

**26th Annual  
Central California Therapeutic Recreation Symposium  
Saturday March 9, 2024  
8:00 a.m. - 5:00 p.m.**

**Schedule for the Day**

**8-8:30 AM Registration**

**8:30 AM Welcome**

**8:45-10:15 Entrepreneurship and Recreation Therapy- is it right for you?  
*Alexis Newlin, CTRS, Authentic Adventures Central California***

Participants will learn about the process of starting your own recreation therapy business. The session will explore how to decide who you would like to serve, funding and start-up assistance, creating a plan, and how to pitch your business idea.

At the completion of this session, participants will be able to:

- 1) Identify three resources needed to start a recreation therapy business
- 2) Identify three populations to focus on for a recreation therapy business
- 3) Be able to pitch a recreation therapy business idea in 60 minutes or less

**10:30-12:00 Trauma Informed Tools for Recreational Therapists  
*Kelsey Garcia, LMFT, Executive Director of Clear Thinking Solutions, Inc.***

In this training, we will learn about the brain's functioning, its connection to the body, and how this relates to individuals' healing journeys. We will take a look at trauma itself, how trauma impacts individuals' healing journeys and trauma-informed practical tools that support TR/RT practices.

At the completion of this session, participants will be able to:

- 1) Describe trauma informed care for themselves as the recreation therapy professional and for the individuals with whom they work
- 2) Incorporate trauma-informed practical tools into recreation therapy practice
- 3) Explain the brain and body connection and its impact on individuals' healing processes

**12:00-12:45 Lunch**

**12:45-2:15 Designing RT Student Volunteer Program to Benefit Both RT Mentor and Student  
*Kelly Johnson, CTRS, Community Behavioral Health Center***

This session will explore components needed to create quality volunteer opportunities for Recreation Therapy students to gain knowledge and experience as they progress in their RT education. Mentorship of RT students, orientation and training, anticipated outcomes for both student and RT Mentor, as well exposure to the role of Recreation Therapy at the agency will be discussed.

At the completion of this session, participants will be able to:

- 1) Identify at least 3 key qualities needed in an Recreation Therapy mentor
- 1) Identify at least 2 anticipated outcomes for the Recreation Therapy student
- 2) Create a job description for a Recreation Therapy student volunteer

**2:30-4:00 Facilitating Virtual Recreation Therapy Programs through Integrative Health  
*Sharmayne Whitehead, CTRS, San Francisco VA Medical Center, Integrative Health***

Participants will learn about developing and facilitating virtual therapeutic recreation programs and discover innovative ways to implement 3 different virtual RT programs in the VA System: the referrals process, developing and facilitating virtual programs, supplies & equipment distribution, budgeting, documentation and billing. All participants will have an opportunity to interact while learning a Chair One Fitness activity.

At the completion of this session, participants will be able to:

- 1) Identify three benefits of virtual recreation therapy programming.
- 2) Identify three recreation therapy programs that are successful through virtual implementation.
- 3) Provide an example of using evidence-based practice in daily recreation therapy service delivery.

**4:00 Evaluations and CEU processing**

Earn up to .6 CEUs (CEUs pre-approved by NCTRC). ATRA will provide each CEU participant with an official transcript via email after the event.