INNOVATIONS 2016

Therapeutic Recreation Practice: A Strengths Approach

Presenters:
Dr. Lynn Anderson, CTRS, CPRP
Dr. Linda Heyne, CTRS

February 4th & 5th, 2016
McClure United Church
Saskatoon, SK

Photo by Brenda Johnson

Hosted by:

Saskatoon Health Region

Therapeutic Recreation Services

We would like to thank the following organizations for providing support for this event:
# Table of Contents

| Message from Innovations Co-chairpersons | 3 |
| Message from Recreation Therapy Practice Leader | 4 |
| Conference Agenda | 5 |
| Dr. Lynn Anderson and Dr. Linda Heyne – Conference Speakers | 6 |
| Conference Outline | 7 |
| Registration Form | 8 |
| Host Site and Hotel Information | 9 |
| Recommended Text Book Details | 10 |
Message from the Conference Co-chairs

On behalf of the conference planning committee, we would like to extend a huge welcome to Innovations 2016! Events such as this are so important for us as Recreation Therapy Professionals to be able to educate, revitalize and motivate ourselves. We are very pleased to have renowned presenters and authors, Dr. Lynn Anderson, CTRS, CPRP and Dr. Linda Heyne, CTRS presenting at our conference this year! This power-packed duo has received rave reviews and we are very much looking forward to an incredible two days of learning! Therapeutic Recreation Practice: A Strengths Approach will be a topic that all of us, no matter what area we work in, will be able to bring back to our workplaces in order to enhance the amazing services that we already provide.

We are also looking forward to the opportunity to network and re-connect with colleagues in the field. With Therapeutic Recreation Professionals working in such a wide variety of capacities, it is so nice to be able to share our knowledge and experiences amongst each other.

We hope that you are as excited about Innovations 2016 as we are and look forward to seeing you all there!

Kimberly Willison/Kereen Lazurko
Co-chairs
Innovations 2016 Planning Committee

Thank-you
Please take time to express your appreciation to the Innovations 2016 Planning Committee for their work in organizing this event:

Kim Nicholls
Rachelle Billo
Elaine Richardson

Tyler Rybchinski
Sherri Nelson
Laurie McAulay
Francis Cashin
As Practice Leader for Recreation Therapy for the Saskatoon Health Region, I want to extend a warm invitation to Recreation Therapy practitioners, educators and students for the 2016 Innovations Conference in Saskatoon on February 4 and 5, 2016. What better way to celebrate Therapeutic Recreation month 2016, than with our colleagues throughout SK and beyond and with two distinguished speakers in the TR field. The conference will focus on what we do best, a strengths based approach to service delivery.

The conference planning committee has worked hard to ensure that Innovations 2016 will provide you with an incredible learning and networking opportunity. The conference program promises to provide us with new insights, ideas and strengths based strategies that we can infuse into our daily practice and be inspired to continue to enhance our service delivery.

I am thrilled to welcome Dr. Lynn Anderson, CTRS, CPRP and Dr. Linda Heyne, CTRS to Saskatoon for what promises to be an outstanding conference. They are the authors of the textbook, “Therapeutic Recreation Practice – A Strengths Approach” which is available for purchase as part of your registration package and will be referenced throughout the conference.

I look forward to seeing all of you in Saskatoon in February.

Kind regards,

Sherri Nelson, BA-RLS, CTRS
Practice Leader, Recreation Therapy
Saskatoon Health Region
Thursday evening, February 4

4:00-5:00 pm  Registration
5:00-5:20 pm  Welcome and Opening Greetings
5:20-6:00 pm  Therapeutic Recreation Practice: A Strengths Approach
Dr. Lynn Anderson and Dr. Linda Heyne
6:00-7:00 pm  Supper
7:00-8:00 pm  Therapeutic Recreation Practice: A Strengths Approach
Dr. Lynn Anderson and Dr. Linda Heyne
8:00 pm  Social Event - TBA

