# On-Demand Program

## Schedule at a Glance | November 2 - 30, 2026

VIEW FULL SESSION DESCRIPTIONS

All sessions are pre-recorded | 0.1 CEUs per session (1 hour)

Sessions are NCTRC pre-approval and subject to change.

### ATRA in Action: Strengthening Connection, Advaning our Profession

Discover how ATRA strengthens the connections that move recreational therapy forward through updates on leadership initiatives, financial health, and strategic priorities. Learn how these efforts expand our collective impact and how your involvement helps shape the future of the profession.

**Practice Areas**: All

**Speaker:** Brent Wolfe, PhD, LRT, CTRS, FDRT, ATRA Executive Director

### ATRA Standards of Practice: How do I use this in my setting

A practical overview of the ATRA Standards of Practice and how they translate into everyday recreational therapy delivery across settings. Participants will learn how to apply each standard to strengthen service quality and professional accountability.

**Practice Areas:** Behavioral Health • Community • Physical Rehabilitation and Medicine • Older Adults • Schools

**Speakers:** Heather Bright, PhD, CTRS, FDRT – Slippery Rock University; MaryJo Archambault, EdD, CTRS, FDRT – Southern Connecticut State University; Joan Langella Sutton, MS, LRT, CTRS, CDP, FDRT – UNCG; Sarah R. Fischer, PhD, LRT, CTRS-BH – Catawba College

### Belonging and Connecting Through Rhythm: Group Drumming as an RT Intervention for Mental Health and Well-Being

This session explores group drumming as an evidence-based intervention to support belonging, mental health, and well-being. Participants will discuss rhythmic strategies while learning research-informed approaches to facilitation, assessment, and adaptation for practice.

**Practice Areas:** Behavioral Health • Community • Higher Education • Research

**Speakers:** Rhonda Nelson, PhD, MTRS, CTRS, FDRT – University of Utah; Jamie Wibben, PhD, MTRS, CTRS – University of Utah; Kathleen Kuzmic-Taylor, BS – University of Utah; Sky Rudd – University of Utah RT Student

ATRA AMERICAN THERAPEUTIC RECREATION ASSOCIATION

Updated October 30, 2026

# On-Demand Conference Program

## Belonging Starts with Leadership: Dare to Lead in Recreational Therapy

**(0.15 CEUs / 90 minutes)**

This session connects Brené Brown's Dare to Lead framework with recreational therapy practice to strengthen leadership, trust, and team culture. Participants will explore practical strategies for courageous leadership in RT settings.

**Practice Areas:** Management • Higher Education • Business/Private Practice

**Speakers:** Ashley Helmi, MS, CTRS – University of Utah; Ashley Bowen, PhD, MTRS, CTRS – University of Utah; Jamie Wibben, PhD, MTRS, CTRS – University of Utah

## Beyond Sight: Nature-Based Recreation Therapy for Belonging and Connection

A sensory-focused approach to nature-based recreation therapy that promotes accessibility, connection, and emotional regulation. Participants will learn adaptable strategies that move beyond visual-based programming.

**Practice Areas**: Child and Adolescent • Community • Older Adults • Schools

Speakers: Vanessa Gonzalez, MS, CTRS, CNIT – Maryland School for the Blind & ATRA

## From Prompt to Policy: Using AI to Draft and Revise Policies Aligned with ATRA Standards of Practice

A practical session on using AI tools to draft and refine policies aligned with ATRA Standards of Practice and organizational requirements. Ethical use, accuracy, and responsible implementation are emphasized.

**Practice Areas:** Management • Business/Private Practice • Behavioral Health • Physical Rehabilitation and Medicine • Community • Schools • Military/Veterans • Older Adults • Adaptive Sports • Child and Adolescent • Higher Education

**Speakers:** MaryJo Archambault, EdD, CTRS, FDRT – Southern Connecticut State University; Heather Bright, PhD, CTRS, FDRT – Slippery Rock University

# On-Demand Conference Program

## Laughter as Medicine: Evidence-Based Strategies for Recreation Therapy Practice

An evidence-based exploration of laughter yoga as a therapeutic tool to reduce stress and enhance social connection. Participants will learn techniques and applications across diverse settings.

**Practice Areas:** Behavioral Health • Community • Physical Rehabilitation and Medicine • Older Adults • Adaptive Sports • Research • Schools • Business/Private Practice • Military/Veterans • Higher Education

**Speakers**: Keelin Jardin, PhD, CTRS, RTC – California State University, East Bay

## Outdoors For All: Creating and Launching Adaptive Adventure Sports Programs in a Community Recreation Organization

A practical guide to developing adaptive adventure sports programs using real-world examples in mountain biking and kayaking. Focus is placed on partnerships, accessibility, and sustainable program design.

**Practice Areas:** Research • Higher Education • Behavioral Health • Community

**Speakers:** Jennene Blakely, MS, CTRS, CPRP – M-NCPPC Montgomery Parks; Amanda Espinoza – M-NCPPC Montgomery Parks

## Research Institute Digital Poster Gallery

The ATRA SoCal Digital Research Poster gallery presents 14 evidence-based research posters and each user will select 3 posters to investigate and explore how it's related to their individual practice. Learners will complete an evaluation that assesses their knowledge of the content.

**Practice Areas:** Behavioral Health • Community • Physical Rehabilitation and Medicine • Older Adults • Adaptive Sports • Research • Schools • Business/Private Practice • Military/Veterans • Higher Education

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## Tendrils & Trellises: Accessing the Therapeutic Horticultural Activities Database (THAD) for Activity Plans that Grow Lasting Connections

This session explores therapeutic horticulture interventions using THAD resources to support connection, engagement, and nature-based therapeutic programming.

**Practice Areas:** Behavioral Health • Child and Adolescent • Community • Military/Veterans • Older Adults • Physical Rehabilitation and Medicine • Schools

**Speakers:** Kathryn Grimes, MAT – THAD Network

## *(Session Cancelled) Beyond Exercise: Using Boxing as a Therapeutic Tool for Mental Health, Aging, and Neurological Conditions*

This session introduces non-contact boxing as an adaptable intervention to support physical, cognitive, and emotional health. Participants will explore practical strategies to increase engagement, confidence, and functional outcomes across populations.

**Practice Areas:** Adaptive Sports • Behavioral Health • Older Adults • Physical Rehabilitation and Medicine

## *(Session Cancelled) Easy as ABC: How Team Resilience Shapes Patient Outcomes*

The connection between team functioning and patient outcomes is often overlooked, yet team behaviors directly shape patient experiences and care quality. Using a simple ABC framework, attendees will explore practical strategies to strengthen team connectivity and resilience, with real-world examples and action planning for their own environments.

**Practice Areas:** Pediatrics • Behavioral Health • Schools