

TRAAC NEWS

Therapeutic Recreation Association Of Atlantic Canada

Summer 2010

Message from the President:

TRAAC is continuing to move forward and the last four months have been busy for the TRAAC Board of Directors as we continue to work through the strategic plan of the Association which includes; policy development and review, exploration of regional representation, building partnerships, continuing the pursuit of licensure, advocating for the TR profession, website and logo re-design, newsletter development, and continuing education opportunities. Some of the highlights of the last four months have included:

In This Issue:

Message from the President.....page 1

Committee Updates.....page 3

Student Members Reminder.....page 5

CTRA Recognition.....page 5

ARPA Benefits Databank.....page 5

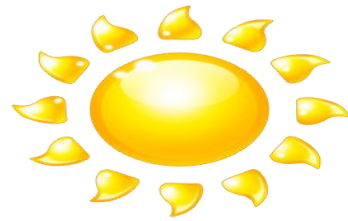
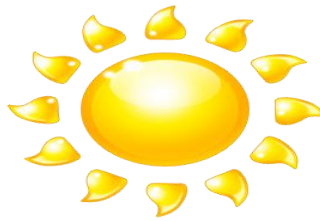
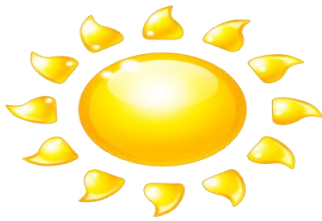
TRAAC Survey.....page 6

RT in New Brunswick.....page 7

Making Tracks in NB.....page 8

Board of Directors.....page 9

- The CTRA Joint membership agreement was signed in Hamilton, Ontario on June 11, 2010.
- TRAAC representatives met with New Brunswick Recreation Therapists and TRAAC members to further develop an action plan to support the Therapeutic Recreation profession in New Brunswick.
- By-law amendments were passed at a Special Meeting in June.



Message from the President (continued):

- CTRA presented TRAAC with the Supportive Agency Award in Hamilton, Ontario on June 11, 2010. The Supportive Agency Award is presented to an agency or organization that has demonstrated exceptional support of the therapeutic recreation practitioners employed at their agency, and in doing so, the field itself.
- TRAAC's Board of Directors met with Nova Scotia Recreation Professionals in Health and Recreation Nova Scotia in June to formalize a partnership between the Associations. Further collaboration will be occurring in the fall.
- The Draft Recreation Therapists Act was accepted by the members at June's Special meeting and permission was granted to move forward with the licensure process. The Draft Recreation Therapists Act has been submitted to our lawyer and the Department of Health. We continue to anticipate a fall introduction in the legislature.

There are numerous opportunities for you, the members, to be actively involved with TRAAC and I am calling on you to share your expertise and your passion for Therapeutic Recreation. There are opportunities to be involved in areas including education, hiring practices, advocacy, communication, marketing, partnership development and much more.

TRAAC is driven by its membership and the TRAAC Board of Directors is requesting membership expertise and passion to assist in staying on TRAAC. I look forward to continuing to accomplish great things together.

Heather Baker, CTRS
TRAAC President 2010-11
Recreation Therapist
Dartmouth General Hospital

Committee Updates:

Education Committee

Hello TRAAC members! Here is an update from the education committee. There are four major strategic directions that were shared with you in our annual report so I will update you on three of them. As part of our first goal to connect with educational institutions, we are planning to have our Student/Professional networking event on the 24th of September. This year, we will be partnering with NSRPH to provide an event with a career fair flair. Our hope is that we expand upon the number of professionals working in the field to connect with students. Please watch for further information and sign up to participate in what we hope will continue to be a positive experience for students attending the Therapeutic recreation programs at Dalhousie University and the Nova Scotia Community College.

As well, some professional members participated in a focus group “to discuss and openly exchange ideas related to student learning projects that can more directly support agencies’ priorities and needs as well as discussing emerging trends in research and in the T.R. profession (e.g., new certification standards)”. This meeting helped to establish a firm partnership with Dalhousie to provide increasing practical experiences for the students.

With respect to our second goal, we recently agreed as an association to change the date of our yearly conference and AGM. The date is yet to be set but we are looking for individuals to share their skills in planning another great educational experience for practitioners and students alike. If you are interested in being a part of the committee, please send a quick email to Crystal.Watson@cdha.nshealth.ca . We are planning to get together soon!!! TRAAC really wants to support your educational needs so we invite you to send along any thoughts you may have about specialized education you would like to receive. Also, if you have any information about conferences that may of interest to other practitioners, please send the information along. We are doing our best to provide information on conferences outside of TR but related to professional practice and growth.

