening Social-Jazz Meet and Greet in hotel Lounge/Bar. Get to know your TRO Regional Ambassador. (NO additional cost, cash bar available) |
Keynote: Todd Nicholson  
“Message of Success: From Dreams to Reality”

Session Description:
Todd Nicolson is an accomplished athlete, an inspirational coach, and a strong advocate for the inclusion of all persons, regardless of abilities, to be able to fully participate in recreational pursuits.

Todd is a valued employee of Canada Board Services Agency, which benefits from his experience as an elite athlete as he is able to provide the knowledge necessary to plan and manage major events that take place in Canada. Both Todd and his wife— an equally committed advocate on behalf of children and youth with disabilities— are committed to building Ottawa’s Abilities Centre. Their hope is to build a fully inclusive recreational facility for people of all abilities.

Todd will share his journey by telling his inspirational story, touching on the obstacles he faced and overcame how he was able to stay motivated, and how he achieved success by surrounding himself with the right people.

From 2014-2017, Todd Nicholson has made significant accomplishments as an elite athlete and equally significant contributions as a committed volunteer advocating for the participation and inclusion of all people in the recreation and cultural lives of their communities. For several years, Todd represented Canada in a number of sports, and competed in five Paralympic Winter Games. While Todd is retired from competition, he is still a committed volunteer to sport and the Paralympic movement. Todd currently serves as a Chairperson for the International Paralympic Committee Athlete’s Council and is Governing Board member for the International Paralympic Committee. He is often called upon by civic leaders, teachers, volunteers, organizations, and business people to help motivate them by example to strive for excellence regardless of hurdles in the path to success.

Learning Objectives:
1. By the end of the session, participants will be able to identify barriers to participation and how to overcome them.
2. By the end of the session, participants will identify positive external supports to utilize when setting realistic and achievable goals.
3. Participants will identify 2 or more motivational techniques for use with clientele.

PCC’s: Approved  
Professional Development  
Outreach, Advocacy and Public Relations

NCTRC Job Analysis Areas: Approved  
ADV – Advancement of the Profession
Wednesday, May 30, 2018  
11:00-12:30 pm

**W1- Beyond Social Skills: Developing interpersonal confidence in a forensic mental health setting**

**Presenters:** Sara Richardson-Brown and Vanessa Holmes

**Session Description:**
Social isolation and lack of confidence in social settings are common barriers to community integration and meaningful relationships for persons living with mental illness. This presentation will describe how the Confident Communicators group was developed to assist clients in a forensic mental health outpatient setting to improve their confidence in social situations, with the ultimate goals of increasing independent participation in community activities and enhancing the quality of their interpersonal relationships. This 90 minute session will review the theoretical framework, assessment & evaluation process, and program delivery structure of Confident Communicators. The session will include hands-on experience of experiential activities used in this group with our clients. A discussion of preliminary outcome measure findings and future considerations will be included. Presenters will also highlight the interdisciplinary approach and how the role of RT accentuates the efficacy of group psychotherapy through active and dynamic engagement of group members in treatment.

**Learning Objectives:**
1. Participants will be able to identify three strengths of the interprofessional collaboration between recreation therapy and social work.
2. By the end of the session, participants will engage in 3 experiential activities that are used in the Confident Communicators group program.
3. Participants will be able to identify 3 pre/post measures used to assess the efficacy of the Confident Communicators group program in improving interpersonal confidence.

**PCC’s: Approved**
Assessment  
Intervention  
Program Development  
Program Delivery  
Evaluation

**NCTRC Job Analysis Areas: Approved**
ASP - Assessment Process  
DOC - Documentation  
IMP – Implementation
Wednesday, May 30, 2018  
11:00-12:30 pm

**W2- Therapeutic Recreation in Pediatric Palliative Care - Caring for the entire family.**

**Presenters:** Danielle Scarlett and Katt Brooks

**Session Description:**
This workshop will be run by two recreation therapists who work at Roger Neilson House; a pediatric palliative care hospice located in Ottawa, ON. Pediatric palliative care is a service offered to children and families diagnosed with a life limiting illness who are not likely to live to adulthood. Recreation Therapists will show how therapeutic recreation works in congruency with family centered care towards a common goal of quality of life to all members of a family unit. This workshop will focus on the influence of TR with an individual child who is terminally ill as well as their siblings and parents. The use of a case study will allow participants to get a real life view of the impact on not only each family member individually but also as a whole. This session will be discussion based and bring awareness to a socially isolated population.

**Learning Objectives:**
1. Participants will be able to identify 3 major populations served in a pediatric palliative care hospice (PPCH).
2. Participants will be able to list 1 need of each of the populations served in PPCH.
3. Participants will be able to name at least 5 benefits that TR brings to an entire family within the scope of PPCH.

**PCC’s: Approved**
Intervention  
Program Development  
Program Delivery  
Diagnostic Groupings and Populations Being Served  
Outreach, Advocacy and Public Relations

**NCTRC Job Analysis Areas: Approved**
IMP – Implementation  
ADM – Administration of TR/RT Services  
ADV – Advancement of the Profession
Wednesday, May 30, 2018
11:00-12:30 pm

**W3** - Pedal Bike Exercise on Adult Day Program (ADP) Clients with Arthritis- prospective longitudinal 12-week pilot project.

**Presenters:** Ping Lai and Sony Singh

**Session Description:**
Exercise with pedal exerciser is among the exercises that strengthen the lower limbs, and it is frequently used for transportation and walking on flat ground. Compared with regular walking exercise, exercise with pedal exerciser requires more energy and muscle strength in the lower limbs, as it involves horizontal movement and vertical ascent at the same time, while keeping the body balanced. These days, pedal exerciser is widely used for lower limb exercise and rehabilitation, which has benefit of reducing stress on knee joints. They are also recommended for use in building muscle strength. They are also recommended for use in building muscle strength. However, exercise seems to be more beneficial in frail elderly people living in long term-care facilities compared to those living in the community. The evidence to support exercise interventions in community-dwelling seniors is currently insufficient. Studies conducted on the effect of exercise with pedal exerciser on seniors with arthritis are even much fewer. This project, therefore, assesses the effectiveness of an exercise intervention using pedal exerciser on ADP seniors with arthritis to improve functional ability across multiple domains.

**Learning Objectives:**
1. Participants will be able to understand the benefits of Pedal biker exercise on ADP seniors’ functional balance and lower limb muscle strength.
2. Participants will be able to understand the benefits of Pedal biker exercise on ADP seniors’ arthritis outcomes.
3. Participants will be able to identify 3 benefits of Pedal biker exercise on ADP seniors’ psychosocial determinants.

**PCC’s:** Approved
Assessment
Intervention
Program Development
Program Delivery
Evaluation
TR & Community Practice
TR & Research

**NCTRC Job Analysis Areas:** Approved
FKW-Foundational Knowledge
ASP-Assessment Process
IMP-Implementation
ADM-Administration of TR/RT Services
ADV-Advancement of the Profession
W4 - Growing and Re-energizing your community and program through music

**Presenters:** Hailey Reiss and Valerie Conforzi

**Session Description:**
Music is powerful and moving. Whether listening to it in the car to make the commute more bearable, using it to help us exercise when we don’t really feel like it or picking out a couple meaningful songs to listen to when we have a break in our day, music is important and present in so much of our lives. Using music in therapeutic recreation interventions can be beneficial for our clients but it isn’t always easy to discern the best music to use. This presentation will explore the effects of music on the human body and give practical suggestions on the types of music that will motivate, relax and inspire clients during therapeutic recreation experiences.

**Learning Objectives:**
1. Participants will be able to identify 3 ways in which music affects individuals physiologically.
2. Participants will be able to identify 3 ways in which music affects the brain.
3. Participants will be able to identify 5 qualities in music and how those qualities affect their program.
4. Participants will be able to identify 1 piece of music for their own clients.