Friday, February 5

8:00-9:00 am  Registration and Breakfast
9:00-9:15 am  Welcome
9:15-10:15 am  Therapeutic Recreation Practice: A Strengths Approach
Dr. Lynn Anderson and Dr. Linda Heyne
10:15-10:45 am  Nutrition and Stretch break
10:45 am-12:00 pm  Therapeutic Recreation Practice: A Strengths Approach
Dr. Lynn Anderson and Dr. Linda Heyne
12:00-1:00 pm  Lunch
1:00-2:15 pm  Therapeutic Recreation Practice: A Strengths Approach
Dr. Lynn Anderson and Dr. Linda Heyne
2:15-2:30 pm  Nutrition and Stretch break
2:30-3:30 pm  Therapeutic Recreation Practice: A Strengths Approach
Dr. Lynn Anderson and Dr. Linda Heyne
3:30-4:00 pm  Wrap up and Evaluation
Introducing Dr. Lynn Anderson and Dr. Linda Heyne – Conference Speakers

Dr. Lynn Anderson, CTRS, CPRP

**Dr. Lynn Anderson**, CTRS, CPRP is a Distinguished Service Professor in the Recreation, Parks and Leisure Studies Department at State University of New York at Cortland, and the director for the Inclusive Recreation Resource Center. She has been active in the field of therapeutic recreation, inclusion, and outdoor recreation for over 35 years, and has won numerous teaching, service, and research awards. She serves as associate editor or reviewer for several journals in the field and has written two popular textbooks, including the text written with Dr. Linda Heyne called *Therapeutic Recreation Practice: A Strengths Approach*. Dr. Anderson has worked in outdoor recreation, community recreation, and therapeutic recreation settings, and has conducted research in several areas of the field. She has her master’s degree in outdoor recreation and park management from the University of Oregon and her Ph.D. in therapeutic recreation from the University of Minnesota.

Dr. Linda Heyne, CTRS

**Dr. Linda Heyne**, CTRS is a Professor in the Recreation and Leisure Studies Department at Ithaca College in Upstate New York. Her master’s and doctoral degrees are both in therapeutic recreation from the University of Minnesota. She has taught for over 25 years in therapeutic recreation and has practiced as an inclusion coordinator. Her professional interests include strengths-based practice, inclusive recreation and socialization, school-based therapeutic recreation, and the international use of recreation for therapeutic purpose. She has produced many articles and presentations on these topics. Throughout her career, Dr. Heyne has been an associate editor for the *Therapeutic Recreation Journal*. She is also a Fulbright Specialist and frequent instructor at the International Wellbeing Week at HAMK University in Hämeenlinna, Finland. In addition to writing *Therapeutic Recreation Practice: A Strengths Approach* with Dr. Lynn Anderson, together they have delivered numerous educational sessions, workshops, and webinars on strengths-based practice.
Therapeutic Recreation Practice: A Strengths Approach

Session Title:
Therapeutic Recreation Practice: A Strengths Approach

Session Description:
We are experiencing a paradigm shift in health, human, and recreation services to a strengths approach. What is strengths-based practice? What are its theoretical underpinnings? How is therapeutic recreation practice different when using a strengths approach? At this conference, we will explore this exciting paradigm shift and discuss how therapeutic recreation, with leisure at its heart, can flourish. The *Flourishing through Leisure Model: An Ecological Extension of the Leisure and Well-Being Model* will be explored as a framework for strengths-based therapeutic recreation practice. You will learn strengths-based assessment, planning, and various implementation strategies throughout this conference that you can apply in your practice. You will also learn how to build your own strengths as a therapeutic recreation professional.

Speaker Qualifications:
See attached vitae for Dr. Lynn Anderson, CTRS and Dr. Linda Heyne, CTRS

Instructional Methods:
Lecture, discussion, interactive exercises, small group work

