



2024 Annual Conference

Saturday February 24th, 2024

9:00am - 4:00pm

Willard Hall  
Oklahoma State University  
Whitehurst Ln, Stillwater, OK 7407



**Social Event: Axe Throwing @ Stilly Axe Pit**

- **Address: 1020 S Main St, Stillwater, OK 74074**
- **7-9pm**
- **Free Admission**
- **Light Refreshments Available**
- **Early Registration Open**

**Registration:**

- **Early Registration**
  - **7-9pm at ORTA Social Event**
- **Day of Registration**
  - **8-9am Conference Site - Willard Hall on Oklahoma State Campus**



**NCTRC Job Analysis Codes:**

**Professionalism - PRO, Assessment - AS, Planning - PL, Implementation - IMP,  
Evaluation & Documentation - EVAL/DOC, Administration - ADM**



## Conference Session Breakdown

### Session #1 Keynote 9:00am - 10:00am

**Location: Willard 010**

**Session Title: Connection is Key; Unlocking the Power of Relationships**

**Presenter: Meagan Baldwin M.Ed. Bal-A-Vis-X Practitioner and Trainer**

**Session Description:** How can we harness the need for human connection to meet the needs of our clients? In this session, the presenter will offer a bit of the neuroscience behind the power of connection and some solid strategies to promote connection.

**Learning Objectives:**

1. Participants will learn how relationships are a powerful healing tool.
2. Participants will learn the connection between relationships and stress reduction.
3. Participants will learn the three components of the sequence of engagement.

**NCTRC Job analysis areas: PRO, ADM**

**10:00am - 10:15am Break**

### Session(s) #2 10:15am - 11:15am

**Location: Willard 107**

**Session Title: Assistive Technology and Adaptive Equipment in Recreational Therapy Practice**

**Presenters: Heidi Ross, CTRS/L, Lauren Dick, CTRS/L, Cathryn Tamney, ATP/RET**

**Session Description:** An immersive session identifying assistive technology and adaptive recreation equipment often used in therapy sessions. This session will include resources that can serve a variety of diagnosis, populations, and abilities to meet the assessed needs and promote leisure independence and participation.

**Learning Objectives:**

1. Participants will be able to identify and define assistive technology and adaptive recreation equipment used in a therapy session.
2. Participants will be able to apply knowledge to practice and determine specific tools that can be used within their agency.
3. Participants will be able to identify barriers and facilitators to utilizing adaptive equipment and assistive technology within their practice.

**NCTRC Job analysis areas: AS, PL, IMP**

**Location: Willard 104**

**Session Title: Child Sexual Abuse & Trauma**

**Presenter: Bonita Spinner**

**Session Description:** This session will discuss child development, the brain function of the child's brain when exposed to trauma, and the long term effects of trauma.

**Learning Objectives:**

1. Identify the 4 domains of child development
2. Identify the brain's response to trauma in a child.
3. Identify 3 long term health effects of trauma on the child.

**NCTRC Job analysis areas: AS, PL, IMP, EVAL/DOC**



**Location: Willard 010**

**Session Title: Bal-A-Vis X; Using Rhythm for Regulation and Connection**

**Presenter: Meagan Baldwin M.Ed. Bal-A-Vis-X Practitioner and Trainer**

**Session Description:** Balance Auditory Vision Exercises is a series of about 300 exercises, using sandbags and racquet balls that provide patterned, repetitive, rhythmic, safe physical movement. These exercises can be used by individuals for self-regulation or in small and large groups for co-regulation experiences. Participants in this session will learn a brief history of BAVX, and watch a short demonstration. The majority of the session will focus on the participants learning the foundational techniques and experiencing the beginning BAVX exercises in both partner and small group configurations.

**Learning Objectives:**

4. Participants will learn and experience the foundational techniques of the sandbag exercises.
5. Participants will experience both self and co-regulation while engaging in the BAVX exercises.
6. Participants will learn how BAVX supports trauma-informed care.

**NCTRC Job analysis areas: AS, PL, IMP**

**11:15am - 11:30am Break**

**Session #3 11:30am - 12:30pm**

**Location: Willard 104**

**Session Title: Body-Based Therapies and Recreational Therapy**

**Presenter: Gail Bieber, MSW, LCSW, CBT, CCM & Anna Turner-Crane, CTRS/L**

**Session Description:** This session focuses on how body-based therapies and recreational therapy complement each other. Participants will learn about different body-based practices, such as EMDR and EFT, and their therapeutic benefits. Additionally, this session focuses on treatment coordination and recreational therapy interventions that can optimize client progress.