**PCC’s: Approved**
- Assessment
- Intervention
- Program Development
- Program Delivery
- Diagnostic Groupings and Populations Being Served

**NCTRC Job Analysis Areas: Approved**
- FKW - Foundational Knowledge
Wednesday, May 30, 2018
11:00-12:30 pm

**WS5** - Through Our Eyes-Inclusive Facilitation: A Practical Approach to Culture Change through Education Delivery

**Presenters:** Josie-Lee Gibson and Dee Lender

**Session Description:**
Through Our Eyes: Bringing the Residents' Bill of Rights Alive was developed through the lens of culture change upholding the philosophy of person-centered care. Quality of living, as perceived through the eyes of the residents themselves, is the truest measure of successful education. Only then can education yield change in behaviour and create the capacity from heightened sensitivity and awareness. This program is different because staff and residents co-create and co-facilitate the session together. Even residents with profound cognitive changes are able to become co-facilitators!

Join us and learn through doing, experiencing a variety of the program components, hearing from program participants on the success and impact of the program and leave the workshop feeling prepared to share in a new way of facilitation! Together we can make a difference in enhancing the lives of residents!

**Learning Objectives:**
1. To demonstrate a deeper awareness and appreciation of what it means to work with and care for people, understanding the value of being present, actively listening and remembering the importance of autonomy;
2. To be able to identify and use tools and strategies to engage and partner with all residents along the spectrum of cognitive wellness.
3. To have the knowledge necessary to embrace and perform the shift from traditional methods of education delivery, to recognizing residents as experts by experience.

**PCC's: Approved**
Program Development
Program Delivery
Documentation
Evaluation
TR & Community Practice
TR & Research

**NCTRC Job Analysis Areas: Approved**
IMP-Implementation
W6 - “It takes the loneliness away”: Innovative Programming for Social Isolation

Presenter: Kristine Theurer

Session Description:
“Inside every lonely adult is a kid eating lunch by herself on a bench.” The Globe and Mail writes that social isolation is a looming crisis. Studies indicate one out of two residents report feeling lonely, despite our best efforts and recreation calendars filled with programs. A growing body of research documents the effectiveness of peer support in community services, but these groups are rare within residential senior care. The presenter will describe an innovative peer support approach based on social identity theory using three programs, the Java Music Club, Java Memory Care and Java Mentorship, along with evaluations of their implementation in organizations across Canada and the US. The session format will include a program demonstration, video and interactive discussions, along with implementation processes and research results. Attendees will leave with a takeaway strategy on how to engage residents and volunteers in helping reduce these critical levels of loneliness.

Learning Objectives:
1. Participants will be able to identify the theoretical foundation of the Java peer support programs, and will be able to identify at least one outcome from the three peer support programs presented.
2. Participants will engage in a live demonstration of a peer support group program and complete an evaluation of the program.
3. Attendees will identify at least one strategy to go about building peer support as a model of psychosocial care within their organizations.

PCC's: Approved
Intervention
Theoretical Foundations (models, theories, concepts)
Organizing and Managing Services

NCTRC Job Analysis Areas: Approved
FKW - Foundational Knowledge
IMP – Implementation
Wednesday, May 30, 2018
3:30-5:00 pm

W7 - CHEO-OCTC Recreation Therapy’s Approach to Engaging and Supporting Youth

Presenter: Emily Glossop

Session Description:
Following the identification of the lack of youth engagement, youth participation and the need for additional youth programming, the Recreation Therapy team, in partnership with other disciplines, has created a number of different youth and transition-aged youth based programs. During this presentation, the facilitators of the programs will share their knowledge and experiences with youth engagement. They will explain the development and implementation process, identify all of those who were involved and most importantly, they will show the great value in engaging and empowering youth when it comes to community participation, education, and even decision making. The programs that will be highlighted in this presentation are: CHEO-OCTC ME to WE Club (group of youth who have committed to making positive change in both our local community and our international community) and Project BLOOM (a program that focuses on increasing independence and preparing youth as they transition out of the home).

Learning Objectives:
1. Participants will be introduced to 2 specific youth based programs that focus on youth engagement, youth empowerment and fostering independence.
2. Participants will explore a new perspective and gain understanding of the importance of investing in youth, giving youth a voice and supporting them to support others.
3. Participants will be introduced to these innovative collaborative programs that service youth with disabilities.

PCC’s: Approved
Program Development
Program Delivery
TR & Community Practice

NCTRC Job Analysis Areas: Approved
IMP – Implementation
W8 - HIIT: A High Intensity Interval Training Program, for Individuals with Schizophrenia

Presenters: Janine Davies and Sandra Berzaitis-Smith

Session Description:
People with schizophrenia may be challenged by barriers as severe as increased mortality/morbidity, which may be reduced by physical activity. High Intensity Interval Training (HIIT) has emerged as a viable, superior alternative to continuous moderate intensity exercise and may enable patients with chronic cardio metabolic diseases to exercise for longer periods with greater enjoyment, stimulation, sense of accomplishment, and improved metabolic and cardiorespiratory outcomes. Recreation Therapists at St. Joseph’s Healthcare Hamilton implemented and evaluated a HIIT program augmented by leisure education for physical activity participation. Individuals participated in one of three sixteen session programs, with three leisure education sessions throughout. Groups involved a variety of total body exercises, individually tailored, which progressively increased in intensity.

Research examined the feasibility of HIIT’s implementation and evaluation in routine service delivery, including how HIIT is experienced by participants, and the impact on cardiorespiratory fitness and motivation for physical activity participation.

Learning Objectives:
1. Identify 3 components of the research project: “HIIT For Individuals with Schizophrenia – Becoming Healthy, Well and Motivated” including the protocol, qualitative and quantitative findings, with future recommendations.
2. Gain knowledge of the Leisure Education framework used in the research project and identify three benefits of including Leisure Education, incorporating program development, implementation, and evaluation, specific to physical activity for persons with mental illness.
3. To identify 3 tools used to support TR client goal setting, tracking, evaluation and outcomes through this project.

PCC’s: Approved
Assessment
Intervention
Program Development
Program Delivery
Documentation
Evaluation
TR & Community Practice
Diagnostic Groupings and Populations Being Served

NCTRC Job Analysis Areas: Approved
ASP - Assessment Process
DOC - Documentation
IMP – Implementation
Wednesday, May 30, 2018
3:30-5:00 pm

W9 - Finding Me, Myself and I: Using Group Art for Self-Expression, Personal Growth and Emotional Wellness for Individuals Living with an Acquired Brain Injury

Presenters: Ashley Everets and Beth Astles

Session Description:
A brain injury is known as an invisible disability and can have a significant impact on an individual’s communication, emotional wellness and leisure engagement. This results in a loss of self and can be difficult to identify with others. Feeling the loss of your identity can pose difficulty for self-expression and hinder emotional wellness. This presentation will explore the Creative Expressions program at Brain Injury Services and how the different approaches of using art are measured as a form of self-expression and personal growth to enhance emotional wellness and leisure engagement. The variety of approaches will demonstrate how individuals with varying abilities can participate, as evident in client testimonials. The presentation will show how suffering a loss of self can be reenergized through building a supportive environment to create initiation and engagement in art. Optimal program outcomes will be explored and how they can be applied to a group setting.

Learning Objectives:
1. Participants will be able to identify 3 approaches to build a supportive environment to engage in leisure activity through art.
2. Participants will be able to identify 3 benefits of self-expression in a group setting to increase emotional wellness.
3. Participants will be able to discover 3 strategies for optimal program outcomes that foster self-expression and personal growth.

PCC’s: Approved
Assessment
Intervention
Program Development
Program Delivery
Evaluation
Professional Development

NCTRC Job Analysis Areas: Approved
IMP – Implementation
Wednesday, May 30, 2018
3:30-5:00 pm

W10- Identifying and Overcoming Barriers to Writing for Publication

Presenter: Kimberly Lyons

Session Description:
In past TRO conference sessions hosted by members of the TRPR – Journal of TRO team, TR practitioners have identified multiple barriers to writing for publication including fear, not knowing where or how to start, perceived lack of writing skills, time, funding, resources, ethics, and lack of support from management. In this session Kimberly Lyons, Editor of TRPR – Journal of TRO, will guide an exploration of these barriers and the group, together, will discuss ways to overcome them so that practitioners may contribute to the ongoing development of the TR profession through TRPR – Journal of TRO. Recommendations gleaned from TRPR team research will also be offered. This session will focus on advocating for the development of the TR profession through practitioner contribution to research and writing. TR PPL’s and management are encouraged to attend. It is recommended that, if possible, participants also register for our ‘Sharing your TR experiences through TRPR – Journal of TRO’ session for optimum understanding and ability to advocate for themselves in regards to writing and publication.

