

TRAAC NEWS

SUMMER EDITION - JULY 2011

Message from the President

Hi TRAAC Members,

I hope everyone is taking time to enjoy nature, friends, family and life. Summer has begun and while vacation time has started the TRAAC board of directors is just beginning to filter through your contributions from this year's conference. Over the next couple of months, the board will be working to finalize a strategic plan to address the areas that were identified by you, the members that are of importance. Thank you for your valued contributions and support, your contributions will continue to guide the work of TRAAC. In order to complete the recommendations and meet our strategic plan, the involvement of our members, both near and far is not only welcomed but also essential.

This edition of TRAAC News has been developed focusing on the achievements and accomplishments of you, the members and Recreation Therapy professionals who every day strive to enhance the quality of life of patients, clients, residents or veterans. This newsletter reflects the wealth of knowledge and experience of Recreation Therapy professionals across Atlantic Canada and their contributions to the advancement of the field. Congratulations to all of you!

To those students who recently graduated from the Human Services – Therapeutic Recreation program at the Nova Scotia Community College (NSCC), those students that recently graduated from the Bachelor of Science (Recreation) – Therapeutic (BScR) program and those who recently passed the National Council for Therapeutic Recreation Certification examination and are new CTRS'. Welcome to the field of recreation therapy!

Are you looking for a way to further advance recreation therapy? Do you have a passion for recreation therapy but aren't sure what to do? Would you like to be involved but feel that a regular time commitment is not for you? There are opportunities to be involved in TRAAC though committee work, specific tasks or specific interest areas that require short and long commitments. If you have questions about how you can be involved please contact me for further information via e-mail at president@traac.ca. If you are interested in involvement on a committee and have identified what committee is of interest to you contact the committee chair, whose contact information can be found on the website, for further details and opportunities.

Heather Baker, CTRS
Recreation Therapist
TRAAC President 2011-12

INSIDE THIS ISSUE:

TRAAC Committee Updates 2

CTRA 2011 Conference Report 4

TRAAC 2011 Award Winners! 5

Those Making TRAAC's! 6

Congratulations TR Graduates! 7

TR Practitioner Spotlight Article 8

Reminder to Student Members! 10



You are invited to attend the

***“Annual Student & Professional
Networking Event”***

Hosted by the
Therapeutic Recreation Association
of Atlantic Canada

Friday September 16th, 2011

3:00pm - 5:00pm

(2:30 for display set-up)

Location to Be Determined

Light Refreshments will be served!

Promotions Committee Report

The Promotions Committee is currently busy working with the Education Committee and student directors in planning TRAAC's annual Student Networking event to be held in September 2011. We are also currently investigating local conferences and events that TRAAC could be become involved with to promote the organization. If you are interested in volunteering on the Promotions Committee please contact Laura Boutilier, Promotions Chair at promotions@traac.ca !

Laura Boutilier, TRAAC Promotions Chair 2011-2012

Communications Committee Report

Hello TRAAC Members!

If you are a new member of TRAAC you should have recently received your username and password for the Member's Only section of TRAAC's website! For those of you who were members of TRAAC last year you can continue using the username/password that was originally emailed to you. If you've forgotten either of these please go to the Members section of the website and click on the appropriate link to have them emailed to you.

After receiving your username/password please take the opportunity to explore the Member's Only section, particularly the discussion forum. It is divided into various categories based on the population you may be working with and is a great tool to use in order to keep in touch with each other and share resources! The TRAAC board of directors will often post questions or other materials in the discussion forum as well so be sure to check in to see what's new!

As we continue to look for ways to improve TRAAC's website the Communications Committee plans to work on the following initiatives during the coming year:

- Collecting additional client photos highlighting recreation programs for TRAAC's website
- Developing a list of possible internship opportunities for student members on TRAAC's website

If you are interested in contributing client photos, being listed on TRAAC's website as a possible internship opportunity or simply volunteering with the Communications Committee in general please contact Lynette Stevens, Communications Chair at communications@traac.ca !

Lynette Stevens, TRAAC Communications Chair 2011-2012

CTRA 2011 Conference Report

“Power in Process”

Whistler, British Columbia: May 25-27th



“ We have a responsibility to ensure we are professional, ethical and supportive to the field of Therapeutic Recreation.”

