

Natalie R. Baker-Conca, CTRS, ATRIC

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Education

- ❖ **Spring 2000.** National Council for Therapeutic Recreation Certification (NCTRC) exam/certified. Re-certification successfully completed November 2010.
- ❖ **Spring 2010.** ATRIC (Aquatic Therapy & Rehab Industry Certification).
- ❖ **Spring 2010.** North American Riding for the Handicapped Association (NARHA) *Advanced Instructor* status for 2010.
- ❖ **Fall 2005.** North American Riding for the Handicapped Association (NARHA) *Registered Instructor* Certification.
- ❖ **Summer 2001.** Completed training for **Arthritis Foundation** Certified Aquatics instructor and PACE (People with Arthritis Can Exercise) program certified instructor.
- ❖ **2000- 2010.** **American Heart Association/Red Cross** Adult/Child/Infant 1st Aid/CPR certified.
- ❖ **Summer 2000.** Ropes Course and Initiatives (**Teambuilding**) Training certified from Sylvia Shirley from William & Mary College. Spring 1997 certified in Adventure Education Ropes Course at Salisbury State University.
- ❖ **Spring 2000.** BS Degree, Radford University, Radford, VA. Leisure Services: Therapeutic Recreation and Outdoor Recreation concentrations. Overall GPA: 3.42 and Major GPA: 3.66. Rho Phi Lambda Recreation and Leisure Dept Honors Society Vice President.
- ❖ **Fall 1995-Fall 1997.** Salisbury State University, Salisbury, MD. Qualified for Academic Common Market Scholarship and 2 Recreation Therapy specific scholarships.

Employment

Lead Changes Therapy Services, Inc. Northern VA.

Private Practice, Founder, Co-owner, & Vice President, Recreation Therapist & Therapy Manager.

Nov. 2006-Current.

- Providing 1:1 ratio for a variety of diagnoses and ages in the home, school and community settings. Specializing in aquatic therapy and Community Inclusion. Consulting, and Rehabilitative Fitness Plans. Supervision and training of staff therapists. Provide inservices to local agencies on aquatic therapy and community inclusion.
- Work alongside President and Business Mgr to market/advertise LCTS, Inc, present inservices to clinics and speak at conferences. Also, keeping track of billable hrs, etc.

Loudoun Therapeutic Riding Foundation, Inc Morven Park, Leesburg, VA.

Advanced Instructor.

Feb. 2005-Current.

- Teaching 10-15 hrs/week as a NARHA Advanced Instructor. Includes teaching riding and life skills to a variety of ages and diagnose and schooling of therapy horses, volunteers, lesson planning, barn/equip/volunteer mgmt. Requires CEUs and recertification.
- Conduct *Leadership Training* for all volunteers seasonally and develop therapeutic themes for riding sessions.

Loudoun County Parks & Recreation Youth Services, Leesburg, VA.

Community After-School Activities Program Supervisor.

Aug. 2005-June 2006.

- Plan, budget, create, and follow strict State licensing 4hr/day, 5day/week after school program including snacks, homework time, active/creative time, parent conferences, weekly dept. meetings, sharing with school staff, community outings, teambuilding, special events, fire/tornado drills, licensing inspections, and supervising at least 2 staff

daily. Recruited to assist with the increasing difficulties with inclusion of some children with special needs (i.e. emotionally disturbed, ADHD, Autism, MR/DD, CP, Down's, etc.)

Milestones Community Behavioral Healthcare, Inc. Harrisburg, PA.
Therapeutic Support Staff and Mental Health Worker.

Feb. 2004-May 2005.

- Implement behavioral strategies identified in the treatment plan written by a clinician, reduce inappropriate behaviors while promoting positive skill development, and demonstrate effective interventions to parents, teachers, and other caregivers in the home, school, community. Responsible for attending monthly continuing education, weekly treatment meetings with staff, and progress notes and other paperwork. Diagnoses vary from PDD, Autism, Asberger's, to general behavioral issues.

HCA's Henrico Doctors' Hospital Parham Campus Rehabilitation Richmond, VA.
Certified Therapeutic Recreation Specialist (CTRS).

Spring 2002-Winter 2004.

- 36 bed adult physical rehab setting including family and patient training in stroke education, relaxation techniques, community re-integration training, (co)treatment individual and group therapy, instruct PACE classes, and provide leisure interest opportunities/resources and special events for holidays.

Henrico County Parks and Recreation
Certified Therapeutic Recreation Specialist (CTRS).

Spring 2003-Jan. 2004.

- CTRS for inclusion programs PRN work both with individuals and groups with physical or mental disabilities (incl. autism, MR/DD, blindness, behavioral, etc) of all ages incorporating group fitness programs, aquatics, respite and specialty 1:1 programs (ex. Karate, therapeutic riding, tennis, etc.).

Private Practice Recreation Therapist. Richmond, VA.

Summer 2002-Spring 2003.

- Individual hourly TR treatment sessions with a seven yr. old with Duchenne's muscular dystrophy once weekly incorporating cardiovascular, relaxation techniques, and fine and gross motor maintenance through stretching and aquatic therapy and monthly goals.

Arthritis Foundation PACE & PACE Aquatics Instructor. Salisbury, MD.

Fall-Winter 2001.

- Implementing an *Arthritis Foundation* Aquatic Program in the community as a certified instructor and leader at a physical rehabilitation aquatic facility for ages 18 and up.

Deers Head Center. Salisbury, MD.

Therapeutic Recreator I.

Spring 2001-Winter 2001.

