

Welcome, from your Conference Co-Chairs...

Welcome and thank you for joining us for the
26th Annual NYSTRA Multi-Day Conference!

We are excited to be back in Saratoga Springs, NY at our home away from home, the Holiday Inn. It is so nice to see friends and colleagues from across the state come together to share everything that has happened throughout the past year!

This year, our theme is “New Horizons: Advancing Therapeutic Recreation in NY State.” As we come together both virtually and in person (with proper PPE), we are committed to celebrate the authenticity of recreation therapy, as well as continue to illustrate that CTRS’s are essential and collectively push the field to greater heights. This year we hope that this conference will inspire you to not only remember who we are as clinicians, but get creative, drive forward, and advance recreation therapy in NY State. We have put together a wide variety of exciting, and educational sessions for you as well as some fun new hospitality events.

We hope the time you spend here will be a time where you can recharge your rec therapy energy, get remotivated, and excited to carry on the mission of advancing rec therapy in the NY state. Thank you for joining us and we look forward to seeing all of you in Saratoga Springs!

With best wishes for a wonderful 2022,

Kianna Moree and Jacqueline Dyke

Kianna Moree, CTRS and Jacqueline Dyke, CTRS
26th Annual NYSTRA Conference Co-Chairs

NYSTRA 2021-2022 Board

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STUDENT TRACK

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Leduc Le, CTRS

Keynote Speaker-Anne Richard, CTRS



Anne Richard, MS, LRT/CTRS, FDRT, CAE is currently the Executive Director of the National Council for Therapeutic Recreation Certification. Over her 30+ year career as a recreational therapist, she's worked as a therapist, manager, consultant, and educator; her primary focus through the years has been on improving the quality of life for persons receiving mental health services and for older adults residing in long term care communities. She has presented at state/provincial, national and international conferences on a variety of topics including international therapeutic recreation practice, professional certification and recertification, licensure of recreational therapy practice, leadership, and the role of therapeutic recreation in resident quality of care.

Endnote Speaker- Jacqueline Dyke



Jackie Dyke has been a CTRS since 2009.

She is an Assistant Professor at SUNY Cortland in the Recreation, Parks and Leisure Studies Department. Prior to joining the faculty at SUNY Cortland, Jackie worked with adults with substance use disorders in inpatient treatment and in the community. Jackie designed, opened, and won funding for a recovery community center in Syracuse, NY that centers around building healthy leisure opportunities for adults in recovery. She also developed and launched an aftercare program and won funding for other SUD and recovery related ventures in the greater Syracuse, NY area.

Jackie's research interests include Recreational Therapy Practice at a Systems Level, Clinical Supervision in Recreational Therapy, and Recreational Therapy within the Treatment of Substance Use Disorders. Jackie enjoys spending time with her family, two dogs, and cat. Her favorite leisure pursuits are gardening, swimming, hiking, and cheering on her sons at their Little League games.

Sunday, March 27, 2022

Registration Opens at 7:30 AM

Keynote

9:00AM-10:30AM

#1 Evolution Through Chaos: Emerging Stronger than Ever

Anne Richard, CTRS

Session Description: How are the concepts of chaos and evolution connected, and how do we as recreational therapists use the opportunities for innovation that are presented to us? During this session, these concepts will be discussed as well as the recognition of the incredible journey that recreational therapists have been on over the past two years to emerge from this health crisis stronger than ever.

*Advancement of the Profession
Administrative tasks*

BREAK 10:30 am– 10:45 am

Concurrent Sessions

10:45AM-12:15PM

#2 Teaching Anger Management through Therapeutic Games and Programs

Megan Concannon, CTRS

Session Description: This session will assist recreation therapists in how to structure programming to limit triggering emotions like anger. This session will review the importance of knowing or learning individual children's triggers and review some basic strategies in managing them. Participants will gain some hands-on experience during this session by participating in multiple non competitive recreational games that they could complete with their own clients.