- Heather Baker

This year’s CTRA conference was held at the Four Seasons Resort in Whistler, BC and it opened with multiple workshop options. I attended the full day workshop titled, “Training the Trainer: *Take Care: A Brief Leisure Education Intervention for Family Members of Persons with Chronic Health Conditions*”. This full day session walked participants through the program allowing time for mock delivery of the program at each table of 8 participants. This session provided participants with the leader’s manual and the option to deliver this program with the option to partake in the evaluation of the program through the presenter’s research of the program at Dalhousie University. This session was informative, applicable and helpful to participants from multiple work areas and provides the opportunity to be involved in research.

The keynote presentation was delivered by Dr. Edward Kesgen who is the author of ‘To Charlie: With Love, From Grandad’. Dr. Kesgen’s keynote was titled, “Self - Empowerment - There Never Were Any Locks”. The keynote was powerful, inspirational and moving. It was designed to motivate and remind us of the importance of each and every individual and how important it is to believe in yourself and what you do.

The opening plenary was delivered by Dr. Charles Sylvester and was titled, “The Neglected Side of Professional Ethics in Therapeutic Recreation”. Dr. Sylvester talked about codes of ethics and the fact that having a Code of Ethics does not mean that we are ethical in our service delivery or character. He talked about what it takes to make ethics viable and the types of ethics that exist. Character is essential and this was a major focus of the plenary, it encompasses virtue, excellence and moral excellence. He talked about character as an integrated habit (trait, quality & disposition) to think, feel and act morally. Dr. Sylvester talked about the three levels of character development, cognitive, affective (desiring what is good), and behavioral (doing what is good). There are 3 R’s that support the building of character; reflection, role models and real world. It is important to build character in the field of Therapeutic Recreation through professional preparation and professional development. We have a responsibility to ensure we are professional, ethical and supportive to the field of Therapeutic Recreation.

Throughout the conference I attended the following sessions:

- “Strength in Relationships: The Power of Engagement”,
- “Inside-Out Journey: the “Law” & a Wellness Program”,
- “Why Invest in Social Capital? An Evidence-Based Approach”,
- “Polarity Management in Health Care...Dealing with the Unsolvable Polarities”,
- “Life Lived: Linking Life and Death”, and
- “Interprofessional Education and Collaboration in Health: The Role of TR”

CTRA 2011 Conference Report (contd.)

The closing plenary was delivered by Dr. Jerry Singleton who reflected on the 3 days of the conference and was able to bring in components of all of the sessions to summarize the power in the TR process and in what we do as TR professionals. It was a great way to close the conference and allow folks to hear a little bit about what happened in all of the sessions.

In addition to the educational sessions, as a representative of TRAAC I attended the Provincial President's meeting, the CTRA AGM and Awards luncheon and the social hosted by NCTRC and the CTRA 2012 planning committee.

The Provincial President's meeting shed light on where each provincial association is and what areas they are planning to focus on in the coming year. Some of the highlights included:

- TRO received word from the government that the process and requirements for self-regulation had changed and now required them to incorporate information regarding risk of harm. The intent of TRO was to utilize its membership at their annual conference from June 1st - 3rd to gather this information and later submit it.
- TRM has become part of Recreation Connections Manitoba
- ATRA continues to pursue regulation and have submitted their application
- CTRA 2013 may be held in Quebec, looking at Montreal or Quebec City
- NLTRA spoke to interest in Chapter Development with TRAAC as well as their upcoming conference in St. John's from October 19-21, 2011

The CTRA AGM and Awards dinner unveiled the award recipients and CTRA presented Dr. Jerry Singleton with the first 'Dr. Gonzaga da Gama Award'.

The CTRA 2011 conference in Whistler, BC had a great location, an enthusiastic group of volunteers and was enjoyable from start to finish. The incorporation and promotion of CTRA 2012 by co-chairs Crystal Watson and Coleen Lawlor throughout the conference and during the CTRA AGM sparked much interest and discussion. It was an honor to represent TRAAC at the CTRA 2011 conference.

