

**Ohio Association of Health, Physical Education Recreation, and Dance (OAHPERD) TR Conference**  
**Wednesday, December 4, 2019**  
**Kalahari Resort, Sandusky, Ohio**

**8:20 – 8:30 am**

Welcome to OAHPERD: Trevor Miller, CTRS and Kristin Whaley, CTRS

**8:30 – 9:30 am**

**#1** Turning Therapeutic Recreation Interventions into Research

Ashley Tuisku, CTRS

Description: Explore PICO questions developed by working clinicians in the Therapeutic Recreation Field and how to turn that question into a research study. The APIE process was provided to each patient in the study which will be outlined during presentation along with interactive activities to better explain. Obtain general information on how to put clinical experiences into formalized findings.

**#2** Creating a Community Environment Towards Lifelong Recreation

Mary Beth Moore, CTRS, Jeremy Finton, Rae Nutter, CTRS, and Katie Atkinson, CTRS

Description: During this session, participants will learn how to create a community environment for hospitalized individuals to community participation. This model promotes participation as it relates to lifelong recreation and sport. The Transformative Exercise Framework Model will help provided this method in detail by using a three step model.

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**9:30 – 9:45 am**

**Break**

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**9:45 – 10:45 am**

**#3** Rx: Nature Therapy for Wellness

Ruthie Kucharewski, Ph.D., CTRS and Kimberly High, Master Interpreter, Certified Forest Therapy Guide

Description: The value of nature and it's therapeutic benefits across the lifespan are unquestionable. Come learn about why children are spending less time outdoors and the behavioral problems associated with Nature Deficit Disorder (NDD) that can last into adulthood. Learn about the benefits of Forest Therapy and how this practice can be utilized as an intervention with your patients or your own self care.

**#4** Creating a TR Program From the Ground Up

Martusha Thomson, CTRS

Description: Does your facility need a TR program? Does your program need major revamping? This session will go over the process of creating a brand new TR program. Topics will include how to create a plan of operation, how to ensure you're complying with regulations, creating a budget, staffing plan, and more.

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**11:45 – 11:00 am**

**Break**

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**11:00 – 12:00 pm**

**#5 Group Fitness Activities for the Busy Therapeutic Recreational Professional**

Christine Havach, CTRS

Description: In this session, attendees will learn about the specific benefits of group fitness. Informal research concerning the effects of mood during group versus individual fitness activities will be shared. The presentation will be highly interactive and experiential, with the presenter demonstrating several of the workouts with the attendees. Attendees will leave with ten different fitness activities to use with clients, which can be adapted for a variety of populations.

**#6 Utilizing Motivation Interviewing to Evoke Change**

Joy A Lauerer D.N.P., A.P.R.N., PMHCNS-BC and Ruthie Kucharewski, Ph.D., CTRS

Description: This is an exciting presentation where participants will learn about how powerful Motivational Interviewing techniques can be utilized to facilitate conversations about change. Motivational Interviewing recognizes that the patient and the practitioner are equal partners in the relationship and that both persons possess knowledge to address change opportunities. The OARS technique will be introduced with case study examples to promote attendee discussion. Session attendees will also have an opportunity to learn about reflective listening and how to use that technique in Motivational Interviewing.

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**12:30 – 1:30 Lunch on your own**

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**1:30 – 3:00 pm**

**#7 The Golden Age: Sex, drugs and rock n' roll**

Jenn Piatt, Ph.D., CTRS

Description: The older adult population continues to evolve with new health concerns, including those that impact sexual health and intimacy. An important component of overall quality of life is often not addressed within the context of recreational therapy. This session will present evidence-based facilitation ideas as well as sexual health curriculum geared towards older adults in a fun and innovative session.

**#8 A Family's Journey With TBI: A life-changing event cannot stop the power of physical activity**

Rosalyn Fast

Description: This workshop highlights how Traumatic Brain Injury (TBI) caregivers can assist Recreational Therapists in rehabilitating and reintegrating injured family members into the community. Family caregivers are the "invisible" help to Recreation Therapists in the development of therapeutic goals. The caregiver also needs assistance to relearn how to be his/her own person and reintegrate into the community as both an individual and as one half of a couple. Involving caregiver's in interdisciplinary collaboration is vital to the successful continuum of care for clients and their families throughout the years.

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**3:00 – 3:15 pm**

**Break**

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**3:15 – 4:15 pm**

**#9 Mindfulness for the TR Practice and the TR Professional**

Valerie Lazzara Mould, MA, CTRS

Description: This session will provide an overview of mindfulness including its history and the inclusion of mindfulness in Dialectical Behavior Therapy. The session will discuss using mindfulness as an intervention across the lifespan. Additionally, a discussion of the benefits and ways to use mindfulness as a professional will be included.

**#10 Growing Adaptive Sport Programs for Veterans: A Statewide Collaboration**

Bailey Robinson and Ashley Schwab

Description: The Indiana Adapted Sport Alliance (IASA), developed through conversations between two universities and a Paralympic Sport Club, focuses on how to improve adaptive sport experiences for Veterans within the state of Indiana. This session will present how the IASA was developed and its goal for bolstering adaptive sport for Veterans.

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**4:15 – 4:30 pm**

**CEU Sign Out**

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