

THE SMART NEWSLETTER

March 2024

By



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SPRING BRINGS OPPORTUNITIES FOR REJUVENATION

With RT month in the rearview mirror, there is no better time than the present to take all of the energy and enthusiasm of the last month and channel it into what is ahead. Spring is a time for rejuvenation. So what does that mean for the RT professional? Is there a way for us to spring clean? Does this mean we clean out our closets and desks and call it a day? That type of spring cleaning is great (and if you can't see the top of your desk right now it might be for you), but we can do so much more. We challenge all of our SMART readers to complete at least one of the tasks below in the month of March.

Pick one task to complete for "spring cleaning"?

- SET GOALS FOR THE NEXT QUARTER
- REVIEW PROGRESS OF YOUR ANNUAL GOALS
- CREATE A 2024 VISION BOARD (IT'S NEVER TOO LATE)
- PLAN FOR CONTINUING EDUCATION OPPORTUNITIES FOR 2024
- REVIEW OR CREATE YOUR VISION STATEMENT FOR THE RT DEPARTMENT
- CLEAN AND ORGANIZE SUPPLY CLOSETS AND STORAGE SPACES
- LEARN A NEW INTERVENTION
- MAKE A NEW PROFESSIONAL CONNECTION
- JOIN A NATIONAL OR STATE RT ORGANIZATION
- CONNECT WITH A UNIVERSITY OR COLLEGE AND HOST AN INTERN OR CLINICAL STUDENT

THE SMARTER TOGETHER VIRTUAL CONFERENCE: THE RT INTERVENTION TOOLKIT

March 23, 2024 9am - 5pm CST

Meet the Speakers



FEATURED SPEAKER

Abigail Bernard



- ACTIVITIES COORDINATOR FOR CONIFER PARK IN GLENVILLE, NY
- DEVELOPED TEAM (TOGETHER EVERYONE ACHIEVES MIRACLES), AN ADVENTURE-BASED PROGRAM FROM THE GROUND UP
- IN HER PRESENTATION SHE WILL BE SHARING HER "GO TO" ACTIVITIES THAT HAVE BEEN THE MOST IMPACTFUL WITH HER CLIENT POPULATION.

Join Abigail for her session
"The Use of Experiential/Adventure-Based Activities and Metaphors in Substance Use TR Programs"



FEATURED SPEAKER

Taryn Cook



- OWNER AND OPERATOR OF PNEUMA HOLISTIC WELLNESS & THERAPEUTIC RECREATION, LLC
- EXPERIENCE IN SHORT-TERM BEHAVIORAL HEALTH, LONG-TERM FACILITIES FOR INDIVIDUALS WITH SPECIAL NEEDS, SPECIAL EDUCATION CLASSES, FLOWER SHOPS, RESTAURANTS, AND MARTIAL ARTS SCHOOLS
- TARYN DRAWS ON HER "OWN JOURNEY, OVERCOMING MENTAL HEALTH ISSUES, TRAUMA, AND ADDICTION, THROUGH HER OWN RECREATION AND LEISURE HOBBIES"
- TARYN IS A MOTHER, ATHLETE, ARTIST, COOK, AND 3RD DEGREE BLACK BELT

Join Taryn for her session
"5 Senses Grounding Activity- Helping Participants Cope with PTSD, Anxiety, and Stress"



FEATURED SPEAKER

Trevor Miller



- 14+ YEARS OF EXPERIENCE
- HAS WORKED IN PEDIATRIC REHABILITATION AND CURRENTLY WORKS FOR THE DEPARTMENT OF VETERAN AFFAIRS
- HAS A STRONG INTEREST IN THE HUMANISTIC EXPERIENCE, MINDFULNESS, AND THE THERAPEUTIC BENEFITS OF PLAY AND FUN IN THE HEALTHCARE SETTING
- FOR FUN, HE ENJOYS BIKE PACKING WITH HIS WIFE, CYCLING, PLAYING GUITAR, COOKING, AND STRIVING FOR GREAT JOKES

Join Trevor for his session
"Therapeutic Recreation and Outdoor Mindfulness in Mental Health"



FEATURED SPEAKER

Ethan Hunter



- 10+ YEARS OF EXPERIENCE
- HAS WORKED IN VARIOUS HOSPITAL SETTINGS
- HIS FAVORITE SKILLS TO TEACH INCLUDE POSITIVE PSYCHOLOGY, DBT, FOREST BASED THERAPY, AND THERAPEUTIC USE OF ART!
- HE IS MARRIED AND A PROUD FATHER OF THREE BOYS
- HE IS AN ENNEAGRAM SEVEN

Join Ethan for his session
"Positive Psychology Based Interventions"



*All sessions
now pre-
approved by
NCTRC!*

- TOPICS INCLUDE:
- 1:1 INTERVENTIONS
 - POSITIVE PSYCHOLOGY
 - OUTDOOR MINDFULNESS
 - ADAPTED DANCE
 - GROUNDING
 - ADVENTURE BASED ACTIVITIES



