

Work Experience

Jan '14 - Present

MedStar Franklin Square Hospital, Psych Units; Rossville Maryland

Certified Therapeutic Recreation Specialist, CTRS

~ Provide daily Recreation Therapy programming to patients on both the adolescent and adult psych units. Facilitate and run Recreation Therapy groups twice a day for the adults and once daily for the adolescents, covering such topics as reality orientation, anger/stress management, leisure education, positive communication, social interaction, relational/inter-relational skills, self awareness and self-advocacy.

~ Maintain daily assessment and documentation data for both units (29 adult beds + 12 adolescent beds)

~ Work closely with Recreation Therapy co-facilitator to provide evidence based interventions addressing real-time needs of current patients, maintain adaptable and flexible approach to group topics and needs

~ Coordinate and compliment Recreation Therapy Department efforts with other disciplines

June '13 - Jan '14

Hospital for Sick Children (HSC) Pediatric Center: Washington DC

Certified Therapeutic Recreation Specialist, CTRS

~ Provided a therapeutic milieu of experiences in which the HSC inpatient rehab population are motivated to engage in and regularly exposed to safe, constructive, educational, enjoyable and rehabilitative recreation activities. Document daily on interventions and patient's progress.

~ 'Therapeutic milieu of activities' included opportunities for individual and group leisure participation, leisure education, recreation involvement, community reintegration, as well as regular multi-disciplinary integrated treatment sessions. Interventions range from hand over hand/full assist interactions, to multi-sensory stimulation groups, to cohort-specific social interaction groups, to problem solving, self-expression, or life skills building groups.

~ Maintain and deliver a full schedule of diverse leisure groups and/or manage the facilitators of said groups (horticulture, cooking, community reintegration outings, pet therapy, yoga/relaxation, and art therapy)

~ Patients were between the ages of 6 months to 21 years old, ranging in need from respite care to acute inpatient rehab and up to palliative care. They suffered from the full gambit of medial diagnoses, cognitive functioning, functional abilities and assistive needs. Frequency case load was regularly around 25 direct 'hands-on' hours, distributed among patients based on need and availability.

~ Coordinated with multi-disciplinary team (Occupational, Physical, Speech, and Clinical Therapists) to deliver integrated and dynamic therapeutic experiences that are functional, engaging, of specific interest to each client, and addressed a specific, real-time need.

June '09 - May '13

Youth Development Institute; Phoenix, Arizona

Certified Therapeutic Recreation Specialist, CTRS

~ Was responsible to deliver Recreation Therapy Programming for 35+ male sex-offender clients, ages 10 to 18, in both Level 1 RTC and Level 2 TLC settings. Programming included: client assessments, regular goal/objective evaluation and setting as per treatment plans, implementing Experiential Therapy groups, providing written behavioral and progress evaluations, participating as department representative in treatment team, and regularly coordinating and implementing treatment objectives with clinical team and support staff.

~ Provided a minimum one hour Experiential Therapy/Recreation Therapy groups twice weekly to each unit. Subject matter included but was not limited to: empathy training, relationship building, team building, leisure education, self-awareness, self-regulation, thought distortions, thinking errors, motivation, self-advocacy, self-soothing, etc.
~ Additional duties: managed RTC schedule, special event and holiday planning, orchestrate weekly outings and special 'grace' outings, provide and manage recreation and art supplies for

Jan. '09 - Apr. '09

Maple Lake Academy; Spanish Fork, Utah

Academic Internship

~ Assisted in the generation, preparation, facilitation, execution and documentation of Recreational Therapy groups for female adolescents diagnosed with Asbergers and/or NLD.
~ Instituted, under supervision, life-skills classes taught once weekly to residents recommended to the class by their clinical therapist - maintained weekly progress notes.
~ Planned, prepared and executed two family weekend programs for single- and multi- family groups, as well as a 'long-day' curriculum delivered to combined client and sibling groups.
~ Collaborated in the generation, preparation, facilitation and execution of Recreational Therapy groups held once weekly for Heber City Substance Abuse groups - both adolescent and adult populations served. The adolescent group was supervised remotely by mentor, the majority of the service delivery was executed by interns.
~ Cooperated in the generation, preparation, facilitation and execution of Recreational Therapy groups held once weekly for Utah County Women's Domestic Violence Shelter, children ages 5-11 group.

Aug. '08 - Dec. '08

The Journey, Focus/Explore; Provo, Utah

Group Supervisor, Group Leader

Supervised and taught daily out-patient groups on relapse prevention, the 12-Step tradition, aggression replacement, thinking errors, cognitive-behavioral therapy, family therapy, etc.

Mar. '08 - Oct. '08

The Journey, Rising Phoenix; Provo, Utah

Supervisor

Worked alongside line staff to provide daily programming: provided on-floor training and supervision of line staff; participated in weekly clinical meetings; worked closely with therapists to generate and execute individual-specific programming; participated in staff training during weekly staff meetings; functioned in a 'guide' capacity; resident and shift management; dietary management (menu generation and food ordering)

Aug. '07 - Jan. '08

Academy at Canyon Creek; Springville Utah

Yoga Instructor

Taught the basic philosophies and flow sequences of the Hatha Yoga tradition and led morning yoga sessions twice weekly.

Dec. '04 - Mar. '08

The Journey, Impact Ranch; Mona, Utah

Line Staff

Worked with Directors and Supervisors to generate and deliver program philosophies, day-to-day policies and procedures, and resident/program culture; Generated the curriculum for the Trek Staff Manual and Trek Student Workbooks; Taught nightly Social Development Skills groups; Began functioning as resident 'guide' in 2005; dietary management (menu generation and food ordering)

Aug. '04 - Dec. '04 **Distant Drums; Nephi, Utah**

Line Staff

Provided council, direction, motivation, and instruction for adults (ages 18-22) in wilderness program. Taught basic 'rugged camping' skills, as well as Native American craft-making.

Additional Skills & Qualifications

- Highly creative (I LOVE coming up with ideas and programs, it's my forte)
- Strong sense of empathy and sympathy, I do well at cultivating unconditional positive regard for everyone I come in contact with.
- Group Leader (dynamic teacher, able to interpret ideas to a variety of populations, metaphorical thinking, sequencing and delivery, creative thinking in problem solving etc.)
- Excellent at building and maintaining client rapport
- Current on all RTC based certifications (first aid, CPR, etc) and can pass background check
- Spanish-speaking (used to be fluent, a little less-so as time goes on)
- Eagle Scout
- I love adventures in nature; always have, always will - hang-gliding, ocean kayaking, hiking up and over things, horse-back riding, white-water rafting, snow camping, and so on.
Professionally I've been a Trail Master which meant equipment management, wilderness safety, staff training, etc.
- I've been to 3 of the 7 continents and intend to hit them all, eventually (except Antarctica).
- I love to cook and I LOVE food
- I firmly believe in the power of Recreation Therapy

Professional Involvement

April '09 - present **Utah Recreation Therapy Association (URTA)**

Member; Annual Presenter

- I have presented at URTA's annual conference every year since 2009

Education

April 24, '09

Brigham Young University; Provo, Utah

Graduate with Bachelor of Science

RMYL Major with an emphasis in Therapeutic Recreation

References

Names, contact information, and letters of recommendation available upon request

(Also, a more comprehensive resume can be provided upon request)