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Monthly Newsletter
November 2022

Dear Innovative Rec Therapist -

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You're Part of Our Amazing *Rec Therapy Today® TRIBE™*

#InnovativeRecTherapist

Enjoy Your November Newsletter

Your friend and partner in Rec Therapy, Danny Pettry

Danny W. Pettry II, M.Ed., M.S., LPC, NCC, CTRS-BHS, Lifetime Member of ATRA
Director of Continuing Education at *Rec Therapy Today*
P.O. Box 1247, Huntington, WV 25714

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I LEARN AND I GROW
I TEACH WHAT I KNOW &
I HELP CLIENTS TO GROW

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Inspiration for November 2022

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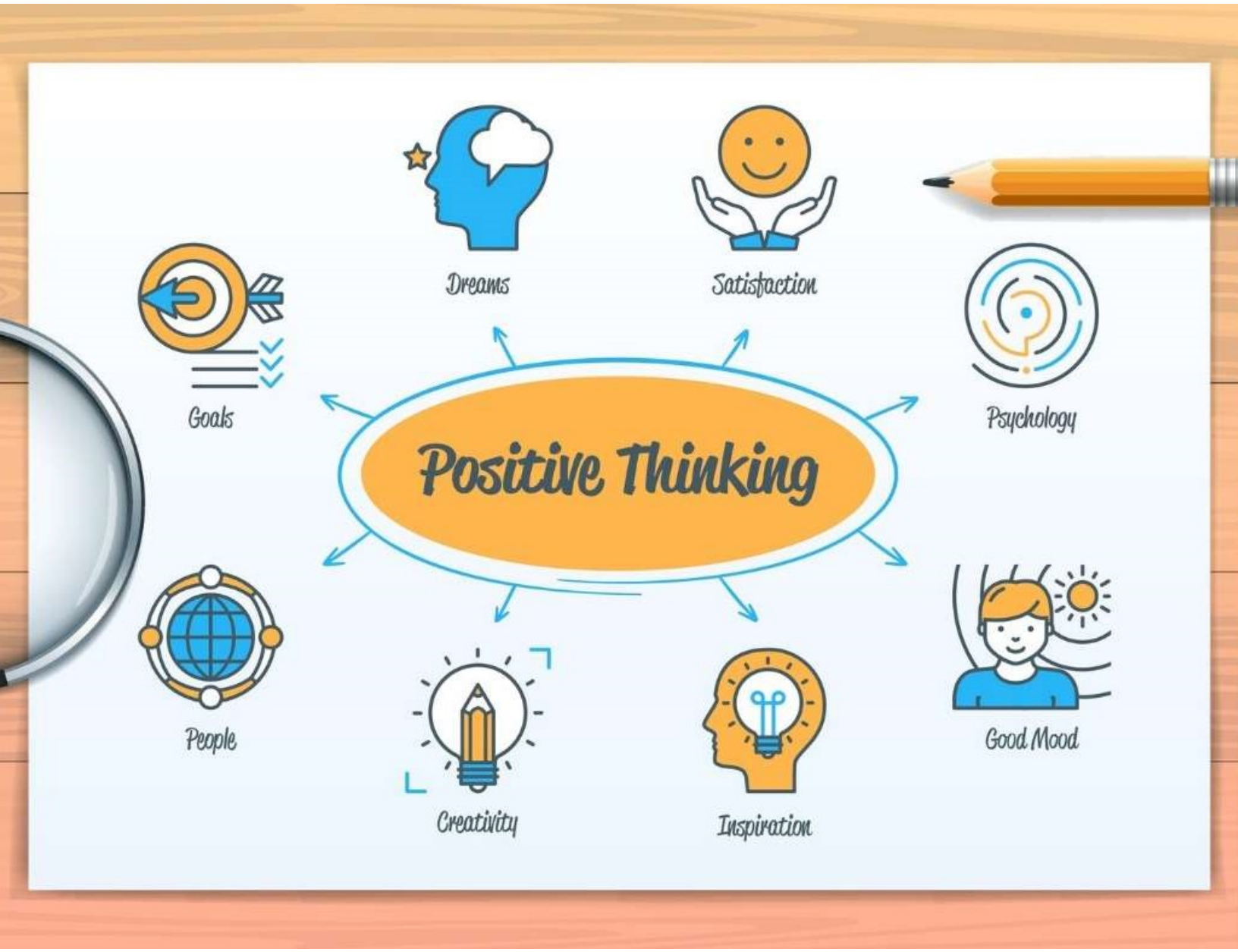
Infographic November 2022



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Humor for November 2022

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Sunday, November 6th

Daylight Savings Time Ends

Remember….

