

Recreational Therapy at The Guild



Meet your Recreational Therapy /Recreation Team

- Geoff Garfinkle, Director of Community and Vocational Education, CTRS, MBA

- BS – Franklin Pierce University
- MBA – Plymouth State University



- Lucas Bolduc, Manager of APE and Recreation

BS – Springfield College

MEd – American College of Education



- Ashley Kratz, Recreation Therapist, CTRS

- BS – Slippery Rock University
- MS – Slippery Rock University



- Alexx Niss, CTRS Recreation Therapist

- BS – Springfield College



What is Therapeutic Recreation?

- Therapeutic Recreation “means a treatment service designed to restore, remediate and rehabilitate a person’s functioning and independence in life activities, to promote health and wellness as well as reduce or eliminate the activity limitations and restrictions to participation in life situations caused by an illness or disabling condition.”
American Therapeutic Recreation Association (2017)



Federal Law

- P.L. 94-142 (1975)
 - Education of all Handicapped Children Act
- Now IDEA (Individuals with Disabilities Education Act): According to the IDEA '97 final regulations, recreational therapy is a related service (much like OT/PT/SLP)
- Having TR as an available service differentiates The Guild from other schools.

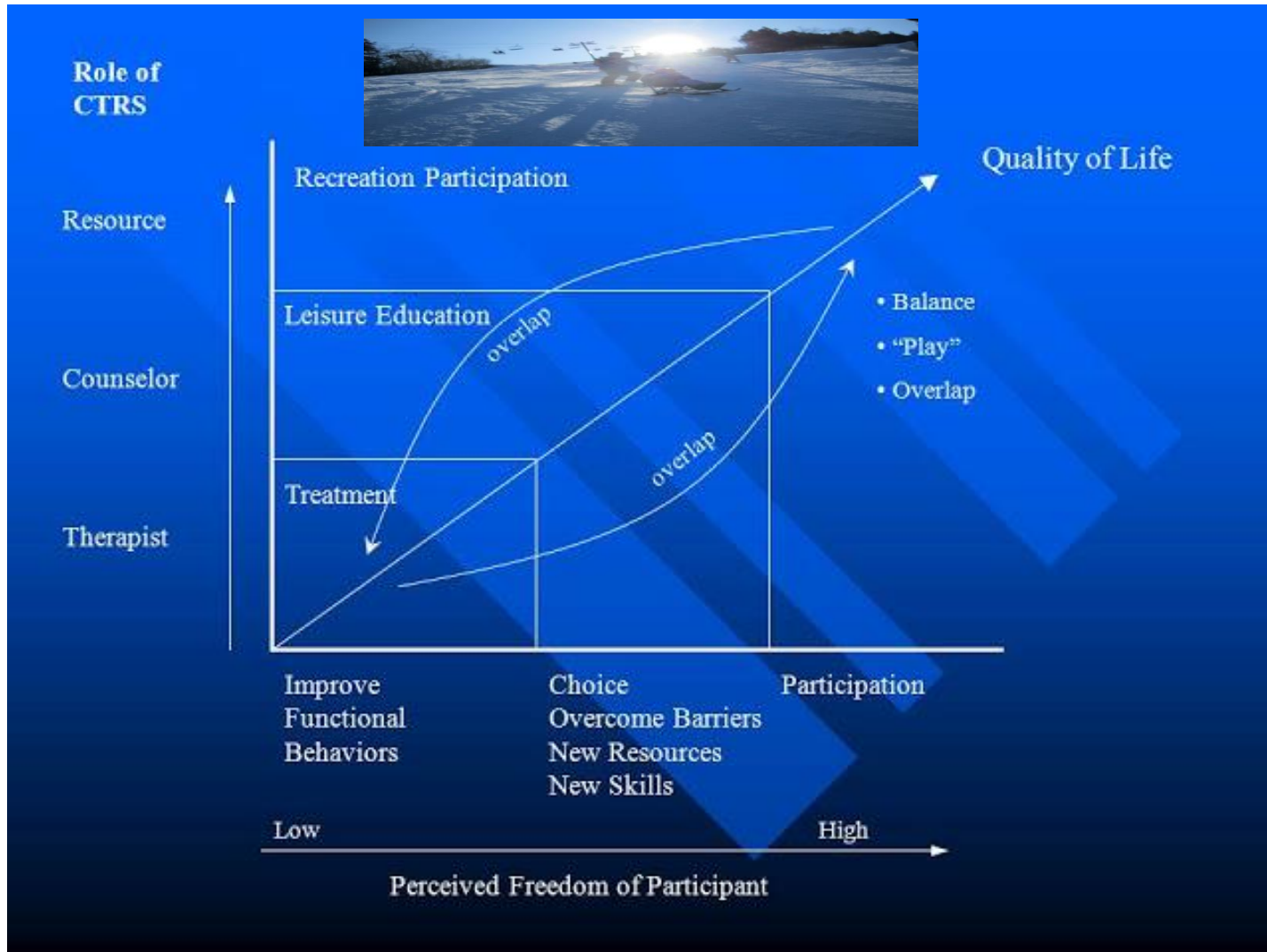


IDEA Qualified Personnel

- A CTRS is nationally credentialed through the National Council for Therapeutic Recreation Certification (NCTRC).
- Qualifications to sit for the NCTRC Certification exam include: **Bachelor of Science degree in Therapeutic Recreation** from an accredited college/university and completion of a 560 hour 14 week **internship** under the supervision of an experienced CTRS
- The **NCTRC certification exam** is Accredited by The National Commission for Certifying Agencies



Leisure Ability Model



Using the APIE Process

- Assessment

- Valid and reliable tools

- Planning

- Written treatment plan including evidence-based interventions to address specific goals identified by assessment. Planning works to ensure the best match for the individual.

- Implementation

- Use of therapeutic activities to address goals

- Evaluation

- Documentation of progress toward goals and effectiveness of interventions.



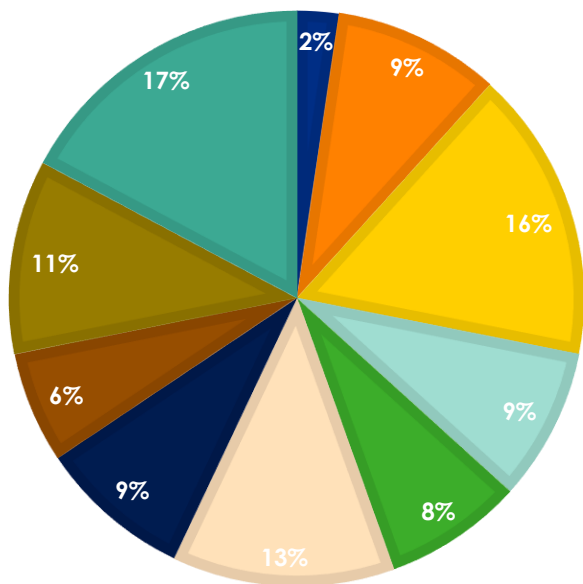
Therapeutic Recreation in and After School - TRAS