*TR service delivery
Diagnostic Groupings
Implementation*

#3 Enhancing Life Skills is a TR focus area? It is when we are talking about adaptive sports

MaryJo Archambault and Janel Connolly

Session Description: Why adapted sports? Sports have been found to be more motivating for individuals with physical disabilities and lead to increased activity, improvement in life skills, increased mental and physical health and improvement in quality of life. This session will focus on the correlation of adaptive sports and life skills. This session will explore research findings as well as current survey results from participants/families and program leaders affiliated with an adaptive sports program in Connecticut. Panel of experts will be a highlight of this presentation.

*Practice of TR/RT
Theories and Concepts*

10:45AM-12:15PM

#4 Wellness Recovery Action Plan a proactive and person-centered tool for recovery and wellness

Marty Golub, CTRS

Session Description: This session will cover mental health recovery principles and their relation to TR practice and their relation to WRAP Plan development; the section (and explanation thereof) of a WRAP plan; the use of leisure pursuits for one's wellness and coping within a WRAP plan; time to develop one's own "Mini- Wrap" to go through the process; ideas on how to incorporate WRAP principles into practice. WRAP is evidence based practice! You already know TR...come learn about WRAP!

Foundational knowledge

Strategies and guidelines

Implementation

****VIRTUAL Live session****

#5 Leisure among contemporary Christian, Muslim, and Jewish minority groups in the United States.

Catherine Gooch, Khadija Musa, Itzel Alonso, Emily Zuckerman, Shoshana Cohen, Mia Camhi, and Telden Lopes-Lotufu

Session Description: This session is designed to integrate understanding and increase cultural competency for Therapeutic Recreation students and CTRS's. We will discuss the effects of religious doctrines on leisure behavior and attitudes of contemporary Christian, Muslim, and Jewish minority groups in the United States. Religious minority groups often overlap with racial and ethnic groups therefore it is important to increase our awareness. A review of research on leisure among Christian, Muslim, and Jewish minorities will show that while these groups are very heterogeneous in terms of socioeconomic, ethnic, and cultural backgrounds, certain important similarities can be discovered regarding attitudes toward leisure and recreation behavior.

Foundational Knowledge

LUNCH ON YOUR OWN 12:15 pm – 2:00 pm

Concurrent Sessions

2:00PM-3:30PM

#6 Exploring shades of purple: Understanding deviant leisure and its importance for TR/RT

Jason Page, CTRS

Session Description: Purple recreation receives very little attention as part of an RT's professional training or development. However, this overlooked area of recreation can provide important insight into the values those we serve hold regarding the role of leisure and recreation in their lives. This presentation will define purple recreation and related terms before exploring Nash's concept of the use of leisure time (1960). The session will explore deviance as a social construct before examining social justice and person-centered implications of purple recreation for RT/TR.

TR service delivery

Background

Theories and Concepts

Implementation

2:00PM-3:30PM

#7 The Powerful Impacts of Self-Love in Mental Health

Shari Wall, CTRS and Jessica Andrianos, CTRS

DOUBLE SESSION (Must attend Session #11 to Receive CEUs)

Session Description: In this session we will discuss the importance of incorporating 'self-love' practices into Recreation Therapy programming. Participants will explore the benefits in 'self-love', 'self-efficacy' and 'self-worth' in general, as well as how using these concepts can improve the recovery journey for those we serve. We will discuss the goals of self-love programming, obstacles to engaging in the practice of self-love, and discussion points that can be integrated in therapeutic programming. Participants will learn group programming ideas for incorporating these principles in group and 1:1 facilitation. We will review simple affirmations, breathing exercises, and worksheets that patients can learn to incorporate into their life to improve their overall wellness.

TR Service Delivery

Diagnostic Groupings

Implementation

#17 Navigating NY State Civil Service: Recreation Therapy Positions

Kristin Russell-Miller, CTRS & Kate Drader, CTRS

Session Description: Informational session for students and professionals addressing the nuances of navigating the NYS Civil Service system. Will address recreation titles accessible (including recreation worker), civil service tests, provisional and permanent hiring, 70.1 transfers, salary ranges/pay grades, unions, job expectations, function on treatment teams, populations and agencies with positions available etc.