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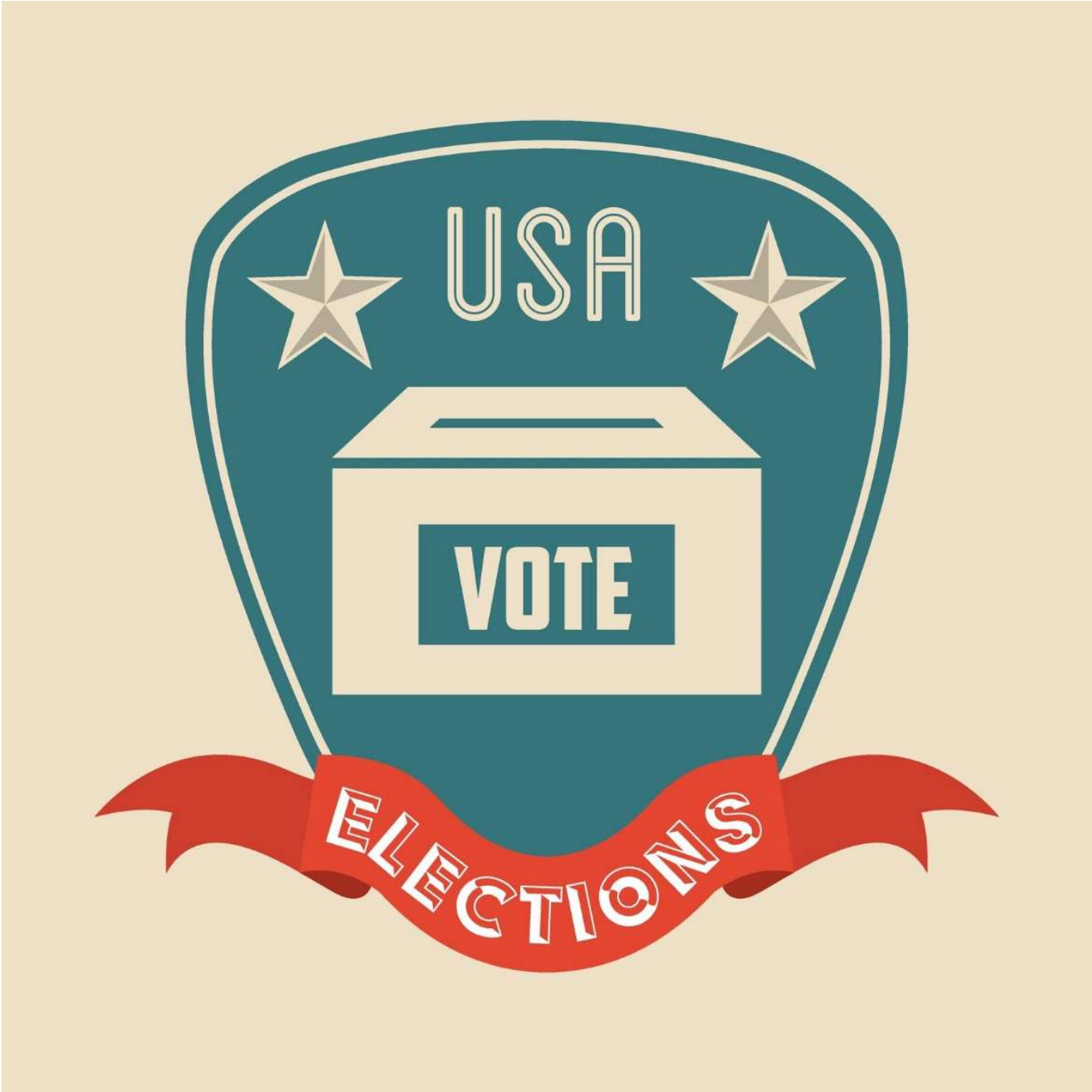
Tuesday, November 8th,