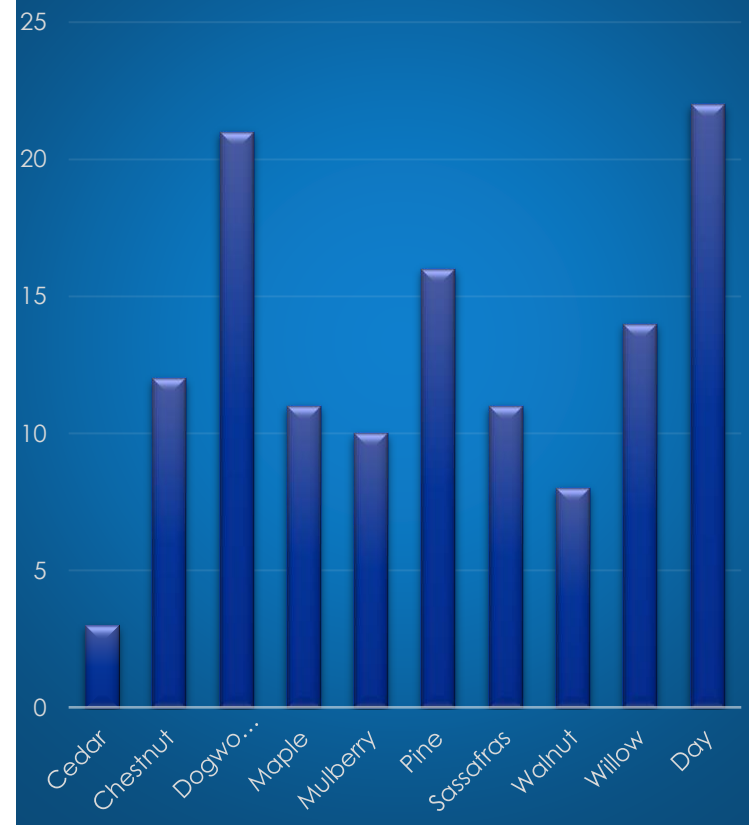
December In-School participation in Therapeutic Recreation Groups

DECEMBER TR IN SCHOOL GROUP PARTICIPATION

- Cedar ■ Chestnut ■ Dogwood ■ Maple
- Mulberry ■ Pine ■ Sassafras ■ Walnut
- Willow ■ Day



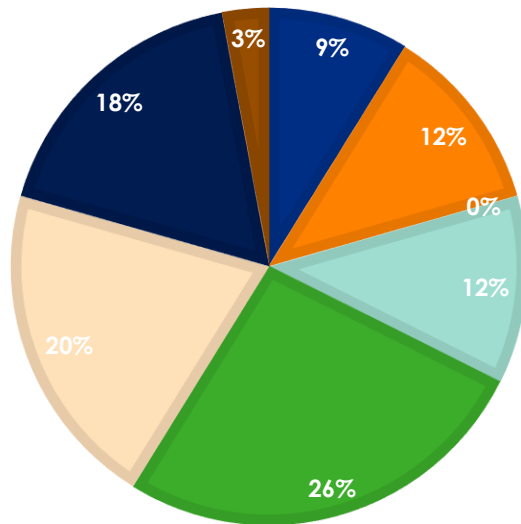
DECEMBER TR IN SCHOOL GROUP PARTICIPATION



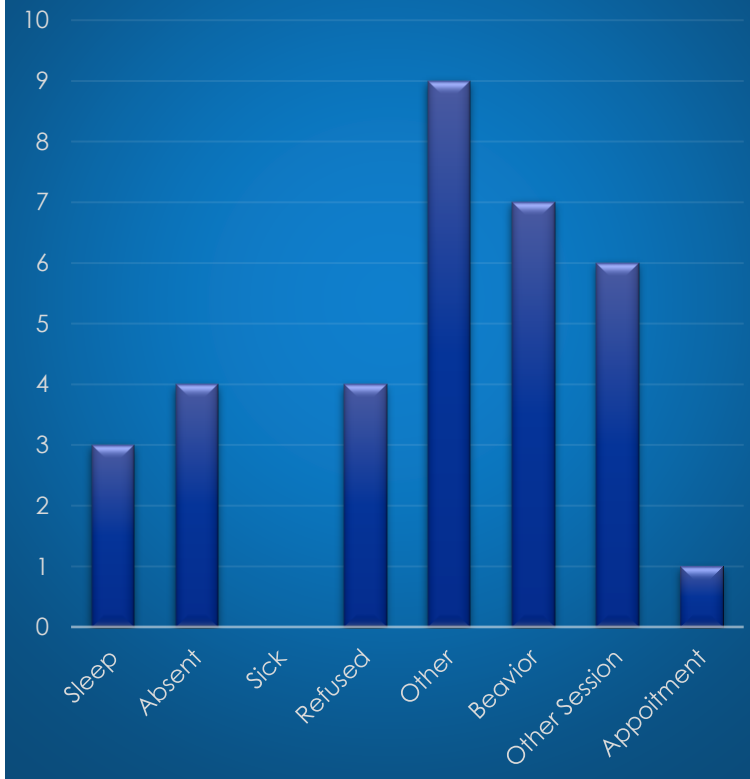
December In-School reasons why students didn't participate in Therapeutic Recreation groups

