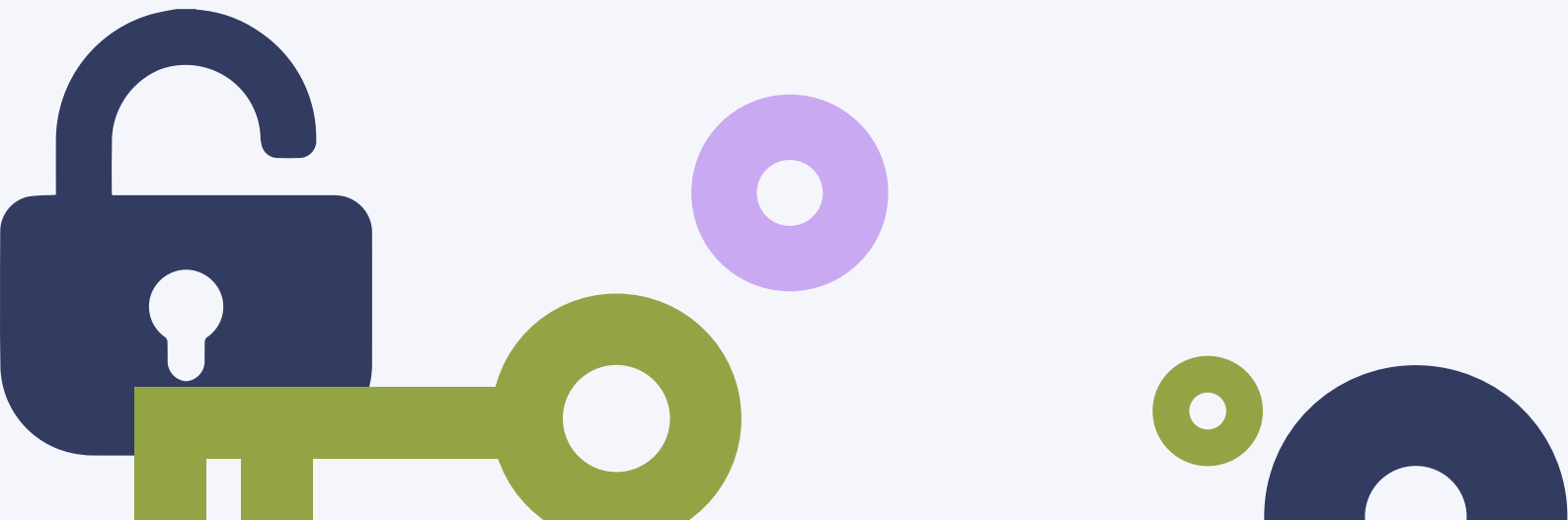


2025 Virtual TRO Conference Program at a Glance

Wednesday June 4	
9:00 - 9:15 AM	Welcome & Announcements
9:15 - 10:15 AM	Keynote: Unlocking Potential: The Energy to Grow, Thrive & Inspire
10:15 - 10:30 AM	Break
10:30 AM - 12:00 PM	Inside the Leisure Learning Lab: Unlocking Recreation and Wellness Potential for Everyone
	Equity, Diversity and Inclusion in Action: Case Scenarios and Insights
12:00 - 1:00 PM	Lunch & Annual General Meeting
1:00 - 2:00 PM	Cultivating Kindness - Empowering Residents Through Community Involvement
	Recreation as a Means to Therapy
2:00 - 2:30 PM	Refresh Break
2:30 - 3:30 PM	Unlocking more Purposeful and Mindful Senior Fitness Classes
	Encouraging Respectful Conversations- Embracing Calling In
3:30 - 3:45 PM	Break
3:45 - 4:45 PM	Elevating and Expanding the role of Recreation Therapy in ABI/Stroke Rehab
	Supporting Emotional Resilience: Addressing Climate Emotions through Nature
4:45 - 6:00 PM	Break
6:00 - 7:00 PM	Networking
7:00 - 7:30 PM	Vendor Showcase