Election Day (USA)



November 11th

Veterans Day

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November 24th

Thanksgiving Day

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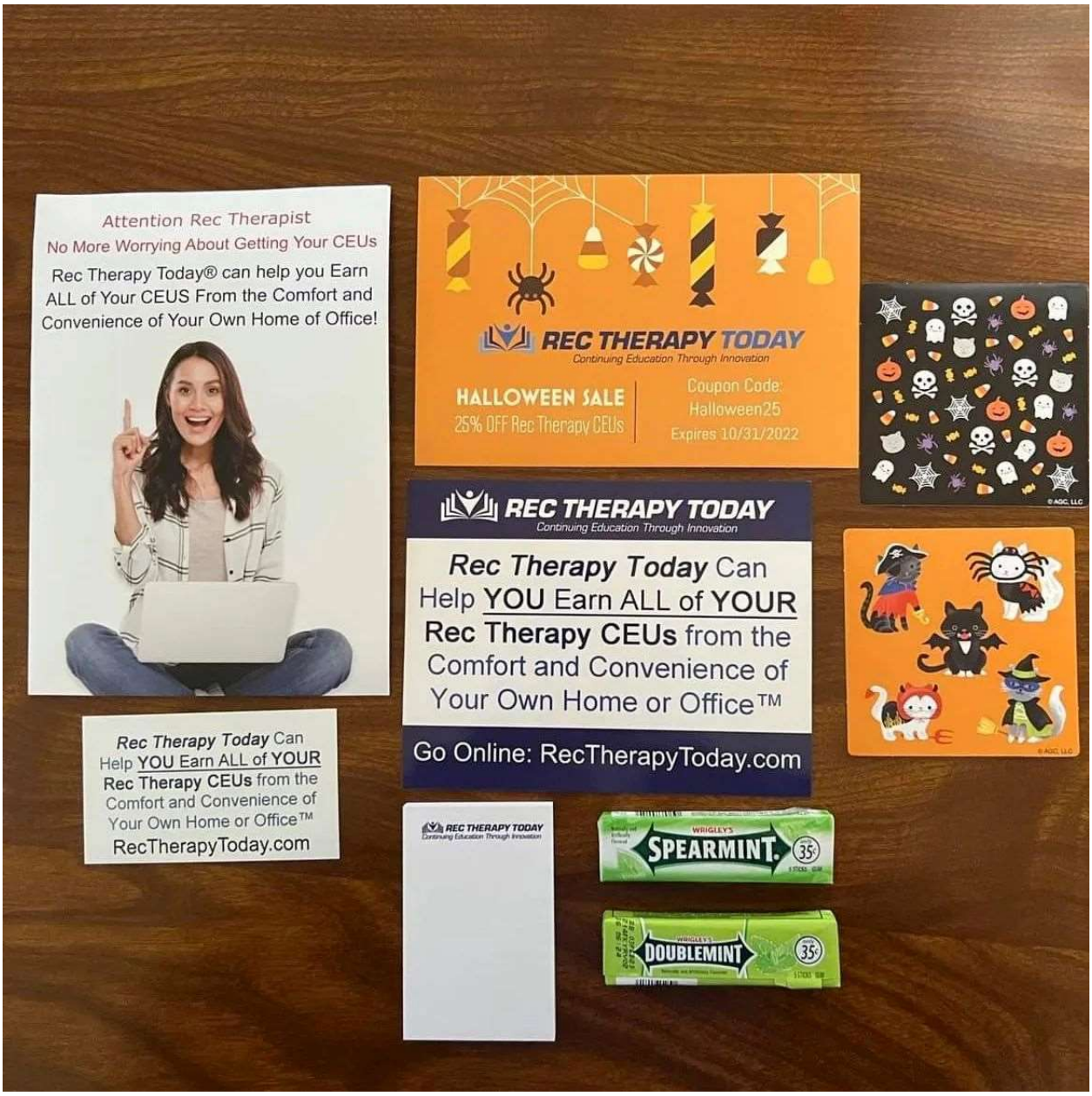
October Giveaway Winners

100 Rec Therapists Received Goodies

These gift bags varied in contents.



