

Therapeutic Recreation

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Scope of Practice

Therapeutic Recreation is a collaborative and purposeful process facilitated by trained professionals offering recreation and leisure assessment, planning, intervention and evaluation, relative to the identified needs of individuals. The profession utilizes functional/therapeutic intervention techniques, leisure education and counselling, as well as recreation participation experiences, embodied in a holistic approach to promote, restore, rehabilitate and maintain quality of life and wellbeing. Recreation Therapy supports individuals to acquire and/or maintain the skills, knowledge and behaviors that will allow them to improve their quality of life, reach their optimal level of functioning and maximize their independence in all areas of recreation and leisure. Therapeutic Recreation facilitates the development of an individual's strengths, while addressing their social, emotional, physical, spiritual and cognitive domains of health. The major functions of a Recreation Therapist are directly related to the adopted Therapeutic Recreation Ontario Standards of Practice and Code of Ethics.

Number of Members of Discipline:

SITE	FTE	POSITION
Charlton & West 5th Campus & Offsite Programs	57 Recreation Therapists (TR) 04 Senior Recreation Therapists	36 Permanent FTE 12 Permanent P/T 02.Temporary FTE 03 Temporary P/T

Major Achievements

CARING Clinical Practice:

- Multiple TR staff active as SAFEWARDS ambassadors and Community of Practice representative for SJHH province wide
- Multiple TR staff across sites were granted patient comfort funds through the Foundation, which were applied directly to TR programing
- Central Recreation TR received additional grant funding from the Allen and Milli Gould foundation to applied directly to a Patient Empowerment fund and a TR sensory garden project currently in development
- Multiple patient comfort fund grants awarded from the Foundation i.e.) ALC/ Medicine was granted \$4,800 for patient comfort supplies- purchased items for sensory room, TV, Roku Sticks, Therapy dolls and therapeutic mechanical animals, physical games to increase tolerance to activities



CARING

Clinical Practice Continued...

- Multiple newly initiated TR specific evidence-based practice examples across SJHH programs including Armchair Travel programs, sensory room official opening, Insta Fitness baking/cooking, yoga, Create with Crafts, Recreation Challenge, Stay Fit Not Still – a peer mentorship program, butterfly rearing program and the development of a community garden in partnership with the City of Hamilton
- Newly collaborated on interprofessional skills-based programs developed such as Cognitive Behavioural Therapy (CBT) for Anxiety and CBT Mindful Movement and Positive Psychology Programs
- Resumed multiple recreation patient interventions across services and centrally which were held since COVID, such as animal visit programs, W5th central special events, courtyard programming, community special events and more
- Multiple examples of new interprofessional and collaborative skills-based program interventions across programs involving TR across the organization
- Development of a new TR assessment tool for use across the Forensic Service
- Forensic TR continued facilitation, expansion of additional workshops, and conducting research on the PeaceLove expressive arts intervention
- Paws for Wellness Animal assisted intervention program in the Forensic Psychiatry Program facilitation, expansion and evaluation

LEARNING

Education:

- TR completed Project Management course through McMaster University
- TR completed Therapeutic Horticulture Ally Certificate through “Root in Nature”

Clinical Education

- 3 CTRS Internships within the Medicine Program and MHAP from Brock.
- 1 CTRS Internship In MHAP University of Waterloo
- 8 2nd year Practicum and Intensive TR Program Learners from Mohawk January to April, September to December across sites
- 2 1st year Mohawk College Practicums - January to April, September to December across sites

Formal Teaching

- RECL 1214 Therapeutic Recreation Program Delivery Winter 2023, Niagara College
- RECL 1337 Foundations of Therapeutic Recreation Fall 2023, Niagara College
- Health & Wellness Instructor, Confederation College
- TR staff holds a Teaching Assistant title at Brock University for the following TR courses: Assessment and Documentation, Assessment and Documentation, Qualitative Research Method, and Social Psychology of Recreation
- Part-time Professor in Health Studies teaching RECT10002 (Practicum Seminar 1) winter semester, Mohawk College
- Part Time Professor in Recreation Therapy Diploma Course, Mohawk College



LEARNING Continued...