**please note this program is subject to change*

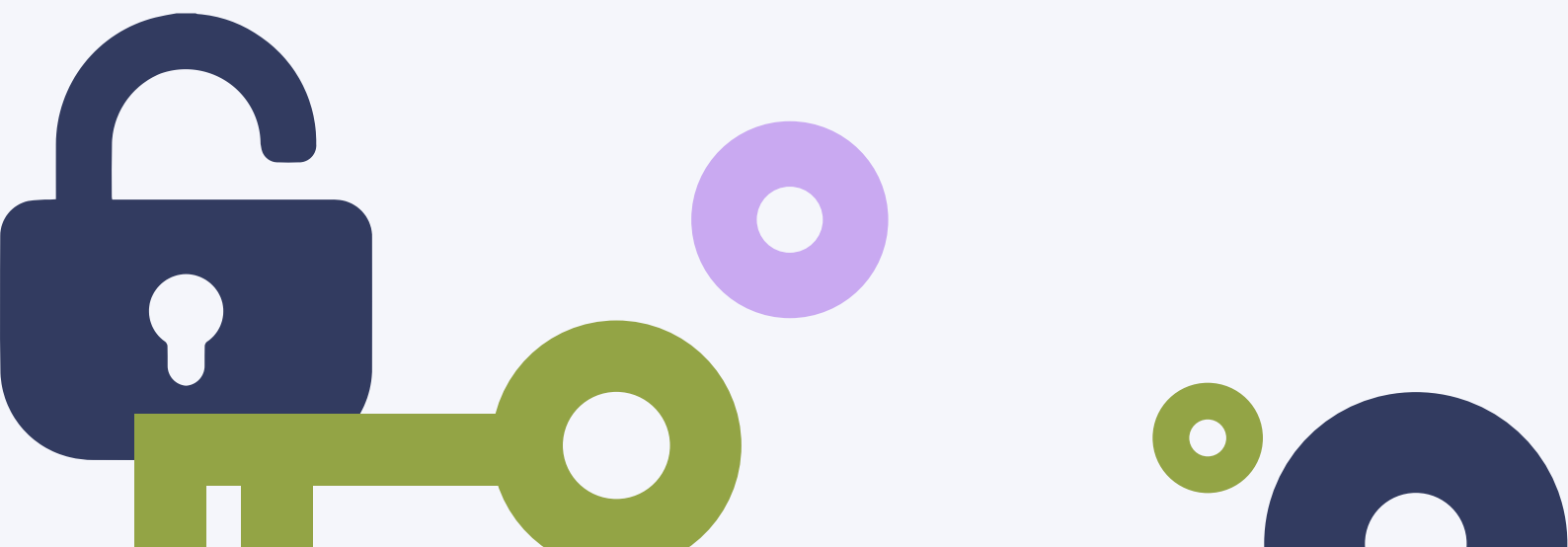
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- ORANGE: Applicable to all populations
- BLUE: Hospital & Rehab
- YELLOW: Long-term care & seniors
- PURPLE: Private Practice
- GREEN: Mental Health



Wednesday June 18	
9:00 - 9:15 AM	Welcome & Announcements
9:15 - 10:15 AM	Wellington Wishes- Helping Residents in Long Term Care Fulfill
	Moving Towards Recovery: Exercise and Recreation Intervention in Schizophrenia Care
10:15 - 10:30	Break
10:30 AM - 12:00 PM	Unlocking Your Leadership Potential
	School Based Recreation Therapy for children and youth with diverse needs
12:00 - 1:00 PM	Lunch
1:00 - 2:00 PM	Cursive Creativity: An Intervention for Seniors and Patients with Dementia
	Art Therapy in First Episode Psychosis
2:00 - 2:15 PM	Break
2:15 - 3:15 PM	The use of the Hospital Elder Life Program to maximize senior engagement in hospitalized settings
	The Role of Interprofessional Education (IPE) in Recreation Therapy
3:15 - 3:30 PM	Break
3:30 - 5:00 PM	Panel: Uncovering Intersections, Unlocking Potential: From TRO's DEIB Toolkit
5:00 - 6:00 PM	Break
6:00 - 8:00 PM	Social

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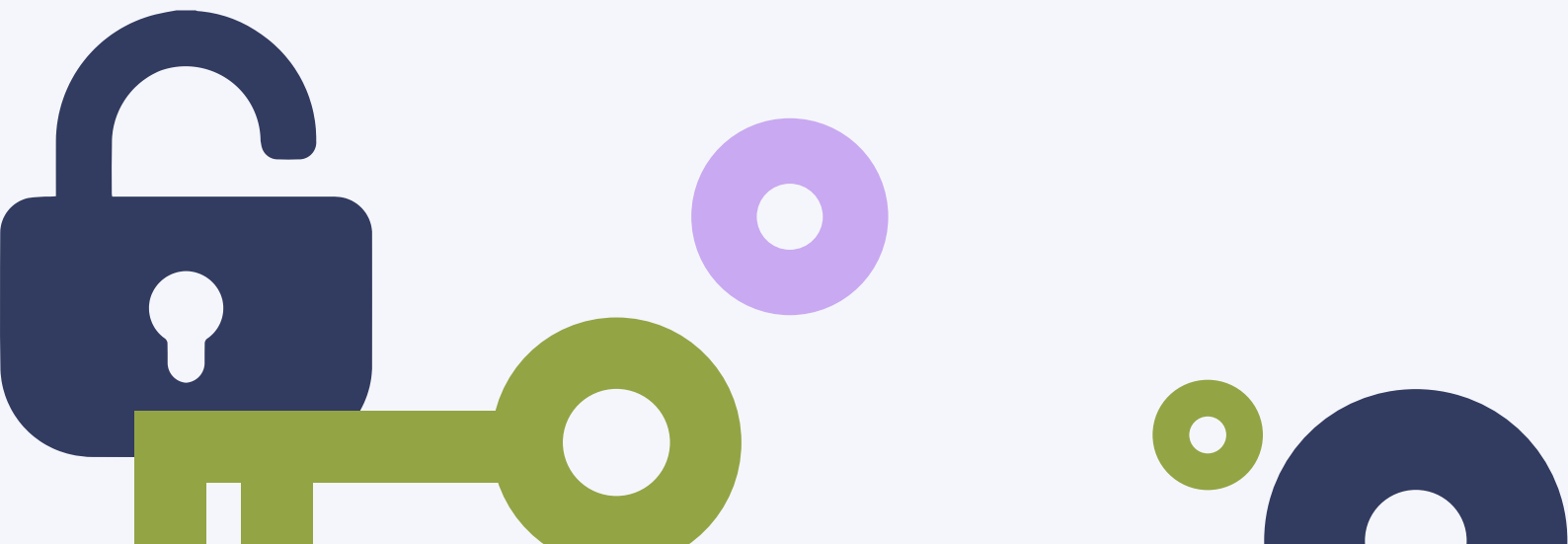


