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Continuing Education Through Innovation

Monthly Newsletter
April 2023

Dear Innovative Rec Therapist -

Thanks for being part of our
Rec Therapy Today family.

You're making a difference

Enjoy Your April 2023 Newsletter

Giveaway is on last page so you'll have to scroll to the bottom of the 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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The Standard Price is ~~$80~~

Discount Price is ***Only $60***

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Go to this link to register today:

https://www.rectherapytoday.com/spring2023ceus

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Bob Krider gave us permission to share his CTRS Certificates since 1987

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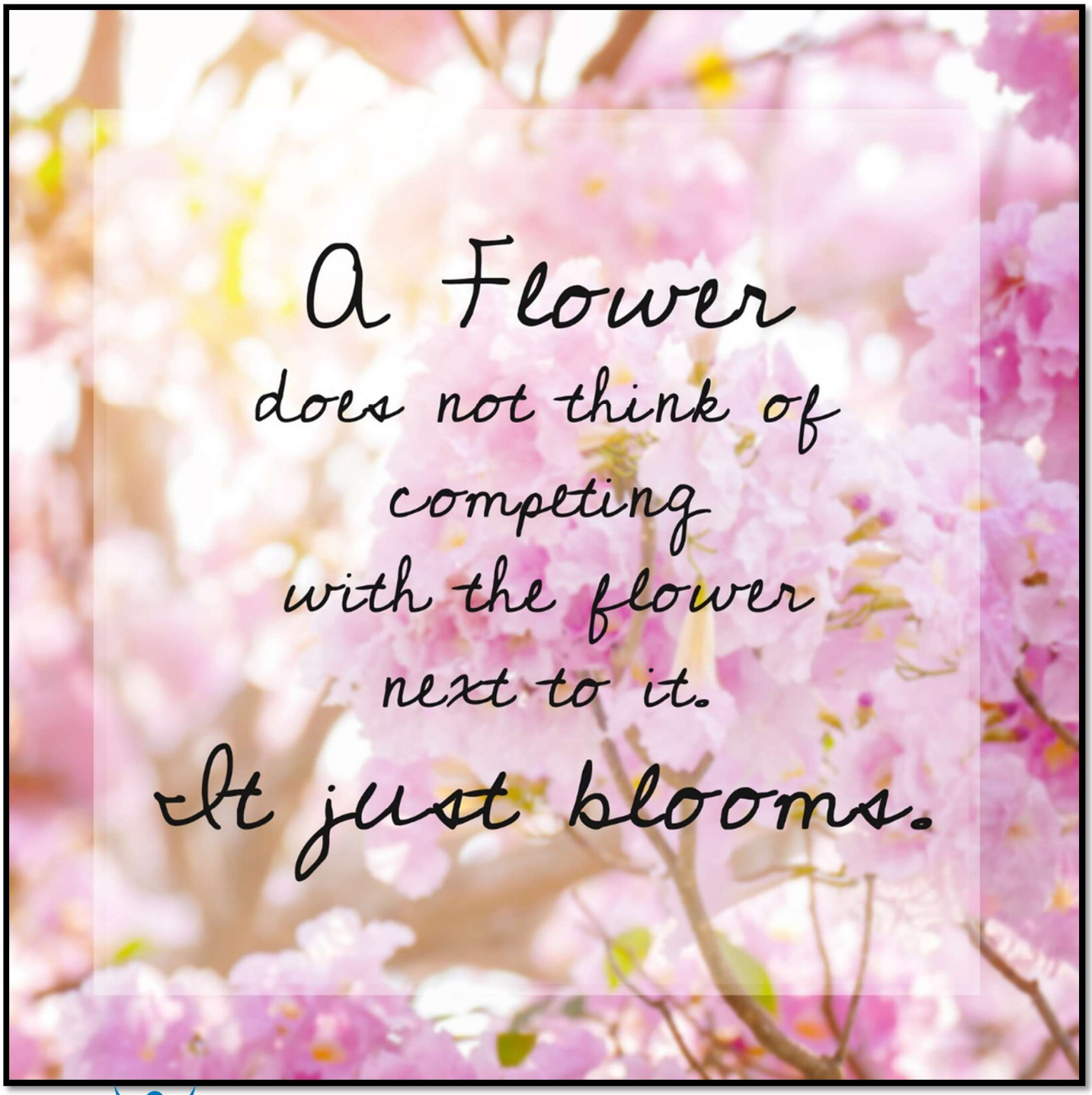
Inspiration for April 2023