Respectfully Submitted,
Heather Baker, CTRS
President TRAAC 2011-12

TRAAC 2011 Award Winners!

Congrats again to those individuals who received a 2011 TRAAC award! The awards were presented at a special ceremony during TRAAC's conference held from May 4th - 6th, 2011 at the Delta Halifax. Thank you for all you do for the field of Therapeutic Recreation and the benefits you provide to the clients with whom you work. The TRAAC awards were presented as follows:

Austin Oswald - Crystal Award

Diana Stewart - Horizon Award

Alex Chandler - Vanguard Award



Those Making TRAAC's!

TRAAC wants to be able to highlight our fellow TR colleagues' successes! Have you or a colleague won an award, published an article, completed some research, etc? If so, we want to acknowledge this accomplishment! Please email Lynette Stevens, Communications Chair at communications@traac.ca with further information!

We'd like to recognize the following colleagues on their recent accomplishments:

Claire Lederman, was awarded the **Dr. Hugh A. Noble Award** at Dalhousie University's spring convocation. This award recognizes all-round accomplishment as a potential professional. Specifically, the criteria for assessment are: a) academic accomplishments, b) qualities of citizenship demonstrated by involvement outside the University community, and c) qualities of leadership as demonstrated by involvement in activities internal to the university. Also, part of the assessment is judgment as to the candidate's potential for contributing to the profession. Congratulations Claire!

Austin Oswald, was awarded the **Leisure Congress Award** at Dalhousie University's spring convocation. This award recognizes excellence in student research by a student graduating with a Bachelor of Science (Recreation) degree. Faculty submit a nomination based on a student's work. Austin completed a study for his Community Development course titled, "**An exploration of the leisure and recreation needs of socially excluded youth in rural Nova Scotia**". On May 5th, he presented his study at the Therapeutic Recreation Association of Atlantic Canada's annual conference in Halifax. Congratulations Austin!

Dr. Jerry Singleton, was awarded the **Dr. Gonzaga da Gama Memorial Award** at the Canadian Therapeutic Recreation Association's annual conference in Whistler, BC in May 2011. Jerry has been a leader in TR both nationally and internationally. He has advocated for higher level competencies of professionals by facilitating program changes to the Dalhousie program to meet NCTRC standards and is currently working with the Université de Moncton on their program. He is a mentor for researchers, students, educators and practitioners alike. Jerry has been an active member of CTRA serving on the board, tasking on committees and presenting regularly at our annual conference. It seems appropriate that Jerry be the first recipient of this award developed in memoriam of his esteemed colleague and friend Dr. Gonzaga da Gama. Congratulations Jerry!

Karen Hazelden was the recipient of the **NSRPH Student Leadership Award** and **Christopher Lewis** was the recipient of the **Excellence in TR Award** at the NSCC graduation ceremony! Congratulations Karen and Christopher!



Congratulations TR Graduates!

The field of therapeutic recreation continues to grow and we are excited to welcome the following graduates of Dalhousie University's Bachelor of Science (Recreation) - Therapeutic (BScR) degree and the Nova Scotia Community College's Human Services diploma with a specialization in Therapeutic Recreation. As well, congratulations to any recent graduates from Dalhousie's program who recently passed the National Council for Therapeutic Recreation Certification exam and are now CTRS! We wish each one of you all the best as you make the transition from student to Therapeutic Recreation professional! The field of TR is lucky to have you!

Dalhousie University Graduates - May 30, 2011

Sarah Fallis

Jenna Fearnley

Claire Lederman

Jenna Nelson

Austin Oswald

Alanna Riordan

Rachel Urquhart



Nova Scotia Community College Graduates

Cindy Bell

Karen Hazelden

Kristin MacSween

Laura Bochoff

Kristi-Lee Hill

Brittany Manuel

Terri Brown

Melanie Huntley

Kaylee Murphy

Kristen Clark

Julie Lagin-Nasse

Dylan Nickerson

Amanda Cleveland

Tonya Leslie

Korey Tanner

Tara Connors

Christopher Lewis

Jason Wood

Jennifer Dingwall

Kelsey MacLeod

Brigid Dunphy

Alisha MacMillan

Tiffany Gilkie

Ashley MacMullin

Vanessa Hackett

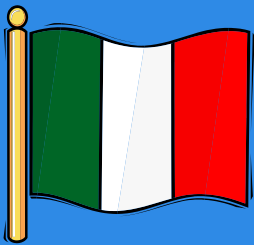
Stacy MacNeil

TR Practitioner Spotlight with Jacqueline Cook

For this edition of TRAAC News we're catching up with Jacqueline Cook who was recently nominated as president of CTRA for 2011-2012 ! Congratulations Jacqueline!