Wednesday June 25

9:00 - 9:15 AM	Welcome & Announcements
9:15 - 10:45 AM	Recreational Therapy in a Correctional Treatment Centre
	Stories Decoded, Recoded & Encoded: Multisensorial Storytelling
10:45 - 11:00 AM	Break
11:00 AM - 12:00 PM	Community Stroke Walking Group - An Interdisciplinary Approach
	Introducing the Centre of Excellence for TR in Continuing Care
12:00 - 1:00 PM	Lunch
1:00 - 2:00 PM	Networking Session
2:00 - 3:00 PM	Unlocking the Potential of Ending Loneliness in Senior Living
	The Benefits of Therapeutic Recreation Specialists within the Public School
3:00 - 3:30 PM	Refresh Break
3:30 - 4:30 PM	Arts Programming to Encourage Creativity, Exploration, and Connection
	Processing Techniques - Unlocking the Potential of TR Programs
4:30 - 6:00 PM	Break
6:00 - 7:30 PM	Panel: The Power of Mentorship & Building Success Together
7:30 - 8:00 PM	Awards & Closing Remarks

**please note this program is subject to change*

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2025 Virtual TRO Conference

Session Descriptions



Keynote: Unlocking Potential: The Energy to Grow, Thrive & Inspire

~ Liz Everett, BA (Hons) Recreation Therapy, Certified LEADS Specialist (CCHL), Organizational Development Consultant, People Experience & Talent Services, Waypoint Centre for Mental Health Care

A Recreation Therapist at heart, Liz Everett has spent over 20 years championing well-being, leadership, and workplace culture in mental health care. She is the co-creator of Highway to Well, an innovative organizational health and well-being program grounded in the eight dimensions of wellness—an initiative that sparked a powerful conversation at TRO's conference a few years ago. Now, Liz is back to continue the journey, equipping professionals with the tools to sustain their passion, energy, and impact. As an Organizational Development Consultant at Waypoint Centre for Mental Health Care, Liz leads strategic initiatives that enhance resilience, mentorship, psychological safety, leadership development, and employee engagement. A Certified LEADS Specialist, Crucial Conversations facilitator, PROSCI Change Management Practitioner, and Mindfulness Facilitator, she blends evidence-based strategies with real-world experience to inspire meaningful action. With a deep appreciation for the role of Therapeutic Recreation in fostering holistic well-being, Liz brings an engaging, high-energy approach that empowers professionals to unlock their potential, build resilience, and create thriving workplaces.

In today's fast-paced world, sustaining energy, passion, and resilience is essential for both personal and professional success. Unlocking Potential: The Energy to Grow, Thrive & Inspire is an interactive, high-energy keynote designed to empower therapeutic recreation professionals with the tools and mindset needed to prevent burnout, enhance well-being, and create lasting impact. This session will challenge participants to rethink their approach to self-care, professional development, and leadership, leaving them with a renewed sense of purpose and practical strategies to implement immediately. Whether you're looking to reignite your passion, build resilience, or inspire those around you, this keynote will provide the fuel to grow, thrive, and lead with impact.

1. Integrate 3 sustainable self-care practices into daily routines to maintain balance and prevent burnout.
2. Identify 2 micro-evaluation techniques to measure well-being and create meaningful, client-centered interventions.
3. List 3 small, high-impact habits can boost energy, engagement, and effectiveness in both personal and professional settings.



Inside the Leisure Learning Lab: Unlocking Recreation and Wellness Potential for Everyone

~ Jessie Jones, BRLS(Hons) TR, CTRS, Founder/CEO/Recreation Therapist, Jess Jones Recreation Therapy

Step into the Leisure Learning Lab—a bold, inclusive approach to therapeutic recreation that empowers everyone to engage in meaningful, accessible leisure and wellness experiences. The Leisure Learning Lab is an innovative, project-based recreation therapy model that uses leisure as a vehicle for learning, healing, and personal development. Rooted in therapeutic recreation principles, the Lab offers structured, experiential programs across various themes (e.g., creative arts, culinary, leadership, wellness), blending leisure education with goal-driven outcomes. Designed for diverse populations and adaptable across settings, the Lab helps participants build life skills, explore leisure identity, and engage meaningfully in their communities — all through the lens of recreation as essential to living well. This session explores how the Lab is redefining what it means to "learn through leisure," offering a hands-on, community-powered model that welcomes individuals, families, and professionals alike. Discover how recreation therapy can move beyond traditional models to become a dynamic tool for equity, empowerment, and lifelong learning.

1. Identify 3 inclusive strategies used by The Leisure Learning Lab to make recreation and wellness education accessible for diverse audiences.
2. Describe 1 key benefit of The Leisure Learning Lab's approach to empowering non-professionals (e.g., individuals, families) in recreation therapy.
3. Outline 2 ways you can integrate community-building approaches from The Leisure Learning Lab into your own recreation or wellness initiatives.