Learning Objectives:
1. By the end of the session, participants will be able to list and describe 5 barriers to sharing knowledge through writing and publication.
2. By the end of the session, participants will be able to list 5 ways that they can potentially overcome barriers to sharing knowledge through writing and publication.
3. By the end of the session, participants, including practitioners and educators, will have formed a draft plan to take to their team to discuss and advocate the importance of writing for publication in the TR literature.

PCC’s: Approved
TR& Research
Professional Development
Organizing and Managing Services
Agency and TR Service Plan
Outreach, Advocacy and Public Relations

NCTRC Job Analysis Areas: Approved
ADV-Advancement of the Profession
TRO Annual General Meeting, Dinner, Awards & Social

**TRO AGM**
Wednesday May 30
1:30–3:00 PM
Open to ALL TRO Members in good standing

**Dinner and Awards**
Wednesday May 30
6:30-8:30 pm

Social Jazz Meet and Greet
Talk to your TRO Regional Ambassador
Wednesday May 30
8:30 pm onwards

*No* additional cost, all above are included in your registration fees!
Cash bar available.
On May 30th, after the awards dinner, why don't you join us at: Options Jazz Lounge

FREE Admission

Sit back, relax and mix and mingle.

Chillax with a cold drink and enjoy some cool music!

Yeah that's what I'm talking about
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Room(s)</th>
<th>Notes</th>
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<tbody>
<tr>
<td>7:00-9:00am</td>
<td>Registration and Breakfast - <strong>Newbridge 1&amp;2</strong></td>
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<td>8:30am</td>
<td>Announcements</td>
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<td>9:10am</td>
<td>Keynote: &quot;Sometimes I'd rather be eating Gelato!&quot;  Valerie Spironello, MSW, RSW - <strong>Newbridge 1&amp;2</strong></td>
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<td>9:30am</td>
<td>Vendors Trade Show - <strong>Grand Scheme Ballroom</strong></td>
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<td>10:00am</td>
<td><strong>Lunch and 12:30pm Announcements</strong></td>
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<td>Visit the Tradeshow and enjoy Posters</td>
<td><strong>Grand Scheme Ballroom</strong></td>
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<td>10:30-12:00pm</td>
<td><strong>T1</strong> LCM Research at Waypoint: Is it fit for Mental Health</td>
<td><strong>Celtic 1</strong></td>
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<td><strong>T2</strong> Camps on TRACKS: A Peer-Mediated Social Skills Intervention Program</td>
<td><strong>Mulligan</strong></td>
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<td><strong>T3</strong> &quot;Fit Minds&quot; cognitive stimulation therapy as an intervention for individuals with Dementia</td>
<td><strong>Newbridge 4</strong></td>
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<td><strong>T4</strong> Heartbeat Club: How to make exercise your most eagerly attended program</td>
<td><strong>Celtic 2</strong></td>
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<td><strong>T5</strong> Implementing a Strengths Based Approach to Therapeutic Recreation: The Case for Leisure</td>
<td><strong>Newbridge 5</strong></td>
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<td>12-2:00pm</td>
<td><strong>T6</strong> Singing Bowls, Chakras and Healing Sounds: An Innovative Approach</td>
<td><strong>Newbridge 5</strong></td>
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<td><strong>T7</strong> Dance is BEST: Community Partnerships in Health Care</td>
<td><strong>Celtic 1</strong></td>
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<td><strong>T8</strong> OCTC Chef Club-OT &amp; RT Coming Together to Transition Youth Build Skills in kitchen</td>
<td><strong>Newbridge 4</strong></td>
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<td><strong>T9</strong> CTRA 101</td>
<td><strong>Mulligan</strong></td>
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<td><strong>T10</strong> Sharing your TR experiences through TRPR: Journal of TRO</td>
<td><strong>Celtic 2</strong></td>
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<td>3:30-3:30pm</td>
<td><strong>Break</strong> - outside <strong>Grand Scheme ballroom</strong></td>
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<td>3:30-4:30pm</td>
<td><strong>T11</strong> Utilizing Happiness Research to better your TR Practice within a Mental Health Setting</td>
<td><strong>Newbridge 5</strong></td>
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<td><strong>T12</strong> Introducing ABBY: An Innovative Activity-based Technology for Dementia Care</td>
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<td><strong>T13</strong> Strength in Collaboration; Setting Provincial TR Workload Standards in Pediatrics</td>
<td><strong>Newbridge 4</strong></td>
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<td><strong>T14</strong> Abilities Centre: Our Approach to Inclusive Activity</td>
<td><strong>Celtic 1</strong></td>
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<td><strong>T15</strong> Get REDI: A partnership model for inclusive programming</td>
<td><strong>Mulligan</strong></td>
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<td><em>LAUGHTER YOGA</em></td>
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<td>Re-energize Complimentary options</td>
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<td><strong>ALL SESSIONS...</strong></td>
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<td><strong>CYCLING without Age</strong></td>
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<td>Experience the wind in your face as you take a ride in the Tri-shaw.</td>
<td><strong>Celtic 2</strong></td>
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<td><strong>YOGA</strong></td>
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<td>Enjoy some relaxation with a good workout.</td>
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<td>BRING OWN MAT (some supplied)</td>
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<td><strong>Go for a JOG</strong></td>
<td><strong>Newbridge 4</strong></td>
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<td>Get fit.....Along the great outdoor pathways.</td>
<td><strong>Celtic 1</strong></td>
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<td>Rain or Shine.</td>
<td><strong>Mulligan</strong></td>
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<td><em>LAUGHTER YOGA</em></td>
<td><strong>RTJ</strong></td>
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<td>5:30-6:30pm</td>
<td><strong>T16</strong> Nordic WALKING</td>
<td><strong>Mulligan</strong></td>
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<td>Walk and talk..... a great workout.</td>
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<td>6:30 pm onwards</td>
<td><strong>Thursday Social Dinner &amp; Dance:</strong> <strong>Grand Scheme Ballroom</strong></td>
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<td>Enjoy &quot;Experience Lumiere&quot; &amp; Dancing with Riq Turner Band ($35 plus tax/person)</td>
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Thursday, May 31, 2018
9:00-10:00 am

Keynote: Valerie Spironello, MSW, RSW
"Sometimes I’d rather be eating Gelato!"

Session Description:
Valerie is a big believer in the importance of using a holistic approach to health and well-being and has immersed herself in the study of meditation, nutrition, and energy health for over 10 years.

Having worked in the fields of child welfare, domestic violence, palliative care, and now private practice, Valerie knows first-hand the “Cost of Caring”. Using her re-discovered’ sense of humour, Valerie will share how Compassion Fatigue snuck up on her, how it changed her, and how she survived to tell her story.

Valerie has been a social worker for over 25 years working in a variety of settings. Valerie is an Assistant Professor (PT) with the Department of Family Medicine teaching in the Faculty of Health Sciences at McMaster University and has also taught at the University of Toronto in the Applied Mindfulness Meditation program. She has provided workshops and presentations to service providers touching on compassion fatigue, work/life balance, mindfulness, and end-of-life care. Valerie is also a meditation teacher trained in the use of mindfulness in the clinical setting. In her private practice, Choose Wellness, she provides counseling groups, and workshops and retreats to assist others in living well in Body, Mind, and Spirit.

Learning Objectives:
1. By the end of the session, participants will be able to define compassion fatigue, burnout, and vicarious trauma.
2. By the end of session, participants will be able to identify signs and symptoms of compassion fatigue when working first hand with clients.
3. By the end of session, participants will be able to identify a personal preventative strategy to avoid the effects of compassion fatigues and burnout.