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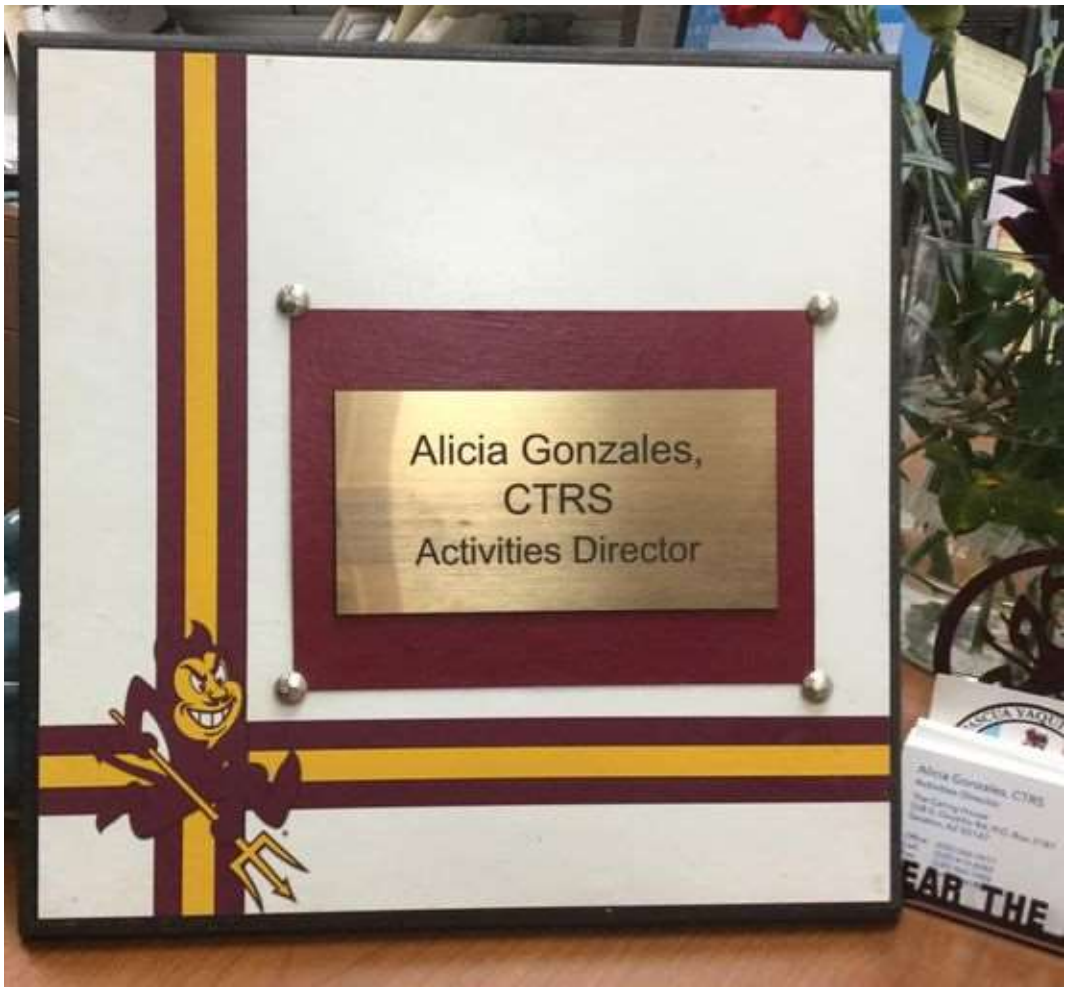
Alicia Gonzales gave us permission to share this gift she received