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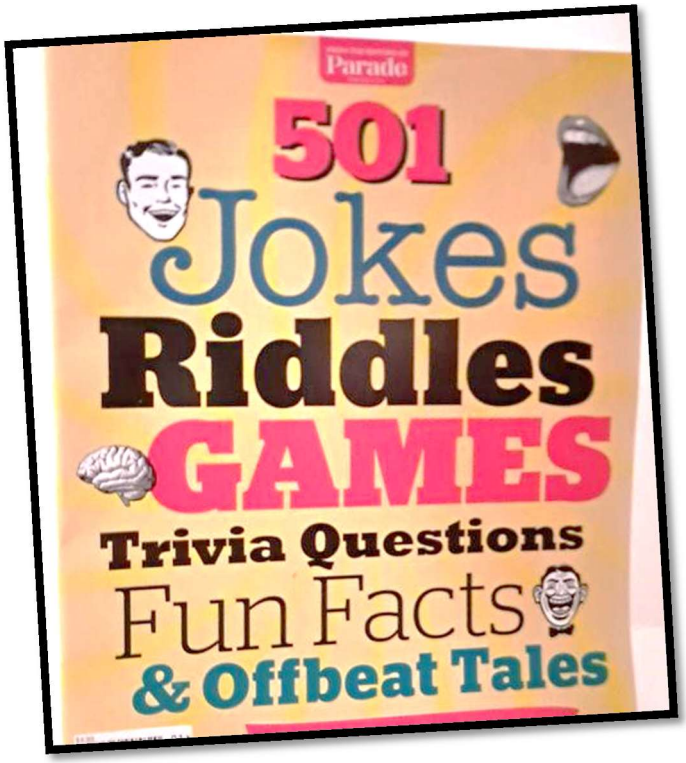
More October Giveaway Winners

The following people won a jokes book!



1. Amy S., Irving, Texas
2. Lisa S., Parker, Texas
3. Kristen R., Hanover, PA
4. Yama H., Pelham, Alabama
5. Roberta B., Pennsylvania
6. Kathy A., Evanston, Wyoming
7. Arnie I., Brooklyn, New York
8. Cindy M., Webster City, Iowa
9. Raylene A., L.A., California
10. Honie S., Southgate, Michigan
11. Jesmin A., Brooklyn, New York
12. Melissa F., Duluth, Minnesota
13. Melanie H., Bay City, Michigan
14. Elysa M. San Diego, California
15. Olivia, Sand Diego, California
16. Jenna H., Milwaukee, Wisconsin
17. Savannah P., Oshkosh, Wisconsin
18. Elizabeth W., Otsego, Minnesota
19. Lynette S. Dimondale, Michigan
20. Rachel C., Roslyn, Pennsylvania
21. Kathy P., Sacramento, California
22. Kelly C., Staten Island, New York
23. Emilie McE., Temple, Pennsylvania
24. Melinda G., Allentown, Pennsylvania
25. Marie B., Jersey Shore, Pennsylvania
26. Nancy P-S., Pittsfield, Massachusetts
27. Jerry H., Montreal, Quebec, Canada

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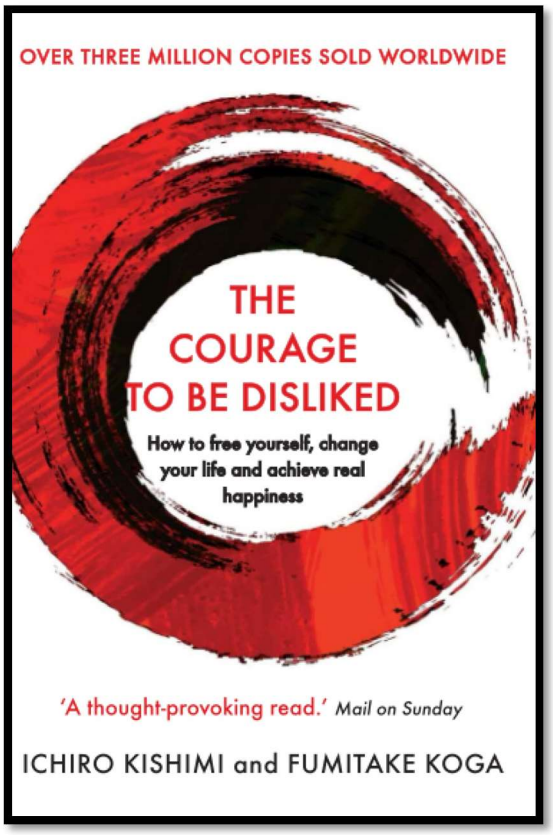
Recreation Therapist Book Club