PCC’s: Approved
TR & Community Practice
Professional Development
Outreach, Advocacy and Public Relations

NCTRC Job Analysis Areas: Approved
ADV – Advancement of the Profession
The 2018 TRO Conference Presents

Vendor Tradeshow

Thursday May 30, 2018
9:00am-3:00pm

Grande Scheme Ballroom

Tradeshow, Raffles, Silent Auction

Play the Tradeshow game and enter to win a prize!
Thursday May 31, 2018
10:30-12:00 pm

T1 - LCM Research at Waypoint: Is it fit for Mental Health

Presenters: Laura Ball, Liz Everett, Cindy Marshall, Michelle Durnford

Session Description:

“Maybe it won’t work out. But maybe seeing if it does will be the best adventure ever”.

This quote holds true to the Recreation Therapists at Waypoint Centre for Mental Health Care as they stepped into unknown waters and embarked on a high priority research study to test the reliability, validity, sensitivity and feasibility of the LCM for use in a tertiary mental health care setting. At the 2017 TRO Conference, Waypoint shared their journey through research and the positive impact it had on the profession within the hospital. The purpose of this session is to share the results of our adventure and future paths still to discover. Participants in this session will be provided with basic education around the use of the LCM within ones practice and detail into the functionality of the LCM at Waypoint specific to the mental health population across community, regional and forensic settings. Participants will be asked to discuss and share both their challenges and successes with outcome measurement in their practice and contribute to future research within mental health.

Learning Objectives:

1. Participants will be able to describe 2 or more benefits of using the Leisure Competence Measure (LCM) for outcome measurement within their practice.
2. Participants will be able to identify 2 criteria that the LCM meets to make it applicable for use when working with a mental health population.
3. Participants will provide feedback on 1 or more ways they can contribute to future research in outcome measurements within mental health.

PCC’s: Approved
Assessment
Evaluation
TR & Research
Professional Development
Diagnostic Groupings and Populations Being Served

NCTRC Job Analysis Areas: Approved
ASP - Assessment Process
ADV – Advancement of the Profession
T2 - Camps on TRACKS: A Peer-Mediated Social Skills Intervention Program

Presenters: Karen Faragher

Session Description:
“Camps on TRACKS” is a peer-mediated social skills intervention program that provides all children with the skills to interact with one another effectively using interactive, engaging, and child-friendly materials and activities. This project originally started in a camp setting to encourage peer-to-peer interactions, and has grown to interest other organizations and the implementation within schools. Camp counselors and other adult leaders are taught to prompt through peers, rather than always directly assisting campers with disabilities and other social challenges, in order to build an environment where all children are included and are meaningful participants. Children and adolescents are taught skills with a child-friendly acronym, representing five common behavioral strategies: Try Again (persistence), Right Thing (correcting), Assist (prompting), Congratulate (reinforcement), Keep Trying (persistence), and Show (modeling). This project allows professionals in the field to access resources that can change the way clinicians typically approach inclusion within their communities.

Learning Objectives:
1. Identify the five behavioural skills used in Camps on TRACKS and how they enhance peer-mediated social skills.
2. Identify five aspects of the Camps on TRACKS program and how these interact to create a socially inclusive group setting for children with disabilities.
3. Identify the five steps of Prompting Though Peers and how this sequence is used to enhance social interactions in a recreation setting.
4. Identify three practical tools to promote the TRACKS program in your region.

PCC’s: Approved
Program Development
Evaluation
TR Research
TR & Community Practice

NCTRC Job Analysis Areas: Approved
FKW - Foundational Knowledge
Thursday May 31, 2018
10:30-12:00 pm
T3 - “Fit Minds” cognitive stimulation therapy as an intervention for individuals with Dementia.

Presenters: Kerry Appleton and Nicole Scheidl

Session Description:
Cognitive Stimulation Therapy (CST) is an evidence based practice that can help slow the progression of dementia and improve quality of life. Research shows that CST is as effective as Dementia drugs and can have a positive impact on quality of life. “Fit Minds” CST was introduced at Fairview, AB long term care in September 2016 and has run continuously since then. We have studied the benefits of this program through standardized pre and post assessments and will share the results during this session. We will discuss the benefits of CST, assessments used, participant selection, cost of program, etc. “Fit Minds” programs are designed to target 5 areas of cognition and participants will be introduced to different activities that challenge each of these areas.

Learning Objectives:
1. Participants will be able to identify one activity that can be used to stimulate each of the 5 areas of cognition.
2. Participants will be able to list at least 3 benefits of cognitive stimulation therapy for individuals with Dementia.
3. Participants will be able to identify at least two different pre and post assessments that are appropriate for this program.

PCC’s: Approved
Assessment
Intervention
Program Development
Program Delivery
TR & Research

NCTRC Job Analysis Areas: Approved
ASP - Assessment Process
IMP – Implementation
ADM – Administration of TR/RT Services
ADV – Advancement of the Profession
T4 - HeartBeats Club: *How to make exercise your most eagerly attended program*

**Presenter:** Tammy Hand

**Session Description:**
Are you looking for ways to revitalize the format of your exercise classes? Learn how to transform a traditional class by adding invigorating music and an atmosphere of celebration to make it feel more like entertainment than a workout.

Participate in HeartBeats Club Exercise Class and see how to boost the energy levels of clients and staff with this safe and effective cardio chair program. You will learn new methods that create an inclusive community where all residents/clients can participate, regardless of limitations, and can gain physical, emotional and social benefits.

Even though HeartBeats Club is suitable for a wide range of fitness levels, Recreation Therapists who work in Long Term Care Centres and Adult Day Programs will find this method effective in addressing the unique needs of the deconditioned client who is facing multiple chronic medical conditions and have barriers to successfully participating in current exercise programs.

**Learning Objectives:**
1. To be able to perform 5 cardio chair exercises that are safe for all fitness abilities and sync with upbeat music.
2. Demonstrate an understanding of how music is an effective tool for brain stimulation by selecting 3 songs that will effectively engage clients and enliven an exercise class.
3. List 3 hormones that are produced when exercising with music and describe how they benefit mood and motivation.
4. Demonstrate 3 leadership techniques to motivate and engage clients when facilitating an exercise program.
5. Demonstrate 3 techniques that create a sense of community and encourages participants to interact with each other during exercise.

**PCC’s: Approved**
Program Delivery
Diagnostic Groupings and Populations Being Served
Agency and TR Service Plan

**NCTRC Job Analysis Areas: Approved**
IMP-Implementation
T5 - Implementing a Strengths Based Approach to Therapeutic Recreation: The Case for Leisure

Presenters: Sarah Demmin and Leanne Hughes

Session Description:
This session will revisit the conceptual roots of therapeutic recreation: leisure, well-being and quality of life. Participants will then embark on a conversation of implementing a Strengths Based Approach. Historically, therapeutic recreation has often held improved health and functionality as the desired outcomes of service. Drawing upon the teachings from *Therapeutic Recreation Practice: A Strengths Approach* by Lynn Anderson and Linda Heyne (2012) and the experience based Recreation Therapy model in practice at Sunnybrook Health Sciences Center in Toronto, Ontario Canada; the presenters wish to remind practitioners of the importance in keeping the leisure experience at the forefront in our practice. Discussion during this session will explore the strengths based model of approach, current understandings and definitions of practice, and how the professionals at Sunnybrook transformed the lived experience and meaning of Recreation Therapy participation into outcome measures. Participants will create their own programs outlines based on the discussed concepts.

Learning Objectives:
1. Identify and explain the 2 concepts of leisure, well-being and quality of life, and their direct lineage to Therapeutic Recreation.
2. Understand the Strengths Approach and explain 3 applications to Therapeutic Recreation Practice.
3. Identify 2 limitations of focusing on functional and health outcomes in Therapeutic Recreation Practice.
4. Gain an understanding of the experience based model that guides Recreation Therapy at Sunnybrook Health Sciences Centre, and explain 2 implications that directly transpires into all areas of practice.

PCC's: Approved
Program Development
Program Delivery
Documentation
Theoretical Foundations (models, theories, concepts)

NCTRC Job Analysis Areas: Approved
FKW - Foundational Knowledge
DOC - Documentation
IMP – Implementation
Thursday, May 31, 2018
2:00-3:00 pm

T6 - Singing Bowls, Chakras and Healing Sounds: An Innovative Approach

Presenter: Dr. Nérée St. Amand

Session Description:
In an era where the concept of care is broadened, from a disease-centered to health-focused, many alternative practices emerge, assisting and guiding helpers in their challenging responsibility. Using century-old practices of singing bowls is part of a holistic care of people of all ages: in many cultures and eras, healing sounds have been utilised in a context of holistic care. The singing bowls, with their centuries of history and practice, have made an important contribution to a variety of cultures and are now being recognized for their healing potential. This workshop will introduce participants to the history, use and benefits of singing bowls, and how they can assist many people in the process of healing.