Wow what a wonderful gift belated Recreation Therapy gift.-

Alicia Gonzales



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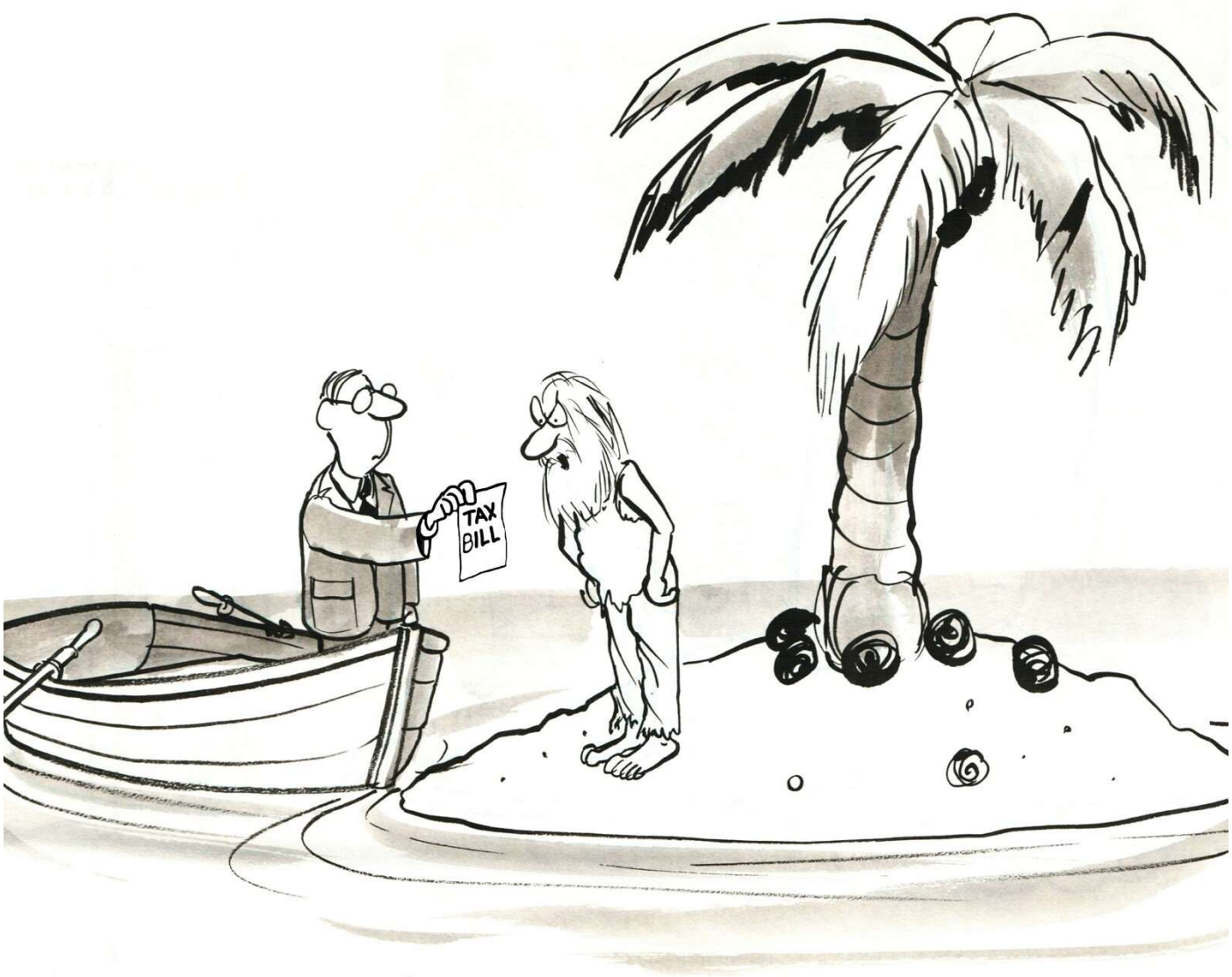
Humor for April 2023

April 15th is Tax Day.



"There is no getting away from you guys."