Organization of TR/RT & Advancement of the Profession

#9 Back to the Future: Using TR to Treat individuals with HIV/AIDS over the past 25 years Shane Howze, CTRS, Simona Diamantopoulos, Karen Wilkens, and Anthony Turner

Session Description: This session will review/discuss the advances in treatment for individuals diagnosed with HIV/AIDS over the past 25 years, including both medication and nonpharmacological approaches. TR's role in the treatment of individuals with HIV/AIDS in a SNF will be explored. Various treatment modalities and approaches will be discussed. First person experience of an individual diagnosed with HIV who was admitted to a nursing home, volunteered with the Recreation Department and now hired as a recreation assistant to be shared.

Implementation

TR service delivery

BREAK 3:30 pm – 3:45 pm

Concurrent Sessions

3:45PM-5:15PM

#10 Why we should think of tattooing as recreation and what this means for TR

Jason Page, CTRS

Session Description: Tattooing has a long history and is rooted in cultures across the globe. This presentation will explore the history of tattooing in the United States from exoticism and the carnival to today's custom work and reality TV. Next the presentation will consider why it is time for recreation researchers to take a closer look at this increasingly mainstream phenomena using Murphy's (1973) Recreation Behavior Model. Tattooing will also be considered in terms of its place with recreation vis-à-vis purple recreation and stigma. Finally, this presentation will consider therapeutic applications of tattooing and other professional implications for the TR/RT field. This presentation will address foundational knowledge of recreation theory and the practice of TR/RT in relation to therapeutic tattooing and semiology.

Background

Theories and Concepts

Strategies and Guidelines

Implementation

#11 The Powerful Impacts of Self-Love in Mental Health

Shari Wall, CTRS and Jessica Andrianos, CTRS

DOUBLE SESSION (Must attend Session #7 to Receive CEUs)

Session Description: In this session we will discuss the importance of incorporating 'self-love' practices into Recreation Therapy programming. Participants will explore the benefits in 'self-love', 'self-efficacy' and 'self-worth' in general, as well as how using these concepts can improve the recovery journey for those we serve. We will discuss the goals of self-love programming, obstacles to engaging in the practice of self-love, and discussion points that can be integrated in therapeutic programming. Participants will learn group programming ideas for incorporating these principles in group and 1:1 facilitation. We will review simple affirmations, breathing exercises, and worksheets that patients can learn to incorporate into their life to improve their overall wellness.

TR Service Delivery, Diagnostic Groupings, & Implementation

#12 New York State Recreation Therapy Licensure: Past, Present and Future Ray Archer, CTRS and Vinnie Bonadies, CTRS

Session Description: This session will present an overview of RT licensure in the state of New York. The pros and cons of recreation therapists to become licensed professionals. The steps needed to pursue licensure on the state level.

Advancement of the Profession

Background

****VIRTUAL Live session****

3:45PM-5:15PM

#13 What Is Your Personal and Professional Philosophy (A Self-Assessment)

Jeffery Schwartz, CTRS and Jasmine Edwards, CTRS

Session Description: The specific personality traits an individual possesses, plus the specific personality traits that an individual needs to refine or acquire, help to cultivate the efficiency and effectiveness of the quality of care an TR/RT professional provides to their population served. Under NCTRC standards, under the Job Task Domain, it states that Professional relationships and responsibilities includes: #7 Enhancing professional competence and #10 Participating in quality improvement process(es).

Participants will have an opportunity to review ATRA's code of ethics in an interactive discussion on personal and professional personality traits. The session will focus on individual self-reflection and self-assessment. This session is targeted for internship supervisors, TR/RT professionals, educators, students, and student interns.

TR Service Delivery

Background

NYSTRA Awards Banquet, Sunday at 6:30pm
Come dressed to impress and support your fellow NYSTRA Award Winners!