DECEMBER TR IN SCHOOL NO GROUP PARTICIPATION REASONING

- Sleep
- Absent
- Sick
- Refused
- Other
- Behavior
- Other Session
- Apoitment



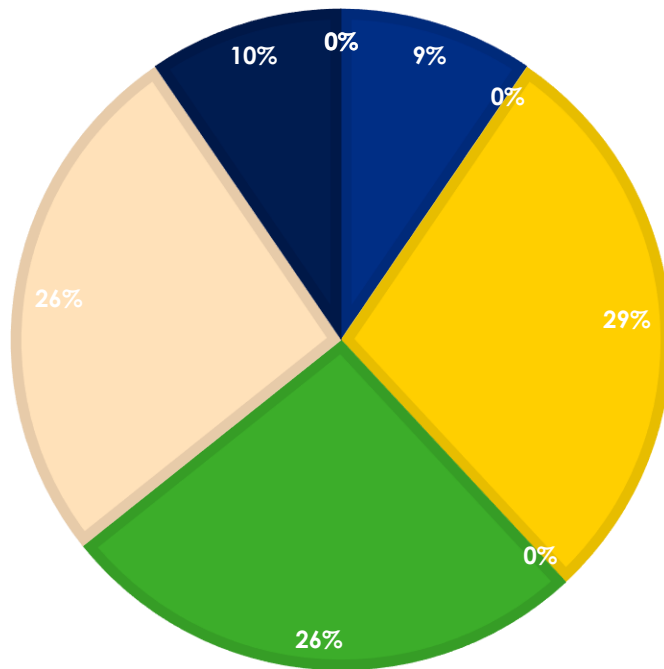
DECEMBER TR IN SCHOOL NO PARTICIPATION REASONING