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Infographic for April 2023

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Important Dates in April 2023

4/2	World Autism Awareness Day
4/5	National Walking Day
4/6	National Library Day
4/6	National Student Athlete Day
4/8	National Zoo Lovers Day
4/10	Golfer's Day
4/10	National Siblings Day
4/11	National Pet Day Dog Therapy Appreciation Day
4/12	National Scrabble Day
4/16	Good Deeds Day
4/17	Go Fly a Kite Day
4/17	International Haiku Poetry Day
4/18	National Exercise Day
4/21	World Creativity and Innovation Day
4/22	Earth Day
4/27	National Tell A Story Day
4/29	International Dance Day

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Game of the Month

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Get the Game Here:

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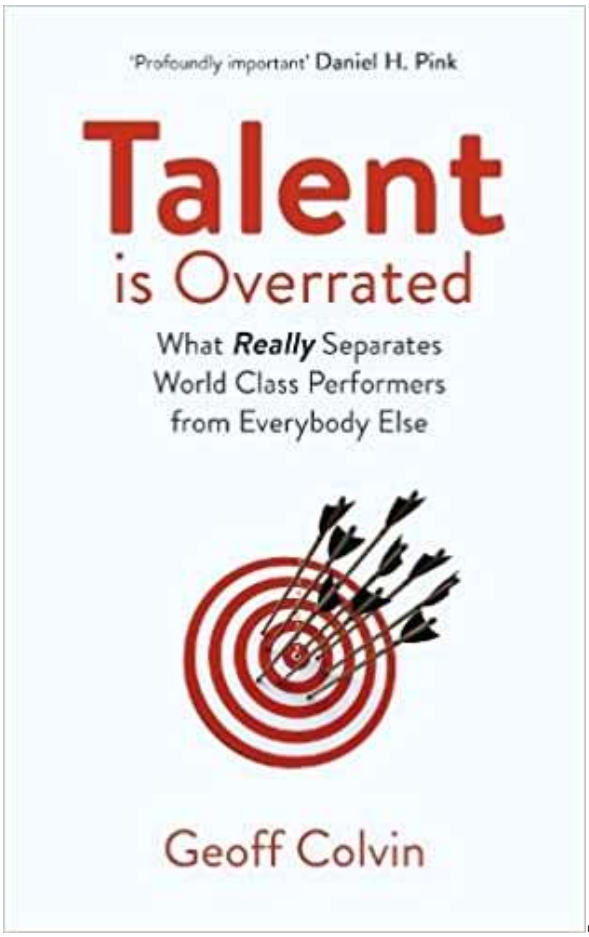
April 2023
Book of the Month



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April 2023

Rec Therapist of the Month

Kathryn Hoar

College and degree: Cal State University, Northridge
Recreation Management: Option Therapeutic

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1. Are you a CTRS?

Yes, proudly have been a CTRS since 1997

2. Are you an ATRA member?

Yes- This reminds me I need to renew my membership!

3. Why did you become a rec therapist?

When I was in junior high and high school I was always drawn and very interested in what my peers with disabilities were doing at school. I was quick to notice when these same peers at my school were not being treated with respect and dignity. It lit a fire in me that made me vow to do whatever was in my power to ensure anyone I was with would be treated with dignity and respect. Growing up I loved the mood and vibe of summer camp, youth group and volunteering at church and our local hospital. As a kid, I also loved looking through my mom's nursing school textbooks.

Entering college, I thought maybe I wanted to be a preschool teacher, special education teacher or Physical Therapist. As a freshman I took a Leisure and Recreation class in college. A few RT's came to speak to our class about their work in various setting. All of their jobs had elements of all the things that I loved was interested in and had a passion for. I switched my major that day!

4. What do type of setting do you currently work?

I have been an RT for a large public school district for the past 24 years. I am the lead/senior therapist for our program. Currently a majority of my time is dedicated to program management, staff development and liaison to administration. I do still keep my "tennies on the playground" and spend time conducting assessments and providing services to students. I initially took a job as an Adapted Physical Education teacher with the school

district because the hospital I worked in unexpectedly closed their behavioral health program. After a few months, my administrator had mentioned to me a parent had made a request for their student to have an RT assessment because there was a concern about the student's social skills. My department had no idea what RT was and they asked me if I was qualified to conduct the assessment or if "I knew anybody." One assessment turned into several more and I ended the next school year with about 5 students on my caseload. Twenty four years later one RT with "a few students" has grown to a department of 24 full time RT's servicing over 700 students.