Our final goal is to host a national conference and we will host CTRA in 2012. The Education Committee will work on the promotion for CTRA 2012. We will be partnering with NSRPH to host our national conference and so it will be important for us to develop a presentation to generate interest at CTRA 2011 in Whistler, BC May 25-27, 2011. If you are interested in being part of the planning committee for CTRA 2012, please send me an email.

Committee Updates:

Education Committee (continued):

Thanks for your interest and I am looking forward to seeing you at events over the next few months...

Crystal Watson
Education Chair

Promotions

Committee

The Promotions Committee is looking for volunteers. Potential opportunities include representing TRAAC at a conference, helping to design promotional material and getting the word out about TRAAC. What you do is up to you! If you are interested in being involved, please contact Stephanie Wood, Promotions Chair at StephanieA.Wood@cdha.nshealth.ca

Stephanie Wood
Promotions Chair

Communications

Committee

The Communications Committee's focus this year is to have the TRAAC website re-designed and to have a regular newsletter. If you are at all interested in volunteering on the committee we would love to have your help; either helping put the newsletter together or finding new information to include on TRAAC's website! Please drop me an email if you'd like to help out! Also, starting in the Fall Edition of TRAAC News we would like to start a "TR Practitioner Spotlight" article featuring a short bio of a local colleague! Do you know of someone you would like to be recognized for their new initiatives, research or partnerships they have formed with another individual or organization? If so, please email Lynette Stevens, Communications Chair, at lstevens@shannex.com with further information!

Lynette Stevens
Communications Chair

Reminder Student Members!

Don't forget! Renewal time is fast approaching for the 2010-2011 student membership year. The date for your membership to expire is August 31th 2010. The new membership year begins September 1st, 2010. Cost for membership renewal is \$20. Membership application forms can be found on the TRAAC website or questions about your membership can be sent to Dana Mills, Membership Coordinator, membershiptraac@yahoo.ca.

CTRA recognizes Rhonda MacLean!

This year, Rhonda MacLean, the Acting Chair of TRAAC in 2009-10 was awarded the Outstanding Volunteer Award which is presented to an individual in recognition and grateful acknowledgement of a volunteer who has gone above and beyond in service of the CTRA, giving extensive time, expertise and energy that supports the ongoing development of the CTRA, its membership and the growth of the therapeutic recreation profession across Canada. Congratulations Rhonda!

ARPA Benefits Databank

Alberta Recreation and Parks Association (ARPA) in partnership with the Canadian Parks and Recreation Association recently announced that the new Benefits DataBank (formerly the Benefits Catalogue) is now available online at:

<http://benefits.acecommunities.ca/>

This living resource summarizes more than 700 pieces of evidence that recreation and parks services really do make a difference.

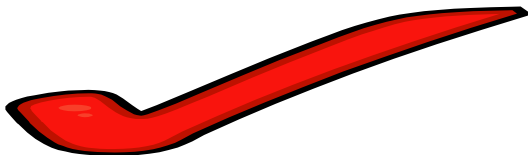
The Survey Says!

Where does the time go? It's hard to believe that the last membership survey was completed in 2007. A focus for the Board, is how better TRAAC can serve all of its members, so to build on the results of the last survey, we are developing a new survey to be sent out to the TRAAC membership in late summer or early fall. As Membership Coordinator, it is my goal to ensure that the benefits of membership be met. Of importance to me is to understand your awareness and satisfaction as a member. Your feedback is critical.

To refresh your memory... the top 3 strategic directions for TRAAC seen by membership in 2007 was Licensure, Best Practices/Trends, and Website. In 2007 membership expressed changes they would like to see with the newsletter, website, communication, and promotional items. Also expressed was the importance for TRAAC to make better connections with government, health care providers, educational institutions, and recreation-based community resources/organizations. Membership felt that the accomplishments of professionals be valued and be recognized through featured articles on the website, newsletter and through awards. Lastly, membership saw the need for TRAAC to be more supportive to students, supporting members, and professionals in Atlantic Canada, more opportunity to network with peers and continuing education, expansion of membership, and enhancing relationships with associations like CTRA, NSRPH, and RANS.

We will be contacting membership shortly with incentives for completing the survey. Feel free to contact Dana Mills, Membership Coordinator, membershiptraac@yahoo.ca with any questions. I'd like to thank our Student Directors, Claire Lederman and Austin Oswald and our Promotions Chair, Stephanie Wood, for their assistance in creating the 2010 survey.

