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EMPLOYMENT OBJECTIVE

I strive to offer Therapeutic Recreation services in efforts of increasing quality of life for older adults. This includes the promotion of recreational programs to increase individual and community wellness, as well as identification and removal of environmental constraints for optimal recreation participation. I focus on maintaining and/or strengthening the social, physical, cognitive, and/or emotional well-being of the client served in efforts of achieving the highest possible level of health and wellness.

PROFESSIONAL EXPERIENCE

Optimal Living Consultancy-Owner • Salt Lake City, UT • January 2011 to current

Therapeutic Recreation Consultant MTRS, CTRS

Provided consultation services for long-term health care, adult day care, assisted living, transitional rehabilitation and other swing bed medical centers ensuring each facility is in compliance with state laws/regulations and following professional standards.

Prepared assessments and care plans according to client's needs, capabilities, and interests.

Involved in professional supervision in training, motivating, and directing Therapeutic Recreation Technician's in developing strong and effective Therapeutic Recreation programs.

Coordinated with allied professionals in educating and delivering recreation therapy services.

Created specialized recreation programs tailored to various disabilities including: psychological, social, cognitive, musculoskeletal, neurological, and neuromuscular system impairments.

Developed and implemented the Therapeutic Recreation Technician course, workshops, staff in-services and other trainings for licensure and continuing professional development.

Therapeutic Recreation Services/Solutions • Salt Lake City, UT • 2008 to 2011

TRS, CTRS Independent Contractor

Trained with MTRS consultant in managing Therapeutic Recreation programs in long term care.

Conducted resident interviews to monitor for satisfaction with leisure programs.

Ensured documentation was current, accurate and in compliance with regulating agencies.

Behavioral Health at Wasatch Canyons • Salt Lake City, UT • 2005 to 2011

Therapeutic Recreation Specialist • 2009 to 2011

Conducted patient assessments to determine abilities, strengths, needs and impairments.

Planned, administered and facilitated psycho-educational, expressive art, equine assisted therapy, team-building and other therapeutic interventions using knowledge of group dynamics and organizational skills to achieve treatment plan goals.

Responsible for maintaining spending records and ensuring compliance with budget restrictions.

Implemented and followed-through with individual patient programs using knowledge of behavioral interventions and specialized programs to provide patient care.

EDUCATIONAL BACKGROUND

University of Utah • Salt Lake City, UT • 2008
M.S., Parks, Recreation, & Tourism with emphasis on Therapeutic Recreation • GPA 4.0
University of Utah • Salt Lake City, UT • 2008
Graduate Certificate in Gerontology
University of Utah • Salt Lake City, UT • 2002
B.S., Psychology • GPA 3.7

LICENSURE/CERTIFICATION

Master Therapeutic Recreation Specialist • License # 4954436–4001 • Expiration: 5/31/2015
Certified Therapeutic Recreation Specialist #57005 • National Council for Therapeutic Recreation
Certification • Expiration: 6/30/2014
Certificate of Training in Recreational Therapy Dementia Practice Guidelines (DPG) • American
Therapeutic Recreation Association • Expiration: 9/12/2015
Certificate of Completion for Advanced Geriatric Training in Recreational Therapy Dementia Practice
Guidelines (DPG) • American Therapeutic Recreation Association

WORKSHOPS AND TRAININGS FACILITATED

Therapeutic Recreation Technician Course • 2013-current
Mental Health Workshop • 2014
Southern and Northern Utah Summer Workshops • 2014
Bringing the Past and Future Together through Recreation Therapy • 2014
Making Connections Through Recreation Therapy • 2013
Spring Ahead with Your Recreation Program • 2013
Building Bridges through Therapeutic Recreation Workshop • 2012
F248 and You • 2011/2012
QIS for Activities Workshop • 2011
Understanding and Working With Behaviors • 2011/2012
Understanding and Working With Alzheimer's/Dementia • 2011

PROFESSIONAL DEVELOPMENT AND MEMBERSHIP

DOPL Recreation Therapy Board Member • Salt Lake City, UT • current
ATRA/NCTRC Licensing Task Force • Salt Lake City, UT • current
Therapeutic Recreation Advisory Board • Salt Lake City, UT • current
Utah Recreation Therapy Association Executive Committee • Salt Lake City, UT • 2007 to 2008
U of U Outstanding Student Award • 2007-08
Recipient of the Rebecca Barry Award • 2008
American Therapeutic Recreation Association • Member • 2006 to present
Utah Recreation Therapy Association • Member • 2006 to present