Equity, Diversity and Inclusion in Action: Case Scenarios and Insights

~ Michelle Fleming, Senior Knowledge Broker, Ontario CLRI at Bruyère Health

~ Ashley Flanagan, Senior Knowledge Broker, Ontario CLRI at Bruyère Health

Supporting culture and identity is a critical aspect of person-centred and relational care, particularly in long-term care (LTC) settings. Equity, diversity, inclusion and anti-racism are critical areas for health and LTC leaders to focus on as evidence continues to highlight disparities and negative health outcomes experienced by equity-denied communities. This workshop will engage participants in applying EDI principles to case scenario discussions of familiar situations that arise within LTCHs. Explore and learn about practical strategies that LTC homes throughout the province are utilizing to advance EDI. Participants will discuss how to move forward from awareness-raising to action-taking. Learn about Ontario CLRI's suite of EDI resources, including training and education tools for LTC leaders and team members.

1. Apply 1 principle of equity, diversity and inclusion to the case scenario discussions.
2. Describe 3 current strategies that LTC homes are implementing to promote and advance equity, diversity, inclusion and anti-racism in their organizations.
3. Identify 3 resources that are available to LTC homes to support inclusive and affirming environments.



Cultivating Kindness - Empowering Residents Through Community Involvement

~ Haley Wilde, Recreation Therapist, Extendicare

The Cultivating Kindness program at Extendicare Leduc offers residents the chance to continue making meaningful contributions to their home, community, and beyond. Many of our residents have long histories of being active volunteers or employees, advocating for causes that are close to their hearts. The Recreation team recognized that these residents have a wealth of wisdom, ideas, and experience, and we wanted to give them the opportunity to share their gifts through various community-focused projects. The program encourages residents to maintain a sense of purpose while reducing boredom and loneliness, all while fostering creativity, self-expression, and positivity. This session will explore the benefits of community engagement for seniors, identify key community needs that can be addressed through targeted initiatives, and offer practical strategies for establishing volunteer programs that are meaningful and sustainable.

1. List 2 benefits of community engagement for seniors.
2. Identify 2 community needs and targeting initiatives.
3. Provide 2 practical strategies for implementing volunteer programs.

Recreation as a Means to Therapy

~ Alicia Kuhr, CTRS, Recreation Therapist, St. Joseph's Healthcare Hamilton

~ Jon Huys, CTRS, Recreation Therapist, St. Joseph's Healthcare Hamilton

This session will explore the potential for recreation therapy assessments to be conducted during interventions that facilitate organic conversation. Literature and personal experience will be highlighted to explain the applicability of exchanging interview-based assessments for more genuine and authentic interactions. Discussion will include how to adjust and reformat current assessments while maintaining professional competencies. An evaluation conducted in forensic psychiatry will be shared and conversation regarding the effectiveness of adjusting assessment structure will occur. Additionally, the cross-applicability of this assessment style to mental health, aging, and pediatric populations will be explored. Participants will leave this session with an improved understanding of the flexibility of assessment protocols and considerations for applying this to their own practice.

1. Identify 3 strategies of using recreation to facilitate recreation therapy assessments in your practice setting.
2. List 3 considerations for conducting a recreation therapy assessment in a recreational environment.
3. Share 2 ways that you could reframe your current assessment process to align with this approach.



Unlocking more Purposeful and Mindful Senior Fitness Classes

~ Emily Johnson, Founder and Creative Director, StrongerU Senior Fitness

Engaging seniors in fitness programs should go beyond just movement. By fostering purpose, building knowledge, and cultivating mindfulness we can unlock participant potential and create richer, more engaging fitness experiences. This presentation will explore practical strategies to make fitness classes more meaningful and empowering for older adults through opportunities for vocation, integrating education, peer support, and incorporating mindfulness practices. By implementing these approaches, you can inspire the seniors you work with to take ownership of their fitness journeys while fostering a supportive and intentional community.

1. Identify 3 benefits of mindfulness activities in senior fitness.
2. Describe 3 ways to incorporate purposeful and mindful activities into senior fitness classes.
3. Identify 3 strategies to make fitness more meaningful and empowering for older adults.

Encouraging Respectful Conversations- Embracing Calling In

~ Courtney Stasiuk-Mohr, CTRS, Project Specialist, Behavioural Support Ontario Provincial Coordinating Office, North Bay Regional Health Centre

~ Laura Knowlton, MSW, RSW, Project Manager, Ontario CLRI at the Schlegel-UW RIA

This session explores how 'calling in'—a respectful way to address language and communication concerns—can foster inclusivity and empathy. Participants will engage in interactive exercises using new person-centred language (PCL) resources, including real-world scenarios and practical strategies. Designed for individuals, teams, and leaders, this session highlights the critical role of leadership in modeling compassionate communication. Walk away with actionable techniques to create a more respectful and person-centred environment.

1. Identify 3 benefits of respectfully challenging the use of language that is not person-centered.
2. Provide 2 examples of when to apply person-centered communication techniques.
3. Identify 3 strategies to implement to "calling in" practices within your organization.



Elevating and Expanding the role of Recreation Therapy in ABI/Stroke Rehab

~ Claire Hutchinson, R/TRO, Recreation Therapist, Hamilton Health Sciences

Recreation therapy is often under-utilized in ABI/Stroke rehabilitation, in part due to its distinct separation from other disciplines. This division limits its potential impact and can disadvantage patients who have a limited timeframe to maximize therapeutic benefits. A crucial factor in recovery is neuroplasticity, an area where recreation therapy holds a unique advantage in helping patients achieve their rehabilitation goals. By redefining its role and integration within ABI/Stroke rehab, recreation therapy can establish itself as an essential contributor to patient treatment plans. This shift will not only enhance its credibility but also create more opportunities for multidisciplinary collaboration and innovative programming.