"I love that we get to see past the illness and treating that but just giving them the opportunity to be themselves and have fun."

- Jacqueline Cook



1. Where are you currently working?

I currently am working in the Capital Health Mental Health Program with inpatients who are acutely mentally ill. Diagnoses we typically see are adjustment disorders, mood disorders, eating disorders, anxiety disorders, psychotic disorders, and personality disorders.

2. What is your favorite program to facilitate?

I love facilitating Interpersonal Psychotherapy Group. It's an opportunity for patients to share what challenges they're having in their personal relationships and offering support to each other. It's amazing how the sense of belonging to that group can really help someone heal. This group isn't specifically a Recreation Therapy program but really helps me to understand the struggles of my patients. I also love facilitating music group. I love this group because it seems to be a group that no matter where a patient is in their illness they can engage in and get so much benefit from.

3. What is your favorite part of the TR process?

I love assessment and intervention most. I really enjoy the first impression of the patient and building trust with them. I also love seeing them engage in programs which is so different then how the rest of the team sees them. I love that we get to see past the illness and treating that but just giving them the opportunity to be themselves and have fun.

4. What is something you'd like to do but haven't had the opportunity to yet?

Travel to Italy! I am in love with the Renaissance era and everything about it (except the lack of plumbing). I love the art and architecture and the culture. I can't wait to see the Sistine Chapel done by my favourite artist Michelangelo Buonarroti and the beautiful Italian countryside.

5. What is the best part of your job?

I have the most amazing coworkers I share an office with and no matter what is going on personally and professionally they are such amazing supports! Bob and Tara you are so awesome!!

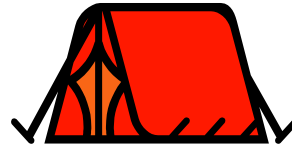
TR Practitioner Spotlight with Jacqueline Cook

6. What is your best leisure memory personally?

Any memory I have of camping and/or hiking. I had a blast last summer hiking a trail a week with my good friend and TRAAC President Heather Baker! I also loved my trips to Gros Morne, NL, Calgary Stampede, Las Vegas/Grand Canyon and backwoods camping in Fundy, NB (until my best friend ran over a squirrel...that was kinda sad).

7. What do you like to do in your leisure time?

I love to be outdoors whether I'm hiking, camping, canoeing, lying in the hammock or sitting around a campfire playing guitar and singing. I also love spending time with my dog and cat, scrapbooking, hosting family and friends, painting/drawing, karaoke, dancing, learning (right now trying to learn Italian via Rosetta Stone).

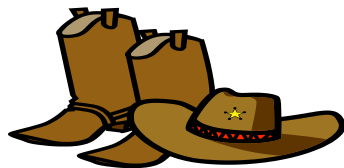


8. What is your favorite book/tv show/music?

My favourite TV show is Buffy the Vampire Slayer...even if it's off air I still own all the seasons and watch them regularly with my best friend while we scrapbook! I love country music right now my favourite is anything by Sugarland. Faith Hill is the artist that turned me country so I have to give her props! My favourite book is probably any of my TR textbooks...hahaha!

9. If you could have any other job what would it be?

I would definitely be a cowgirl! I would live on a farm with lots of animals (I especially like the idea of owning a goat) and barrel race in local rodeo competitions.



10. Any advice for the recent graduates who are embarking on the journey of being a TR professional?

Become and stay involved in your professional associations. It helps you make connections you may not even think of. It helps you have a voice in where the profession is going in the future, you make great friends, it expands your resources through sharing with other professionals and it will add so much pride to the work you do!

Go to
www.traac.ca
 to fill out your
 membership
 application form
 on-line!

