Therapeutic Recreation

Professional Practice Advisors:
Susy Marrone Charlton, Sandra Berzaitis Smith W5th

Number of Members of Discipline

<table>
<thead>
<tr>
<th>Discipline</th>
<th>Full-Time</th>
<th>Part-Time</th>
<th>Sr. TR</th>
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</thead>
<tbody>
<tr>
<td>Charlton</td>
<td>5</td>
<td>1</td>
<td>1</td>
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<tr>
<td>West 5th</td>
<td>26</td>
<td>8</td>
<td>1</td>
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Clinical Practice Achievements

Quality & Safety

- CRRC outpatient referral form amended to add further details related to Falls Prevention and Risk of Suicide/Prevention aligned with SJHH Quality and Safety initiatives.
- TOA audit systems for W5th and Charlton now in place and used monthly for the discipline. Reported to PAC quarterly.
- TR staff ongoing representatives of services specific Quality Councils and Quality of Work Life Committees.
- TR contributing and completion of Forensic Program Patient and Family Orientation Brochure
- Charlton TR PPA on SJHH Hand Hygiene Committee for SJHH with 4 TR staff responsible for unit audits
- W5th TR PPA member of the SJHH Ethics Committee in liaison with PAC
- TR staff representative for Occupational Health & Safety Clinical Inspections
- TR staff representative for Homes for Special Care Ministry Standard Inspection
- A SAVE “Patient Referral Tool” was created by GIM TR and CTU – W UCC. This tool assists with identifying and communicating potential SAVE patients. The UCC, Charge nurse and nursing staff identify referrals for SAVE during morning huddles.

Change

- Completion of TR staff Registry to ensure minimum TR credentials and qualifications are being met and maintained by all SJHH TR staff.
- 2 staff completed Solution Focused Crisis Intervention Certificates in addition to CPI Nonviolent Crisis Intervention

Scope of Practice:
To plan, implement, and evaluate recreation and leisure programs and services relative to the identified needs of patients. Therapeutic Recreation (TR) practice at SJHH is guided by the Leisure Ability Model (Peterson, Gunn, Stumbo). TR utilizes functional intervention, leisure education and recreation participation in a holistic approach to enable persons with physical, cognitive, emotional, spiritual and/or social limitations to acquire and/or maintain the skills, knowledge and behaviors that will allow them to reach their optimal level of functioning for recreation and leisure. The major functions of a Recreation Therapist are directly related to the adopted Therapeutic Recreation Ontario Standards of Practice and Code of Ethics (TRO).
Community

- Multiple TR staff responsible for initiation and involvement in SJHH Foundation and United Way fundraising partnerships, including the United way annual campaign, Curling Bonspiel, Indoor Soccer Tournament and baseball Two Pitch Tournament
- Multiple TR staff maintain ongoing community partnerships specific to TR programming to ensure safe, quality client interventions transferred to community settings. Examples include the YMCA, St. Peter’s HARRRP, Sherwood Lanes, Good Shepherd, City of Hamilton, Eva Rothwell Community Centre and many more.
- TR has re-introduced the Pet Visitation program at Charlton Campus in partnership with St. John Ambulance and the Hospitals Volunteer Resources.

Interconnection

- W5th Audit system for TR documentation as part of submitted standards to PAC related to Patient Link, currently active and in use, aligned with TR Performance Appraisals across services.
- TR staff coaching GPA sessions for staff at St. Joseph’s Homecare and recharge sessions for St. Joseph’s Hospital Staff.

Academic Pursuits

Internal Teaching

- Ongoing affiliation agreements with University of Waterloo totaling 4 Co-op placements in 2015, Geogian College with 1 unpaid TR internship in 2015, Niagara College TR diploma program students totaling 7 placements in 2015, Mohawk Practicum TR students with 18 students supervised in 2015, UW and Brock University CTRS Internships which hosted 2 interns in 2015.
- TR staff support high school coop students in Complex Care program.

Formal Teaching:

- Formal MHAP Rounds in February 2015 hosted by 2 TR staff and 1 Co-op student related to Recreation Therapy and TR Outcome Measures, specifically in relation to a study on Forensic Services.