Meagan Young, CTRS and operator of (***Grow through Flow***) website posted a list of 12 books she plans to read in 2022.

Danny Pettry, CTRS and director of (***Rec Therapy Today***) is reading these books with her.

Here is the November 2022 Book:

The Courage to be Disliked



Get This Book from our Amazon Affiliate Link Here:

https://amzn.to/3sGh3Lh

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Email Danny@DannyPettry.com if you're interested in an organization discount.

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November 2022 Game of the Month

Get the Game Here:

https://amzn.to/3DKkPJR

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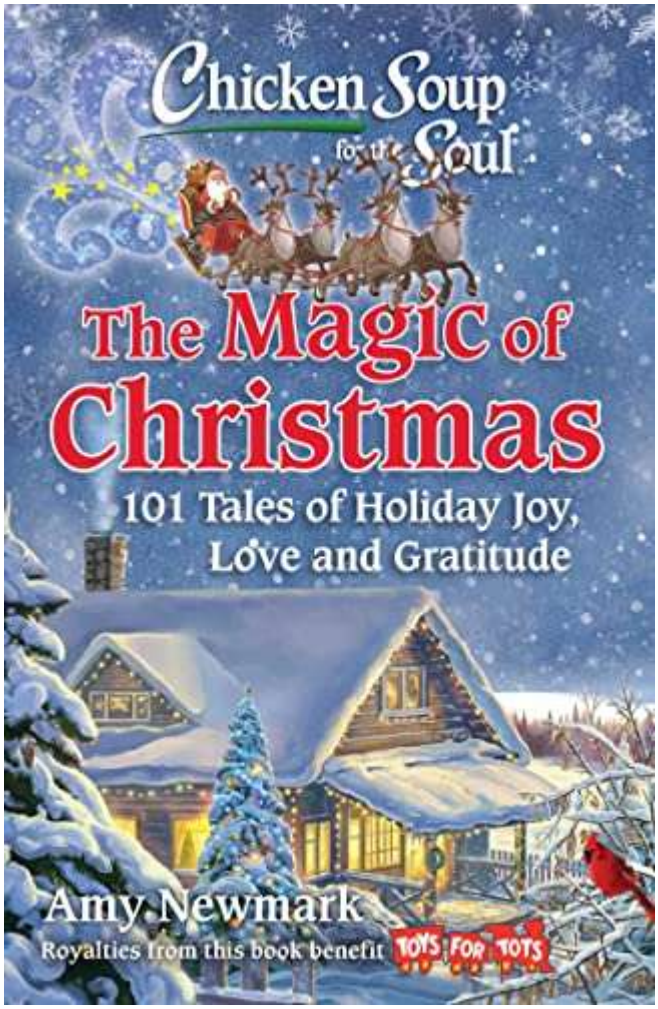
November 2022

Book of the Month



Get the Book Here:

https://amzn.to/3gYS2bt

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November 2022

Rec Therapist of the Month

Ashley James

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Your degree and college:

Masters in Therapeutic Recreation, Indiana University Bloomington

Are you a CTRS? If so – for how long?

Yes, since 2020

Are you an ATRA member?

Yes

Presentations:

I presented during the 2020 Virtual American Therapeutic Recreation Association Conference regarding the benefits of art journaling as a means for healing with the military population.

Continued on next page

Why did you become a rec therapist?