Monday, March 28, 2022

Registration Opens at 7:30 AM

8:00am NYSTRA Membership Breakfast Meeting

Concurrent Sessions

9:00AM-10:30AM

#14 Professional Boundaries in Recreation Therapy practice: Defining the Line

Terri Larson and Janet Connolly

Session Description: Working through a pandemic has challenged all Therapeutic Recreation Specialists to push our boundaries to new limits. Amid the sea of change, the service delivery of recreation therapy needs to remain constant, grounded in the strong ethical principles of our profession. This session will define types of boundary issues faced and provide a framework for dealing with difficult ethical situations when they arise

Organization of TR/RT

9:00AM-10:30AM

#15 COVID Process Group

Hannah Brown

DOUBLE SESSION (Must attend Session #19 to Receive CEUs)

Session Description: A restorative process group for Recreation Therapists affected by working through the COVID pandemic. Group format will be varying between small and large group processing, activity-based processing, and peer support and empowerment building.

TR Service Delivery

#16 safeTalk Suicide Alertness

Gary O'brien

DOUBLE SESSION (Must attend Session #20 to Receive CEUs)

Session Description: Ever been in a crisis where the safety of a patient is in question? What do you do? Who do you call? What do you say? This training will give necessary information needed in learning the signs in preventing suicide, de-escalation, and helping patients get the necessary help that they need. Using a safe yet effective model, safeTalk empowers everyone to make a difference and equips professionals with the necessary tools to keep people safe. A skilled, supportive trainer will guide you through the session and a community resource will be on hand to support your safety and comfort.

Advancement of the profession

Diagnostic Groups

limited to 30 participants**

#8 Mindfulness Practices in Recreational Therapy: Implementation and Adaptive Strategies

Em Adams, CTRS

Session Description: Mindfulness practices have grown immensely as complementary and integrative healthcare interventions. While many practices are evidence-based, many populations have been underrepresented in the research. This presentation will outline the cultural adaptations that have been made to improve the acceptability of mindfulness, and the contraindications for mindfulness interventions. Finally, we will discuss best practices in adapting evidence-based practices to improve fit with clients.

Implementation

Background & Theories and Concepts

****60 minute VIRTUAL Live session****

BREAK 10:30– 10:45 am

Concurrent Sessions

10:45am-12:15pm

#18 Cultural Competency in Healthcare

Jeffery Schwartz, CTRS and Jasmine Edwards, CTRS

Session Description: The American Therapeutic Recreation Association (ATRA) has an ongoing commitment to advancing diversity within the field of Therapeutic Recreation. NCTRC Certification Standards: Part V NCTRC National Job Analysis - Foundational Knowledge: #12 states that Cultural Competency (e.g. social, cultural, educational, language, spiritual, Socio-economic, age and environment) is required for competent practice by the therapeutic recreation professional. Cultural competence has become a 'buzz' phrase in the practice of quality healthcare. Academic institutions, healthcare facilities, service providers, and governmental agencies across the United States are focusing on developing "cultural competence" as a way to address health disparities and create health equity.

Participants will have an opportunity to engage in an interactive discussion on the major components and importance of "cultural competency;" in addition to developing an understanding of the levels of cultural bias and the responsibilities of the TR/RT professional. This session is targeted for TR/RT professionals, educators, students, and student interns.

*Organization of TR/RT
Practice of TR/RT*

#19 COVID Process Group

Hannah Brown

DOUBLE SESSION (Must attend Session #15 to Receive CEUs)

Session Description: A restorative process group for Recreation Therapists affected by working through the COVID pandemic. Group format will be varying between small and large group processing, activity-based processing, and peer support and empowerment building.

TR Service Delivery

#20 safeTalk Suicide Alertness

Gary O'brien

DOUBLE SESSION (Must attend Session #16 to Receive CEUs)

Session Description: Ever been in a crisis where the safety of a patient is in question? What do you do? Who do you call? What do you say? This training will give necessary information needed in learning the signs in preventing suicide, de-escalation, and helping patients get the necessary help that they need. Using a safe yet effective model, safeTalk empowers everyone to make a difference and equips professionals with the necessary tools to keep people safe. A skilled, supportive trainer will guide you through the session and a community resource will be on hand to support your safety and comfort.