FEATURED SPEAKER

Jasmine Mathew



- JASMINE LEARNED BHARATNATYAM, A CLASSICAL FORM OF INDIAN DANCE, FROM M.G. DANCE INSTITUTE.
- SHE HAS BEEN A CTRS SINCE 2001.
- JASMINE COMBINED HER LOVE OF WORKING WITH PEOPLE WITH DISABILITIES AND HER LOVE OF DANCE IN HER OWN BUSINESS, JASMINE'S BEAT®, AN ADAPTIVE DANCE COMPANY THAT PROVIDES INCLUSIVE FUSION DANCE CLASSES FOR PEOPLE OF ALL ABILITIES.
- HER HOBBIES INCLUDE DANCING, WATCHING MOVIES WITH FRIENDS, AND HANGING OUT WITH HER FAMILY.

Join Jasmine for her session
"Adaptive Dance: Using the Foundations of TR and Recent Research Trends"

Click to Register today.

MEET THE SMART AWARD WINNERS

*Recognizing Karyn Racutt, Jessie Jones,
& Dr. Holly Eichner*

SMART Therapist: Karyn Racutt

- Graduate of Illinois State University
- Areas of interest in TR include geriatrics, hospice, and skilled nursing
- Hobbies include: painting and making dry/fake floral arrangements

"I hope that TR becomes a more recognized profession in the future. It has such a great impact on our patients and participants lives but no one truly understands the profession until they are educated on what we do."



SMART Educator: Dr. Holly Eichner

- Graduate of The University of Toledo
- Earned her Ph.D in Educational Psychology
- Areas of interest in TR include mental health and substance use recovery
- Hobbies include: being outdoors, volunteering at the Toledo Metroparks, & teaching Tai Chi

"I hope that our profession continues to grow through nationwide state licensure, more research opportunities, and pay that truly demonstrates the professional worth of Recreational Therapists."

SMART Entrepreneur: Jessie Jones

- Has studied at Ontario College of Art and Design, Fanshawe College, Canadore College, and Brock University.
- Traveled, performed, recorded music, and volunteered for charities nationwide.
- Was led to Therapeutic Recreation after her daughter battled leukemia.
- *Jess Jones Recreation Therapy* offers personal therapeutic recreation therapy, community programming, private practice and TR consulting, and classes and programs.

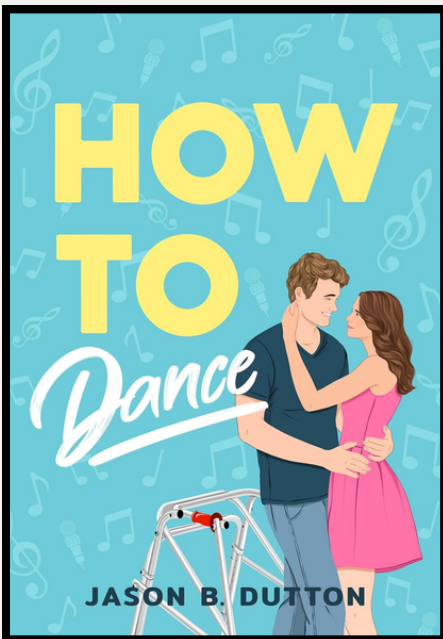
"My dedication lies in empowering individuals of all ages and abilities to recognize their worth and live fulfilling lives."



Pictured is Jessie Jones and her team at Jess Jones Recreation Therapy



SMART BOOK PICK



"In this fresh-voiced and utterly charming debut novel, Jason B. Dutton takes readers on a swoon-filled journey as two lost souls learn that neither physical disability nor emotional scars disqualify us from finding beauty, validation, and love amidst the chaos of being human."

How to Dance is a great read for all the fiction lovers out there. Jason writes from his first-person point of view of living with Cerebral Palsy and has developed a heart-warming, hard to put down story. Jason resides in Columbus, Ohio with his family.

[Click here to purchase *How to Dance*](#)

SMART PARTNER HIGHLIGHT



My Recreation Therapist LLC by Jeanne Hastings, CTRS, Owner

My Recreation Therapist LLC is honored to be featured as SMART CEU's Hub SMART partner for March 2024. Our goal this year is to continue providing education to the public about our wonderful profession as well as continue to increase opportunities for CTRS and LRT to increase caseloads for their own private practice. Our website boasts a 40% therapist to 60% client ratio. We have had over 1.3 million website visits and counting. According to Fortune Business Insights, US Home Healthcare is projected to grow from 94.17 billion in 2022 to 153.19 billion by 2029. Now is the time to create our niche. Be your own boss, create your own hours and customize your services. All it takes is one client to get started. We need therapists to connect with our ever-growing client database. Membership is just \$14.95 per month which includes your own customizable home page, access to our client database as well as ongoing marketing of our profession. Our number one purpose is to funnel clients to the My Recreation Therapist website for you to contact and engage.

To find out more, go to www.myrecreationtherapist.com or contact me directly at Jeanne@myrecreationtherapist.com

[Click to visit the MYRT website](http://www.myrecreationtherapist.com)

WE WANT YOU!