Internal Education

- TR staff providing CPI/Non-Violent Intervention training
- TR staff providing Gentle Persuasion Approach training
- TR staff presented webinars and workshops for peers throughout 2023 TR Awareness Month in February 2023, including topics of “TR Assessment and “TR Service Delivery Models of Practice”

Research

- Forensic TR projects underway including “Assessment tools in TR and Mental Health Settings”, “The Role of TR within Forensic Psychiatry”, “PAWS for Wellness” and “PeaceLove” (formerly Scribl) all in Hamilton Integrated Research Ethics Board approved and in data collection stages
- Evidenced based practice and program evaluation “How of Happiness” (a positive psychology-based leisure education program)
- Mood Disorders TR involved in an ongoing pilot and feasibility study– (2019 ongoing) Feasibility of Behavioural Activation Group for improving depressive symptoms and improving quality of life

Publications

- Kuhr, A., Bulley, K., & Palmer, A. (2023). Navigating therapeutic recreation with forensic psychiatry. *Journal of Therapeutic Recreation Ontario*, 4, 62-71
- Kuhr, A., Hsieh, P., & McClure, M. (2023). The lived experiences of young adults with disabilities during the COVID-19 pandemic: A qualitative content analysis study. *Journal of Therapeutic Recreation Ontario*, 2, 30-48
- Author in the Forensic Psychiatry program winter edition (2023) highlighting TR and TR team highlights
- Outpatient MDP TR Author in regular monthly publication of “Keep Connected” distributed to staff and MDP outpatients across the organization
- TR staff was the editor of the Therapeutic Recreation Practice & Research Journal for TRO, June 2023

BUILDING

Professional Practice Development:

- Multiple TR staff attended Therapeutic Recreation Ontario Conference, June 2023, Toronto, with 3 TR staff presenting
- TR staff attended Canadian Therapeutic Recreation Association 2023
- TR staff attended Canadian Congress on Leisure Research 2023
- TR staff attended Risk and Recovery Conference in 2023
- Multiple TR Staff applied for/attained recertification in R/TRO and/or CTRS designations
- Multiple TR staff maintaining Gentle Persuasive Approach certification and Gentle Persuasive Approach Coach Status
- Multiple TR staff participated in TRO Webinar series education in February 2023 and 2024

BUILDING Continued...

Staff:

- Multiple TR staff gained new certification and recertification as Dialectical Behavioural Therapy (DBT) skills group facilitators
- Forensic TR staff HATT (High Acuity Transport Team) Trained
- Addiction Care and Treatment Online Certificate
- Mental Health First Aid Certification obtained by multiple staff
- Addiction Care and Treatment online course completion through University of British Columbia
- Multiple TR staff renewed CPR and First Aid
- First Aid for Opioid Poisoning Certification
- TR staff Trained to facilitate Additional "PeaceLove" creative art workshops
- "Scrib!" Creator Expressive Arts program certification
- Foundational CBT and CBT For Anxiety Certificate completion through "Psychwire"

Internal Education:

- Senior TR staff providing TR service orientation to all new hires across the organization
- TR staff provided CPI/Non-Violent Intervention training as instructors
- TR staff providing Gentle Persuasion Approach training
- TR staff presented MHAP Grand Rounds "Highlighting a Novel Collaboration between Recreation Therapy and Psychology in Acute Mental Health" Feb 2023
- Forensic Senior TRs presented MHAP Grand Rounds "Therapeutic Recreation Establishing their Pawprint in Mental Health" in Feb 2024

LEADING

- 2 Unit champions for Safewards Initiative
- 1 TR as an ambassador of the organizations Hand Hygiene Initiative
- 7 TR staff are members of Integrated Quality Councils and Operations Committees across the

organization

- Multiple members contributed to the annual TR Awareness Committee presentations and events 2023 and 2024
- All Senior TRs contributed to orientation, coordination and ongoing training for all new TR hires learners and volunteers
- Staff received Therapeutic Recreation Ontario's 2023 Student Mentorship Award
- Staff received TRO 2023 Brian Bennison Award – Outstanding contributions in TR



External Activities:

Presentations

- Two presentations on "Adventure Based Programing in Mental Health" for Mohawk College TR
- Presentation on "Community Integration for patients with Mood Disorders" for Mohawk College
- Two presentations on "The Role of TR in Community Integration" for Niagara College TR
- Guest Speaker at Niagara College October 2023, Interview Preparation
- Guest Speaker at Brock University, TR in Forensic Psychiatry

LEADING

External Activities Continued...