- Nursing home and Chronic Physical Rehab units with various age groups. Included Community Reintegration (including passing an exam to drive a wheelchair van), aquatic therapy, and active/maintenance therapy, special events, sensory stimulation, relaxation techniques, and PACE classes weekly. In charge of the Alzheimer's/Dementia lockdown unit and MDS/chart documentation. Trained to drive wheelchair van on a weekly basis.

Camp Holiday Trails. Charlottesville, VA.

24 hour counselor and ropes course facilitator.

Summer 2000.

- 9 weeks for children with chronic illnesses and special medical needs such as kidney failure, organ transplants, severe diabetes, hemophilia, etc. Counselors must live on

premises and provide care, guidance, confidence building activities for two week intervals.

University of Virginia's Kluge Children's Rehab Center (KCRC), Charlottesville, VA

Intern

Spring 2000.

- Completed 15 full time 40 hr. work weeks in the Therapeutic Recreation Department including planning and facilitation of (co)treatment (group and individual), aquatic, horticulture, community re-entry, and active therapies.

Memberships

- 2008-current. **Aquatic Therapy & Rehabilitation Institute (ATRI)** member.
- 2005-current. **North American Riding for the Handicapped Association (NARHA)** member. Also an **Equine Facilitated Mental Health Assoc.** member.
- 2006-current. **Therapeutic Riding of Virginia (TRAV)** member.
- 2004-2006. **New Jersey-Eastern Pennsylvania TR Association** member.
- 1999-current. **American Therapeutic Recreation Association (ATRA)** member.
- 2001-2002. Member for **National Recreation and Parks Association (NRPA/NTRS)**.
- 1999-2002. **Chesapeake Area Recreation Therapy Association (CHARTA)** member.

Conferences

- ❖ **Spring 2011.** Attended ATRI conference, DC and obtained *Orthopedic Specialty Certificate*. Staff volunteer.
- ❖ **Fall 2010.** Plan to attend Autism & Asperger's Syndrome Future Horizon Conference with Dr Temple Grandin and Dr Tom Atwood, Charlotte, NC.
- ❖ **Spring 2010.** Attended ATRIC conference, DC and obtained *Pediatric Specialty Certificate*. Staff volunteer.
- ❖ **Spring 2009.** Attended ATRIC conference, DC. Staff volunteer.
- ❖ **Spring 2008.** Attended ATRA on Capital Hill Conference, DC. Lead Virginia state meetings with congressmen/women.
- ❖ **Fall 2006.** Attended NARHA conference, Indiana.
- ❖ **Spring 2007.** Attended ATRA on Capital Hill Conference, DC. Participated in Virginia state meetings with congressmen/women.
- ❖ **Spring 2006.** Attended ATRA on Capital Hill Conference, DC. Participated in Virginia state meetings with congressmen/women.
- ❖ **Fall 2006.** Attended **TRAV** Autism Spectrum Disorder seminar, VA.
- ❖ **Winter 2005.** Attended **ATRA** Mid-Year Conference in Arlington, VA.
- ❖ **Fall 2004.** Attended New Jersey-Eastern PA Assn. (**NJ-EPA**) conference in Princeton, NJ.
- ❖ **Summer 2004.** Attended **STRS** (Southeast TR Symposium) in Greenville, SC.
- ❖ **Spring 2004.** Attended **ATRA** Mid-East Symposium in Williamsburg, VA.
- ❖ **Winter. 2004.** Attended "The Coming Epidemic of Bone & Joint Disease" seminar in Richmond, VA.
- ❖ **Winter 2004.** Attended CHARTA (Chesapeake Area Recreation Therapy Association) conference.
- ❖ **Spring 2003.** Attended ATRA/NRPA (National Recreation and Parks Association) conference, MD.
- ❖ **Summer 2001.** Attended "Learn to Golf" clinic for **NAGA** (National Amputee Golf Association).
- ❖ **Winter 2002.** Attended CHARTA (Chesapeake Area Recreation Therapy Association) conference.

Professional Development

- ❖ **Spring 2009.** Attended Wendy Murdoch (Feldekrais Method) and George Morris (US Showjumping Coach) clinics at Morven International Equestrian Park as auditor.

- ❖ **Spring 2008.** Acted as Virginia State ATRA representative on Capital Hill Conference, DC. in state meetings with congressmen/women.
- ❖ **Fall 2005.** Loudoun County Therapeutic Riding Foundation. Volunteering in the ring with riders with emotional, social, physical disabilities.
- ❖ **Summer 2004.** Received Competency Track in ***Clinical Training in Behavioral Medicine.***
- ❖ **2002-2004.** HCA Henrico Doctor's Hospital representative at the ***American Stroke Association*** including monthly meetings and events.
- ❖ **Fall 2000.** Instructed ***PACE Arthritis Foundation Aquatics*** classes for seniors on a weekly basis in a physical therapy outpatient clinic in Salisbury, MD.
- ❖ **Spring 2000.** Assisted in weekly facilitation of the New York-based program ***Kids Enjoy Exercise Now*** (KEEN), Charlottesville, VA providing 2 hrs. of community activities for children with various diagnoses and organizing/training volunteers for 8 weeks.
- ❖ **Spring 2000.** Assisted in outpatient advanced beginners **swimming classes** for children with various disabilities for 3 hrs. weekly for 12 weeks.
- ❖ **Fall 1999.** ***Camp Easter Seals*** of Virginia (west and east) camps for people with disabilities.
- ❖ **1996-1998.** Volunteered at Chesapeake Rehabilitation Hospital (*NovaCare* then *HEALTHSOUTH*) located in Salisbury, MD, in the Therapeutic Recreation dept. Appx. 60 hrs.

*References upon Request