Learning Objectives:
1. Participants will be able to identify 5 benefits of utilizing Singing Bowls from ancient and modern times.
2. Participants will engage in 3 experiential activities using the Singing Bowls.
3. Participants will be able to identify the 7 chakras and how these affect the centers of energy that move inside of us.

PCC's: Approved
Intervention
TR & Community Practice

NCTRC Job Analysis Areas: Not approved
FKW - Foundational Knowledge
IMP – Implementation
T7 - Dance is BEST: Community Partnerships in Health Care

**Presenters:** Merrilee Hodgins and Kim Durst-Mackenzie

**Session Description:**
Dance is BEST is designed to encourage physical activity, provide challenges for the brain, expand enjoyment of the arts and build new connections—both literally and figuratively—by connecting people. BEST describes the four foundational elements of movement: Body, Energy, Space and Time. This presentation will review the *Engagement Service Delivery Model* (Sinclair 2012) and explore the partnership between The School of Dance and Bruyère Continuing Care. There will be an opportunity to participate in an intergenerational dance workshop with the students from The School of Dance.

**Learning Objectives:**
1. To identify 3 benefits of a community partnership as it pertains to an Engagement Service Delivery model.
2. To identify 3 benefits of an intergenerational program in a health care setting.
3. To be able to demonstrate an exercise from each of the 4 elements of dance movement.

**PCC's: Approved**
- Intervention
- Program Development
- Program Delivery
- TR Service Delivery Model
- TR & Community Practice

**NCTRC Job Analysis Areas: Approved**
- FKW - Foundational Knowledge
- IMP – Implementation
Thursday, May 31, 2018
2:00-3:00 pm

T8 - OCTC Chef Club - Occupational Therapy and Recreation Therapy Coming Together to Help Transition Aged Youth Build Skills in the Kitchen

Presenter: Ashley Hilliard

Session Description:
OCTC Transition Services identified that many youth with the goal to transition out of the family home and into living in the community often lack the skills required to prepare healthy meals in the kitchen. Youth have identified that this is a barrier for them to live as independently as possible in the community. During this presentation, the facilitators of the program will share the planning process for the program, adaptations made to environment and equipment, client selection and goal setting, outcomes, community partnerships and much more. OCTC Recreation Therapy’s model strives to transition clients with a recreation need or barrier to community based recreation. Participants in this workshop will also learn how collaboration with three services has provided twenty or more clients with the opportunity to work on their goals related to preparing meals as well as participating in a recreation program in a group format.

Learning Objectives:
1. Will be able to demonstrate understanding by describing the 5 basic components of the OCTC Chef Club.
2. To share innovative collaboration program to serve youth with physical disabilities.
3. Participants will understand the importance of teaching life skills to youth ages 12-19 with a physical disability.

PCC’s: Approved
Program Development
Program Delivery
TR & Community Practice
Diagnostic Groupings and Populations Being Served

NCTRC Job Analysis Areas: Approved
IMP – Implementation
ADM – Administration of TR/RT Services
Thursday, May 31, 2018
2:00-3:00 pm

T9 - CTRA 101

Presenters: Jenna Johnstone and Tanea Goncalves

Session Description:
This session is catered to students, new graduates or professionals who are unfamiliar with the Canadian Therapeutic Recreation Association (CTRA). Join us for a time with the President, Executive Director and Central Director where they will provide an overview on what CTRA is all about, why you should be a member and how CTRA is working on your behalf to advance the profession of TR across Canada.

Session Description:
This session is intended for students, new CTRA members or someone who is not aware of the Canadian Therapeutic Recreation Association to become better acquainted with the CTRA. Session content will include an overview of the vision, mission, code of ethics, and the benefits of being a member of CTRA as an already member of TRO. We will also discuss trend in TR across Canada and CTRA’s primary activities for 2020.

Learning Objectives:
1. Each participant will be able to define and describe CTRA’s vision, mission, and philosophy
2. Each participant will be able to describe 3 benefits to obtaining a discounted membership with CTRA as a member of TRO.
3. Each participant will be able to state 4 trends that are occurring in TR across Canada.
4. Each participant will be able to identify 3 primary activities CTRA has been working on to have completed by 2020.

PCC’s: Approved
TR & Community Practice
Professional Development
Organizing & Managing Services
Outreach, Advocacy and Public Relations

NCTRC Job Analysis Areas: Approved
ADV – Advancement of the Profession
Thursday, May 31, 2018
2:00-3:00 pm

T 10 - Sharing Your TR Experiences through TRPR: Journal of TRO

**Presenter:** Shannon Knutson

**Session Description:**
Shannon Knutson, Associate Editor of TRPR – Journal of TRO, will present on the TRPR Journal and will explore the process of writing, submitting, and publishing your innovative work! In this session, the importance of sharing knowledge and connecting with others within the field of TR, and contributing to practice through the use of the Journal will be discussed. It is recommended that practitioners, educators, and researchers collaborate and learn from one another for the ongoing development of empirical research to inform and advance practice. This session will include dialogical activities that will engage individuals in reflecting on their practice for the purpose of writing, and offers time for brainstorming of ideas for potential papers. The journal welcomes research and/or practice papers and the difference between the two will be described.

**Learning Objectives:**
1. By the end of the session, participants will be able to describe the TRPR Journal of TRO and its purpose (i.e., share knowledge, contribute to practice, connect with colleagues, etc...).
2. By the end of the session, participants will be able to describe the TRPR Journal of TRO publishing process.
3. By the end of the session, participants will have reflected on an area of their practice (i.e., an innovative program, practice, or intervention they’ve developed; a TR related issue of topic of importance to them) that they feel warrants sharing through writing for the ongoing development of TR.

**PCC’s: Approved**
Documentation
TR & Community Practice
TR & Research
Professional Development
Outreach, Advocacy and Public Relations

**NCTRC Job Analysis Areas: Approved**
ADV – Advancement of the Profession
Thursday, May 31, 2018
3:30-4:30 pm

T 11 - Utilizing Happiness Research to better your TR Practice within a Mental Health Setting

Presenter: Lindsey Oretan

Session Description:
A leisure education group was developed for inpatients in the Grand River Hospital – Freeport Site, Specialized Mental Health Program. In doing so it was discovered that there are several overlapping themes between Recreation Therapy and existing happiness research. Themes that can be found are: How to boost your energy, Creating Positivity, Kindness and Gratitude, Social Connections, Mindfulness Skills, Enhancing your wellbeing through Leisure and Finding your Motivation. All the research covered in the session will provide guidance, exercises and activities that attempt to make small positive changes that will influence both the persons mental and physical wellbeing. The emphasis will be that all activities can be done within a hospital setting, as well as carried on to beyond discharge. This session will demonstrate that recreation therapy can utilize the extensive happiness research available to assist in their evidence based practice.

Learning Objectives:
1. Participants will be able to identify three themes that are present in both Recreation Therapy and happiness research by the end of the session.
2. Through demonstration, participants will be able to identify three exercises that have proven to be effective through happiness research.
3. Participants will be able to facilitate two strategies that are transferrable to similar clients upon return to their workplace.
4. Participants will be able to demonstrate an understanding of how to facilitate their own happiness based leisure education group by the end of the session.

PCC’s: Approved
Intervention
Program Development
Program Delivery
Evaluation
TR & Research
Diagnostic Groupings and Populations Being Served

NCTRC Job Analysis Areas: Approved
IMP – Implementation
ADV – Advancement of the Profession
Thursday, May 31, 2018
3:30-4:30 pm

T 12 - Introducing ABBY: An Innovative Activity-based Technology for Dementia Care

Presenter: Mark Chignell and Marc Kanik

Session Description:
Ambient Activity Technologies has developed ABBY, a non-pharmaceutical, activity-based approach to engage persons living with dementia. ABBY augments care environments by providing ambient (available in the environment for easy access) activity experiences to residents 24/7, and lets residents engage in, and interact with, personalized experiences (touches, music/sounds, personal images) that are familiar and meaningful to the resident. The goal of ABBY is to provide opportunities for purposive behaviours and engagement. In a study conducted by the University of Toronto, the impact of ABBY was assessed in six long-term care homes across Ontario on outcomes such as resident aggression, agitation, depression, cognition; staff strain, burnout; and family/visitor satisfaction. Participants will learn how this unique activity-based approach has made an impact in these trial locations, and will also learn techniques for successful deployment. Participants will have an opportunity to participate in a design thinking exercise and interact in lively discussion.