*Advancement of the profession
Diagnostic Groups*

limited to 30 participants**

10:45am-12:15pm

#21 Reengaging the Adult learner in your Therapeutic Recreation Practices and Community Recreation Programs

Carolyn Franklin MEd, CTRS, CDP & Petula Alvaradous-Phillander, CTRS, MCHES, MPH

****60-minute session****

Session Description: To effectively develop adult teaching practices, Recreation professionals should understand and involve adult learning theory. Andragogy, defined as the method and practice of teaching adult learners, had expanded to include an array of options since 1980 when educator Malcolm Knowles introduced the concept of andragogy.

This session will provide learners with an understanding of current adult learning practices. The tools are necessary to apply these adult learning practices in recreation programming to help the adult learners become more engaged.

*TR Service Delivery
Strategies and Guidelines*

LUNCH ON YOUR OWN 12:15 pm – 01:15 pm

Concurrent Sessions 1:30pm- 3:00pm

#22 NCTRC Recertification & Specialization Area Designation: Continuing Professional Competence

Noelle Molloy, CTRS & Sue Lance, CTRS

Session Description: This session provides an in-depth coverage of recertification standards and requirements for the specialization area designation. Continuing education, professional experience, and re-examination will be described in detail.

Advancement of the Profession

#23 Advocacy and the Elevator Speech: Tailoring your approach to a variety of populations

Susan Wilson, CTRS

Session Description: In the 2014 Job Analysis of the profession, the knowledge area cited as most important was “professionalism”. What does it mean to be a professional in field of therapeutic recreation? How do you promote recreational therapy? Often, we only have just a few minutes to educate internal and external stakeholders- or potential stakeholders- about our services. Come to this session to perfect your elevator speech and sharpen your skills to advance the profession

*TR Service Delivery
Background & Theories and Concept*

1:30pm- 3:00pm

Student TRACK

#24 Putting your best foot forward

Shari Wall, CTRS, Megan Concannon, CTRS, Jessica Andrianos, CTRS, Leduc Lee, CTRS, Laurie Penney McGee, CTRS and Jacqueline Dyke, CTRS

Session Description: Join us for a panel discussion broadening the discussion about what to expect when you start your professional internships. You will hear from 6 professionals from around New York State who will speak on each of their settings (multiple mental health settings, substance abuse, long term care/ rehab, and developmental disabilities) and highlight key points in each of their specific settings that are vital for new interns or young professionals to know or understand. Some of this discussion for each individual setting includes standards for practice, assessments utilized with population/documentation requirements, programs completed with individuals, diagnoses information about clientele, and more. There will also be discussion about establishing and maintain effective relationships with patients/ your internship supervisor/ other employees, internship requirements, and how to put your best foot forward in your internship/ professional world. Participants will have the opportunity to ask the panel different questions that they have about their future internships & the recreation therapy profession

Please note, because this is a student track session, there will be NO CEU's offered for attending

#25 New Jersey's Path to Recreational Therapy Licensure

Caitlyn Foelsch, MHA, CTRS, Pamela Griffin, MA, CTRS, & Dina Trunzo, CTRS

Session Description: This session will discuss the New Jersey Recreational Therapist Licensing Act that was signed into law on January 21, 2020 and its purpose. It will go into detail about the history of this legislation and the steps that were needed to get it through each stage of the legislative process. The second half of the session will host a panel of two current and one former NJ/EPA-TRA members-at-large to answer questions about this process and make recommendations for other RT advocacy groups who are seeking licensure.

Advancement of the Profession

****VIRTUAL Live session****

BREAK 3:00pm – 3:15pm

3:15pm- 4:15pm

****60 Minute session time slots****

#26 NCTRC Certification Process

Noelle Molloy, CTRS & Sue Lance, CTRS

Session Description: This session provides an in-depth coverage of the NCTRC Certification Standards. It will include the requirements for application, application process, exam information, and requirements to maintain your certification.