When my best friend's husband was killed in action in 2011 while serving in Afghanistan, I knew wholeheartedly I wanted to give back but I wasn't exactly sure what that looked like. For the first time in a long time, I experienced this same best friend in one of the most peaceful state of mind since the death of her loved one while at an Equine Therapy event, and I asked myself, "how do I do THAT?". This introduced me to the world of recreation therapy. I have been an outdoor enthusiast and self taught artist for my entire life but didn't have a clue that recreation therapy was a field, let alone a JOB!

What type of setting do you work?

I work as a creative arts therapist for young adults and adolescents for a startup telehealth company. I also facilitate adventure based retreats for veterans, their family members and active duty soldiers with a nonprofit organization.

What population do you provide services for?

I have worked with the military population for nearly 9 years and also currently working with adolescents and young adults.

What types of recreation therapy interventions do you provide?

My specialty is trauma-informed expressive arts. A lot of what I offer is rooted in visual arts oriented activities such as painting, and art journaling.

What do you love about your work?

Personally, for me, it's about providing people another chance at life despite their circumstances. It's about giving them power when they may not have had a choice, or control, over what life presented them with. It's about empowering individuals to process and share their own story to help others who may have experienced similar challenges; Maya

Angelou has a wonderful quote, “the greatest agony is bearing an untold story”, I don’t want anyone to feel like they have to walk that journey alone or to feel like their diagnosis or illness is the end of their story; they have the power to add new chapters and edit them as they see fit.

What would you recommend a new rec therapist to do?

Seek as much information as you can, especially when it comes to modalities! Try out new populations to see what truly works best for you and where you fit in. These are great tips but the biggest piece of advice I can offer is — TAKE TIME FOR YOURSELF! Self-care is incredibly important and oftentimes we don’t realize it until we have already reached burnout and start to feel demotivated. I have personally learned this myself recently and make it a daily practice to incorporate small self-care activities into my life - something as small as a cup of hot tea or yoga.

Where do you see the future of rec therapy?

Luckily for all of us, I believe it's growing and expanding. Our society is becoming more accepting when approaching the idea of mental health challenges and realizing that there are alternative outlets to improving mental health outside of just talk therapy.

Who is a recreation therapist who you admire and why?

Kade Patterson - that man is a gem. I first met with him while working on a Adaptive Wheelchair Basketball Volunteer Program at IU, and he has always been incredibly positive and passionate about what he does in the field from my interactions with him.

I would also like to shout out **Dr. Jennifer Piatt!** She will be your biggest advocate and cheer for you from the sidelines.

What Do You LOVE About *Rec Therapy Today*?

I love it because it keeps me informed but more importantly, because of the connections I have been able to make and maintain.

Ashley James

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ATRA Section

Rec Therapy Today® proudly supports *ATRA.*

Rec Therapy Today® provided $5,600 to sponsor the 2022 ATRA conference.

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Danny Pettry's Section

Quality Time with my Siblings

Left: My younger brother Jimmy – he's an I.T. guy.
Center: That's your friend Danny – the Rec Therapist
Right: Our youngest sister, Carrie – she's a Phlebotomist.

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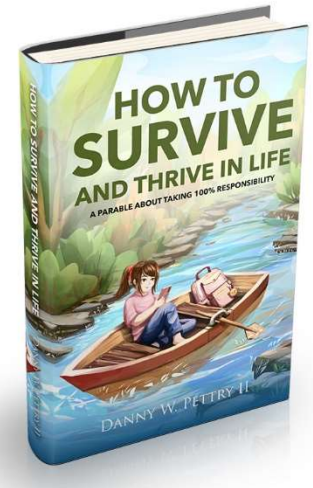
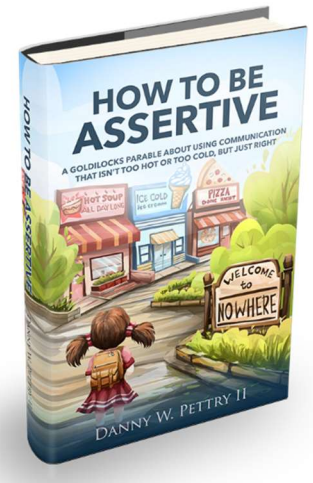
Danny Pettry's Books

