

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.

Therapeutic Recreation

Professional Practice Leader (Charlton, West 5th):

SUSY MARRONE, PPA, SRT — Charlton Campus and offsite programs.

SANDRA BERZAITIS SMITH, R/TRO — W5th Campus and offsite programs.

Number of Members of Discipline:

| SITE | FTE | POSITION |
|--|---|--|
| Charlton & West 5th Campus & Offsite Programs | 61 Recreation Therapists 02 Senior Recreation Therapists | 43 Permanent FTE 07 Permanent P/T 11 Temporary FTE 02 Temporary P/T |

Major Achievements

CARING

Clinical Practice:

- Virtual visits with community partners, patients and families specific to TR practice and service continued in order to adapt to COVID parameters.
- Creation of a forensic service wide program calendar to provide additional programming opportunities for all patients within the Forensic Psychiatry Program (FPP).
- Collaborated with clients and implemented a year-round community, outcome-based walking program in the Centralized Rehab Resource Clinic.
- Launch of new TR programs including armchair travel, DROM FIT, SCRIBL, and Paws for Wellness.
- Member of Forensic Frontline Diversity and Inclusion Committee safe spaces.
- Multiple TR staff active as SAFEWARDS ambassadors.
- TR PPA member of Corporate Seniors Care Planning and Advisory Committee.
- New Specialized Therapeutic Recreation Team (STRT) in MHAP to assist individuals who are higher risk or isolated to increase opportunities to engage in therapeutic programs.
- Hosted 2 Petting Zoos for the FPP and MHAP program.
- Development and implementation of 2 Cognitive Behavioral Therapy psychotherapeutic groups in collaboration with Psychologist and Neuropsychologist. 1) CBT for anxiety 2) CBT Mindful Movement.
- Development of a psychoeducational evidence-based program, guided by the book; How of Happiness by Sonja Lubrymrsky.

LEARNING

Education:

Clinical Education

- 1 TR paid University of Waterloo Coop placement.
- 6 Mohawk College TR Practicum and Intensive learners.
- 1 TR Brock University student for CTRS unpaid internships.

Formal Teaching

- RECL 1337 Foundations of Therapeutic Recreation Fall 2022, Niagara College -Guest Lecture
- Laughter Yoga Facilitation to Mohawk College – Guest Lecture
- Recreation Therapy for Individuals with severe and persistent Mental illness at Brock University -Guest Lecture
- Therapeutic Recreation and Chronic Disease Management at Mohawk college – Guest Lecture
- Practicum Seminar Lead Mohawk College 2nd Year Recreation Therapy Students Winter Semester
- “Scribl”, an expressive arts program presentation(s) on the development, implementation and future development of the “Scribl” program, Mohawk College – Guest Lecture

Internal Education

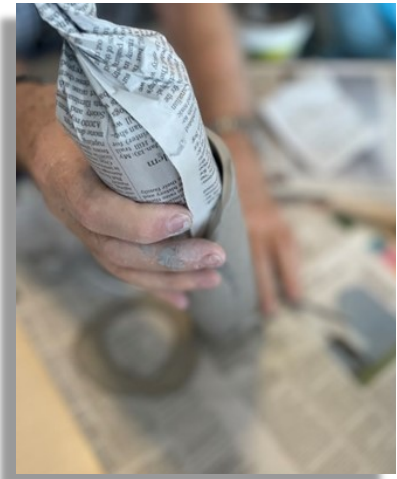
- TR staff providing CPI/Non-Violent Intervention training
- TR staff providing Gentle Persuasion Approach training

Research

- **Group programming evaluation; Quality Improvement** (MacKillop, Campbell, McCartney, & Rodrigo, 2022)
 - Respondents reported a high level of overall interest in the therapeutic programming offered during their course of admission and rated overall programming was helpful to their mental health.
 - Themes of comfort and humanity emerged in the comment section of the surveys. The comments revealed that, overall, recreation therapy-facilitated programming was regarded positively on the unit and integral to their care.
- **Health Outcomes in Acute Psychiatry (HOAP) study**
 - SJHH PAC award grant (MacKillop & Campbell, co-Pis)
 - PBCAR Living Laboratories grant (MacKillop & Campbell, co Pis)
 - main focus is to determine whether certain types of patients are more inclined to attend certain types of groups, specifically CBT; whether CBT attendance impacted mental health outcomes such as length of stay, or readmission; in order to provide pilot data for the CBT as inpatient intervention.

Research

- An analysis of young adults with disabilities lived experiences during the COVID-19 pandemic, including challenges faced, coping strategies used, and changes in their recreation and leisure pursuits.
- A program evaluation on the development and implementation of virtual social skills programs for individuals with disabilities.
- The role of Therapeutic Recreation practitioners and interventions in weight management, within FPP in Ontario, Canada.
- The “day in a life” of recreation therapist working in a FPP.