5. What population do you provide services for?

So many different types of student populations. As a school based RT, I work with students with Individualized Education

Plans ages 3-22. There are a variety of different types of needs students may have to be eligible for special education and receive RT services. A majority of students I work with either have a medical diagnosis or special education eligibility of Autism. Additionally, many students I work with have specific learning disabilities, Intellectual Disabilities, anxiety disorders, or ADD/ADHD. The best part is that because of the types of service delivery models utilized within my setting, as well as the role of a school based RT, I also am able to indirectly support students that do not have IEP's.

6. What types of recreation therapy interventions do you provide?

Endless types of interventions…Modalities utilized, arts crafts, games, sports, music/movement, videos, movies, technology, clubs and organizations. Frequently embed Social Skill instruction and leisure education concepts into our interventions. My students always love when

we do cooperative games, activities and interventions that support inclusive play and recreation opportunities.

7. What do you love about your work?

I feel as if every cell in my body was meant to be a Recreation Therapist. In general I love being an RT, its not what I do but who I am. I am so inspired when I hear about and see students using their skills targeted in RT services to have meaningful interactions and relationship with their peers and are able to navigate social and personal situations that were previously challenging. I along with my team have worked hard and been very diligent about consistently representing the field of RT in a positive manner. We are valued members at our school sites. Teachers and other professionals (school psychs, OT's PT's Speech provides) are eager to collaborate and co-treat with us, we are respected.

8. What would you recommend a new rec therapist to do?

My recommendations to a new RT would be to always be ready for the unexpected, you never know when you might find yourself in a position to create something new. When I accepted a position with my current employer 24 years ago, I had no idea what was instore for me, thank goodness I was ready for the unexpected opportunity. Own your mistakes and when you do, be ready to offer a solution or remedy. And make sure to be kind to yourself in the process of owning your mistakes. Practical recommendations, get to know your local public school system special education programs and services. Search out opportunities to learn about how Recreation Therapy functions as a related service within special education. Add some knowledge and skills to your professional repertoire about conducting RT assessments within in Special Education. Conducting assessments are a great entry point to working in public schools and there is a huge need for school based RT's.

What Do You LOVE About *Rec Therapy Today*?

I totally appreciate the ability to get my CEU's on line. Working full time, caring for several family members with severe medical needs and being a mom does not always make it easy to attend in person conferences. When I discovered Rec Therapy Today, the option of on line CEU's that I could do on my time was a huge relief. The process is simple and when I had some questions, Danny got back to me quickly. There are a variety of topics that are relevant and interesting to my work!

