

WINTER 2009

Volume 6, Issue 1

# TRAAC NEWS

*Therapeutic Recreation Association of Atlantic Canada*

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## *Celebrating A Decade of Therapeutic Recreation In Atlantic Canada 1999 – 2009*

### **Founding President's Report**

*Ten years has past since the first TRAAC Board (originally named the Atlantic Canadian Society for CTRS) originated. The Board was comprised of five interested CTRS who saw a need to address the specific interests of a CTRS; particularly to provide a forum for networking and professional development. Hosting a workshop was among the first goals of the Board which would provide regional CTRS an opportunity to earn continuing education at home, without the added financial stress of traveling across the border. The initiation of a Board and yearly networking workshop was timely as we saw an explosion in the number of CTRS graduating from Dalhousie in the late 1990s.*

*There have been many highlights as the Board made it a priority to educate stakeholders on the competencies of a CTRS. Hard work from the various Boards and the membership has contributed to a number of new Recreation Therapist positions with the CTRS requirement for hiring. This has enabled local graduates to work in Atlantic Canada. We worked collaboratively with RPH to co-write Standards of Practice and are now striving toward licensure. Exciting times have led to new roles in a variety of settings across the lifespan. I am proud to have been part of TRAAC's development and to have worked with such talent and dedication within our profession. As I look forward to the next ten years I am excited by the potential of Recreation Therapy.*

*Andrea Waters, CTRS  
Founding President*

**TRAAC Annual  
Conference**

**March 27 & 28  
2009**

**See Pg. 3 for Details**

*Therapeutic  
Recreation  
Association of  
Atlantic Canada*

***"You can learn  
more about a  
man in an hour  
of play than in  
a lifetime of  
conversation."***

PLATO

## Licensure Committee Update

On January 17th 2009, TRAAC sponsored a lobbying workshop and is pleased to report that it was a great success. Over 40 participants from across the province of Nova Scotia attended the half day workshop facilitated by Wayne Marsh. Participants reviewed the licensure process, what we have accomplished thus far and the steps needed before we present our case to government. Please stay tuned as a full workshop report which will be available soon.

The committee is also pleased to report that numerous letters of support have been gathered from all sectors of health care. Cape Breton District Health Authority, Capital District Mental Health Program and the OT/PT Leadership Committee are just a few of the stakeholders who have expressed support in concept of licensure for Recreation Therapists in Nova Scotia.

The committee would like to thank all stakeholders, members and non members of TRAAC alike who have helped to support this exciting endeavor.

Hope to see you all at the AGM in March where we will be presenting our full 2008-2009 report.

Sincerely,

*The Licensure Committee*

Heather Baker, Diana Bennett, Charlotte Frankland, Dawn MacDonald, Bernadine Matthews, Chris Rafuse, Andrew Ritcey, Kevin Stairs, Charlotte Stevens, Amy Walls

# TRAAC 2009 Conference

## TRAAC Annual Conference

Friday and Saturday

March 27 & 29, 2009

Holiday Inn Select (1980 Robie St)

Halifax, NS

The 2009 TRAAC Conference will share innovative ideas, programs, and research with you!

Join us as we begin *"TRAACing our Reflection in a Sea of Change"*

### You can take part in sessions on:

- ◆ The Changing Generation of TR
- ◆ Community Re-Integration
- ◆ Original TR Programming such as Life Skills Coaching, Outdoor Education, Working with the Nintendo Wii, Dance, and More!
- ◆ Creative Community and Interdisciplinary Collaborations
- ◆ Research Concepts, Methods
- ◆ A Reflection on the Past and a Journey into the Current Trends in TR
- ◆ And Much Much More...

### The 2009 TRAAC Conference has something for everyone!

If you work with or are interested in learning more about the following populations and/or methods of service delivery, please visit our TRAAC website for more information ([www.traac.ca](http://www.traac.ca)).

- ◆ Pediatrics (Children and Youth with Physical and/or Developmental Disabilities)
- ◆ Youth with Addictions and Mental Health Issues
- ◆ Adults (In Rehabilitation, Day Program, and/or Assisted Living Settings)
- ◆ Clients with Acquired Brain Injury
- ◆ Practitioners Supervising Students and/or Interested in Research
- ◆ Transitioning Clients
- ◆ And More.....

**We Look Forward to Seeing You at the Conference**

**\*\*Register Online Now\*\***

[www.traac.ca](http://www.traac.ca)

**!!! Register Early & Save !!!**

Registration Costs if Received By  
March 5, 2009

TRAAC Member = \$150.00  
Non-TRAAC Member = \$200.00  
Student = \$ 40.00



**TRAAC**



**Pre Conference**

**Outcomes Evaluation and Evidence-Based Practice:  
Sine Qua Non in the 21st Century**

**With Dr. Karla Henderson**

**Date:** Thursday March 26, 2009

**Time:** Beginning at 9am (Registration opens at 7:45am)

**Location:** Room 1613B, Veterans Memorial Building,  
QEII Health Sciences Centre

The purpose of this workshop is to provide ideas about how program evaluation can occur with a focus on outcomes that can lead to evidence-based practice. The emphasis is on evaluation as it pertains to programs that might be designed for individual participation. The basic elements of evaluation will be addressed along with considerations that will move the broad recreation field forward in assessing and documenting the role that recreation/leisure plays in people's lives.

Visit [www.traac.ca](http://www.traac.ca) for more  
**Information and to Register for this Event**

TRAAC  
2009  
Conference

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*Therapeutic  
Recreation  
Association of  
Atlantic  
Canada*

## **TRAAC Appreciation and Awards Luncheon**

**Awards held on Saturday, March 28, 2009  
During Annual Conference at the Holiday Inn in Halifax, NS**

**To Nominate Someone for an award please go to our website  
to download the form and send it in by February 28, 2009.**

***“Tell me  
and I  
forget,  
teach me  
and I  
remember,  
involve me  
and I  
learn.”***

**Benjamin  
Franklin**

**Nominees will be showcased during the conference and  
members will be able to vote for each award.**

**Nomination Forms for the  
Following Awards  
Can be found at [www.traac.ca](http://www.traac.ca):**

- \* Vanguard Award**  
-For a Professional of 5 years or more
- \* Horizon Award**  
-For a Professional of less than 5 years
- \* Crystal Award**  
-For a Student

*Therapeutic  
Recreation  
Association of  
Atlantic  
Canada*

*“Laughter  
is a  
Tranquilizer  
with No Side  
Effects”*

*- Arnold  
Glasgow*

# ***TRAAC Items***

## ***For Sale***

**During the 2009 TRAAC Conference  
We Will Be Selling**

**TRAAC Teal Green “Recreation Therapy”  
wristbands**



**TRAAC Stainless Steel Water Bottles**



***All proceeds go to TRAAC and promoting  
Recreation Therapy in Atlantic Canada***

## TRAAC Board Members 2008-2009

**President:**

Dawn MacDonald  
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**Treasurer and Membership:**

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