Publications

- **Examining Positive Outcomes of Therapeutic Interventions in Acute Inpatient Psychiatry with Recreation Therapy as Linchpin to Interprofessional Collaboration**
 - Emily MacKillop, Megan D. Campbell, Karen McCartney, & Achala H. Rodrigo
 - 2022 Therapeutic Recreation: Practice and Research Journal of Therapeutic Recreation Ontario, Vol. 16

BUILDING

Staff:

- Multiple TR staff attended Therapeutic Recreation Ontario Virtual Conference in June 2022 and Canadian Therapeutic Recreation Association Virtual Conference May 2022.
- TR Staff maintaining R/TRO designation or applying for R/TRO designation: application to be reviewed in 2023.
- Staff obtained Certified Therapeutic Recreation Specialist- both new and renewal certification from the U.S. National Council for Therapeutic Recreation Certification.
- Multiple TR staff maintaining Gentle Persuasive Approach certification and Gentle Persuasive Approach Coach Status.
- Review of SJHH recreation therapy assessment forms to ensure best practice.
- TR staff completed Abnormal Psychology course through Fleming College.



BUILDING

Staff Continued...

- TR Staff completed online Addiction Care & Treatment Course with University of British Columbia.
- Multiple TR staff maintaining CPR and Standard First Aid certification.
- TR staff initiating research for the Scribl Program and Paws for Wellness Program within the Forensic Psychiatry Program.
- In July 2022, [The Allen and Millie Gould Foundation](#) donated \$15,000 to CRRC for the purposes of supporting clients in accessing and/or participating in activities that they may not have otherwise been able to due to financial barriers. The Fund is meant to be used to support TR goals related to social activities, school, work, and/or health and physical fitness as examples of the 5 TR service domains. An application system and review committee, including a patient representative, have been established in order to allocate these generous funds.
- The Allen and Millie Gould Foundation additionally granted \$5,000 for TR specific equipment, which the service has completed an extensive patient interest and needs assessment on in order to purchase.



Internal Education:

- February 2022 TR Awareness Month Committee planned Online Educational Events; Facilitated a patient interactive Art Project; highlighted patient interventions and provided education on Recreation Therapy Services across SJHH.
- Multiple TR staff supported orientation and provided TR education for new hires across SJHH.
- MHAP TR staff instruct Non-Violent Crisis Intervention training.
- Presented to Forensic Psychiatry Program staff and leadership on Scribl (Expressive Arts) program.
- Health & Safety teaching, as the OPSEU rep for JHSC.
- Presented at Risk & Recovery regarding the TR profession within Forensic Psychiatry and innovative programs offered.
- Development of a therapeutic recreation brochure, specific to the Forensic Psychiatry Program, for patients and staff.
- Therapeutic Recreation lunch and learn: Therapeutic Recreation Models of Service.
- Therapeutic Recreation lunch and learn: Therapeutic Recreation Assessment Tools.
- Presented at MHAP Rounds: Lets Collaborate! Highlighting a novel collaboration between Recreation Therapy and Psychology in Acute Mental Health, Charlton Campus.

BUILDING Continued...

Professional Practice Development:

- Monthly Professional Practice Council and TR Professional Development meetings continue to be chaired by each TR PPL in accordance with PAC terms of reference, as a venue for important practice relative topics and education for all TR staff at SJHH.
- Spoke at recreation therapy intensive students' orientation about the Mohawk College program and profession of Therapeutic Recreation
- TR staff across SJHH have participated and achieved the following:
 - Music and mindfulness training
 - canFit Pro Certification
 - Scribl Creator (Expressive Arts program certification)
 - Chair One Certification
 - Research Ethics Certifications (GCP and TCPS 2: Core 2022)
 - Professional Networking Workshop participant
 - DROM Certified
 - Scribl workshops, through the PeaceLove Foundation
 - CPR
 - Safe Management
 - Nonviolent Crisis Intervention
 - Gentle Persuasive Approach
 - High Acuity Transfer Team (HATT) Training
 - Staff Peer Support training
 - Train and support as a lead handler and foster for the St Joe's Forensic Facility Dog
 - Tiered Exercise Program Certification
 - Urban Pole Walking Certification
 - Food Handler Certificate; Ontario Food Safety Course.
 - Certificate from Palo Alto University in Compassion Focused Therapy for Distressing Experiences
 - Dialectical Behavioral Therapy
 - Community Safety Training