Kathryn Hoar

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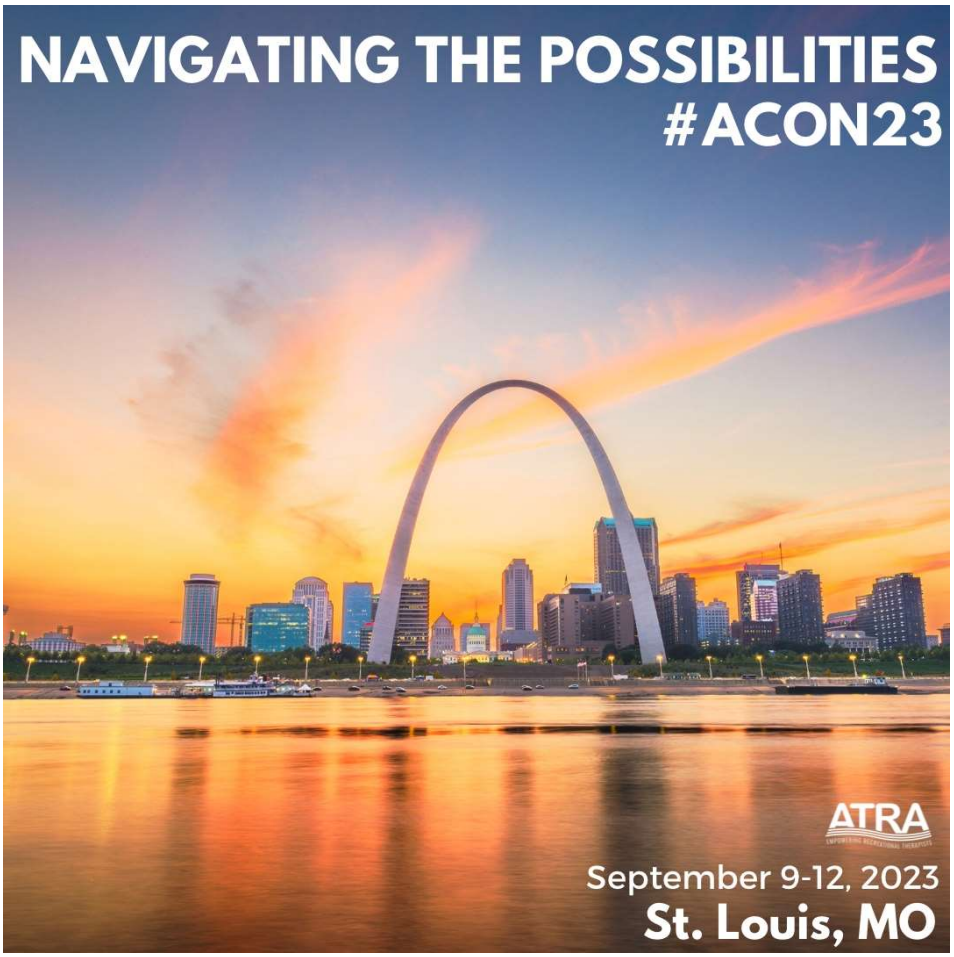
ATRA Section



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Danny Pettry's Section

Left: Teresa Cat (My mom) – supporting Rec Therapy Today

Center: Danny W. Pettry II (That's me).

Right: Daddy cat (My dad, Danny Pettry Senior.

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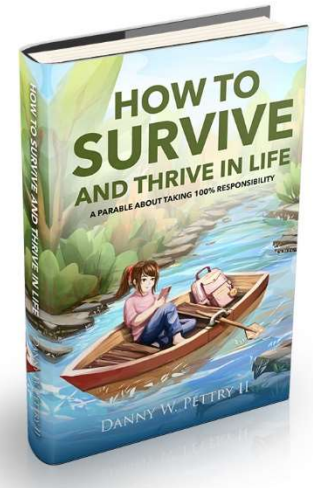
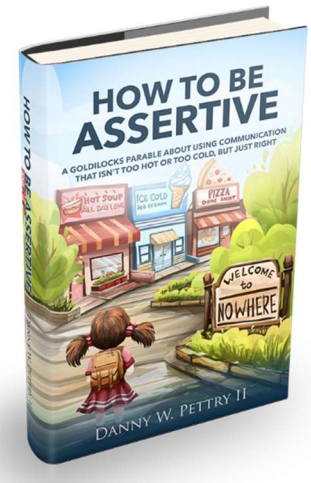
Danny Pettry's Books