1. Identify 2 unique ways TR interventions improve or compliment neuroplasticity.
2. Identify 3 recreational activities that compliment other discipline specific interventions.
3. Identify 3 evidenced based contributions for reframing the perception of Recreation Therapy in ABI/Stroke rehabilitation.

Supporting Emotional Resilience: Addressing Climate Emotions through Nature

~ Alexis Ashworth, Founder & CEO, Root in Nature Inc.

As climate change reshapes our environment, its emotional impact—ranging from eco-anxiety to grief—calls for thoughtful therapeutic approaches. This presentation introduces recreational therapists to foundational concepts and strategies for addressing these complex emotions in clients. Participants will explore eco-resilience, emotional literacy, and adaptive coping skills, along with key concepts like psychological safeness, the "Hope Gap," and balancing emotional well-being. The session will include practical ideas such as mindfulness exercises, nature-based activities, and visualization techniques to inspire hope and action. Designed to inform and inspire, this presentation equips therapists with a framework for helping clients navigate climate-related emotions while fostering resilience and meaningful engagement in their communities.

1. Provide a definition of eco-resilience.
2. Describe 2 adaptive coping skills to address eco-anxiety.
3. Identify 2 methods to bridge the hope gap.



Wellington Wishes- Helping Residents in Long Term Care Fulfill

~ Caitlyn Cheyne, R/TRO, CTRS, Recreational Therapist, Wellington Terrace LTC

This session will look at and discuss the 2023 AdvantAGE Supporting Seniors Award Winning program, Wellington Wishes; a program to help fulfil a last adventure, experience or meaningful moment for those living in Long Term Care, and how it has helped to bring adventure and closure to the residents living at the Wellington Terrace Long Term Care Home. The session will discuss the development of the program within the home and then expand on the growth, implementation, and outcomes that have occurred.

1. Identify 2 ways to implement the program into their agencies.
2. Identify 2 of barriers and ways to overcome these so wishes can be fulfilled.
3. Identify 1 process that works for your agency that promotes interdisciplinary involvement to maximize residents quality of life through this type of program.

Moving Towards Recovery: Exercise and Recreation Intervention in Schizophrenia Care

~ Cindy Marshall, R/TRO, Recreation Therapist, Waypoint Centre for Mental Health Care

~ Anissa Borneman, Clinical Director

Incorporating Health Quality Standards into schizophrenia care within hospital settings is essential for improving patient outcomes, ensuring safety, and providing comprehensive, evidence-based treatment. Learn about Waypoint Centre for Mental Health Care's experience integrating Health Quality Standards for Schizophrenia Care, highlighting recreation therapy's role in promoting physical activity, measuring quality indicators and advancing patient-centered care.

1. Identify 11 Quality Standards for working with individuals with schizophrenia, in-hospital.
2. Identify 3 interventions that promote physical activity.
3. Identify 3 Quality Indicators that measure outcomes.



Unlocking Your Leadership Potential

~ Jess Ariss, Clinical Manager

~ Jenna Davis, R/TRO, Clinical Manager, North Simcoe Muskoka Specialized Geriatrics Services

Every person working in health care faces opportunities to be a leader each day; leadership roles can be large and “official” or small and seemingly insignificant. This session will discuss ways to develop leadership skills in order to embrace informal and formal leadership opportunities. The first half of this session will summarize recent research evidence and theoretical frameworks related to leadership. The second half of this session will provide some concrete suggestions for Recreation Therapists who are looking to advance their careers. The presenters will draw on their own experiences as Recreation Therapists who have now taken on leadership roles within their organizations and will include panel of recreation therapists with similar leadership roles to provide a robust Q and A period that promotes learning from different perspectives.

1. Identify 3 research findings or theoretical frameworks related to leadership.
2. Identify 3 concrete steps to increase leadership potential.
3. Identify 3 key strategies that have shaped a TR professional’s journey into leadership roles and career advancement.

School Based Recreation Therapy for children and youth with diverse needs

~ Linda Martin, Program Head/Research Chair, Sask Polytech

~ Roxanne Lang, Instructor/Research Associate & Recreation Therapist

Research results from two studies on School Based Recreation Therapy for children and youth with diverse needs will be discussed. This includes a 2024 study, Assessing the Need for Recreation Therapy Services for Students with High and Complex Needs within the School System, this was a needs assessment study which was completed to determine the scope of recreation therapy services in schools for students with high and varied needs. The study was conducted in one school where a recreation therapist provided services fulltime to students with high needs. Secondly, results from a 2023 study that focused on determining the benefits of providing TR services to children and youth with mental health, physical, developmental and/or learning disabilities, within five different school program areas in Saskatoon, Saskatchewan will also be presented with a question/answer period to follow.

1. Provide 3 factors within the two studies that support the advocacy and implementation of recreation therapy services in school settings.
2. Identify 3 criteria to be referred to recreation therapy in a school setting.
3. Identify 2 benefits, both to the students and the school found within the results of the research project.