My Two (2) New Inspirational Books



How to Survive and Thrive: a parable about taking 100% responsibility

Pre-order on book for $2.99 from kindle here: https://amzn.to/3Oxd10K

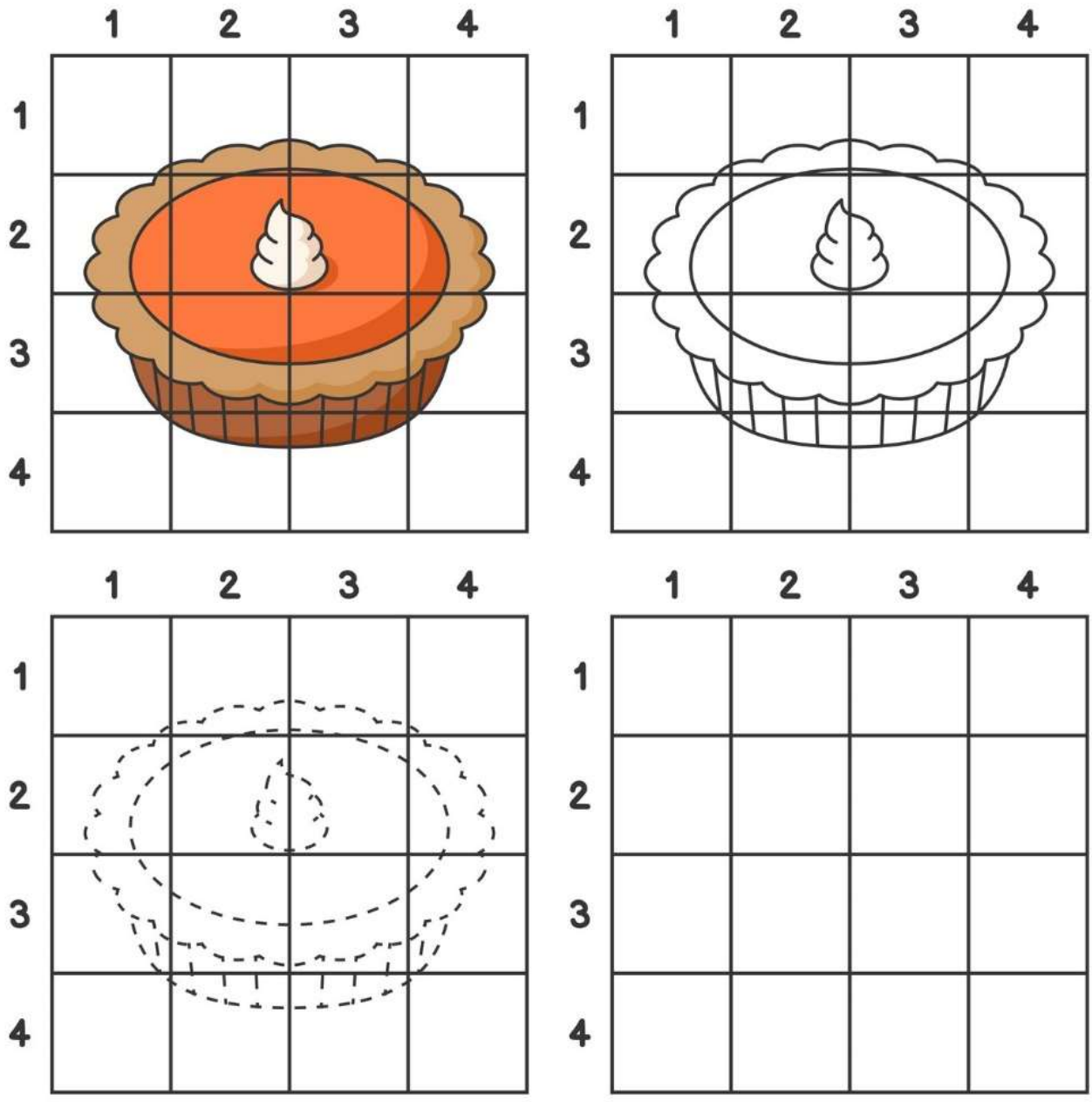


How to be Assertive: A Goldilocks parable about using communication that isn't too hot or too cold, but just right