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

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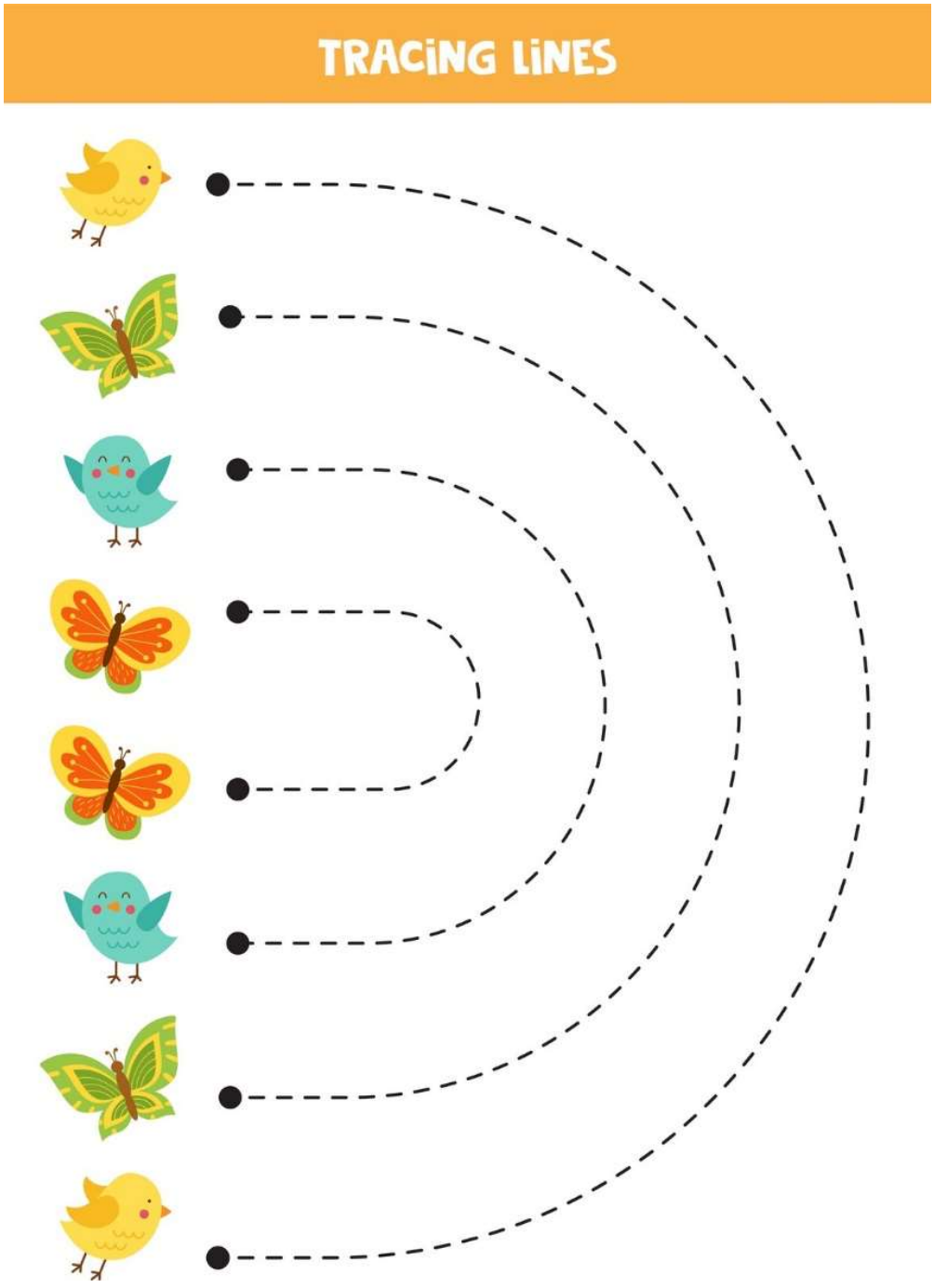