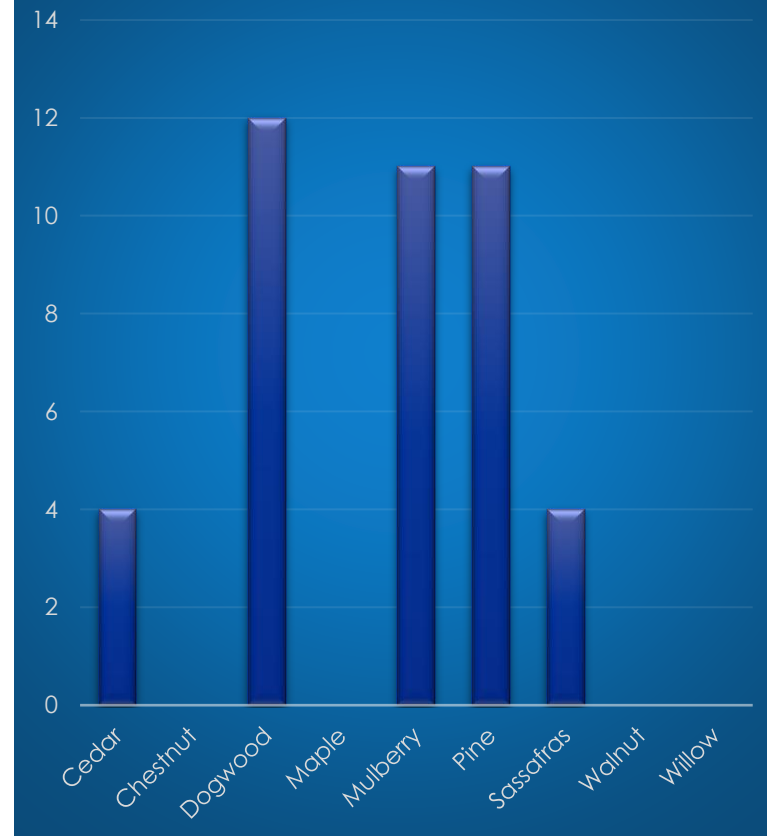
December TRAS participation

DECEMBER TRAS GROUP PARTICIPATION

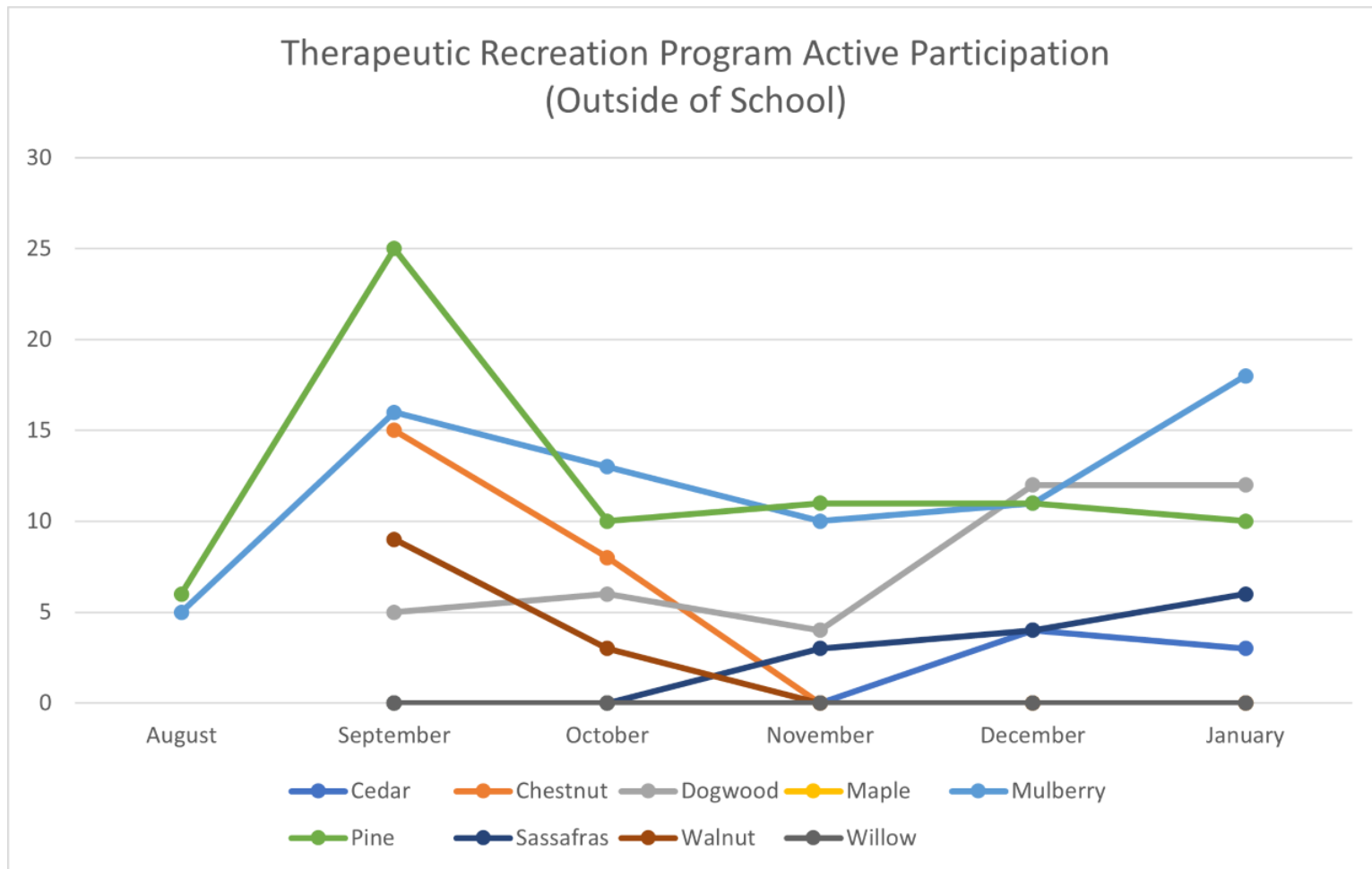
- Cedar
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DECEMBER TRAS GROUP PARTICIPATION