Cursive Creativity: An Intervention for Seniors and Patients with Dementia

~ Chelsea Bellrose, R/TRO, Recreation Officer, Central North Correctional Centre

This program was developed during a contract as a Creative Arts Therapist at Waypoint Centre for Mental Health Care in Penetanguishene ON in 2023-2024. The goal was to create an arts-based, creative program that met the physical and cognitive needs of the senior population served in Horizon Program for Geriatric Psychiatry at the hospital, many of whom experience symptoms of dementia and other neurocognitive disorders. Preliminary research led to a meta-analysis of how the teaching of traditional Chinese calligraphy can be used as an intervention to alleviate some of the symptoms of dementia, promote relaxation, and stimulate long term memory. This program was developed to include both calligraphy and cursive writing, as many patients at Horizon were taught cursive and penmanship at a young age. The program included a variety of materials including calligraphy brushes and ink, Buddha boards, markers and paint brushes, and focused on the physical movements and hand motions to make these marks. Participants were evaluated over several sessions by their attendance, engagement with the materials, engagement with the current project, and overall engagement using the EPASS (Engagement in Preferred Activities Scale). This presentation will be a review of the development and implementation of this program, and why using cursive or calligraphy can be a beneficial intervention for patients with dementia who express an interest in arts-based activities. This presentation will also discuss the EPASS as an evaluation tool for engagement and provide participants with examples or ideas of activities Recreation Therapy professionals can use to implement a program like this.

1. Identify 2 benefits of cursive writing and calligraphy on functional status of clients.
2. Participants will be able to use the EPASS and its rubric as an evaluation tool.
3. Participants will be able to identify 2 activities or projects that use calligraphy and cursive to promote relaxation, concentration, and stimulate long term memory.

Art Therapy in First Episode Psychosis


~ Sean Dellaire, BRLS, CTRS, R/TRO, Recreation Therapist, The Ottawa Hospital

~ Madison Lewis, Recreation Therapist

~ Margaret Rowat, Recreation Therapist

Utilizing art therapy as an intervention for clients with first episode psychosis. This initiative aimed to assess the need, feasibility, and impact of a consistent art therapy program for OnTrack First Episode Psychosis clients, raise awareness of the benefits of art therapy in psychosis intervention, and advocate for the establishment of a permanent art therapy program at OnTrack. This session provides a unique opportunity for Recreation Therapists to explore how art therapy can be integrated into their practice to support emotional expression, social connection, and overall well-being in individuals experiencing first episode psychosis.

1. Identify 2 symptoms of psychosis.
2. Identify 2 benefits arts therapy can provide in first episode psychosis.
3. Identify 1 primary difference between an art therapy session and an art class.



The use of the Hospital Elder Life Program to maximize senior engagement in hospitalized settings

~ Heather Karrow, R/TRO, VMPC, Elder Life Specialist, Bluewater Health

The Hospital Elder Life Program (HELP) is an innovative model of care that uses proven interventions to prevent delirium in seniors during an acute hospital stay over the age of 65. The program uses volunteers to support seniors under the supervision of an Elder Life Specialist, to implement various therapeutic interventions to stimulate cognition, and prevent functional decline. Using various interventions including recreation and leisure interventions, the Elder Life Specialist develops a care plan to support patients who are at higher risk of delirium to improve their hospital stay, assist with hearing and vision challenges, support overall cognition and experience while in hospital. Delirium prevention is often overlooked in seniors and this approach could be adapted to various settings to improve outcomes for seniors in hospitals, LTC, RH and communities. The approach of this program is targeted towards hospitals and is supported by the AGSCoCare Community.

1. Provide a description of the Hospital Elder Life Program (HELP).
2. Identify 3 strategies to maximize therapeutic engagement for older adults in a hospitalized setting.
3. Identify 3 ways to utilize volunteers to prevent and resolve hospital acquired delirium.

The Role of Interprofessional Education (IPE) in Recreation Therapy

~ Nicholas Kathen, ME.d, R/TRO, CTRS, Recreation Therapist, The Royal Ottawa Mental Health Centre (ROMHC)

In today's evolving healthcare landscape, collaboration across disciplines is more essential than ever. This presentation will explore the profound impact of interprofessional education (IPE), which is defined as an approach where students or professionals from different healthcare disciplines learn together and from each other, fostering an environment of mutual respect, understanding, and shared knowledge. The session will examine how IPE enriches the learning experience, highlighting how Recreation Therapists can leverage this approach to enhance both individual and team outcomes. Key topics will include role clarity, effective interprofessional practice, improved communication, and fostering cohesive teamwork. By incorporating IPE, Recreation Therapists can better support patient care and strengthen collaborative efforts across healthcare teams.

1. Describe 2 ways in which interprofessional education fosters collaboration and communication among healthcare professionals in Recreation Therapy.
2. Identify 3 ways in which IPE enhances and improves patient care and therapeutic outcomes in Recreation Therapy.
3. List 2 strategies for implementing IPE principles in TR.



Panel: Uncovering Intersections, Unlocking Potential: From TRO's DEIB Toolkit

~ Chelsea Lazar, R/TRO, CTRS, Recreation Therapist, St. Joseph's Healthcare Hamilton, TRO Board Member, TRO DEIB Committee Chair

~ Emma Story, R/TRO, Senior Coordinator - eTherapeutic Recreation, Abilities Centre, TRO Board Member, TRO DEIB Committee Member

Understanding our clients means recognizing how different aspects of their identity—like race, gender, ability, and culture—shape their experiences. This session will explore how these overlapping identities impact therapeutic relationships and outcomes. Through self-reflection and discussion, participants will identify their own biases and learn practical strategies to create a more inclusive, client-centered approach. By applying the principles of intersectionality and cultural humility, therapists can build stronger connections, provide culturally responsive care, and better support clients in reaching their full potential.