**Learning Objectives:**

1. Identify and define at minimum two body-based therapies and their benefits.
2. Identify at minimum three recreational therapy interventions that can complement body-based therapies.
3. Identify at minimum three populations that can benefit from body-based therapies.

**NCTRC Job analysis areas: AS, PL, IMP, EVAL/DOC**

**Location: Willard 105**

**Session Title: Veteran and Me**

**Presenter: Taylor Pendleton, MS, CTRS**

**Session Description:** This session will discuss an expressive art experience with veterans and their young children or grandchildren.

**Learning Objectives:**

1. Identify the power of connection between grandparents/parents and kids and how it affects their health.
2. Discuss Benefits of proactive healthcare and having family involved in care.
3. Create a pathway for families to have a creative experience together.

**NCTRC Job analysis areas: AS, PL, IMP, EVAL/DOC**



**Location: Willard 107**

**Session Title: Adaptive Sports Education**

**Presenter: Kelly R. Evans, CTRS/L, ATRIC**

**Session Description:** The Center for Individuals with Physical Challenges offers the Adaptive Sport Education program to Tulsa-area local schools to educate students about the opportunities people with physical disabilities are given through sport and to promote inclusion in their community. The goal of this session is to give the participant insight at Adaptive Sports and dive deeper into what adaptive sports could look like in your facility. This session will include hands-on experience with various adaptive sports.

**Learning Objectives:**

1. Identify three Adaptive Sports.
2. Identify three benefits of Adaptive Sports
3. Identify ways to implement modified adaptives sports in your facility.

**NCTRC Job analysis areas: AS, PL, EVAL/DOC**

**12:30pm - 1:45pm Lunch/ORTA Business Meeting  
Willard 010**

**Session(s) #4 1:45pm - 2:45pm**

**Location: Willard 101 - Living Room**

**Session Title: Evidence Based Poster Presentations**

**Presenter: Oklahoma State Recreational Therapy Students**

**Session Description:** This session will present 10 evidence-based poster presentations, will include time for each therapist to discuss each poster with the individual presenter.

**Learning Objectives:**

1. Participants who attend this session will be able to identify a minimum of 5 potential interventions to use with identified populations.
2. Participants attending this session will be able to identify 5 different potential assessments related to specific diagnoses.
3. Participants attending the session will be able to identify the type of social interaction patterns required by patients participating in each intervention.

**NCTRC Job analysis areas: AS, PL, IMP, EVAL/DOC**



**Location: Willard 105**

**Session Title: Seated Tai Chi For The Movement Impaired Populations**

**Presenter: Pat Griffith Founder & President of Chair Chi**

**Session Description:** Chair Chi is a gentle exercise program developed by Pat Griffith to help people receive the benefits of traditional Tai Chi Chuan in the comfort and safety of their chair. This allows people who cannot stand or do not feel confident with their balance, to participate.

**Learning Objectives:**

1. After completion of this session the participant will be able to demonstrate some of the warm up and cool down (Chi Gung) of Chair Chi. Also, the participants will know why these exercises are beneficial for multiple populations
2. After completion of this session the participant will be able to demonstrate some of the breathing, massage and stretching techniques of Chair Chi. Also, the participants will know why these exercises are beneficial for the multiple populations (senior citizens, veterans with PTSD, children with ADHD, etc).
3. After completion of this session the participant will be able to demonstrate some of the Chair Chi form with benefits

**NCTRC Job analysis areas: AS, IMP, EVAL/DOC**

**2:45pm - 3:00pm Break**

**Session #5 Keynote 3:00pm - 4:00pm**

**Location: Willard 010**

**Session Title: Progressing our Field - Advocating for Recreational Therapy**

**Presenter: Lilli Higgins, CTRS/L**

**Session Description:** This session is designed to empower Recreational Therapists with the knowledge needed to confidently advocate for the progression of our field. This presentation aims to spark passion for our field through our history, approaches, and compelling evidence. We will dive in to strategic approaches from legislative initiatives to workplace development. Attendees will leave with new tools and approaches on how to help advance the field of Recreational Therapy.

