

THE SMART NEWSLETTER

October 2024

By



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SMART CEUS HUB KEEPS GROWING

*Did you know SMART CEUs Hub was created in 2017
by Nathan Lamaster, CTRS?*

What started as an idea to allow for easier access to quality continuing education for therapeutic recreation professionals has grown into a community of professionals teaching each other, learning from each other, supporting each other, and partnering together for one common goal.

Access to continuing education is key for CTRS to submit for renewal every five years as required by NCTRC. High quality continuing education; however, is imperative for the advancement of the profession. Engaging in growth and learning opportunities throughout your career helps the therapist learn high quality interventions, remain up to date on trends and evidence to support the APIE process, and supports advocacy for the TR professional to be part of the interdisciplinary team.

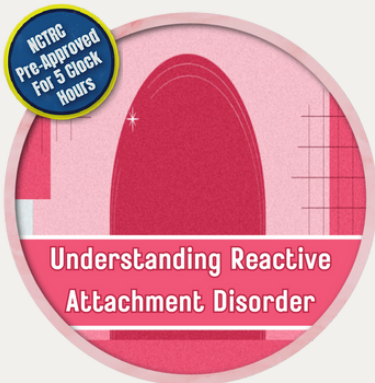
SMART CEUs Hub strives to remove as many of the barriers that can prevent access to quality continuing education. We are proud to provide accessible and affordable opportunities for all levels of practice and all practice areas.

Read on to page 2

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Our mission at SMART CEUs Hub is simple...
"To bridge the gap in Recreational Therapy education after graduation."

NEW COURSES IN 2024



Thank you

to all of our SMART Instructors!

Statistics on SMART CEUs Hub



The SMART CEUs Hub mission is “to bridge the gap in Recreational Therapy education after graduation.”

ALL SMART CEUs HUB COURSES ARE SUBMITTED TO NCTRC AND RECEIVE PRE-APPROVAL FOR CONTINUING EDUCATION!

335
CONTINUING
EDUCATION HOURS
are available through
SMART CEUs Hub.

as of 10/2024

67
COURSES

As of 10/2024, 67 courses are available as part of the SMART Catalog.

28
INSTRUCTORS

SMART CEUs Hub courses are created by industry experts sharing their knowledge. Many instructors have more than one course (as of 10/2024 Carolyn has the most courses at 8!).

SMART CEUs HUB IS ON SOCIAL MEDIA!



SMART CEUs Hub



@smartceushub

Follow us to be the first to know about new courses, TR news, resources you can use, and more!

FALL INTERVENTION IDEAS

WATER RESISTANT ART WITH CRAYONS

Create any fall art with a crayon and watercolor!

SUPPLIES NEEDED:

- WHITE CRAYON
- WHITE PAPER
- WATERCOLOR PAINT
- WATER
- PAINT BRUSHES
- PAPER TOWELS



Create art we these simple steps. First, use a crayon to draw your shapes. Using a white crayon gives the illusion the shape just appeared! Any color will also work. Then, watercolor over the canvas. The canvas can be literal, a piece of paper, or even a paper plate! Be sure to clean your brush between colors and use papers towels to blow excess paint when needed.

PRO TIP: USE COLORED TISSUE PAPER AS PAINT! JUST WET A BRUSH, BRUSH OVER TISSUE PAPER TO RELEASE THE COLOR, THEN USE AS PAINT.

NEED SOME FALL AND HOLIDAY THEMED COLORING PAGES?



FALL INTERVENTION IDEAS

CANDY DONATIONS MONSTER BOX

Create a fun box to collect candy donations for a trick-or-treat event or fall party!



Image above is just an idea

- Decorate the “monster” however you’d like.
- Use costume supplies from places like the dollar store to keep the box low cost.
- Creating the box can be a great intervention for clients to help! Can target creativity, teamwork, initiation skills, and fine and gross motor skills.
- Cut a hole in the top third of your box to allow space for candy to be collected in the bottom of the box.

Pro tip: Use the same box as a ball toss game!

SMART RESOURCE



RESOURCES ON VOTE.GOV:

- Register to vote
- Review guides for different voting groups
 - Voting as a college student
 - Voting as a new US citizen
 - Voting with a disability
 - Voting while unhoused
 - Voting after a felony conviction
- Can be a great resource to review with patients and clients
- Allows voters to know their rights!

CLICK HERE TO
VISIT THE
WEBSITE

*Don't forget the
election is
November 5th!*

UPDATE ON LICENSURE IN RECREATIONAL THERAPY



Advocacy Update

Incredible news!

The **District of Columbia (DC)** has achieved **recreational therapy licensure!**

We extend our *gratitude* to **ATRA member, Charles Bond**, for his *efforts and dedication* that led to this accomplishment.

#EmpoweringRecreationalTherapists



We echo
ATRA's
thanks to
Charles!

Image courtesy of ATRA social media page

States with licensure as of 9/29/2024 (according to the ATRA website) include: New Hampshire, New Jersey, North Carolina, Oklahoma, and Utah.