Reminder to Student Members!

Don't forget! Renewal time is fast approaching for the 2011-2012 student membership year. The date for your membership to expire is August 31st, 2011. The new membership year begins September 1st, 2011. **Cost for membership renewal is \$20.**

Did you ever want to know what's happening on a national level in the field of TR? Well, new starting this membership year, is the joint student memberships with the Canadian Therapeutic Recreation Association (CTRA). Check out the new area on the application form when you renew if this option appeals to you. This broadens your network within the field for both student placements and job prospects! Fee for this opportunity is \$25.00.

Are you a recent graduate and have been a student member in good standing? You can now transfer your student membership into a professional membership for a fee of \$130.00. Contact me if this applies to you! Membership application forms can be found on the TRAAC website or questions about your membership can be sent to Dana Mills, Membership Coordinator, membership@traac.ca.

Encourage a fellow TR student to join today!

CTRA 2012 Awards!

As you know, TRAAC and NSRPH will be co-hosting CTRA's national conference in June 2012! What better way to recognize the great work some of your colleagues are doing right here in Atlantic Canada than by nominating them for a CTRA Award. Nomination packages will come out later next spring but keep in mind the following awards that are handed out at the CTRA Conference each year.

- Dr. Gonzaga Da Gama Memorial Award
- Outstanding Volunteer Award
- Innovative Practice in Therapeutic Recreation Award
- Professional of the Year
- Outstanding Student Award



Make a Submission to TRAAC News!

The Communications Committee wants to make TRAAC News not only a place for TRAAC to share information with its members but also provide its members with an opportunity to share information with each other! With that idea in mind we would like to theme our fall newsletter around TRAAC members sharing new program ideas and/or initiatives that are occurring at their workplaces! So, if you've developed a new program or simply facilitate a program that provides great benefit to your clients we want to hear from you!

In mid-August, you will be receiving an email asking for submissions for the fall edition of TRAAC News! We look forward to hearing about and sharing your new programming ideas!

If you have any questions or would like to make a submission to TRAAC News please email Lynette Stevens, Communications Chair at communications@traac.ca



IWK Telethon Story

We wanted to share this story for any TRAAC members who may have missed it! During the IWK Telethon which was held in June, they featured a story about the power of TR and the positive impact that it can have in an individual's life.

The story featured Isai Estey; a fifteen year old boy who lives in Dartmouth. Isai was born with cerebral palsy which effects his mobility and communication. Thanks to the Recreation Therapy Program at the IWK, Isai has had the opportunity to learn many new skills and participate in many different programs including kayaking, biking and exploring Halifax. Please go to the following link to see this truly inspiring story. (www.youtube.com/watch?v=UvwHc5FdFa4)



Therapeutic Recreation Association of Atlantic Canada

PO Box 8871 Station A

Halifax, NS

B3K 5M5

Website: www.traac.ca

Mission:

The Therapeutic Recreation Association of Atlantic Canada promotes excellence in Therapeutic Recreation through advocacy, resource development and continuing education.

Vision:

Therapeutic Recreation is an essential service for health and wellness.

Board of Directors 2010 - 2011

President

Heather Baker
Recreation Therapist, CDHA
president@traac.ca

Vice President

Dawn MacDonald
Recreation Therapist, CBDHA
vicepresident@traac.ca

Treasurer

Jennifer Kirby
Recreation/Volunteer Coordinator,
Shannex
treasurer@traac.ca

Secretary

Claire Lederman
secretary@traac.ca

Membership Coordinator

Dana Mills, CTRS
Coordinator of Faith Formation Programs,
Bethany United Church
membership@traac.ca

Member at Large

Chris Rafuse
Recreation Therapist,
memberatlarge@traac.ca

Advocacy Chair

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

Communications Chair

Lynette Stevens
Recreation Therapist, Shannex
communications@traac.ca

Education Chair

Crystal Watson
Faculty, NSCC (Human Services)
education@traac.ca

Promotions Chair

Laura Boutilier
Recreation Therapist, CDHA
promotions@traac.ca

Student Directors

Juanita Sams
studentdirectors@traac.ca

Taylor Owens
studentdirectors@traac.ca