Presentations

- Research & Evaluation in TR presented as Guest Lecture to Mohawk College Nov 2023
- Mohawk TR program Networking Event and Mock Interview Event, February 2023
- Multiple Presentations at the Annual TRO conference – “Inclusion and Engagement; TR interventions to support patients who are isolated or high risk”, “Diversity, Equity, Inclusion and Belonging”, and “Development and implementation of virtual social skills programs for young adults with disabilities”, June 2023
- Presentation at 2023 Canadian Congress on Leisure Research Conference; “The development and implementation of virtual social skills programs for young adults with disabilities”
- TR Community presentation in Dunnville - Unmasking the possibilities: Engagement through Therapeutic Recreation interventions
- Oakville & District Kennel Club for fundraising for the Paws for Wellness Program and raising awareness around the program and its impact on patients who experience mental illness
- TRO TR Talk – February 2023 – Words Aloud:

Storytelling for Equity, Diversity and Inclusion

- TRO Webinar – March 2023 – ‘Safe to Brave: The importance of language in trauma informed spaces
- TRO Webinar – October 2023 – ‘Anti-Racist and Anti-Oppressive Recreation Therapist: Building safe(er) spaces to live, work and play’
- Guest lecture at Brock University & Niagara College (REC’overy in Forensic Mental Health System)
- Guest Lecture “Laughter Yoga Intervention” at Mohawk College

Committees

- TR Committee representative for TRO Conference Planning Committee,
- TR Committee representative for TRO Registration Committee
- TR Committee representative for TRO Advocacy Committee
- TR Committee representative for CTRA working group
- Co-Chair Therapeutic Recreation Ontario “Diversity Equity, Inclusion & Belonging” Committee
- Representative on Niagara College’s Professional Advisory Council
- Representative on Mohawk College’s Professional Advisory Council



Major Initiatives for 2024/25:

CARING

- Continue to support isolated and high-risk individuals to have increased opportunity for fresh and therapeutic programming with support of the STRT team.
- Support our patients through innovative programs such as Paws for Wellness and PeaceLove
- Incorporate the utilization of volunteers within Forensic Service and continue to grow and reconnect volunteer involvement across TR programming site wide at W5th such as the Animal Visit Program
- Develop/initiate evidence-based innovative TR and interprofessional programming to meet the needs of patients across services
- Continue to take a collaborative approach to patient care, working together with our health professional staff partners to support patients and provide highest level of care
- Further develop and expand Creative programming including Create with Crafts program expansion and consider Participant product sales in 2024
- Develop new resources in area of leisure education programming in Mood Disorders

LEARNING

- TR expressed a goal of obtaining Yoga Instructor Certification
- Multiple TR staff attend TRO conference in 2024 to learn about new evidence-based programming
- TR identified multiple goals of research project involvements leading to publication
- TR staff to recertify in F/A CPR, Non Violent CPI, High Acuity Transport Team certifications
- TR staff to apply for Emerging Leaders program
- TR staff to apply for DROM Certification
- TR staff expressed gaining Personal Training Certification in 2024
- PeaceLove Creative Expression research project to be initiated March 2024

BUILDING

- Build to the body of literature on therapeutic recreation, evidence-based programming opportunities
- Creation of new community partners and network to support various TR related initiatives
- TR Staff preparing for CRTS exam and attainment of Certification
- Further develop evaluation and outcome measurement tools in TR to study physical activity and quality of life and develop patient goals within in Mood Disorders

LEADING

- Forensic TR Continue to advocate for and facilitate animal assisted interventions in the FPP including Petting Zoos and Paws for Wellness Program
- CRRC TR to continue development of horticulture-based TR interventions including the initiation of a Centralized TR sensory Garden space at W5th
- 4 SJHH TR staff presenting at the TRO Conference in 2024 in Nottawasaga Ontario
- Plans to work towards publications for Paws for Wellness and PeaceLove Interventions
- 3 TR staff nominated for Canadian Therapeutic Recreation Association TR Awareness Month Practice Awards to be announced in 2024
- TR staff Nominated as a 2024 Board of Directors member for Therapeutic Recreation Ontario