Learning Outcomes:
1. Participants will be able to define the strengths approach and its theoretical underpinnings in health, recreation, and human services. (FKW)
2. Participants will be able to compare and contrast therapeutic recreation practice from a strengths versus deficits approach and identify important differences. (FKW)
3. Participants will describe the relationship between leisure and well-being and understand how that relationship is foundational to the strengths approach. (FKW)
4. Participants will be able to define the components of the Flourishing through Leisure Model: An Ecological Extension of the Leisure and Well-Being Model and identify ways they can use the model to deliver strengths-based therapeutic recreation services. (IMP)
5. Participants will identify and practice at least six tools that can be used to assess internal and external strengths. (ASP)
6. Participants will identify principles that underlie strengths-based planning in therapeutic recreation. (DOC)
7. Participants will learn at least four strengths-based implementation and facilitation strategies. (IMP)
8. Participants will identify at least three ways to build their own strengths as a therapeutic recreation professional. (ADV)

NCTRC Job Analysis Codes:
- Foundational Knowledge (FKW)
- Assessment Process (ASP)
- Documentation (DOC)
- Implementation of TR/RT (IMP)
- Administration of TR/RT Service (ADM)
- Advancement of the Profession (ADV)
INNOVATIONS 2016

Registration Form

Name:
Organization:
Mailing address:
SARP member: ___ yes ___ no

Telephone: (h) (w)
Email:
Dietary considerations:

<table>
<thead>
<tr>
<th>Registration options</th>
<th>Early bird fee by Jan. 4/16</th>
<th>After Jan. 4/16</th>
<th>Other expenses</th>
<th>Total fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>SARP member</td>
<td>$100.00</td>
<td>$150.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Non member</td>
<td>$150.00</td>
<td>$200.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Student</strong></td>
<td>$70.00</td>
<td>$90.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>**Text Book (optional) *</td>
<td>$90.00</td>
<td></td>
<td></td>
<td>$90.00</td>
</tr>
</tbody>
</table>

*Text book Therapeutic Recreation Practice: A Strengths Approach written by Dr. Lynn Anderson and Dr. Linda Heyne will be referred to during the conference. Orders for the text book must be made by December 4th to allow up to 8 weeks for order, shipping and delivery from the US.

Method of payment:
Please make cheque or money order payable to:
SHR Therapeutic Recreation Advisory Council ($50.00 fee for NSF cheques)
Early bird registration must be received postmarked no later than midnight January 4th, 2016

- Membership rates will be extended to delegates from other provinces who are members of their provincial professional association. Copy of current membership card must be included or full non-member fees will be charged.
- Registration will only be processed with full payment. Receipts will be emailed directly to the registrant.
- A request for refund must be made in writing prior to Jan. 18/16. A $25.00 administration fee will apply to all refunds. Refunds will be issued in 30 days.
- Cancellations received after Jan. 18/16 will not be refunded.
- To receive student rate, please submit a photocopy of your full time student ID.

Send completed Registration form and payment to:

Brenda Chomyn
Saskatoon Health Region
Royal University Hospital
3610 – 103 Hospital Drive
Saskatoon, SK S7N 0W8
Phone: 306.655.2454
Fax: 306.655.1053
brenda.chomyn@saskatoonhealthregion.ca

Please answer:
Do you require a CEU certificate? _______yes _______no
Host site:

**McClure United Church**
4025 Taylor Street East
Saskatoon, SK
S7H 5N7

Parking is available in the McClure United Church parking lot and on the street. Do not park in the McClure Place parking lot. Please come in the main front entrance to McClure United Church that faces Taylor Street.

Host Hotel:

**Home Inn and Suites**
253 Willis Crescent, Saskatoon, SK S7T 0W8

When booking call 306-657-4663 and identify yourself as being with Innovations 2016 to request conference rate of $135/night.

Rooms will be held until January 4th, 2016 at that rate.

Hotel features free WiFi, hot tub, pool, waterslide and gym. Free private parking is available on site.