Pre-order book for only .99 cents on the kindle. https://amzn.to/3QPV6Ez

Fun Pages for All Ages

Copy The Picture



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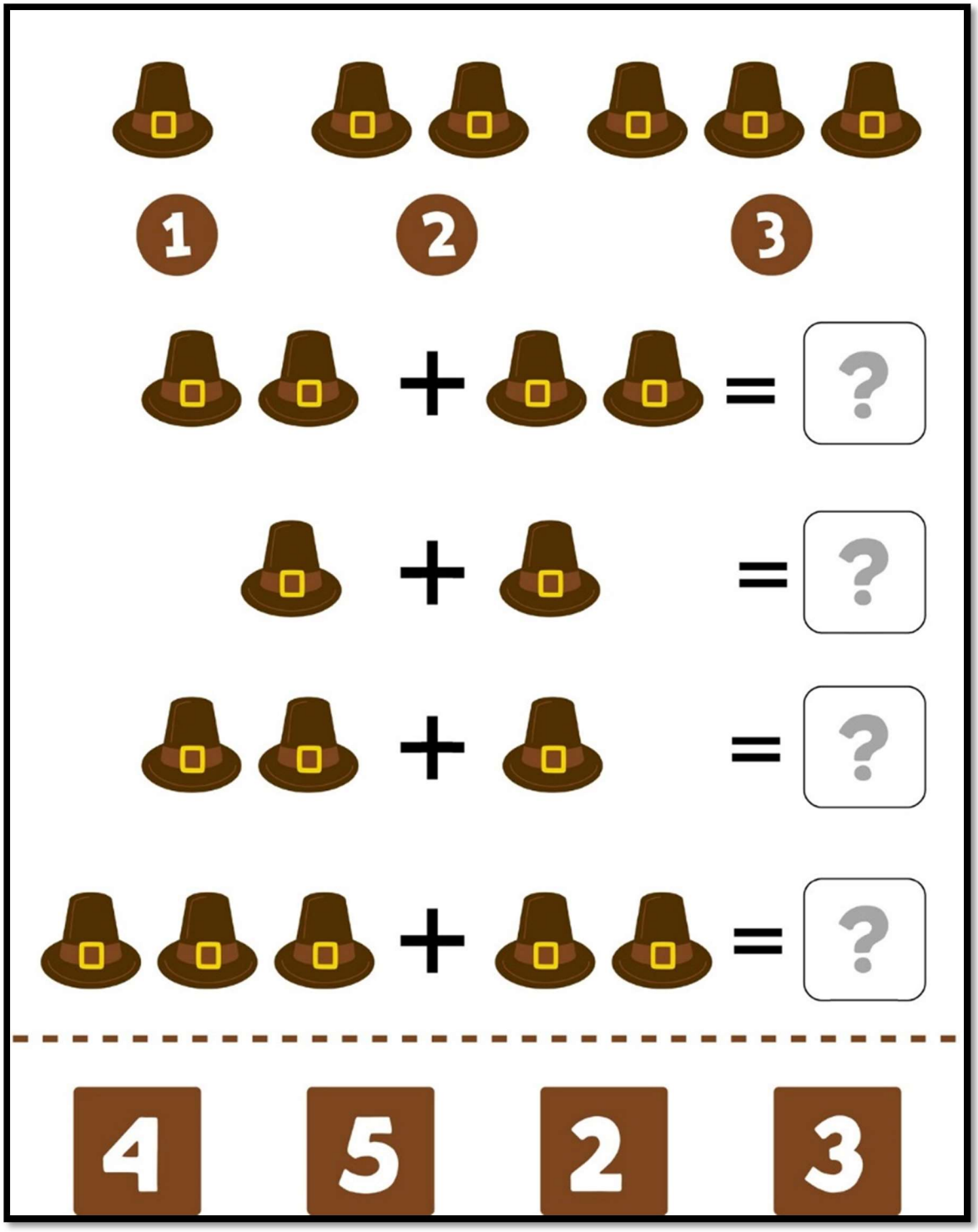

Fun Pages for All Ages

Ten Things I'm Glad About

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

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Danny Pettry

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Our Final Thought…

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Deadline to enter is before midnight November 11th, 2022.

Enter at this link now:

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