Advancement of the Profession

****New professionals in the field and students are encouraged to attend****

3:15pm- 4:15pm

#27 Schizoaffective Disorder

Mary Pearson, CTRS

Session Description: This session will provide foundational knowledge about schizoaffective disorder, including history, definitions, and characteristics. Therapeutic considerations for treatment, facilitation techniques, and interventions will also be discussed. This session is appropriate for all professionals but is geared towards those new to working with people with mental health impairments.

Diagnostic Groupings

#28 Animal Assisted Activities and Animal Assisted Therapy: Structuring Visits for Recreation Therapy Programs

Kristin Russell-Miller, CTRS

Session Description: In this session we will discuss what animal assisted therapy and activities are and how to determine whether or not it is an appropriate modality to bring into your RT program. We will explore how this relates to recreation therapy programming offered within your facility and the types of outcomes you may work toward by utilizing this modality with different populations. We will also discuss how to write an animal assisted therapy/activities policy for your facility and recreation therapy program. (This presentation has been offered before at the 2012 Cortland Recreation Conference and the 2012 Hutchings Psychiatric Center Recreation Therapy Conference.)

*Organizations of TR/RT
Strategies and guidelines*

3:15pm- 4:15pm

#29 Scent-imental Journey: Using aromatherapy with a geriatric population

Dorothy Ferencik, CTRS

Session Description: Session will emphasize the “Implementation” component of the NCTRC Job analysis by providing participants with research-based evidence related to the efficacy of utilizing aromatherapy as an intervention with a geriatric population (purpose of an activity). Attendants will then be given the opportunity for experiential learning through a demonstration of the discussed activity (intervention techniques).

Practice of TR/RT

limited to 30 participants**

4:15pm- 5:30pm

NCTRC personnel will be available to answer any questions that you may have. Meet them in the “Win” room following their session at 4:15pm.

****SUNY Cortland will be holding an Alumni Social prior to the NYSTRA Conference's Hospitality Night! The Social will be held **Monday, March 28, from 430pm-530pm** in Bookmaker's Lounge. SUNY Cortland alumni and their guests are invited to attend the reception, hosted and sponsored by SUNY Cortland RPLS Department. Alumni will enjoy appetizers and a cash bar. Come find out what's new about SUNY Cortland from faculty and connect with friends, old and new!****

***Hospitality Night: 6-9pm
Cocktails, Apps, and More!
Baskets, 50/50 Raffle, Cash Bar***

Tuesday, March 29,2022

9:00AM-10:30AM

Virtual sessions on your own

****Attendees will receive the youtube information to access the recorded sessions ****

BREAK 10:30 am – 10:45 am

Endnote Brunch

10:45AM-12:15PM

#30 Creating Linkages for Peer-led Clinical Supervision in Recreational Therapy

Jacqueline Dyke, CTRS

Session Description: This session will explore what clinical supervision is; the benefits of clinical supervision; and how to create peer-led clinical supervision groups in New York State.

Practice of TR/RT

Administrative Tasks

Conference Information

In person CEU Information: ALL CEU QUALIFIED EDUCATIONAL SESSIONS ARE PRE APPROVED THROUGH ATRA. Also, PLEASE ensure your CEU form is signed and returned to the registration desk prior to leaving conference. This is VERY IMPORTANT as all CEU forms are to be submitted to ATRA together.

Virtual CEU information: Please ensure you email nystra2022@gmail.com your attestation forms for all virtual sessions attended by April 19th 2022. All recorded sessions can be found on our youtube channel @ https://www.youtube.com/channel/UCsgU8MbHVG5Kq87Tsv_ybvQ. Attestation forms can be found on our conference tab of our website @ <https://nystra.wildapricot.org/annual-conference>.

Credit Cards: NYSTRA is pleased to announce that we are accepting credit cards (Visa or MasterCard) for payment on our website through the conference registration. Membership is also available online @ www.nystra.org

NYSTRA Cancellation Policy: Cancellation refund requests are accepted, in writing to nystra2022@gmail.com, until March 1, 2022. After March 1 and until the conference begins, refunds will be given for the difference between a person's registration rate and the virtual conference rate. No refunds will be accepted after the start of the conference.

Student Rate: Proof of full-time student status must accompany your registration form and payment. A transcript or letter indicating full-time student status on college or university letterhead signed by an advisor, or the registrar is acceptable.

