

THE SMART NEWSLETTER

April 2024

By



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BOOK OF THE MONTH

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SMART PARTNERS



APRIL SHOWERS BRING MAY FLOWERS

Therapeutic Recreation has weathered many storms over the years. As individuals, we fight many battles day after day. Working to get a seat at an interdisciplinary table, justifying budget requests, educating co-workers and clients on what we do, pushing for more appropriate pay... these are all little wars we encounter sometimes over and over throughout our career. As a profession, we fight battles together as well. One of the issues that impacts almost all of us is the ability for individuals to access our services due to the limitations that are in place, such as the "3-hour rule". Currently, there is a bill introduced to Congress titled the *Access to Inpatient Rehabilitation Therapy Act*, also known as HR 6110. According to ATRA, "this legislation will help increase patient access to recreational therapy where appropriate and ensure that patients have a rehabilitation plan designed to best meet their needs." Giving the power to the physician to decide what their patient needs to best meet their goals is vital. With this bill, the list of possible services expands to include recreational therapy, respiratory therapy, and "other skilled services". If passed, this bill could also provide momentum for the future, including the potential for TR to be covered by more insurance providers. Our hard work today can bring a bright, colorful future. As the saying goes, *April showers bring May flowers.*

Read on to page 2 to find out how you can help!

SUPPORT HR 6110

TOGETHER WE CAN MAKE A DIFFERENCE

HR 6110 has been introduced and we need cosponsors to help build momentum. That means we need other representatives to endorse their support for the bill.

As a constituent, you are able to email your representative asking for their support. Remember, they represent you and what matters to you! ATRA has created a database of templates to make the process of writing an email simple. The ATRA website also includes all you need to find your representative. Don't forget, you do not have to be a TR to write a letter. Invite your family and friends to do so as well.

[Click the image to visit the ATRA website and learn more!](#)



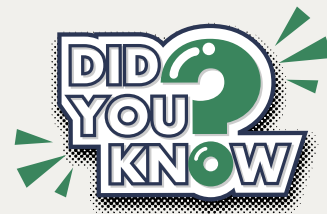
A big thank you to ATRA and all who have worked tirelessly to see this to fruition!

THE SMARTER TOGETHER VIRTUAL CONFERENCE: THE RT INTERVENTION TOOLKIT

Thank you to our speakers and all who attended our first virtual conference!

**WE APPRECIATE OUR AMAZING
SPEAKERS:**

**ABAGAIL BERNARD
TREVOR MILLER
ETHAN HUNT
JASMINE MATHEW
TARYN COOK
MK BOONE**



**THE SMARTER TOGETHER VIRTUAL
CONFERENCE REPLAY IS AVAILABLE FOR
PURCHASE.**

- **EARN SIX CLOCK HOURS AFTER LISTENING TO ALL AVAILABLE SESSIONS**
- **COMPLETE THE SESSION SURVEY TO RECEIVE YOUR COMPLETION CERTIFICATE**

SEE THE NEXT PAGE FOR SESSION INFO



**SMARTER
TOGETHER**

**CONFERENCE RECAP
VIDEO BUNDLE**

**CLICK
HERE TO
PURCHASE**

CLICK HERE TO PURCHASE

SMARTER TOGETHER CONT...

SESSIONS INCLUDED IN THE BUNDLE:

- Positive Psychology Based Interventions
- Therapeutic Recreation and Outdoor Mindfulness in Mental Health
- Adaptive Dance: Using the Foundations of TR and Recent Research Trends
- 5 Senses Grounding Activity- Helping Participants Cope with PTSD, Anxiety, and Stress
- 1:1 Recreation Therapy Interventions
- The Use of Experiential/Adventure Based Activities and Metaphors in Substance Use TR Programs



SMART PARTNER HIGHLIGHT



New Jersey Eastern Pennsylvania Therapeutic Recreation Association

by The NJEP-TRA Board of Directors

The members of the NJ/Eastern Pennsylvania Therapeutic Recreation Association Board of Directors have some exciting updates from their region of the country:

LICENSURE UPDATE:

New Jersey continues to make great progress with licensure. At this time one nominee has been approved to the Creative Arts and Activities board, and the 2nd nominee has advanced through the process. If anyone has questions in regards to NJ licensure, they can email NJRTLicensure@gmail.com.

Pennsylvania is also making progress towards licensure. A bipartisan bill SB 1091 has been introduced into the Pennsylvania senate. Anyone who has information regarding licensure in PA can reach out to our PA Member at large at njepa.pa.mal@gmail.com.

SPRING WORKSHOP:

The NJ/EPA-TRA is excited to be hosting a spring workshop at Inglis House in Philadelphia on May 6th, 2024.

Registration is open from March 27 to April 22, and the workshop plans to include interactive sessions for RTs and students to gain CEUs, network, and have a great time honing their skills.

[Click to register for the event](#)

LASTLY, THE NJEP-TRA IS LOOKING FOR RECREATION THERAPISTS TO FILL THE BOARD OF DIRECTOR POSITIONS THAT ARE COMING OPEN IN 2025. WE ARE HOPING TO FIND PASSIONATE RTs TO FILL THE POSITIONS OF PRESIDENT ELECT, NJ MEMBER AT LARGE, AND TREASURER.

Being a member of the board is a great way to share your expertise as a Recreational Therapist, and provide support and advocacy for the Recreational therapists in your state. We would love for you to consider volunteering with us or with the Board of directors in your area. Thank you for reading, and we would love to have you join us for our upcoming Spring conference!