LEADING

- Development of working groups and communication methods to share resources, collaborate and generate innovative ideas to resume and develop new TR programming within existing parameters.
- Professional Practice Lead, Therapeutic Recreation Charlton, member SJHH Hand Hygiene Committee representing PAC.
- Professional Practice Lead, TR West 5th, member, SJHH Ethics Committee representing PAC.
- TR staff representatives for Joint Occupational Health & Safety Committee.
- Senior TR for W5th fostering ongoing community partnerships on behalf of all W5th TR services to maintain and increase community re-integration for clients, as COVID parameters are set and lifted. Examples include the YMCA, Hamilton Tiger Cats Football Club, Hamilton Bulldogs Hockey Club, City of Hamilton and the Hamilton Conservation Authority and many others.
- TR staff Awarded Therapeutic Recreation Ontario: Student Mentorship Award 2022.
- Forensic Psychiatry Started a Specialized Therapeutic Recreation Team to focus on supporting patients to access fresh air and removal from isolation; assisting in increasing wellness and quality of life.
- Development of Comfort Cart in Forensic Psychiatry.
- Contributed to proposal for development of Comfort Cart for Emergency Department and Surgical Unit to reduce risk of delirium.
- Resumed supportive pet visitation program in collaboration with Volunteer Resources and St. John Ambulance at Charlton and West 5th Campus.
- Facilitation of animal assisted interventions in the FPP including Petting Zoo's and Paws for Wellness Program.
- Member of Acute Psychiatry Inpatient Quality and Operations Committee.
- Established partnerships/accessing services for clients by TR Staff with Brant E-ride, Community Paramedics, GRCHC (transportation with their van).
- TR staff contributed to the Schizophrenia Newsletter (The Rectator), with focus on leisure education.
- Paired with the Mohawk College Recreation Therapy Evaluation Course and its students to provide a program for them to evaluate.
- Assisted with the Mohawk College Therapeutic Recreation mock interview initiative.
- Roll out of Schizophrenia Multi-Sensory Room including training for Recreation Therapists of the Schizophrenia units to take place throughout the year.
- Awarded the PAC Individual Innovation in Professional Practice Award.
- Awarded the Therapeutic Recreation Ontario Organization Award (Forensic Psychiatry).
- A Forensic Psychiatry Program manager remains a member of TRO to help better learn and advocate for the TR profession and support their Standards of Practice.
- Launched TR for the Acute Stabilization unit, a collaboration with Hamilton Wentworth Detention Centre, supporting patients.

LEADING Continued...

- Psychological Health & Safety
-Staff Peer Support Sub Committee
- Joint Health and Safety Representative
- OPSEU Union Steward
- Quality of Work life
- Member of the Therapeutic Programming Consultation Committee for the FPP
- PEIST Steering Committee



External Activities:

Presentations

- 2022 TRO Conference
Panel Presentation – a panel Discussion with TRO's Diversity & Inclusion Committee
- TRO TR Talk: Becoming (Un)comfortable in conversations about Diversity & Inclusion
- TRO TR Talk: Jan 2023 Words Aloud: Town Hall Storytelling for Equity, Diversity & Inclusion
- TRO Webinar: Safe to Brave: The Importance of Language in Trauma Informed Spaces
- Presented Therapeutic Recreation within a Forensic Psychiatry Program at the Annual Risk & Recovery Conference
- TRO conference presenter on Specialized Therapeutic Recreation Team and Acute Stabilization Unit

Committees

- Co-Chair for TRO diversity & Inclusion Committee
- Member of Professional Advisory Committee of Lambton College Recreation Therapy Diploma Program
- Chair & Committee representatives on Mohawk College's Professional Advisory Council.

Major Initiatives for 2023:

CARING

- Host additional Petting Zoos through the Paws for Wellness Program.
- Consider further how collaborations with SJHH supporting services, such as Volunteers may be expanded and utilized.
- Continued development and use of client interest surveys, and outcome measurement tools across TR programs.
- Continue to offer relevant and intuitive programming that is patient focused.
- Support patients with increasing accessibility to recreation and leisure activities unit.

Major Initiatives for 2023:

LEARNING

- Ongoing liaison with SJHH learner coordinators, TR staff and our academic affiliations to best meet needs of TR students across sites including updates to NIRV onboarding.
- Continue to work towards completion of certifications to support enhanced program offerings (example: yoga certification, DROM certification)
- Attendance at TRO conference in 2023 to learn about new evidence-based program and opportunities.
- Enhance knowledge on how to complete a full professional research project with goal to publish.
- Build on public speaking skills through various conference and other presentation opportunities.
- Stay up to date on certification and training (High Acuity Transport Team; CPI; GPA etc)

BUILDING

- Continue allocation of The Allen and Millie Gould Foundation funds to meet patient needs, the mandate of CRRC TR and the intentions of our generous donors, demonstrating positive outcomes.
- Expansion of Scribl , an expressive arts program, from 6 workshops to 8 workshops.
- Build to the body of literature on therapeutic recreation, evidence-based programming opportunities, and forensic psychiatry.
- Expand community partners and network to support various TR related initiatives.
- Connect with community partners to increase integration by patients into the greater Hamilton area.
- Expand TR learner opportunities within SJHH.
- Continue to collaborate with other TR staff and Health Professionals to support overall patient care.
- Multi-Sensory Room training in order to appropriately facilitate multi-sensory activities for our patient population in our newly created multi-sensory room

LEADING

- Presentations at the TRO Conference in 2023:
 - TReking towards an equitable, diverse, and inclusive future
 - How to Develop and Implement a Virtual Social Skills Program for Adults with Intellectual Disabilities
 - Inclusion and Engagement: TR interventions to support patients who are isolated or “high risk”
- First hospital-owned pet therapy program to begin pet visits and support across Forensic Program with *Paws for Wellness* with research in 2023.
- Continue to meet with community partners and at community events to share information on the resident dog / Paws for Wellness Program.
- Plans to work towards publications for Paws for Wellness and Scribl.