Dana Mills
Membership Coordinator



Recreation Therapy in New Brunswick

During the past two years, New Brunswick's health care model has been evolving. What once used to be 7 Regional Health Authorities has been amalgamated into two Health Networks: Horizon Health Network and Réseau de santé vitalité. What have been the implications for Recreation Therapy? Positive changes have begun for our profession beginning with inclusion in the professional services umbrella. Recreation Therapy was moved from the nursing portfolio to the therapeutics portfolio creating a greater opportunity for networking and collaboration between Recreation therapists. Professional Services also created professional practice councils in December 2009 for each discipline. A group of 4 Recreation therapists, representative of each zone in the Horizon Health Network, are meeting regularly to discuss best practices, sharing evidence-based programs, standards of practice and service delivery.

In zone 3, Fredericton area, Laura Hayes, CTRS was asked to develop and implement a Recreation Therapy program on our new Transitional Care unit at DECH which is facilitated by an Activity Worker. Janet Crealock, CTRS launch a two month pilot project "Recreation Therapy in an Acute Care Setting" on the stroke rehabilitation unit at DECH, which has an overwhelming number of dementia patients who display challenging behaviors. Both projects have been successful and we are looking forward to increasing our profile with Horizon Health Network.



Janet Crealock
Advocacy Chair

Making “TRAAC”s in NB

On May 7, 2010 a meeting was held in Fredericton, NB with the purpose of increasing awareness of TRAAC’s efforts with in the field of recreation therapy in Nova Scotia and to have an open dialogue with recreation therapy professionals from NB around the priorities/strategies that would support therapeutic recreation professional advancement in New Brunswick by TRAAC. In attendance were 4 Board representatives and we hosted a meeting luncheon for 8 NB recreation therapy practitioners.

Hot topics covered were:

- Overview of TRAAC (vision/mission/goals/Code of Ethics/Statement of Philosophy)
- Committee Work (advocacy, licensure, and education)
- Bylaw Amendments from 2010 Annual General Meeting
- Membership Outline
- Licensure Process in Nova Scotia

The remainder of the discussion centered on the challenges NB practitioners are facing and solutions that could lend support. Some of the positive outcomes that came out of the meeting were:

- To create NB Chapter of TRAAC. Research has begun to determine guidelines for the establishment of a chapter based on structures used by other associations provincially, nationally and internationally.
- To provide documentation that support best practice that can be adopted or utilized by NB practitioners, i.e. NS Continuing Care Strategy, Standards of Practice for Recreation as a Therapy and a Service that were jointly developed by TRAAC and NSPRH, etc.
- To create a model for advocacy based on the success of others and resources that would be used to educate and increase awareness for organizations and health care management to gain a better understanding of the field of recreation therapy.
- To increase opportunities for communication and networking.
- To increase opportunities for students to gain work experience in NB communities by connecting with educational programs i.e. Dalhousie University and Nova Scotia Community College.

For more information about these initiatives or to get involved contact Janet Crealock, Advocacy Chair for TRAAC at janet.crealock@horizonnb.ca.

Board of Directors **2010 – 2011**

President

Heather Baker
Recreation Therapist, CDHA
HeatherF.Baker@cdha.nshealth.ca

Vice President

Jacqueline Cook
Recreation Therapist, CDHA
JacquelineD.Cook@cdha.nshealth.ca

Treasurer

Jennifer Kirby
Recreation/Volunteer Coordinator,
Shannex
Jkirby@shannex.com

Secretary

Currently Vacant

Membership Coordinator

Dana Mills
Recreation Therapist, IWK
membershiptraac@yahoo.ca

Member at Large

Charlotte Stevens
Recreation Therapist, Yarmouth Regional
Hospital
Stevens.Charlotte@hotmail.com

Advocacy Chair

Janet Crealock
Recreation Therapist, Horizon NB –
Veteran's Health Unit
Janet.Crealock@horizonnb.ca

Communications Chair

Lynette Stevens
Recreation Therapist, Shannex
lstevens@shannex.com

Education Chair

Crystal Watson Larbi
Recreation Therapist, CDHA
Cwatson@dal.ca

Promotions Chair

Stephanie Wood
Recreation Therapist, CDHA
StephanieA.Wood@cdha.nshealth.ca

Student Directors

Claire Lederman
CL354316@dal.ca

Austin Oswald

as799581@dal.ca

TRAAC is calling on you!

Jodie Charters has submitted her resignation from the Board of Directors effective June 16, 2010. I have accepted her resignation and the Board of Directors wishes Jodie all the best and says thank you for her contributions to the association.

As a result, the board of directors is calling on interested members who wish to serve in the position of secretary to contact myself at BakerHF@cdha.nshealth.ca to express your interest or if you have questions about what the position entails.