Clinical Teaching:

- College Professor affiliations- 3 W5th TR staff teaching part time Recreation Therapy courses for Mohawk College’s diploma program and 1 W5th TR staff teaching towards TR diploma second year courses for Niagara College.
- TR staff involved in educating and training SJHH staff in acute care MH related to Positive Psychology
Scholarly Pursuits

Research

- Ongoing co-facilitation and data collection of Cool Running Forensic Research Project by multiple TR staff across 6 forensics programs
- TR Staff on Mood Disorders involved in the following specific projects:
  - REB # 12-3660 Co-investigator, Project Title: Investigating the mediators of therapeutic effectiveness of a thirteen-week running program in a group of adolescents with depressive disorders
  - REB # 14-042 Co-investigator, Project Title: A pragmatic randomized trial to investigate the effectiveness of Behavioural Activation group therapy in reducing depressive symptoms and improving quality of life in patients with depression (pilot)
  - REB #14-611 Co-investigator, Project Title: A pragmatic randomized trial to investigate the effectiveness of Behavioural Activation group therapy in reducing depressive symptoms and improving quality of life in patients with depression: (main study)
  - REB #14-611 Co-Principal Investigator, Project Title: Pushing Limits – Adventure Based Therapy in Persons with Mood Disorders (ongoing)

Continuing Education

- 2 TR staff applying and receiving the Registration Designation with Therapeutic Recreation Ontario. 1 additional staff awaiting approval of submitted application.
- 2 New staff completed Can-Fit Pro Certified Fitness Training credential for Personal Training Specialist
- 1 TR Obtained Certified Therapeutic Recreation Specialist credential from the U.S. National Council for Therapeutic Recreation Certification
- 1 Re-certification in Personal Training and Individual conditioning Instruction
- 1 Re-certification in Yoga Instruction/Yoga Exercise Specialist via East to West Yoga & Pilates
- 2 New staff and 4 recertified staff acquiring Community Safety Training
- Staff acquiring certification to instruct Tabata Bootcamp Physical activity program
- 2 F/A, CPR Recertification
- 2 City of Hamilton Food Handlers re-certifications
- 5 staff re-certified in 2 day CPI Non-violent Crisis Prevention Intervention, 1 Staff providing CPI instruction to SJHH staff and 5 new staff receiving initial CPI certification instruction
- 8 SJHH TR staff attended the annual Therapeutic Recreation Ontario conference in 2015 with 2 staff providing presentations to the professional delegates in attendance and 1 TR on the conference planning and facilitation committee
- 3 TR staff attended Annual Forensics Risk and Recovery conference
- 1 TR staff Completed online certificate program for “Open School” through the Institute for Healthcare Improvement
- 1 new staff completed Safe TALK training for prevention of suicide as all TR staff have taken as a collective to date
- 1 new staff completed Motivational Interviewing Certificate
- 2 staff completed Introduction to CBT and DBT online courses
- 4 TR staff completed 5 day level 1 DBT training.
Publications

External Committees
- 2 TR staff members on executive Board of Directors as Board Members at Large for Therapeutic Recreation Ontario for 2015
- TR staff member sat on the TRO Governance and Nominations Committee for 2015
- TR Staff member on Core Competencies Committee for Therapeutic Recreation Ontario 2015
- TR Staff member on College of Psychotherapy Working Group Committee for Therapeutic Recreation Ontario
- TR Staff member a Committee representative for Mohawk College’s Professional Advisory Council – renewed for a second 3 year term
- 3 TR staff members of Hamilton Therapeutic Recreation Group, taking leadership on the committee’s first TR professional development day within the region November 2015

External Presentations
- Presentation on W5th Therapeutic Recreation Discipline and TR services at the Schizophrenia Society of Ontario’s Annual Walk of Hope in May 2015
- Presentation on Laughter Yoga and TR services at the Hamilton Wentworth Secondary District School Board’s Annual Leadership Conference
- Organization of a Hamilton Area Therapeutic Recreation Professional Group Wellness and Education Sessions in November 2015 Titles Walk the Talk
- Guest Lecture for Mohawk College 1st year Community and Public Sector Course November 2015
- Hosting A w5th Tour in collaboration with Public Affairs for 80 Niagara College Students in January 2015
- Participation in Mohawk College Career and Networking Education Day in February 2015
- 3 TR staff Presented Grand Rounds in February 2015, hosting internal and external education on outcome measures and research projects in TR Forensics
Quality & Safety

- Many TR staff indicating that working towards and maintaining “Registered” status with Therapeutic Recreation Ontario remains an active goal for 2016, by accumulating ongoing credentials and points towards the formal certification, or re-certification process.

Interconnection

- TR committee formed to address regulation with college of psychotherapy. Committee is working in consultation with TR professional organization, Therapeutic Recreation Ontario.

Research & Education

- Many TR staff identified desire to promote and develop research and outcome measurement projects related to TR practice at SJHH.