Learning Objectives:
1. Understand the impact of dementia on the person and apply the principles of person-centred care when facilitating activity.
2. Be able to distinguish between ambient and non-ambient activities and give examples of ambient activities that could be used in the long-term care home environment.
3. Learn about research methods for evaluating the use of new technologies in long term care, and learn about outcomes that have been obtained when residents with dementia use ABBY.

PCC’s: Pending
Intervention
Evaluation
TR & Research
Diagnostic Groupings and Populations Being Served

NCTRC Job Analysis Areas: Approved
ASP – Assessment Process
IMP – Implementation
Thursday, May 31, 2018
3:30-4:30 pm

T 13 - Strength in Collaboration: Setting Provincial TR Workload Standards in Pediatrics

Presenters: Kristen English and Rhiannon Buffett and Karen Faragher

Session Description:
A Therapeutic Recreation taskforce was established across the Ontario Association for Children’s Rehabilitation Services (OACRS) centres in 2016 to research, gather stakeholder input, and provide evidence in support of establishing workload standards for Therapeutic Recreation in Pediatrics. The taskforce prepared a proposal reflecting on the unique qualities of this discipline and the essential community capacity building practices within the role. Learn how a network of Therapeutic Recreation clinicians and managers worked together to develop a well-supported and clear standard across the provincial membership. Presenters will describe how establishing a community of practice can support collaborative learning, facilitate change and strengthen practice.

Learning Objectives:
1. Describe the 3 key elements of a community of practice and how therapeutic recreation professionals could benefit from this practice of information sharing within their particular domain.
2. Identify 3 research methods for collecting data related to workload and practice.
3. Demonstrate knowledge of a systematic process for establishing consensus related to practice recommendations.

PCC’s: Approved
TR & Research
Organizing and Managing Services
Agency and TR Service Plan
Diagnostic Groupings and Populations Being Served

NCTRC Job Analysis Areas: Approved
ADM – Administration of TR/RT Services
ADV – Advancement of the Profession
T 14 - Abilities Centre: Our Approach to Inclusive Activity

Presenters: Kelsey Ford and Sara Hatch

Session Description:
This session will focus on the relation to Therapeutic Recreation and inclusive activity. With 13.7% of the Canadian population living with a disability it is important that recreation leaders understand the importance of inclusion, the difference between integration and inclusion and ways to make variations to popular activities so everyone can participate. This session will cover all of these topics as well as highlight collaborative approaches, successes, challenges and insights that the Abilities Centre’s TR team have faced throughout the creation of their inclusive TR programming.

Learning Objectives:
1. To identify two strategies to effectively enhance your therapeutic recreation by making them more inclusive.
2. To describe how evidence based programming relates to Therapeutic Recreation.
3. To obtain resources to support the creation of at least two creative, meaningful and inclusive TR programs.

PCC’s: Approved
Program Development
Program Delivery
TR & Community Practice
Outreach, Advocacy and Public Relations

NCTRC Job Analysis Areas: Approved
ASP - Assessment Process
IMP – Implementation
ADM – Administration of TR/RT Services
ADV – Advancement of the Profession
Thursday, May 31, 2018
3:30-4:30 pm

T 15 - Get REDI: A partnership model for inclusive programming

Presenters: Tiffany Morgan and Kimberly Rolson

Session Description:
Get REDI**: Reach out, Explore, Development and Implement. Landsdowne Children’s Centre’s Therapeutic recreation department and the City of Brantford Parks and Recreation have partnered to support the inclusion of an underserved youth population in community recreation programs. In this session, explore successful program models this partnership has implemented. Learn strategies to empower youth of all abilities to collaborate and participate in leisure activities and to acquire skills necessary to independently access community programs. Participants will explore strategies for inter-agency communication, gain a base knowledge of the fundamentals of integrating programs and begin an action plan of their own.

Learning Objectives:
1. Will identify at least 1 possible motivation for a partnership.
2. Will identify 3 inclusive strategies to support empowerment of youth with all abilities in a community setting.
3. Will identify at least 3 areas to consider when integrating program.

PCC’s: Approved
Program development
TR & Community Practice
Professional Development
Diagnostic Groupings and Populations Being Served

NCTRC Job Analysis Areas: Approved
IMP-Implementation
IMP-Implementation
“RE-ENERGIZE YOURSELF”

Onsite

Au Naturel Spa  brookstreethotel.com/spa or call 613-271-3393 for prices

Flex Fitness Studio (extensive gym facilities)  Staying guests no charge

Complimentary Indoor & Outdoor Saltwater Pools and hot tubs

Complimentary Guest Bicycles available including helmets, locks

The Jazz Garden, outdoor musical instruments

Outdoor Table Tennis & Chess Tables

The Marshes, Championship 18-hole Golf Course
The Marchwood, Executive 9-hole Short Course
Blackbird Falls, 18 hole Putting Course
For any of the golf or mini-put please call 613.271.3530 or 1.800.417.8555

Close by

- Running & Walking Trails. A 7-min drive from the hotel and you can enjoy the trails of the South Marsh Highlands Conservation Forest.
- Cycling Trails
- Bayshore Shopping Centre
- Tanger Outlets Mall

Watch for Re-Energize sessions after the final sessions on Thursday afternoon.

And after Re-energizing yourself on Thursday, join us for “Experience Lumiere”- Social Dinner and Dance
✓ On site at “The Brookstreet”
✓ $35.00 plus tax/person
✓ (guests are welcome, please use Guest on Registration)
Re-energize your senses at this two part Social Activity

‘EXPÉRIENCE LUMIÈRE’

Part one: From 6:30-8:00PM you will have the opportunity to 'excite' your tastebuds with our food tastings as well as wine and beer selections.

Send your senses on a journey through our 5 internationally renowned culinary stops. A smorgasbord of gastronomic delight
Cost: $35

Guests are welcome, please use "Guest" on registration page

BUT WAIT...THERE’S MORE...
RIQ TURNER
In CONCERT

AFTER YOU WOW YOUR TASTEBUDS at ‘EXPÉRIENCE LUMIÈRE’

PART TWO: 8:00pm-Midnight
RIQ TURNER AND HIS BAND WILL TURN YOUR OTHER SENSES INSIDE OUT

One $35 ticket buys you both sensory stimulating experiences
Guest are welcome please use "Guest" on registration page

PosterByVlad.com

THERAPEUTIC RECREATION ONTARIO
Believe · Belong · Become
# Friday June 1, At-a-Glance

<table>
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<th>Time</th>
<th>Event</th>
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<td>Registration and Breakfast - <strong>Newbridge 1&amp;2</strong></td>
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<td>8:45 am</td>
<td>Closing Remarks and Announcements</td>
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<tr>
<td>9:30-10:30 am</td>
<td><strong>F1</strong> Breathe: Heal from the Inside Out</td>
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<td><strong>F2</strong> Strategies and Skills Learning and Development-Mindset Games Application</td>
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<td><strong>F3</strong> MAID: How to support our residents and patients</td>
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<td><strong>F4</strong> TR Practitioners &amp; Volunteers...Who Does What?</td>
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<td><strong>F5</strong> A Therapeutic Approach to Physical Activity</td>
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<td><strong>F6</strong> The Power of Peer Support: Reducing Social Isolation in LTC</td>
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<td><strong>F7</strong> Boosting Happiness: Learn the Research behind how!</td>
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<td><strong>F8</strong> RT Continuum across roles</td>
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<td><strong>LAUGHTER YOGA</strong></td>
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<tr>
<td>10:30-11:00 am</td>
<td>Break - <strong>Newbridge foyer</strong></td>
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<td>11:00-12:00 pm</td>
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<td><strong>LAUGHTER YOGA</strong></td>
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<td>Lunch on your own, safe travels!</td>
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**Lunch on your own, safe travels!**
F1 - Breathe: Heal from the Inside Out

Presenter: Joseanne Spiteri

Session Description:
Have you ever thought about incorporating breathing techniques to maximize your health? Breathing exercises can be practiced by just about anyone and have zero side effects. In the medical community, there is a growing appreciation for the positive effects of careful, deliberate and specific breathing techniques. In this session, you will have an opportunity to learn techniques that will improve both physical health and state of mind. We will use a combination of lectures, demonstrations and seated breathing practices to explore how the breath can do a great deal towards improving your health and wellness as well as those you work with.