Conference Dress Code: Business Casual. Please bring a sweater or light jacket as session room temperatures may vary.

Proof of Attendance: If you are in need of proof of attendance, this is only available at the registration desk when you turn in your CEU form and conference evaluation prior to leaving the conference.

Please remember: All sessions and hospitality events are subject to change, rescheduling, or cancellation. Please listen for announcements during general sessions as well as look for information posted by the conference registration desk.

NYSTRA Merchandise will be available for purchase during the conference as well as 50/50 Raffle tickets. Show your support of NYSTRA and take advantage of special member pricing on merchandise!

Registration Desk: Open Saturday at 3PM, and Sunday & Monday at 7:30 am and 1:00 pm. Registration will be set up exactly where it was last year! Go past the "Win", "Place", & "Show" Rooms, and you will see that NYSTRA will have its own

little area! Prior to leaving the conference, please make sure to complete your Conference Evaluation Forms. Should you have any questions during the conference, stop by the desk to see Robin who can direct you accordingly.

Photographs: Photographs will be taken throughout the conference and may be posted on the NYSTRA Facebook page, website, and any other social media accounts. Please email us at nystra2022@gmail.com to let us know if you would like to refrain from having your picture taken.

Returned Checks: A penalty of \$25.00 will be charged for each returned check.

Meals: Meals are on your own, except for the Awards Banquet, NYSTRA Member Breakfast and Annual Meeting & the Endnote, which are included in your conference registration. The Holiday Inn has an onsite restaurant, and there are many restaurants within walking distance to the hotel.

ADA Compliance Statement: The New York State Therapeutic Recreation Association will comply with the Americans with Disabilities Act (ADA), which prohibits discrimination in the provision of programs, services or activities to individuals with disabilities. We invite any attendee with a need to contact our staff, upon registration, so that a smooth inclusion may occur.

Registration & Payment:

This year all registrations, will be completed online through our website: <https://nystra.wildapricot.org/continuing-education>

However, we will still be accepting payments by mail and at the time of conference. Please follow prompts on the website for more information

***REGISTRATION IS OPEN! NYSTRA Membership:**

NYSTRA membership is now entirely online! Please visit our site, www.nystra.org to renew or join

Stay warm and we'll see you in March!

Hotel Information & Amenities

Holiday Inn, 232 Broadway, Saratoga Springs, NY

All reservations need to be made by early March in order to ensure you receive the conference rate. If reserving online use the group code TRA and it will automatically give you the NYSTRA rate (\$142/night, use this link: [Booking Link](#))

For more information about the hotel please visit:

https://www.ihg.com/holidayinn/hotels/us/en/saratoga-springs/sgany/hoteldetail?cm_mmc=GoogleMaps-_-HI-_-US-_-SGANY

~Directions~

Albany - Follow signs for I-87 North towards Montreal for 25 miles, Take Exit 13N via ramp to US-9 and Bear right on US-9 heading North for 3.5 miles. Holiday Inn is on the Right.

Buffalo/Rochester – I-90 East to Exit 28 (Fultonville/Fonda) and take Rt. 30A North for 6 miles. Turn right on Rt. 29 heading east for 31 miles. Turn right on US-9 and head south for 3 blocks. Holiday Inn is on the Left.

Massachusetts/Connecticut – I-90 East to Albany. Follow signs for I-87 North towards Montreal. Continue on I-87 North for 25 miles. Take Exit 13N via ramp to US-9 and Bear right on US-9 and go North for 3.5 miles. Holiday Inn is on the Right.

Montreal – I-87 South to Exit 15 and Rt. 50. Take Rt. 50 Southwest for 2.5 Miles. Holiday Inn is on the Left. **New York City** - I-87 North for 136 miles, Exit I-87 via ramp at sign reading "Exit 24 I-87 N / I-90 E to Albany / Montreal". Follow signs for I-87 North towards Montreal for 25 miles. Take Exit 13N to US-9 heading North for 3.5 miles. Holiday Inn is on the Right