- \$14.95 A MONTH
- CUSTOMIZABLE HOMEPAGE SEARCHABLE BY ALL MYRT CLIENTS
- ONGOING MARKETING BY MYRT DIRECTING CLIENTS TO THE SITE

Learn more and sign up today at <https://myrecreationtherapist.com>



Pictured is owner Jeanne while at work at Project Sanctuary.

Learn more about us at:
www.myrecreationtherapist.com

FOLLOW US ON SOCIAL MEDIA!



SMART RESOURCE SPOTLIGHT



AbleGamer's Mission

“Creating opportunities that enable play in order to combat social isolation, foster inclusive communities, and improve the quality of life for people with disabilities.”

According to their website, “AbleGamers is here to help people with disabilities get in the game by providing peer counseling, adaptive gaming technology, community inclusion initiatives, and working with gaming industry professionals and developers to make their games accessible.” For over 18 years, AbleGamers has been working to reduce the impact of social isolation, the effects of which have never been more apparent than with the release of the US Surgeon General report last year. AbleGamer’s website features videos, news, and stories that can benefit any recreational therapy professional. Learn more for yourself and those you serve by visiting their website today

Get Connected with AbleGamers



[Click here to visit the AbleGamers website](#)

TR MONTH 2024 WRAP UP

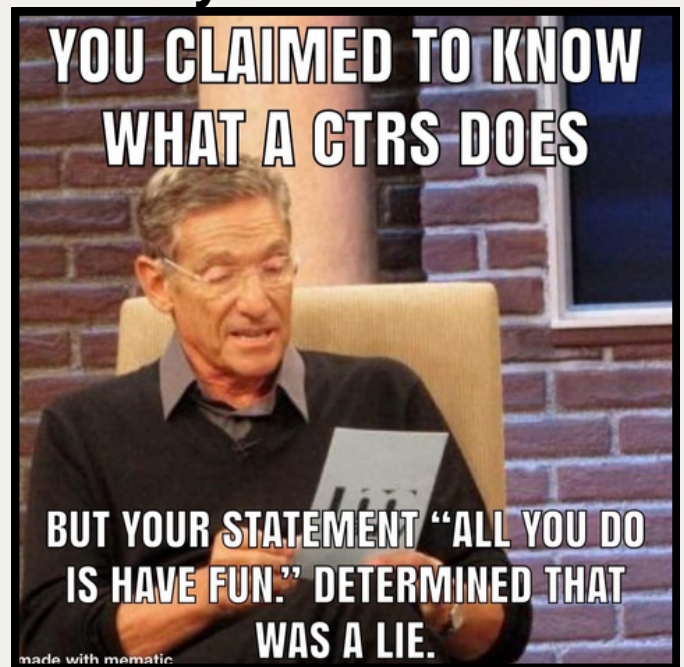
Thank you to all of the organizations who went above and beyond hosting opportunities for the profession.

CHECK OUT THE AMERICAN THERAPEUTIC RECREATION ASSOCIATION MEME & POSTER EVENT WINNERS!

Professional poster created by Katelyn Forst



Professional meme created by Ethan Hunter



How Many Recreational Therapists does it take to change a lightbulb?

Just one, but they'll turn it into a group activity to promote teamwork!



Student meme created by Hailey Rivera



Student poster created by Anna Cenzalli

LEARN MORE ABOUT SMART CEUS HUB



Meet Casey Johnson, MS, LRT/CTRS SMART CEUs Hub Virtual Assistant



- Graduate of the University of South Alabama for her undergraduate degree and UNC Greensboro for her graduate degree
- TR experience consists of camp settings, nonprofit community support, and parks and recreation
- Hobbies include: crochet, weaving, and outdoor opportunities on the river

"I love encouraging self-empowerment through recreation."

THE UNLIMITED CEUS MEMBERSHIP

The Best Value In RT Continuing Education

\$179/YEAR = UNLIMITED ACCESS

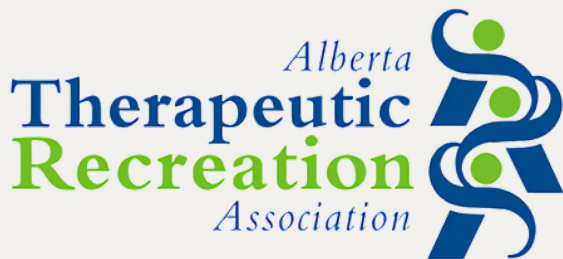
***ALL COURSES NCTRC PRE-APPROVED**

Did you know SMART CEUs Hub offers a corporate membership?



- Available to groups of four or more who purchase the Unlimited CEU Membership
- Offers 20% off the original price of \$179 which saves over \$35 per membership
- Includes unlimited access to the course catalog for the life of the membership
- Must be renewed annual and maintain four or more memberships to remain eligible

THANK YOU TO OUR SMART PARTNERS



[Click here to learn more about partnerships.](#)