Learning Objectives:
1. Understand and identify your own current style of breathing and how it affects your health.
2. Identify 4 abnormal breathing patterns.
3. Perform 8 specific stretches to improve Vital Lung Capacity.
4. Learn 3 distinct breathing exercises that will improve your breathing style.

PCC’s: Approved
Intervention
Professional Development

NCTRC Job Analysis Areas: Approved
IMP-Implementation
Friday June 1, 2018
9:30-10:30 am

**F2 - Strategies and Skills Learning and development-Mindset Games Application**

**Presenters:** Koko Lung and Franki Cheng

**Session Description:**
Strategies and Skills Learning and Development (SSLD) is an intervention system for bringing about change in human life. Play Intervention for Dementia (PID) is an innovative program offered at Yee Hong Geriatric Centre that utilizes SSLD to work with people with dementia. PID allows RT/TR and other professionals to interact with clients in creative ways. Mindset Games is one of these tools that has been specifically designed to improve clients’ gross-motor, fine-sensorimotor skills, thinking and reasoning, and synchronization. As the tool is specifically designed for people with dementia, we hope to break any existing stereotypes about this population within the field of RT/TR and open more possibilities for ways of planning and implementing activities.

**Learning Objectives:**
1. Each participant will be able to identify at least 3 challenges faced by clients with dementia, their caregivers, and professionals.
2. Each participant will learn the 4 benefits of applying SSLD to PID for clients with dementia.
3. Each participant will learn how SSLD can be applied to practice via a demonstration of Mindset Games.

**PCC's: Approved**
Intervention
Program Development
Program Delivery
Evaluation
Theoretical Foundations (models, theories, concepts)
Diagnostic Groupings and Populations Being Served

**NCTRC Job Analysis Areas: Approved**
FKW - Foundational Knowledge
ASP - Assessment Process
IMP – Implementation
ADV – Advancement of the Profession
Friday June 1, 2018
9:30-10:30 am

F3 - Medical Assistance in Dying (MAID): How to support our residents and patients

Presenter: Roshene Lawson

Session Description:
Recent legislative changes have reshaped the way in which end of life care is organized and carried out. Above and beyond the debates on the moral acceptability of medical assistance in dying, the inclusion of this practice within end of care raises a number of ethical issues and questions. This presentation will explore the deeper meaning of care and kindness as it relates to palliative and end of life care.

Learning Objectives:
1. To identify 3 ethical issues for patients/residents in medical assistance in dying.
2. To identify 3 ways that a patient/resident expresses suffering in end of life care.
3. The group will brainstorm 3 possible TR interventions for patients/residents in end of life care

PCC's: Approved
Intervention
Diagnostic Groupings and Populations Being Served
Professional Development

NCTRC Job Analysis Areas: Approved
FKW - Foundational Knowledge
IMP – Implementation
Friday June 1, 2018
9:30-10:30 am

**F4 - TR Practitioners and Volunteers...Who Does What?!**

**Presenter:** Stacy Jowett

**Session Description:**
At times there is a blurring of roles for non-TR practitioners when it comes to running programs. When 2 hospital sites merged, one with TR practitioners and one with only a volunteer department, professional practice took the opportunity to clearly define what a participation activity and a therapeutic activity was. This was also the time to examine how each unique department enhanced the patient/client experience and where the two could work collaboratively or needed to work independent of each other. Rationale for was clearly defined for all decisions. In this presentation all delegates will be guided through the decision making process and hear about the outcomes once the hospital merged. Examples of success and challenges will be shared as will patient/client experiences.

**Learning Objectives:**
1. By the end of the presentation learners will be able to identify a minimum of 2 specific roles that differentiate recreation therapists from volunteers in group programming on in an inpatient setting.
2. Throughout the presentation, learners will be able to develop a minimum of 2 key messages to share with managers, PPLs and senior leaders to advocate for the profession of therapeutic recreation.
3. At the conclusion of the session, learners will be able to clearly communicate what the role of the volunteer can play in therapeutic recreation programming, highlighting a minimum of 2 benefits.

**PCC’s: Approved**
Professional Development
Organizing and Managing Services

**NCTRC Job Analysis Areas: Approved**
ADM – Administration of TR/RT Services
ADV – Advancement of the Profession
F5 - A Therapeutic Approach to Physical Activity

Presenters: Adam Fitzpatrick and Leigh Rempel

Session Description:
This session will focus on the dynamic concept of physical literacy and physical activity throughout the lifespan. “Physical literacy can be described as the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life,” -IPLA. Many individuals, with and without disability, do not participate in activity; 13% of boys, and 6% of girls are achieving the daily recommended 60 minutes of moderate-vigorous physical activity. In senior populations, the time spend sedentary is almost 11 hours per day! No matter age, gender or ability, everyone has the right to gain the confidence, motivation, physical competence, knowledge and understanding to begin their physical literacy journey. Join us for this discussion on how to bring physical literacy and physical activity into the lives of those you work with.

Learning Objectives:
1. To identify 3 ways how to incorporate physical literacy into your programming.
2. To identify 3 ways physical activity can be embedded with people of various abilities (senior, ambulatory, mental illness etc).
3. Understand 3 ways on how physical literacy can enhance quality of life.

PCC’s: Approved
Intervention
Program Development
Program Delivery
TR & Community Practice
Theoretical Foundations (models, theories, concepts)
Outreach, Advocacy and Public Relations

NCTRC Job Analysis Areas: Approved
FKW - Foundational Knowledge
ADV – Advancement of the Profession
Friday June 1, 2018
11:00-12:00 pm

FULL- please choose another session

F6 - The Power of Peer Support-Reducing Social Isolation in Long Term Care

**Presenters:** Kristine Theurer and Renate Ysseldyk

**Session Description:**
Social isolation and loneliness affects over half of those living in residential senior care. Java Music Club and Java Memory Care are standardized peer-support programs that use themes chosen by participants to facilitate empathy and emotional support using a unique combination of music, readings and photographs and a talking stick. With support from the Center for Aging+Brain Health Innovation, the Bruyère Center for Learning, Research and Innovation in Long-Term Care, Bruyère Continuing Care, and Carleton University collaborated to build capacity of residential care staff to facilitate peer support. Through a one-day training workshop and a series of educational webinars, 60 long-term care and retirement home staff delivered this new approach to therapeutic recreational programming in 35 new locations. Attendees will be invited to participate in a program demonstration and follow up discussion and will learn about the psychosocial and cognitive health outcomes evaluated during this knowledge mobilization project.

**Learning Objectives:**
1. Identify 5 health outcomes associated with social isolation in seniors.
2. Identify 5 outcomes of peer support in alleviating social isolation and loneliness.
3. Describe the 7 steps that are based on the fundamental principles of Java Programming.
4. Sign up to attend the ongoing webinars for LTC and retirement homes where a Java program has been implemented.

**PCC’s: Approved**
- Intervention
- Program Delivery
- Program Development
- Diagnostic Groupings and Populations Being Served
- Evaluation

**NCTRC Job Analysis Areas: Approved**
- ASP - Assessment Process
- DOC - Documentation
- IMP – Implementation
Friday June 1, 2018
11:00-12:00 pm

F7 – Boosting Happiness: Learn the Research behind how!