Participation in TRAS by residence since we started tracking



Service Delivery

Simply put, Therapeutic Recreation services are designed to minimize limitations and maximize functional skills.

- To increase functional skills in order to maintain the highest quality of life and highest level of functioning



All TR groups have written protocols

- **Special Olympic Walking Club Protocol**
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- **Name of Group:** Walking Club
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- **Purpose:** To improve social, emotional, cognitive and physical abilities through group Walking.
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- **Facilitator:** CTRS
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- **Duration:** Throughout TRAS session (usually about 9 weeks)
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- **Goals:**
- Develop and enforce appropriate social skills and relationships through participation in TRAS as well as with other Special Olympics walking clubs and/or group walking opportunities (such as the Flutie 5k).
- Improve student gross motor function and coordination
- Improve student physical fitness
- Teaches and encourages follow through on commitments/obligations
- Introduce and encourage students to adopt a healthy leisure lifestyle
- Build on a sense of accomplishment
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- **Membership Requirements:**
- Sign up through Residential Manager to CTRS request for TRAS participation
- Participate in at least 66% of scheduled opportunities
- CTRS will report member participation to appropriate staff member at SOMA
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- **Discharge Criteria:**
- Discharge from The Guild
- Failure to meet membership requirements
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- **Precautions:**
- Attendance at sessions is not permitted for any member presenting with a contagious and/or infectious disease.
- Facilitators should be aware of client's health conditions that may interfere with participation in activities.
- Group facilitator should be aware and familiar with student behavior plans when applicable.
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Supplemental Programming

- Why is SP Important?
- Pie of Life exercise:

“I don't think many people have a very good understanding of leisure and the importance it plays in our lives.” Jack Nicholson



The Special Olympic Experience at The Guild

- For many students, The Guild provides them their first contact with SO's.
- We expect that a high percentage of our students will continue with SO programs at their next setting.
- Many students throughout the state report that their SO experience was the highlight of their stay at their school.



Special Olympics

- Sport is a great equalizer that can build bridges, transcend borders and cultures, and render even the fiercest conflicts temporarily irrelevant.
Richard Attias



Special Olympics



- How can you help?
- The SOMA Athlete registration process
- Application
- Parental consent
- Medical clearance (up to date info with nursing)
- Support your child's participation!



Special Olympics

- **By participating in Special Olympics, athletes:**
- Gain self-confidence and self-esteem
- Experience friendship on and off the field
- Increase awareness and recognition of each athletes competency
- Enjoy being part of the large Special Olympics social network
- Are more physically active even outside of Special Olympic activities
- The impact of Special Olympics extends beyond sports. It gives athletes and their family members stronger family connections, and a social network who understand their concerns and their joys.



Are there any experiences that help define you as a person?

- Leisure Coat of Arms exercise:



Vision for the future

- Share data with Residential leadership in an effort to improve consistency in participation and support for TRAS
- TRAS expansion with new branding to include other related services disciplines as part of the Integration Initiative
- Continued carryover with residential (Dogwood example)
- With the expansion, a pilot program to offer TRAS to day students
- Challenges include: staffing, transportation and logistics, working with districts to include this service in cost sharing
- Expansion of Special Olympics offerings
- Vision planning exercises with the department start next week



Thank You!

