



Justification Toolkit for the Advance Your Practice Virtual Summit

Healing Loneliness and Disconnection Through Recreational Therapy
January 12 – February 7, 2026

Why Attend?

Loneliness and social isolation are urgent public health concerns identified in the 2023 **U.S. Surgeon General Advisory**. But for recreational therapists and other professionals whose work includes building social connections, these issues are not just statistics - they're the real stories and daily struggles we witness in our clients, patients, and communities.

Recreational therapists are uniquely positioned to address these issues in clinical and community settings. This virtual Summit is designed to help recreational therapists and allied professionals:

- Deepen your clinical understanding of loneliness and social disconnection.
- Learn evidence-based assessment tools and outcome measures.
- Explore real-world program models that foster connection and engagement.
- Strengthen leadership, advocacy, and systems-thinking skills.

By attending, you will gain knowledge and practical tools that can be directly applied to your work, helping you reduce isolation, rebuild connection, and improve outcomes for the individuals and communities you serve.

Event Highlights

- **14 CEU hours + live virtual events**
- **Ongoing access** to educational materials beyond the Summit
- Opportunities to engage in conversation with peers via **ATRA Connect Forum**

Valuable for all recreational therapists and for other professionals whose work includes building connection, promoting engagement, or improving psychosocial outcomes - but especially relevant for those working in:

- Behavioral Health
- Aging and Dementia Care
- Community-Based Programs
- Advocacy, Technology, Tools and Emerging Practices

Expenses Worksheet (Estimate Your Costs)

Expense	Guideline	Cost
Summit Registration	Standard registration	\$_____
Technology / Internet Access	If needed for live sessions	\$_____
Time Away from Work	Consider using work time for live sessions	\$_____
Total Estimated Cost		\$_____

Sample Letter to Your Supervisor

< Date >

Dear <Supervisor's Name>,

I would like to attend the **Advance Your Practice Virtual Summit: Healing Loneliness and Disconnection Through Recreational Therapy**, held virtually from **January 12 – February 7, 2026**. This Summit provides **14 CEU hours** and offers a unique opportunity to deepen my clinical understanding of loneliness and social disconnection, and to gain practical tools to address these issues in our programs.

Now is an especially important time to invest in this training, as loneliness and disconnection continue to rise across the populations we serve. The insights and strategies shared at this Summit will help us meet those needs with innovation, compassion, and measurable impact.

Led by internationally recognized experts, the sessions are directly applicable to my work in <your professional setting>. By attending, I will learn evidence-based strategies and real-world program models to improve psychosocial outcomes, increase engagement, and strengthen our organization's response to social isolation.

I am requesting support for the Summit registration fee and any optional supplemental materials. A detailed cost estimate is included below:

- Summit Registration: \$_____
- Technology / Internet Access: \$_____
- Supplemental Materials: \$_____

Total Estimated Cost: \$_____

I am confident that attending this Summit will provide actionable insights that can be shared with our team and applied to enhance our programs. I am also happy to prepare a brief summary or presentation to share key takeaways and best practices with colleagues.

Thank you for considering this request.

Sincerely,
<Your Name>