**Learning Objectives:**

1. Identify 3 ways you can advocate for Recreational Therapy in your workplace.
2. Identify 2 ways you can improve your professional marketing.
3. Identify 3 ways you can advocate for Recreational Therapy on a local, state, and national level.

**NCTRC Job analysis areas: PRO, ADM**

**Thank you for attending the 2024 ORTA Conference, we look forward to seeing you next year!**

**Please turn in your CEU forms before leaving, as late submissions will not be accepted.**





## VIRTUAL SESSIONS

All sessions and confirmation of viewing statements are to be completed by March 31st, 2024.

Virtual Session CEU Link: <https://forms.gle/qBKbep8h8h7y1eoF8>

### Session #1

<https://www.youtube.com/watch?v=JUWRS5gXhVE>

**Session Title:** Unplugged - Using Technology Safely

**Presenter:** Lilli Higgins, CTRS/L

**Session Description:** This session will explore the impact of technology in Recreational Therapy. Clinicians will discover the benefits, like enhanced engagement, and the challenges, such as screen time concerns. This presentation is designed for professionals, to gain insights into integrating technology, while ensuring it enhances the therapeutic experience.

**Learning Objectives:**

1. Identify the appropriate amount of screen time per day for ages 3-17.
2. Identify 5 ways you can incorporate technology into treatment.
3. Identify 3 ways you can support your clients through appropriate boundaries with screen time and safety precautions.

**NCTRC Job analysis areas:** AS, PL, IMP, EVAI/DOC

### Session #2

<https://www.youtube.com/watch?v=OfJfJc38oIM>

**Session Title:** Fentanyl: A Poisoning and Anesthetizing of Our Nation

**Presenter:** Amanda Hammack, LPC-S

**Session Description:** Fentanyl: A Poisoning and Anesthetizing of Our Nation looks at the opioid crisis from several angles. It begins by defining Fentanyl's key characteristics of potency, drug class, and origins through a scientific lens. You'll hear a real-life story about a person affected by Fentanyl addiction. Political and criminal justice matters such as illicit trafficking and manufacturing are brought to light. Finally, harm reduction methods are presented as a possible response to the exponential increase in Fentanyl related deaths happening all over the US.

**Learning Objectives**

1. Attendees will understand general definitions of Fentanyl.
2. Attendees will understand societal impacts of Fentanyl
3. Attendees will understand harm reduction strategies.

**NCTRC Job analysis areas:** AS, PL, IMP

The following sessions will take place on March 13, 2024 and March 27, 2024 at 12pm via zoom. A recorded link will be sent out for those who cannot attend and participants will have until March 31st to view and complete the sessions.





### **Session #3 - Live March 13, 2024**

<https://okstate-edu.zoom.us/j/98828385692>

**Session Title:** Recreational Therapy Standards of Practice & How the Standards Might Affect My Practice

**Presenter:** Tim Passmore

**Session Description:** The session will address how the standards of practice for recreational therapy will impact each recreational therapist's practice no matter what type of setting the therapist is practicing.

**Learning Objectives:**

1. Recreational therapists will be able to identify the name of each of the standards of practice for recreational therapy.
2. Recreational therapists will be able to identify two sources where the standards of practice are stored for review by recreational therapists and their clients.
3. Recreational therapists will be able to identify where their practice could be in violation of a standard of practice for recreational therapy.

**NCTRC Job analysis areas:** PRO, ADM

### **Session #4 - Live March 27, 2024**

<https://okstate-edu.zoom.us/j/95852281985>

**Session Title:** Licensure - The Rules

**Presenter:** Tim Passmore

**Session Description:** During this session the rules associated with obtaining and maintaining a state license in the State of Oklahoma will be discussed. Areas of difficulty will be identified and there will be an explanation of what happens if the therapist allows their license to expire.

**Learning Objectives:**

1. Recreational therapists who attend this session will be able to identify each step of obtaining a state license to practice in Oklahoma.
2. Recreational Therapists attending this session will be able to identify each step associated with maintaining a license in Oklahoma.
3. Recreational therapists attending this session will be able to explain the stepwise process if a therapist is identified as practicing without the proper state license.

**NCTRC Job analysis:** PRO, ADM

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