1. Using interactive activity, learners will demonstrate understanding the concept of intersectionality and how multiple identities interact to shape experiences of privilege and marginalization.
2. During an identity mapping exercise, learners will highlight at least 2 examples of how their identity influences their privilege and oppression.
3. Within group discussion, learners will develop 3 practical strategies to create more inclusive, responsive environments for people of diverse lived experiences.

Recreational Therapy in a Correctional Treatment Centre

~ Kandice McKellar, CTRS, Recreational Therapist, Royal Ottawa Healthcare Group - Secure Treatment Unit

The Secure Treatment Unit (STU) at the Brockville Mental Health Centre is a unique partnership between the Royal Ottawa Healthcare Group (ROHCG) and the Ministry of the Solicitor General (SOLGEN) that provides treatment to adult male offenders in provincial custody that are diagnosed with Severe Mental Illness (SMI). The STU functions as both a correctional institution and a treatment centre – with both correctional and healthcare staff working separately, yet symbiotically. This session will educate attendees on the Risk-Need-Responsivity (RNR) Model of offender rehabilitation and how Recreational Therapists play an integral role in treating offenders within this correctional centre. Recreational Therapy interventions for this population will be explored, as well as the importance of balancing risk and rehabilitation.

1. Identify the 3 main components of the Risk Need Responsivity (RNR) Model.
2. Identify 3 interventions Recreational Therapists can use with adult male offenders with mental illness.
3. Identify 3 challenges of working as a Recreational Therapist in a Correctional setting.

Stories Decoded, Recoded & Encoded: Multisensorial Storytelling

~ Kofi Oduro, Student/Creative Coder/Facilitator

Recreational Therapy is a field that can be seen through many modalities. One of the modalities that can be done through digital use is Coding. Coding is the process of providing instructions, routines and/or rules to a computer or other entities using digital tools and languages to produce an output. Coding is often seen as a scientific/mathematical expression but it can also be used as a recreational, artistic, creative and alternative modality that can be helpful for our clients. Stories Decoded/Recoded is an interactive modality that explores the connections of Art, movement, our daily routines, our senses and Code. The audiovisual mixed with the senses is developed by different creative coding environments as well as incorporating the client's strengths and characteristics that will be translated by the code. This modality is rooted in the spirit of open-source software, which prioritizes software that is free to use and meant to be customizable. Which correlates well with the ethos of TR of being able to adjust to the needs of our clients. The narratives devised in "Stories Decoded, Recoded & Encoded", will not only be formed through dramatic output but also carry satirical, comedic and musical traits in both a cohesive and chaotic model. As this ensures, the clients can't predict what is next. The nature of this is to demonstrate that even through our differences, we are similar to each other. By not only having a diverse amount of stories or tools, we can give an experience that provides connection through differences.

1. Identify 3 new perspectives of leisure through a multisensory outlook.
2. Provide an example of using creative code and digital tools in daily TR service delivery.
3. Identify 2 workflows/concepts that help Structural Constraints of Facilitating leisure through digital tools.

Community Stroke Walking Group - An Interdisciplinary Approach

~ Laura Wolf, Therapeutic Recreation Specialist, St. Joseph's Health Care London

~ Krisztina Huszar, Physiotherapist

The Thames Valley Community Stroke Rehabilitation Team (CSRT) developed and facilitated a community walking group for clients in the inpatient, outpatient, and community stroke rehabilitation programs at Parkwood Institute. The group aims to support the transition from formal stroke rehabilitation to community integration for individuals working toward a goal of returning to community walking after a stroke. Created by the CSRT Therapeutic Recreation Specialist and Physiotherapist, this interdisciplinary program focuses on improving physical mobility, building confidence, fostering social connections, and enhancing access to community spaces. This presentation will outline the planning, implementation, evaluation, and future directions of the Community Stroke Walking Group while highlighting the benefits of an interdisciplinary approach.

1. List 4 benefits of an interdisciplinary approach to TR goals and community integration.
2. List 3 assessment to support community walking and community integration.
3. Identify 2 assistive devices to support community walking interventions.



Introducing the Centre of Excellence for TR in Continuing Care

~ Dr. Sienna Caspar, Associate Professor, University of Lethbridge

Come to this session to discover how the Centre of Excellence for Therapeutic Recreation in Continuing Care (TRCoE) hopes to inspire and advocate for quality TR services in continuing care settings! The TRCoE promotes research, innovation, and person-centred care by developing evidence-based, applied resources designed to support TR professionals. In this session, participants will learn how the TRCoE engages in knowledge translation and mobilization by offering e-learning opportunities to earn CEUs pre-approved by the NCTRC. Participants will also learn about the online forums within the TRCoE that provide a space to network, share resources and exchange programming ideas. We are excited to share how this not-for-profit organization aims to help ensure residents in continuing care experience a high quality of life through an enhanced sense of meaning, purpose, and joy!