Presenter: Lisa Joworski

Session Description:
Learn how to enhance happiness and overall well-being for yourself as well as your clients, by understanding the evidence based strategies explained in Sonja Lyubomirsky's book, "The How of Happiness", that have been proven to work! Understand which strategies uniquely fit with a person’s lifestyle, along with some potential ways to implement these ideas within your own work environment for staff and clients alike. These ideas will ultimately strengthen relationships as well as enhance healthy habits and routines in both your personal and professional lives!

Learning Objectives:
1. Each participant will learn three factors that determine a person’s happiness.
2. Each participant will learn three ways that happiness activities can fit a person’s needs.
3. Each participant will be able to identify five ways to sustain happiness.

PCC’s: Approved
Assessment
Intervention
Program Development
Professional Development
Theoretical Foundations (models, theories, concepts)

NCTRC Job Analysis Areas: Approved
FKW-Foundational Knowledge
IMP – Implementation
ADM-Administration of TR/RT Services
ADV-Advancement of the Profession
**F8 - Recreation Therapy Continuum across roles**

**Presenters**: Amanda Brown and Kim Bell

**Session Description:**
Recreation Therapy is a dynamic profession. With both Recreation therapists and Recreation therapy assistants working together in a variety of different settings, there is little consistency in job tasks, profiles and descriptions. This session will define and describe the role of both recreation therapists and recreation therapy assistants across the standards of practice. Each standard will be looked at in its specific context relating to individual patient needs, program development and implementation and organizational duties. The goal of this session is to provide a guideline that can be adjusted and adapted to suit the needs of teams working in recreation therapy settings across Ontario.

**Learning Objectives:**
1. Participants will be able to identify at least 3 specific ways a recreation therapists carries out the standards of practice.
2. Participants will be able to identify at least 3 specific ways a recreation therapy assistant carries out the standards of practice.
3. Participants will be able to describe an example from their own experience of how their role falls within the continuum.

**PCC’s: Approved**
- Assessment
- Intervention
- Program Development
- Program Delivery
- Documentation
- Evaluation
- TR & Community Practice
- Professional Development
- Theoretical Foundations (models, theories, concepts)
- Organizing and Managing Services
- Agency and TR Service Plan

**NCTRC Job Analysis Areas: Approved**
- ADM – Administration of TR/RT Services
- ADV – Advancement of the Profession
**Brookstreet Hotel**

**Rooms & Suites**
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- ✓ TRO Conference Room Rates: $159.00/night plus applicable taxes and fees by **May 8, 2018**.
- ✓ Complimentary parking onsite.
- ✓ Book rooms online using the following link: [https://aws.passkey.com/e/49430256](https://aws.passkey.com/e/49430256)
- ✓ Book rooms by calling Reservation Department at 1.888.826.2220 (Please identify yourself as being with Therapeutic Recreation Ontario)
- ✓ 525 Legget Drive, Ottawa, ON K2K 2W2
- ✓ **General Inquiries**: 613.271.1800, toll free 1.888.826.2220 or info@brookstreet.com

[https://www.brookstreethotel.com/](https://www.brookstreethotel.com/)
## 2018 TRO Conference Registration

**Online Conference Registration link:** [https://www.trontario.org/education-research/conference-registration.html/event-conference/index/id/28](https://www.trontario.org/education-research/conference-registration.html/event-conference/index/id/28)

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<td>CEU Transcript</td>
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- All cancellation requests must be received by TRO no later than 14 calendar days prior to the conference or event. Refunds will be provided in full less a $50.00 administration fee. Substitutions are permitted.
- Please request refunds and substitutions in writing to: members@trontario.org
- Please note that HST will be applied to the prices listed at the time of purchase.

* Laughter Yoga includes conference benefits such as meals, keynote speakers, AGM.
* Laughter Yoga registration cannot be a daily rate.
Sign Up for PCC’s and/or CEU’s

PCC’s - TRO’s Professional Contribution Credits
- Are you Registered (R/TRO, R/TRO DIP) with Therapeutic Recreation Ontario?
- Thinking about becoming registered with Therapeutic Recreation Ontario?
- Do you need to submit proof of attendance at the TRO Conference to your workplace?
- Would you like proof of your attendance at the TRO Conference for your Professional Portfolio?

How to Sign up to collect PCC’s:
✓ Be sure to select a PCC Transcript ($15 + HST) during your conference registration to purchase online and avoid delay during the conference.

Please note that PCC approval is pending. Once approval is achieved the Brochure will be updated and reposted on the TRO website. We appreciate your understanding in this matter.

CEU’s – NCTRC’s Continuing Education Units
- Are you a Certified Therapeutic Recreation Specialist (CTRS) with the National Council for Therapeutic Recreation Certification (NCTRC)?
- Do you need to collect Continuing Education Units for the purpose of Re-certifying with NCTRC?

How to Sign up to collect CEU’s:
✓ Be sure to select a CEU Transcript ($30 + HST) during your conference registration to purchase online and avoid delay during the conference.

Please note that CEU approval is pending. Once approval is achieved the Brochure will be updated and reposted on the TRO website. We appreciate your understanding in this matter.
Travel Discounts to the Conference

Thinking of travelling to Ottawa using VIA RAIL, Porter or Air Canada? Visit the links below for travel discounts/codes to assist you in getting to the conference on time and in fashion!

- Valid May 27th 2018 to June 3rd 2018
- From all stations throughout the VIA system to Ottawa and return.
- Fare applies to a maximum of two passengers per booking.
  - One complimentary stopover is allowed at no additional charge.
  - For travel on all fare plans in Business class, the first stopover is allowed at no additional charge, provided that this stopover takes place in Toronto, Montréal or Ottawa only.
  - 10% off the best available fare in Economy, Economy Plus, Business, Business Plus, Sleeper class.
  - EXCEPTION: Discount does not apply in any Escape fares and Prestige Class.

Online booking tips >> You have to log in to your profile, or create one prior to booking. On the Passenger information screen, select "Convention fare" from the “Discount Type” drop-down menu, and enter the discount code for your convention or event in the “Discount code” field.

✓ VIA convention discount code: 13662

Porter Airlines is proud to offer a 10% discount on available base fares (with the exception of the lowest class fare during a public seat sale) for travel to and from the Therapeutic Recreation Ontario 2018 Conference.

The discounted fares are available for booking from January 12, 2018 to June 04, 2018 and available for travel:
  • From: Anywhere in Canada - To: Ottawa, From: May 27th to June 1st 2018
  • From: Ottawa - To: Anywhere in Canada, From: May 30th to June 4th 2018

Book online https://flyporter.com/Flight?culture=en-CA&promocode=TROC18 or with a travel agent

✓ Porter promotion code: TROC18

To book a flight with your promotion code, access www.aircanada.com and enter your promotion code in the search panel.

- The booking is to be made to the following city: Ottawa, YOW (ON)
- The travel period begins Tuesday, May 22, 2018 and ends Friday, June 08, 2018.
- Travel is valid Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday.
- No discount will apply to Tango bookings for travel within Canada or between Canada and the U.S. See website for more information.

✓ Air Canada promotion code: 94VGMN91
Do you love craft beer? Are you a wine drinker? Are you adventurous and like to try new brews and vino from around Ontario?

If so, this is the raffle for you! This year’s TRO Conference will be hosting a Craft Beer and Wine Raffle.

How it works:
1. Bring a can/bottle of craft beer from your area with you when you sign in at the conference
2. Exchange it for raffle tickets (1 ticket for each can/bottle of beer, 4 tickets for each bottle of wine)
3. Place raffle tickets in the box in front of Beer and Wine packages at the Tradeshow/Silent Auction.
4. Cross your fingers that you win!

We will be drawing the tickets Friday June 1 during breakfast!

You must be present to win!

Aren’t able to bring a can or bottle? Not to worry raffle tickets will be available for purchase! $3 each or 4 tickets for $10!
2018 TRO Conference

SILENT AUCTION

Do you sell a wonderful product? Do you want to showcase your business at this conference? We are looking for fun, unique product donations for this year’s Silent Auction. In turn, you can include a small poster or business card with your item. Contact ahilliard@octc.ca for more info!
BINGO 2018 Conference

Buy a card at registration

Cards will be available for purchase at registration until Thursday at noon.
Numbers called at the beginning of group events (meals, etc) and posted by registration area.
Cards $2 each or 3 for $5.
Prizes! See Registration for more info