

THE SMART NEWSLETTER

May 2024

By



MAY IS MENTAL HEALTH MONTH

According to the National Institute of Mental Health, it is estimated that one in five U.S. adults live with a mental illness.

Many of our readers are that one in five and many of us working at SMART CEUs Hub are that one in five too. We are recreational therapists. We are managers and leaders. We are entrepreneurs and teachers. We are students and recent grads. We are seasoned professionals. We are parents, siblings, children, friends, and significant others. We are goofy and smart. We are complex and loved. We all matter.

So, what is mental health? There are so many definitions out there. Is it the absence of mental illness? Is it being able to cope with stress effectively? It is being able to set boundaries and perform self-care? What we know is that it is not just one thing, and it is not the same thing for every individual. It is a personal, lifelong journey.

No matter where you are on your mental health journey, wellness is a daily habit. We challenge you this month to look at your current habits. Ask yourself what is working and what is not. What is one new thing you can try? What is one old habit you can work to replace?

Read on to page 2 to explore strategies for wellness!

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UPCOMING EVENTS

BOOK OF THE MONTH

MEET ORTA

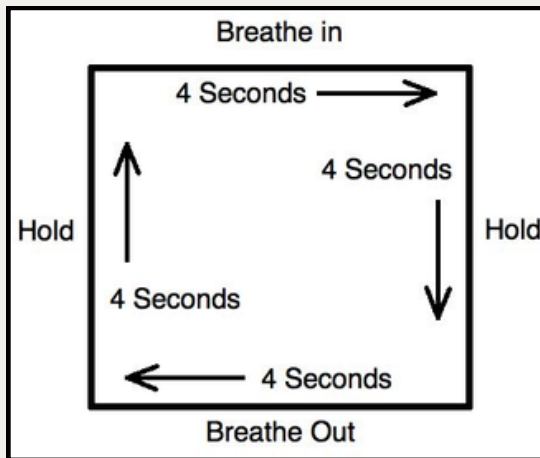
MENTAL HEALTH
RESOURCES

SMART PARTNERS



STRAGIES FOR WELLNESS

IDEAS FOR EVERY RECREATION PROFESSIONAL



SQUARE BREATHING:

- PERFECT FOR ALL AGES.
- CAN BE DONE ANYWHERE.
- GREAT TOOL FOR MINDFULNESS AND DISTRESS TOLERANCE.
- **PRO TIP: TRACE A SQUARE ON A SURFACE OR PART OF THE BODY WHILE BREATHING.**

LISTEN TO AN AUDIOBOOK:

- CAN ACCESS VIA MANY FREE OUTLETS SUCH AS HOOPLA AND LIBBY (AVAILABLE THROUGH MANY LIBRARIES) AS WELL AS YOUTUBE.
- PICK A GENRE TO MEET YOUR INTERESTS AND HOW YOU ARE FEELING THAT DAY.
- **PRO TIP: LISTEN WHILE ON A WALK OR A DRIVE OR EVEN IN THE GROCERY STORE TO MAKE PRODUCTIVE TASKS MORE ENJOYABLE.**



DANCE IT OUT:

- IT DOESN'T MATTER HOW YOU LOOK WHILE DANCING, JUST MOVE AND HAVE FUN.
- YOU CAN PERFORM CHOREOGRAPHY OR JUST MOVE TO THE BEAT.
- MANY CHAIR DANCE ROUTINES ARE ALSO AVAILABLE.
- **PRO TIP: PLAY "JUST DANCE" USING VIDEOS ON YOUTUBE. IT'S BUDGET FRIENDLY AND FUN!**



CONTINUING EDUCATION OPPORTUNITIES FROM OUR SMART PARTNER TRO

TRO Conference: Virtual Live-Stream

June 5 & 6

Ticket price: \$199 (+tax)

Access 11 hours of educational content on palliative care, seniors, youth, private practice, research, mental health & more!

Register today at www.trontario.org

CLICK TO VISIT
THE EVENT
WEBSITE.

JOIN THERAPEUTIC RECREATION ONTARIO FOR THE VIRTUAL LIVE-STREAM OF THEIR 2024 CONFERENCE, TAKING PLACE JUNE 5 & 6. TUNE IN FOR 11 HOURS OF EDUCATIONAL CONTENT ON PALLIATIVE CARE, SENIORS, YOUTH, PRIVATE PRACTICE, RESEARCH, MENTAL HEALTH & MORE!

Registration closes on May 31.
Visit <https://www.trontario.org/news-events/conference/> for the live-stream program, registration, and more information.

CLICK TO VIEW THE AGENDA



SMART PARTNER HIGHLIGHT



The Ohio Recreational Therapy Association (ORTA)

by The ORTA Board of Directors

The Ohio Recreation Therapy Association is delighted to be featured as the May SMART Partner! ORTA was established in 2017 and is continuing to grow, support, and advocate for RTs in the state. ORTA is made up of 8 board members along with three committees (Scholarship, CEU, and Legislative).

We are excited to announce that we will be hosting an in person conference on September 13, 2024 in Westerville, Ohio- we would love to see you there!

Besides conference planning, ORTA has been busy organizing member social events such as yoga and assisting with adaptive hiking. Not only that, ORTA has also partnered up with Pat Griffith to host a Chair Chi training on Saturday, May 18, 2024 from 10:00am-4:30pm EST with proceeds supporting ORTA scholarship opportunities. Check out our website (<https://orta-online.com/Chair-Chi>) and social media for more details and to join us!

We look forward to continuing to grow as an organization and would love to have your participation in future events! Anyone is welcome to be a member of ORTA. You can follow us on Facebook or Instagram for more information on upcoming events and member opportunities.