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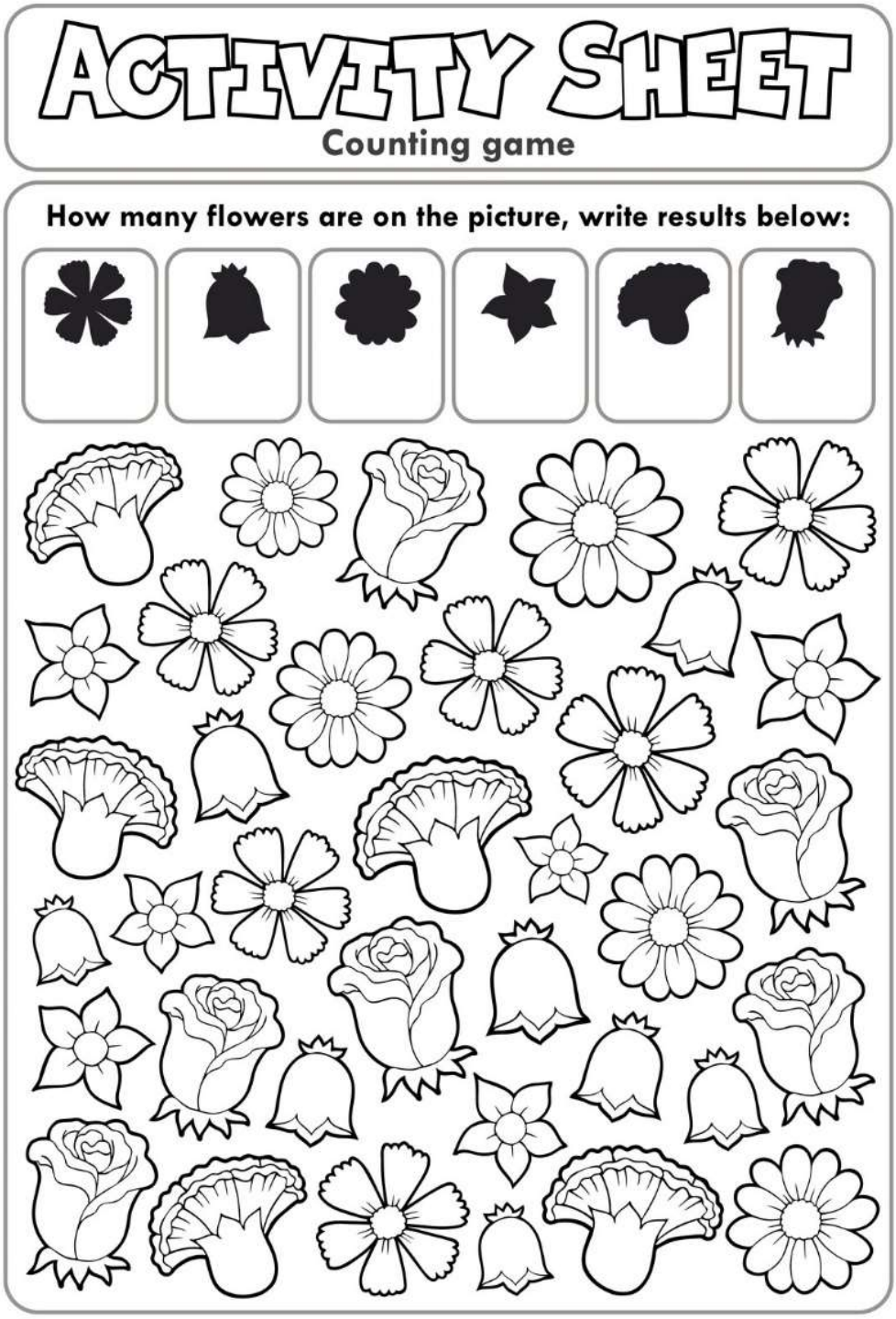


In 10 years there will be ..... year

My health will be .....

My health improvement habits will be .....

My appearance will look .....

My self-care will be manifested .....

My caring for others will be manifested .....

My marital status will be .....

I will give to my children .....

My work will be related to .....

I will be effective in .....

In personal development I will pay attention .....

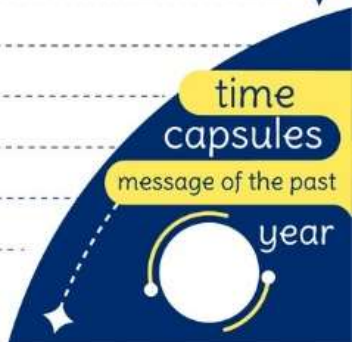
I will learn, master the skills .....

My relationships with people will be .....

I will be able to travel to .....

My hobby will be .....

I will dispose .....



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We post inspirational information for rec therapists ***just like you.***

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Our Final Thought...

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April 2023 Giveaway

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Anyone can enter. Purchase does not increase odds of winning.

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