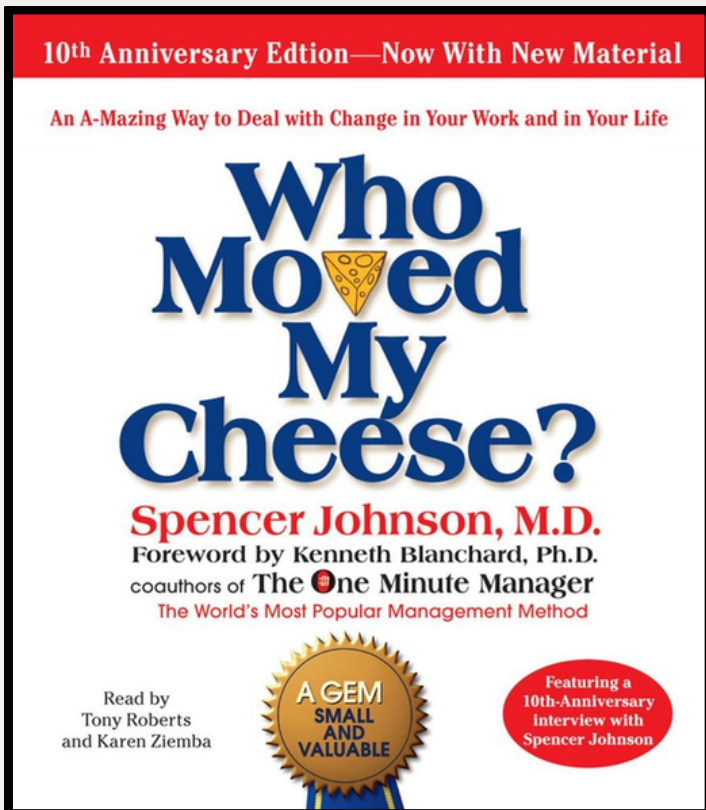
SMART PARTNER CONT...

If you'd like to learn more about the New Jersey Eastern Pennsylvania Therapeutic Recreation Association there are many ways to connect:

- Visit the NJ/EPA TRA Website ([Click to visit the website](#))
- Send us an email at njepatra@gmail.com
- Like us Facebook: ([Click to visit the FB page](#))
- Follow us on Instagram @njepatra ([Click to visit Instagram](#))
- Connect with us on LinkedIn: New Jersey/Eastern Pennsylvania Therapeutic Recreation Association



SMART BOOK PICK



Who Moved My Cheese? by Spencer Johnson, MD, is an inspirational advice book on how people and businesses can respond to changing times and situations by learning how to adapt quickly and successfully. A timeless business classic, *Who Moved My Cheese?* uses a simple parable to reveal profound truths about dealing with change so that you can enjoy less stress and more success in your work and in your life.

YOUTUBE HAS MANY VIDEOS RELATED TO THE BOOK. CLICK THE ICON TO EXPLORE!



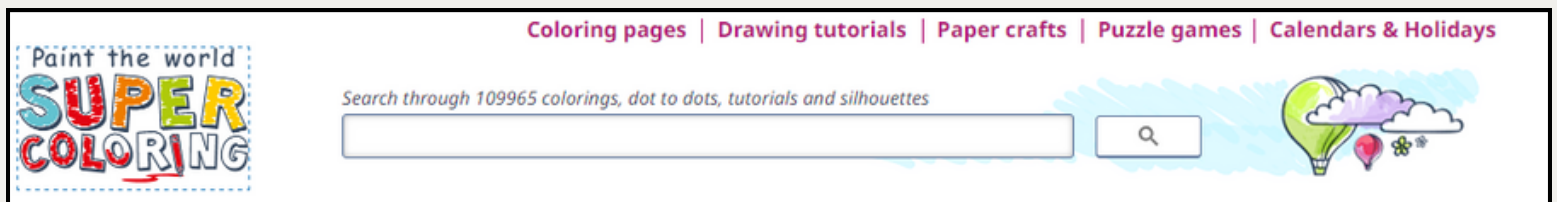
[Click here to purchase *Who Moved My Cheese*](#)

SMART RESOURCE SPOTLIGHT

SuperColoring.Com



SuperColoring.com provides many art based resources including coloring pages, drawing tutorials, paper crafts, puzzle games, and more! Download images from a variety of categories including holiday themed resources. From the simple to the detailed, SuperColoring.com can be a great resource for many recreational therapy professionals.



**[CLICK HERE TO VISIT THE
SUPERCOLORING.COM WEBSITE](https://www.supercoloring.com)**

LEARN MORE ABOUT SMART CEUS HUB



MEET TINA WATSON, CTRS, SMART CEUS HUB COURSE EDITOR



- Tina works with experienced recreational therapists who are interested in sharing their expertise with others through the development of SMART Courses.
- TR experience consists of working with ages 10-101! Tina currently works in adult psychiatry.
- Fun fact about Tina... she got her first doodlebug for her birthday last year :)

"My passion has always been to make the lives of the individuals I serve better"

THE UNLIMITED CEUS MEMBERSHIP

The Best Value In RT Continuing Education

\$179/YEAR = UNLIMITED ACCESS

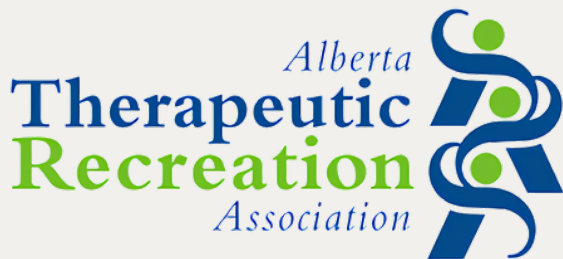
***ALL COURSES NCTRC PRE-APPROVED**

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.](#)