1. Identify 2 of outcomes from the Delphi study.
2. Identify 3 key ways in which the TRCoE was implemented.
3. Identify 3 information resources available on the TRCoE that promote evidenced-based practice in TR in continuing care settings.

Unlocking the Potential of Ending Loneliness in Senior Living

~ Kristine Theurer, President, Java Group Programs

~ Carolyn Proulx, Regional Manager - Active Living

Loneliness in senior living is a growing concern. It is linked with depression, increased falls, hospitalizations and staff turnover. Residents themselves represent an untapped resource to address this issue. The use of an innovative new peer support program called Java Social will be presented. Java Social is a discussion-focused gathering of participants who meet weekly to build friendships and practice outreach. It is a unique approach as peer support groups are typically associated with a condition or illness and are time limited. Presenters will share results of this approach in 6 senior living communities including successes and lessons learned, and offer a take-away strategy.

1. Describe a model of resident peer support and mentoring to address loneliness.
2. Identify 2 positive outcomes that resulted from the implementation of the Java Social intervention.
3. Identify 2 key strategies to incorporate peer support and mentoring among residents in their organization.



The Benefits of Therapeutic Recreation Specialists within the Public School

~ Emma Story, R/TRO, Senior Coordinator - eTherapeutic Recreation, Abilities Centre, TRO Board Member, TRO DEIB Committee Member

This presentation is focused on a novel school-based therapeutic recreation program in Ontario delivered by Abilities Centre that specializes in accessibility and inclusion. The program operates within Special Education classes in selected schools and focuses on developing resiliency and social skills, physical activity habits, and recreation and leisure knowledge among students with disabilities. A research study was conducted with educators engaged in therapeutic recreation programming and provides the basis of the information presented. The interviews for this project followed a semi-structured guide and questions centred around previously observed outcomes of the school-based therapeutic recreation program, other support needs that teachers perceive exist for their students, and opportunities for therapeutic recreation specialists to provide further support within the schools.

1. Identify 3 benefits of Therapeutic Recreation Specialists being a part of the Special Education interdisciplinary team.
2. Demonstrate an understanding of 2 skills developed through inclusive school-based programming.
3. Identify 2 potential opportunities for TRs to support teachers within the school system.

Arts Programming to Encourage Creativity, Exploration, and Connection

~ Kate Dupuis, Schlegel Innovation Leader in Arts and Aging, Sheridan Centre for Elder Research
~ Cailey Massey, Founder and Owner, Artfull Enrichment

Artfull Enrichment and the Sheridan Centre for Elder Research partnered to expand and evaluate arts opportunities for older adults across Canada. A comprehensive needs assessment survey identified key priorities for art-making and social engagement among older adults. Across two cohorts, 81 participants engaged in online art experiences designed to foster creativity, enhance skill development, and strengthen social connections. Participants not only developed new artistic abilities but also formed meaningful relationships, experienced a sense of accomplishment, and reported increased emotional well-being. These findings highlight the powerful role of creative expression in supporting holistic wellness, reinforcing the value of arts-based programming in therapeutic recreation. The research project revealed that regular engagement in the arts can inspire meaningful social connections while also encouraging self-reflection and personal growth.

1. Attendees will identify 5 benefits of arts engagement for older adults.
2. Attendees will identify 3 common barriers to arts engagement for older adults.
3. Attendees will identify 3 avenues to increase engagement in the arts in older adult communities.



Processing Techniques - Unlocking the Potential of TR Programs

~ Amanda Parent, R/TRO, CTRS, Instructor, Canadore College

~ Rhiannon Buffett, R/TRO, Professor, Canadore College

This session explores and reaffirms the use of processing techniques to ensure we are planning and implementing interventions through a therapeutic lens. Processing involves using facilitation techniques such as frontloading, debriefing, feedback and metaphors to help participants reflect on their experience and how they can use what was learned in the intervention/ activity within other parts of their life outside of the TR program. Various processing techniques will be explored, focusing on frontloading and debriefing, and their relation to goal attainment and long term learning and growth. Speakers will highlight how these processing techniques are utilized within an education setting, and how current students are engaging with these processes.

1. By the end of the session, participants will be able to identify at least 1 use for processing techniques in TR.
2. By the end of the session, participants will be able to verbalize 3 different types of processing skills that can be used in TR.
3. By the end of the session, participants will demonstrate the ability to utilize 1 processing technique to highlight outcomes of a therapeutic recreation session.



Panel: The Power of Mentorship & Building Success Together

Panelists include:

- ~ Christine Wilkinson, R/TRO
- ~ Kim Durst-Mackenzie, R/TRO
- ~ Emily McNaughton, CTRS
- ~ Tina Tytko, R/TRO

Join us for an inspiring panel conversation designed to empower TR professionals at all stages of their career. This panel will focus on providing attendees with insights to unlock your potential, foster career growth, and identify ways to overcome barriers. Our esteemed panelists will share their personal journeys, offer guidance on various aspects of professional life, and provide insights and advice on how to navigate your career path effectively. Whether you're just entering the field or looking to advance further, this session will provide you with the tools and insights needed to succeed in the dynamic field of therapeutic recreation. Don't miss the chance to learn from those who have walked the path and are passionate about empowering the next generation.

1. Identify 2 strategies to overcome challenges in the TR profession.
2. List 3 examples of how to strengthen your relationships in the workplace.
3. Identify 3 key qualities that make an effective mentor.