Each room is fitted with a flat-screen TV. Certain rooms feature a seating area to relax in after a busy day. All rooms come with a private bathroom fitted with a bath. For your comfort, you will find slippers, free toiletries and a hair dryer.
Therapeutic Recreation Practice: A Strengths Approach is divided into three main sections. In Part One, a foundation of the strengths approach is introduced. Chapter One: Introduction provides the framework and strategies for learning used throughout the book. Chapter Two: Paradigm Shifts sets the stage for the sweeping changes occurring in recreation, health, education, and human service systems. Social indicators and scientific support for the shift to a strengths-based approach are also presented. Chapter Three: A Sea Change in Therapeutic Recreation explores how the shift to a strengths-based ecological approach fits into therapeutic recreation practice, and how therapeutic recreation can flourish as a profession in the paradigm. Chapter Four: Introducing the Flourishing through Leisure Model: An Ecological Extension of the Leisure and Well-Being Model introduces a model of therapeutic recreation practice that is based on the strengths perspective. Chapter Five: Strengths provides a structure and vocabulary to look closely at and understand strengths relevant to the practice of therapeutic recreation. Chapter Six: Theories provides an introduction to theories that guide a strengths perspective and are relevant to therapeutic recreation. Finally, Chapter Seven: Principles overviews some fundamental guidelines for a strengths-based approach, which emanate from theory and philosophy.

Part Two is the mainstay of this book. This section looks at the application of the strengths perspective to the therapeutic recreation process: assessment, planning, implementation, and evaluation. Chapter Eight: Collaborative Practice, covers the importance of collaboration in the therapeutic recreation process, the role of the participant and family in collaboration, and the roles of other professionals with whom readers will work in the helping relationship. Chapter Nine: Assessment provides a way to think about and conduct assessment from a strengths perspective to ensure authentic and meaningful practice. Chapter Ten: Planning examines the link between assessment and planning, and the principles and practice of planning. Chapter Eleven: Implementation provides an overview of common and new interventions in therapeutic recreation, applied from a strengths perspective. Chapter Twelve: Transition and Inclusion provides a strengths approach to helping participants terminate services, and continue to pursue meaningful, fully engaged lives in their communities. Finally, Chapter Thirteen: Evaluation describes the processes used in therapeutic recreation to document and evaluate provided services.

Part Three of the book helps readers as professionals establish and maintain themselves as strength-based therapeutic recreation specialists. Chapter Fourteen: Advocacy provides a framework and guidelines for advocating for the strengths perspective, and for the participants with whom readers will work. Chapter Fifteen: Building Your Strengths as a Therapeutic Recreation Specialist stresses the importance of being well prepared in therapeutic recreation, from credentialing to clinical supervision to continuing education. And last, Chapter Sixteen: Looking Ahead helps put what readers have learned in this book into the context of their lives as professionals in therapeutic recreation.

Table of Contents

Preface
Foreword

PART ONE: FOUNDATIONS OF A STRENGTHS APPROACH TO THERAPEUTIC RECREATION PRACTICE
Chapter 1: Introduction to Therapeutic Recreation Practice: A Strengths Approach
Chapter 2: Paradigm Shifts – A Sea Change in Health and Human Services
Chapter 3: A Sea Change in Therapeutic Recreation
Chapter 4: Introducing the Flourishing through Leisure Model: An Ecological Extension of the Leisure and Well-Being Model
Chapter 5: Strengths – At the Heart of Therapeutic Recreation Practice
Chapter 6: Theories that Guide Strengths-Based Therapeutic Recreation Practice
Chapter 7: Principles that Guide Strengths-Based Therapeutic Recreation Practice

PART TWO: THE THERAPEUTIC RECREATION PROCESS IN STRENGTHS-BASED PRACTICE
Chapter 8: Collaborative Practice in Therapeutic Recreation
Chapter 9: Assessment in Strengths-Based Therapeutic Recreation Practice
Chapter 10: Planning in Strengths-Based Therapeutic Recreation Practice
Chapter 11: Implementation in Strengths-Based Therapeutic Recreation Practice
Chapter 12: Transition and Inclusion in Strengths-Based Therapeutic Recreation Practice
Chapter 13: Evaluation in Strengths-Based Therapeutic Recreation Practice

PART THREE: PROFESSIONALISM AS A STRENGTHS-BASED THERAPEUTIC RECREATION SPECIALIST
Chapter 14: Advocacy in Strengths-Based Therapeutic Recreation Practice
Chapter 15: Building Your Strengths as a Therapeutic Recreation Specialist
Chapter 16: Looking Ahead...