CONTACT INFORMATION:

WEBSITE: <https://orta-online.com/>

FACEBOOK: <https://www.facebook.com/OhioRecTherapy/>

EMAIL: ohiorta@gmail.com

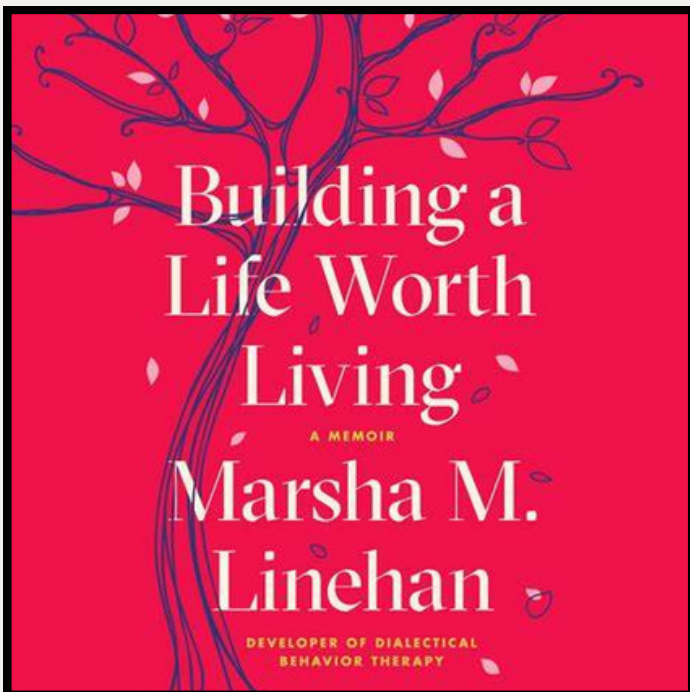
**CLICK TO LEARN MORE ABOUT
MEMBERSHIP TO ORTA**

SMART PARTNER CONT...

SAVE	ORTA FALL CONFERENCE <small>IN PERSON EVENT</small>
SEPTEMBER 13 2024	THE
DATE	  ORTA <small>Ohio Recreational Therapy Association</small> Westerville, Ohio

 <small>CHAIR CHI</small> ORTA <small>Ohio Recreational Therapy Association</small>	Join ORTA and Chair Chi for Our Spring Virtual Training Event!
	Saturday, May 18th, 2024 10:00am - 4:30pm EST <i>Zoom link provided at registration</i>
	ORTA members: \$115 Non-Members: \$130 VA special pricing: \$100
Register at orta-online.com/Chair-Chi-Fundraiser	
<ul style="list-style-type: none">• Appropriate for all ages and populations• Adaptations provided during training• Training materials included in registration• 6 CE hours available• 30 minute lunch break included	
<i>All proceeds support the ORTA Scholarship Fund</i>	

SMART BOOK PICK



“Marsha Linehan tells the story of her journey from suicidal teenager to world-renowned developer of the life-saving behavioral therapy DBT, using her own struggle to develop life skills for others. Over the years, DBT had saved the lives of countless people fighting depression and suicidal thoughts, but Linehan had never revealed that her pioneering work was inspired by her own desperate struggles as a young woman until this book.”

Thank you Marsha for all of your work and for sharing your story with the world..

[CLICK HERE TO PURCHASE THE BOOK](#)

SMART RESOURCE SPOTLIGHT

Mental Health America



The MHA Mission:

Mental Health America advances the mental health and well-being of all people living in the U.S. through public education, research, advocacy and public policy, and direct service.

Mental Health America (MHA) is a great resource for healthcare providers, those we serve, and their support systems. MHA has national and state chapters, resources, newsletters, conferences, and more. Each May, as part of mental health month, MHA releases a toolkit available for download. Click below to visit the website, download the toolkit, and learn more about this great resource.

[CLICK HERE TO VISIT THE MHA MENTAL HEALTH MONTH RESOURCE PAGE](#)

SMART RESOURCE SPOTLIGHT

The Kids Mental Health Foundation



“We are creating a world where mental health is a vital part of every child’s upbringing — where children’s mental health is as important as their physical health, and where grown-ups have the skills to help kids face and manage life’s challenges.”

The Kids Mental Health Foundation...

- Is the leading organization promoting mental health for children in the United States
- Provides resources for parents and caregivers
- Provides resources for teachers and coaches
- Has a “kindness in the classroom” initiative
- Provides facts and statistics about mental health

[CLICK HERE TO VISIT THE KIDS MENTAL HEALTH FOUNDATION WEBSITE](#)

LEARN MORE ABOUT SMART CEUS HUB



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

THE SMARTER TOGETHER CONTINUING EDUCATION VIRTUAL BUNDLE

**ACCESS TO ALL
SESSION RECORDINGS
FOR \$99**

[CLICK HERE TO PURCHASE](#)

THE UNLIMITED CEUS MEMBERSHIP

The Best Value In RT Continuing Education

\$179/YEAR = UNLIMITED ACCESS

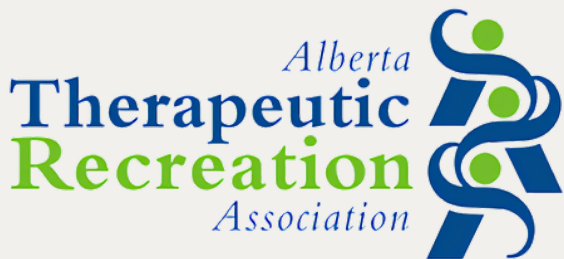
***ALL COURSES NCTRC PRE-APPROVED**

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.](#)