MEET OUR NEW SMART SPONSOR



SMART CEUS HUB IS EXCITED TO ANNOUNCE OUR NEW RELATIONSHIP WITH HEARTMATH.

HeartMath is dedicated to helping individuals and organizations harness the power of their hearts to achieve greater levels of coherence and well-being. HeartMath provides scientifically validated tools and technologies that enable therapists to better manage stress, build resilience, and enhance overall performance. Our goal is to empower therapists with the knowledge and resources they need to make a meaningful impact in their clients' lives.

As part of the SMART Sponsorship, SMART CEUS Hub users can access the tools necessary to incorporate HeartMath in your practice at a discounted price!



The SMART Catalog will have a course on how to use HeartMath specific to the TR APIE process.

Click to learn more and view available products.

SMART PARTNER EVENTS

Thank you to our SMART Partners for your continued support and all that you do for the profession.

ALBERTA THERAPEUTIC RECREATION ASSOCIATION

ATRA's annual symposium is scheduled to take place later this year, in October. Virtual and in-person options are available. This year's symposium, Game Changers- Where Ideas Come to Play, features keynote speakers, hands-on workshops, and opportunities for networking and collaboration among therapeutic recreation professionals.

Several workshops and webinars are planned, focusing on topics such as innovative program development, evidence-based practices, and cultural competency in therapeutic recreation.



[CLICK TO VISIT THE](#)
[ATRA WEBSITE](#)

SMART PARTNER CONT...

NEW JERSEY EASTERN PENNSYLVANIA AREA TRA



The banner features a light green background with autumn-themed illustrations of leaves and a sun. It includes the NJ/EPA-TRA logo in the top right, the ATRA logo in the bottom left, and a central text area with event details.

Save the Date

NJ/EPA-TRA

Hybrid Fall Conference

New Jersey Hospital Association
Princeton, New Jersey

November 18th, 2024

On Demand Conference
November 19 - December 18, 2024

ATRA
EMPOWERING RECREATIONAL THERAPISTS
Hosted Conference

NJ/EPA-TRA
NEW JERSEY EASTERN PENNSYLVANIA
THERAPEUTIC RECREATION ASSOCIATION

**[CLICK TO VISIT THE
NJ/EPA-TRA WEBSITE](#)**

Want to advertise your event with us?
Click below to learn more about becoming a
SMART Partner.

[CLICK HERE](#)

NEW SMART COURSES

Now available in the course catalog

UNDERSTANDING REACTIVE ATTACHMENT DISORDER



During this course you will learn about the diagnosis of Reactive Attachment Disorder, otherwise known as RAD. The learner will gain an understanding of how RAD is diagnosed, what symptoms look like, and how to support youth with this diagnosis. The learner will also develop an understanding of how to use Recreational Therapy interventions to assist with working towards treatment goals.

BORDERLINE PERSONALITY DISORDER



During this course, you will learn about Borderline Personality Disorder (BPD), what it is, how it affects people, how it is commonly treated, what we can do as providers to help our clients with this diagnosis, 3 DBT Skills that can be utilized in sessions, and tips for implementing services with your clients who have BPD.

[CLICK HERE TO ACCESS ALL OF THE SMART COURSES](#)

LEARN MORE ABOUT SMART CEUS HUB



THE UNLIMITED CEUS MEMBERSHIP

The Best Value In RT Continuing Education

\$179/YEAR = UNLIMITED ACCESS

***ALL COURSES NCTRC PRE-APPROVED**

MEMBERS HAVE ACCESS TO ALL 67 COURSES IN THE CATALOG!

**Course count as of 10/3/2024*

CLICK TO LEARN MORE!

Did you know SMART CEUs Hub offers a corporate membership?



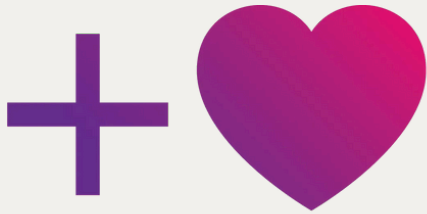
Save \$\$\$ on your team's CE cost with the...

**Unlimited CEUs
Membership
Corporate Account**



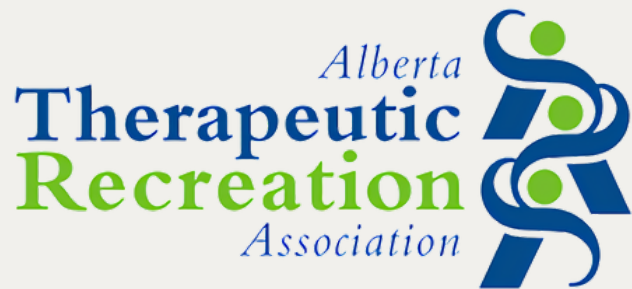
- Available to groups of four or more who purchase the Unlimited CEU Membership
- Offers 20% off the original price of \$179 which saves over \$35 per membership
- Includes unlimited access to the course catalog for the life of the membership
- Must be renewed annual and maintain four or more memberships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

THANK YOU TO OUR SMART SPONSOR & PARTNERS



HeartMath®

PILL
PUNCHER



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